



# more than 500 reasons to shop Dominion this week

A huge assortment of specials and in-store features that help lower your Total food order.

Cut from Canada Grade 'A' Beef, full cut

**Round steak**  
5.93 /kg / 2.69 lb.

save 1.54 /kg

## Meat Meat Meat

Cut from Canada Grade 'A' beef outside bottom	<b>5.93</b> /kg	Fresh shoulder butt	<b>3.95</b> /kg
<b>Round steak roast</b>	<b>2.69</b> lb.	<b>Pork chops</b>	<b>1.79</b> lb.
Cut from Canada Grade 'A' Beef	kg <b>6.37</b>	Fresh Chicken breasts	kg <b>5.71</b>
<b>Sirloin tip steak</b>	lb. <b>2.89</b>		lb. <b>2.59</b>
Cut from Canada Grade 'A' Beef	kg <b>6.37</b>	With pork flank or round steak	kg <b>6.15</b>
<b>Sirloin tip roast</b>	lb. <b>2.89</b>	<b>London Broil</b>	lb. <b>2.79</b>
Blitner's fully cooked whole or half	kg <b>8.13</b>	Cut from Canada Grade 'A' Beef	kg <b>8.80</b>
<b>Black Forest style ham</b>	lb. <b>3.69</b>	<b>Hip cube steak</b>	lb. <b>3.99</b>

Fresh thighs or

**Chicken drumsticks**

4.39 /kg / 1.99 lb.

save .66 /kg

From U.S.A., Canada No. 1 Grade Excellent for Salads, Fresh crisp

**Head Lettuce**

**.58** each

save .41

## Produce Produce Produce

Crisp and juicy from Ontario orchards Canada Fancy	<b>1.48</b> 3 lb. bag	Great with your winter stews from Ontario farms Canada No. 1 Grade	<b>1.48</b> 5 lb. bag
<b>McIntosh apples</b>		<b>carrots</b>	
Great in a salad or as a dip, from California	<b>4/\$1</b>	From California, seedless, jumbo, size 48's	<b>6/1.99</b>
<b>Fresh avocados</b>		<b>Navel oranges</b>	
Fresh and juicy, size 40's from U.S.A., Indian River	<b>5/1.99</b>	Great for snacks and lunches from Chile, Canada No. 1 Grade	kg <b>4.39</b>
<b>Red grapefruit</b>		<b>Green seedless grapes</b>	lb. <b>1.99</b>
Great as a snack or for lunches from Chile	kg <b>3.28</b>	Try this pear in your fruit salad from France, Canada Fancy	kg <b>1.72</b>
<b>Red plums or fresh nectarines</b>	lb. <b>1.49</b>	<b>Passé Crassane pears</b>	lb. <b>.78</b>

Florida grown, thin skinned and juicy large size

**Florida oranges**

**1.99** 5 lb. bag

save 1.00

Disposable regular pkg. of 72 or Extra absorbent pkg. of 54

**Pampers diapers**

**8.98**

save 2.00

LIMIT 3 PKGS. PER FAMILY

## Grocery Grocery Grocery

Assorted varieties ready to serve 8 fl. oz. tin	<b>4/\$1</b>	Regular or King Size all available Canadian varieties, carton	<b>12.99</b>
<b>Heinz soups</b>		<b>National Brands Cigarettes</b>	
Fancy cut green beans, seasoned green beans, wax beans, seasoned wax beans, sweet peas (14 fl. oz.) or small con. 12.8 oz. tin	<b>.69</b>	WARNING: Health & Welfare Canada advises that danger to health increases with amount smoked. Avoid inhaling.	
<b>Del Monte no salt vegetables</b>		Orange pekoe 227 g pkg. of 72	<b>1.49</b>
Assorted flavours 175 g cont.	<b>.59</b>	<b>Tetley tea bags</b>	
<b>Astro yogurt</b>		28 fl. oz. tin	<b>.98</b>
500 g cont.	<b>1.59</b>	<b>Hunt's Italian tomato sauce</b>	
<b>Nordica 2% cottage cheese</b>		624 g pkg.	<b>1.19</b>
		<b>Richmello apple pie</b>	

Reconstituted, unsweetened grapefruit, orange or Bright's, 1 litre cont.

**Apple juice**

**.69**

1/2 PRICE

Almond, yellow or white 2 ply, 4 roll pkg.

**Royale Bathroom tissue**

**1.49**

## Ideal Valentine's Day Gifts

While Supplies Last

Cut from Canada Grade 'A' Beef boneless rib	kg <b>11.00</b>
<b>Sweetheart steaks</b>	lb. <b>4.99</b>
10 inch, each	<b>3.99</b>
<b>Smurf Cupid Valentine's toy</b>	
For your Valentine, from Ontario greenhouses assorted colours, 6 inch pot	<b>4.98</b>
<b>Potted Mums</b>	

## Kraft products

Crunchy or smooth 750 g jar	<b>2.79</b>
<b>Kraft peanut butter</b>	
Calorie Wise 1000 Islands and Creamy Cucumber or Regular Catalina and 500 ml. cont.	<b>1.99</b>
<b>Kraft Italian liquid dressing</b>	
Kraft Spirals, 200 g pkg.	<b>3/\$1</b>
<b>Macaroni &amp; cheese</b>	

## Macaroni & cheese

225 g pkg.	<b>3/\$1</b>
<b>Kraft dinner</b>	
Limit: 6 pkgs. per family	
Raspberry or 250 mL jar	<b>1.39</b>
<b>Kraft pure strawberry jam</b>	
1 litre jar	<b>2.99</b>
<b>Miracle Whip salad dressing</b>	

save 1.00

PLU#3

**Richmello or Domino ice cream**, any size or flavour, with a minimum purchase of two Stafford Sundae Toppings, any flavour. Offer limited to one coupon per family. Offer expires March 3, 1984.

## Home Video Centre

- Video Cassette Players: Weighs less than ten pounds, easy to hook up and simple to operate.
- Free Membership: No deposits or gimmicks. It takes just minutes to obtain your free membership card which can be used at any participating Dominion Store.
- Large Selection: A varied selection of categories including a good list of children's movies. New titles are continually being added including new popular releases as they become available.
- Convenience: One stop shopping. Pick up your movies & players when you shop at any of these Dominion Stores. Available at the following store locations:

Toronto East: 291 York Mills Rd., 658 Eglinton E., Don Mills Plaza, 2300 Denison, Bridlewood Mall, 200 John St., Thornhill, 5221 Hwy. 17, Unionville.  
 Toronto West: Woodside Mall, Oakville, Sherway Gardens, Markham Centre, Square One, Rockwood Mall, 2900 Agincourt, Macdonald's Shopping World, Hamilton, 1000 Dundas St. W., Burlington, 75 Geneva St. St. Catharines (EFL), Brantford, 777 Guelph Line, Burlington, 75 Geneva St. St. Catharines (EFL), 735 Wonderland Rd. Westmount Mall, London.

Values effective from Wed., Feb. 8, until close of business Sat., Feb. 11, 1984 in the following areas: Toronto, Oakville, Brampton, Pickering, Whitby, Markham.

Savings based on regular prices at conventional Dominion Stores.  
 Non-name generic price based on regular selling price. (Survey taken of our major competitors conventional supermarkets January 18, 1984.)  
 THESE VALUES EFFECTIVE ALSO APPLY TO DOMINION'S FOOD BAZAAR, 1411 LAWRENCE AVE. W., BUT DO NOT APPLY TO BEST FOR LESS DOMINION FOOD WAREHOUSE.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. DOMINION STORES LIMITED.