

way of shopping



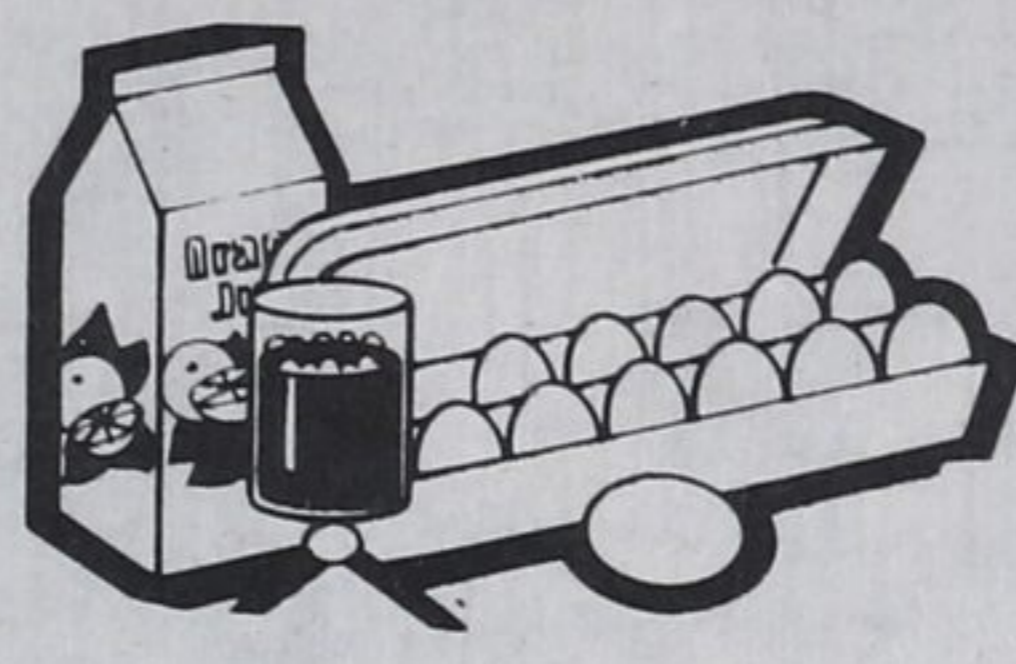
FRESH SEAFOOD

Select any one of a number of Fresh Seafood varieties in our Fresh Seafood selection.



FRESH MEATS

Our meat department has a tremendous selection of quality meats. All trimmed to insure economy and good eating.



FRESH DAIRY

Country fresh milk, cheeses, yogourts, juices and much more, all climate controlled to guarantee freshness.



SUPER BUYS

Our Super Buys are money-saving specials you'll find throughout the store. Look for the Super Buy signs and save.



Groceries

Kellogg's Cereal	SAVE .76
Rice Krispies	725 g pkg 2.99
Jane Parker	SAVE .70
Angel Cake	400 g size 1.29
Jane Parker	SAVE .20
Protein Bread	450 g loaf .79
Jane Parker	SAVE .20
Cracked Wheat Bread	675 g loaf .79



SAVE 1.00

(Blueberry Pie 624 g size 1.79-Save .90)

Jane Parker Rhubarb/Apple Pie

624 g size

.99



Frito Lay, Lays or Ruffles, Assorted Varieties	SAVE .80
Potato Chips	200 g pkg .99



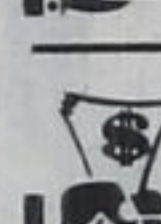
Heritage, Assorted Flavours	SAVE 1.20
Country Best Ice Cream	2 litre carton 1.59



Powdered Laundry	SUPER BUY
ABC Detergent	12 litre box 5.99



Libby's Fancy	SAVE .80
Tomato Juice	48 fl oz tin .99



Kraft Salad Dressing, Regular or Light	SAVE .50
Miracle Whip	500 mL jar 1.49



SAVE UP TO 1.50

(Decaffeinated 6 oz jar) or Regular

Maxwell House Instant Coffee

8 oz jar

4.99

LIMIT: 3 per family purchase

Available at Most Stores

Fresh Deli

Pillers, Fine or Herb

Deli Fresh Liverwurst	.28 / 1.29
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Dutch-Deli Fresh-Store Cut

Edam Cheese	.88 / 3.99
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Fearman's, Deli Sliced or Shaved

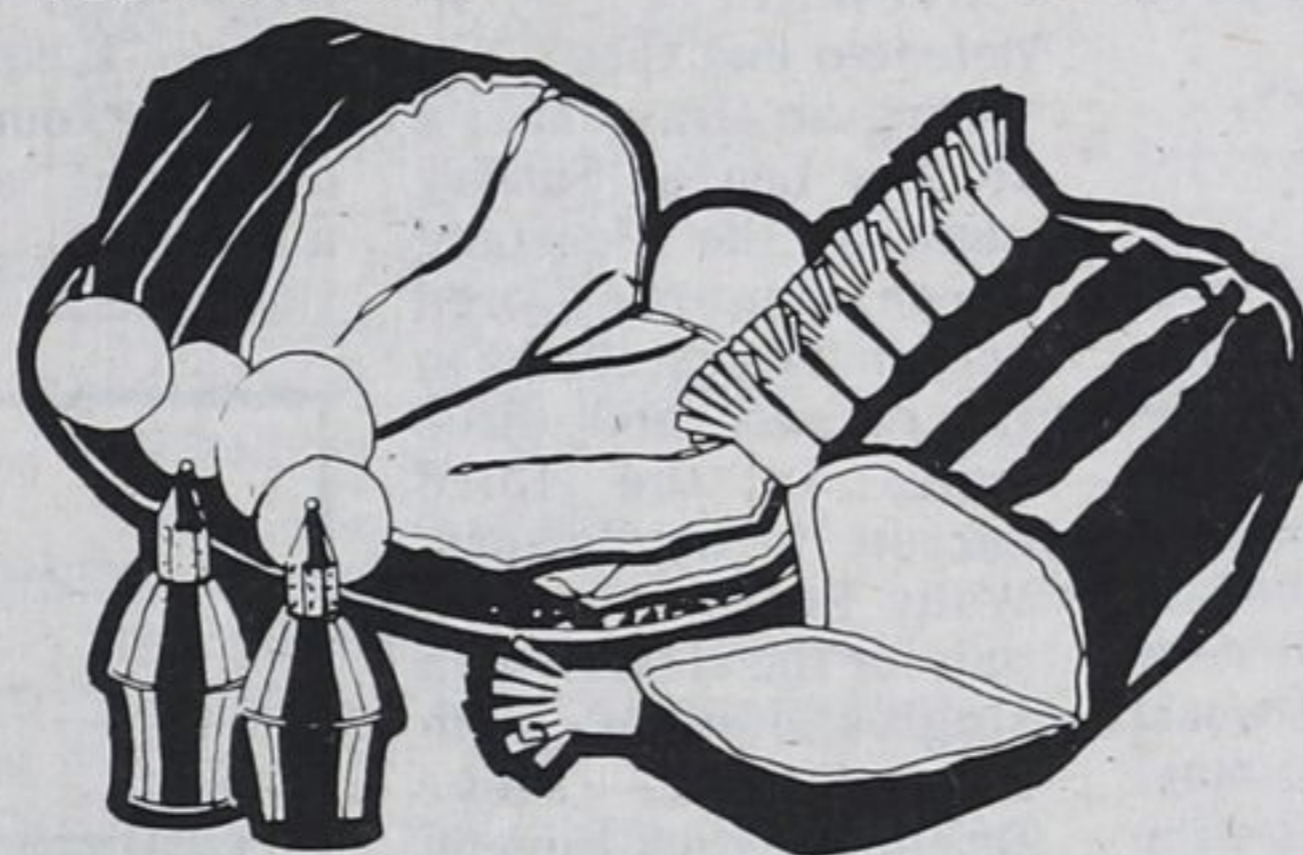
Cooked Ham	.57 / 2.59
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Fearman's, Deli Sliced

Mock Chicken Loaf	.35 / 1.59
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Fresh Meats

Semi-Boneless, Blade or	
Chuck Short Rib Roasts	4.17 / 1.89
Cut From Canada's Finest Grade 'A' Beef Blade, Chuck Short Rib or Shoulder	
Boneless Beef Roasts	4.83 / 2.19
Fresh	
Medium Ground Beef	3.73 / 1.69
Rib (3-3 1/2 lb Cut Tenderloin Portion 5.05/kg-2.29 lb)	
Pork Loin Roasts	4.39 / 1.99
Roast or Chops	
Pork Loin Centre Cut	6.15 / 2.79
Cut From Canada's Finest White Veal	
Shoulder Veal Chops	5.71 / 2.59
Veal Leg-Scallopini or	
Veal Cutlets	15.41 / 6.99



SAVE 1.54/kg-.70 lb

Combination Pack-Contains: 2 Rib Ends, 2 Loin Ends, 4 Centre Cut Chops

Loin Pork Chops

4.39 / 1.99

Frozen Foods

Strawberry, Lemon, Chocolate or Vanilla	SAVE 1.00
Frozen Sara Lee Layer Cakes	369 g pkg .99
Frozen Beef Pork Cannelloni 273 g, Meatball Stew 283 g, Salisbury Steak 269 g or Cheese Cannelloni	SAVE .30
Lean Cuisine Dinners	259 g pkg 3.19
Frozen, Assorted Varieties	SAVE .20
Green Giant Vegetables	250 g pkg 1.19
Sara Lee, Frozen, Chicken & Broccoli 225 g, Ham & Swiss Cheese, Roast Beef with Wine Sauce	
Sandwich Croissants	226 g pkg 2.49
McCain, Frozen Assorted Varieties	SAVE .30
Lite Delite Dinners	315 g pkg 3.69
Blue Water, Frozen	SUPER BUY
Haddock Fish & Chips	283 g pkg 1.89
High Liner, Boston Blue, Frozen	SUPER BUY
Fish in Batter	700 g pkg 2.99



SAVE 1.10/kg-.50 lb

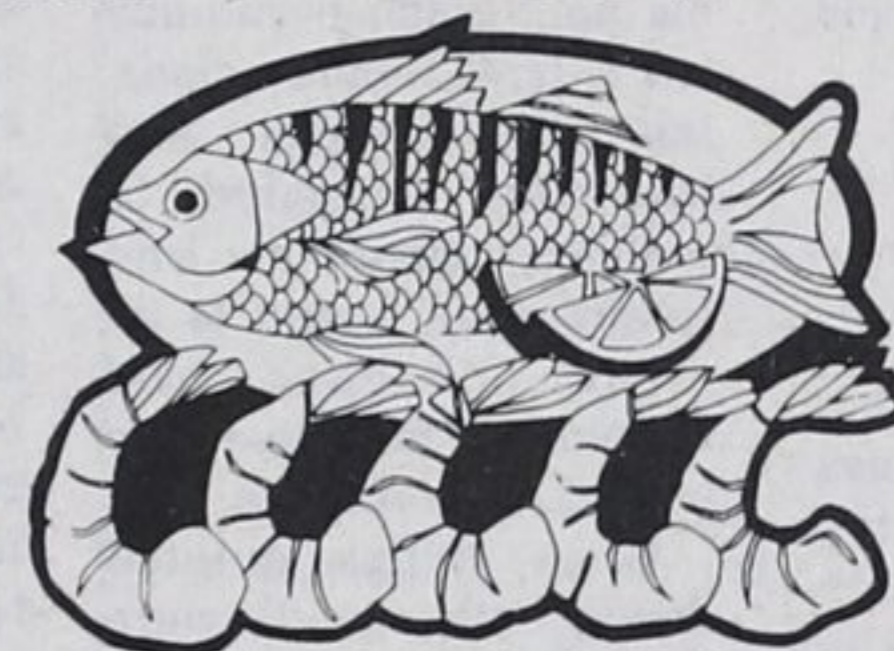
Short Cut

Frozen Lamb Legs

3.95 / 1.79

Canada Grade 'A', Frozen, eviscerated 20-24 oz average	4.17 / 1.89
Cornish Game Hens	500 g vac pac 2.89
Sliced, Regular, Maple or Thick	
Maple Leaf Side Bacon	500 g vac pac 1.89
Regular, All Beef or B.B.Q.	
Maple Leaf Wieners	450 g vac pac 1.89
Maple Leaf, Sweet Pickled	
Cottage Rolls	505 / 2.29
Golden Fry or Skinless	
Maple Leaf Sausage	500 g pkg 2.49
Maple Leaf, Halves	
Country Kitchen Ham	9.46 / 4.29
Maple Leaf, Sliced, 17 Assorted Varieties	
Cooked Meats	175 g vac pac .99
Dominion Sliced Regular or Thick	
Side Bacon	500 g vac pac 2.49

Cut From Canada's Finest Grade 'A' Beef-Excellent for Braising	
Blade Steaks	4.17 / 1.89



Fresh Fish Pier 19

Available at Most Stores

Boston	
Bluefish Fillets	4.39 / 1.99
Ocean	
Perch Fillets	8.58 / 3.89

Warm up to this Super Offer

Tastemaker by Stevens—First Quality

Flannel Bed Sheets

Twin Size 3 pc set	24.99
Full Size 4 pc set	31.99
Queen Size 4 pc set	37.99
King Size 4 pc set	43.99

The twin set includes one fitted sheet, one flat sheet and one pillow case.

The full size, queen size and king size sets include one flat sheet, one fitted sheet and two pillow cases.

SUPER

Dominion

THE NEW DOMINION INCORPORATED