

AVAILABLE AT DOMINION!

Weekly Guides to **BETTER NUTRITION**

by Joan Fielden

Dominion's Home Economist Consultant

Joan Fielden has prepared a series of "Guides to Nutrition". A new one will be offered free, every week at your Dominion store. Each will answer a lot of the questions you have about proteins, calories, food preparation, budgeting to eat better, weight control.



It's Mainly Because of the Meat!
DOMINION "QUALITY SELECTED" STEER BEEF
Naturally Aged, Government Inspected

MEATY

**SHORT RIB
ROAST** LB. **88^c**

TRY THEM BARBECUED

**BLADE
STEAKS** LB. **98^c**

THICK BLADE BONE REMOVED

**BLADE
ROAST** LB. **98^c**

FRESH GRADE A EVISCERATED

TURKEYS 5 TO 12 LB. LB. **68^c**

FROZEN UTILITY GRADE EVISCERATED

**ROASTING
CHICKENS** LB. **49^c**

DEEP DISCOUNT PRICES!

IT'S THE REAL THING — 26 FL. OZ. N.R.B.	ASS'D COLOURS DECOR — 1 PLY 2 ROLL PKG
COCA-COLA 26^c	BATHROOM TISSUE 29^c
BICK'S — WHOLE DILLS WITH GARLIC OR — 48 FL. OZ. JAR	FRENCH'S — PREPARED — 16 FL. OZ. JAR
POLISH DILLS 71^c	MUSTARD 25^c
ALL FLAVOURS SEALTEST ALL NATURAL — 3 PINT PKG. Reg. Price \$1.25	LIBBY'S — 8 FL. OZ. TIN
ICE CREAM \$1.25	ALPHA-GETTI 17^c
BICK'S — SWEET — 32 FL. OZ. BTL.	IMPERIAL — COLOURED — QUARTERS — 3 LB. PKG.
MIXED PICKLES 61^c	MARGARINE 88^c
RICHMELLO — 12 OZ. PKG.	RUPERT — FROZEN — 12 OZ. PKG.
CHERRY CAKE 49^c	FISH CAKES 49^c
JOHNSON'S — 9 FL. OZ. BTL.	IN TOMATO SAUCE — VEGETARIAN — 14 FL. OZ. TIN
BABY OIL 99^c	HEINZ BEANS 19^c
LIQUID CLEANER 15 FL. OZ. BTL.	HARRY HORNES — REGULAR — 25 FL. OZ. JAR
LYSOL 59^c	BARBECUE SAUCE 75^c
DOMINION — CHOICE — 14 FL. OZ. TIN	DERBY MEAT MIX — 25 OZ. TIN
FRUIT COCKTAIL 31^c	DOG FOOD 37^c
RAINBOW OR WHITE — RITE — PKG. OF 250	ST. LAWRENCE — PURE — 25 FL. OZ. TIN
SERVIENTTES 69^c	CORN OIL 73^c
DOMINION — 11 FL. OZ. JAR	ARMUR — 21 FL. OZ. CONT.
TOMATO KETCHUP 23^c	FLOOR POLISH 79^c
3 COLOURS — QUIKKI — 20 x 42"	DOMINO — 64 FL. OZ. CONT.
TEAR OFF TABLE CLOTH 59^c	LIQUID BLEACH 39^c
SPICED DROPS ASSORTED GUM SLICES OR JUMBO GUMS — 2 LB. PKG.	DOMINO — LIQUID — 24 FL. OZ. CONT.
LUDENS CANDY 85^c	DETERGENT 45^c
QUAKER — BUTTERMILK — 16 OZ. PKG.	LANCIA — 2 LB. PKG. MACARONI OR SPAGHETTI
MUFFETS 44^c	MACARONI OR SPAGHETTI 43^c
POST — CEREAL — 10 OZ.	BRAVO — PLAIN — 14 FL. OZ. TIN
ALPHA BITS 47^c	SPAGHETTI SAUCE 33^c
CLUB HOUSE LOOSE PACK MANZANILLA — 8 FL. OZ. JAR	HUNTS CHOCOLATE CHOCOLATE FUDGE OR LEMON — 4 x 5 FL. OZ. TIN
STUFFED OLIVES 55^c	SNACK PACK 72^c
CLUB HOUSE — 12 FL. OZ. JAR	SWING — FLAVOUR — PKG. OF 4 — 3 OZ. ENV.
SALAD OLIVES 49^c	LEMONADE CRYSTALS 59^c
REYNOLD'S — 12" x 50" ROLL	ORANGE FLAVOUR PKG. OF 2 — 7 OZ. ENV.
FOIL WRAP 75^c	TANG CRYSTALS 73^c
BUDGET — 100" ROLL	11 FLAVOURS PARTY TYME INSTANT LIQUID — 6 OZ. PKG. OR 16 FL. OZ. BTL.
WAX PAPER 36^c	COCKTAIL MIXES 97^c
BAGGIES — PKG. OF 50	BRIM — DECAF — 8 OZ. JAR
SANDWICH BAGS 39^c	INSTANT COFFEE \$2.19
INGERSOLL — Processed — 16 OZ. JAR	WELCHADE — PKG. OF 6 — 10 FL. OZ. TINS
CHEESE SPREAD 79^c	GRAPE DRINK 99^c
SEALTEST — FROZEN — TWIN PACK — PKG. OF 12	MINT OR REGULAR TOOTHPASTE 2 50 ML. TUBES
POPSICLES 76^c	CLOSE-UP 83^c
RICHMELLO 32 FL. OZ. BTL.	FLY TOX SINGLE
SALAD DRESSING 59^c	INSECT STRIP \$1.77
KRAFT CANADIAN SINGLES — PROCESSED — 2 LB. PKG.	LYSOL SPRAY — 14 OZ. AEROSOL CONT.
CHEESE SLICES \$1.73	DISINFECTANT \$1.29
DOMINION — FROZEN PINK OR WHITE CONCENTRATE — 4 1/2 OZ. TIN	RUBBERMAID —
LEMONADE 11^c	ICE CUBE TRAYS 47^c
DOMINION — FROZEN FANCY — REGULAR CUT — 32 OZ. PKG.	BARGAIN PACK — PKG. OF 101 9" SIZE
GREEN BEANS 59^c	DINNER PLATES 97^c
ASST'D FLAVOURS — 10 FLUID OZ. PKG.	CURITY — DAYTIME — PKG. OF 30
MR. FREEZE 22^c	DISPOSABLE DIAPERS \$1.77

RICHMELLO PKG OF 8

DISCOUNT BARGAIN

**HOT DOG
OR
HAMBURGER
BUNS** **22^c**

DOMINION — UNSWEETENED — PURE CHILLED, RECONSTITUTED 64 FL. OZ. BTL.

DISCOUNT BARGAIN

**ORANGE
JUICE** **59^c**

4 VARIETIES — 12 FL. OZ. BTL.

DISCOUNT BARGAIN

**CORONATION
RELISHES** **22^c**

PREPRICED 69c — 10 OZ. PKG. HUMPTY DUMPTY — PLAIN OR RIPPLE

DISCOUNT BARGAIN

**POTATO
CHIPS** **49^c**

HOLIDAY STORE HOURS

**RICHMOND HILL
WILL BE CLOSED**

DOMINION DAY MONDAY, JULY 2nd, 1973

For your Shopping Convenience

**NEWMARKET
WILL BE OPEN**

DOMINION DAY MONDAY, JULY 2nd, 1973

AT REGULAR STORE HOURS

FEARMAN'S MARY MILES — FROZEN 2 LB. BOX.	SWIFTS PREMIUM MILD CURED VAC. PACKED
HAMBURG PATTIES 2 LB. BOX 1.78	COTTAGE ROLLS LB. 98^c
SCHNIEDERS TASTY SMOKED COOKED 2 TO 3 LB.	FEARMAN BONELESS VAC PACK COOKED 2 TO 3 LB.
DINNER HAMS LB. 1.48	DINNER HAMS LB. 1.38
SCHNIEDERS 16 OZ. PKG.	SCHNIEDERS RED HOT & DUTCH TREAT
VARIETY PACK COOKED MEATS 94^c	WIENERS 1 LB. PKG. 84^c
FEARMAN'S MARY MILES PICNIC PACK 4 LB. BOX.	FEARMAN
WIENERS \$2.58	BOLOGNA BY THE PIECE LB. 48^c
SCHNIEDERS SIZZLERS	LUCAS IDEAL FOR T.V. SNACKS
SAUSAGE 1 LB. PKG. 88^c	BOLOGNA 16 OZ. 68^c
SWIFT PREMIUM OVEN ROASTING	KENT BRAND — DEVON BRAND 1 LB. PKG.
CORNER BEEF LB. 1.38	BREAKFAST BACON 98^c
FRESH SIENA	SCHNIEDERS COOKED MEATS
ITALIAN STYLE SAUSAGE LB. 1.34	MAC & CHEESE LOAF CHICKEN LOAF P & P LOAF DUTCH LOAF HEAD CHEESE 6 OZ. PKG.
MCQUAIDES PIES BEED STEAK 8 OZ. PKG. each	SHOPLY 3 1/2 OZ. PKG.S
BEEF STEAK CHICKEN TOURTIERE 42^c	CORNER BEEF 1.18
SCHNIEDERS 6 OZ. PKG.	BITTNER BITTNER SLICED 4 OZ. PKG.
COOKED HAM 74^c	COOKED HAM 68^c
BITTNER TASTY	PART SKINNED FULLY COOKED
LIVER SAUSAGE LB. 1.28	HAMS - SHANK END LB. 69^c

GARDEN FRESH PRODUCE

FRESH FROM THE TOPICS — DELMONTE BRAND	
BANANAS LB. 12^c	
CALIFORNIA NEW CROP	WASHINGTON NO. 1 GRADE
PERLETTE GRAPES LB. 48^c	BING CHERRIES LB. 49^c

Truly Canadian



EVERYDAY
Deep Discount Prices

Values effective until closing Tuesday July 3rd at Richmond Hill 9751 Yonge St. South and Newmarket 78 Davis Drive.