

IT'S STILL...MAINLY BECAUSE OF THE MEAT!



FROZEN
CHICKEN LEGS
LB. **66¢**
10 LB. BOX



MEATY
SHORT RIB ROAST
LB. **98¢**



TRY THEM BARBECUED THICK
BLADE STEAKS
LB. **1.18**



ROUND BONED
SHOULDER ROAST
LB. **98¢**



BLADE BONE REMOVED
BLADE ROAST
LB. **1.08**

Helping you to a better understanding of nutrition

Joan Fielden
Dominion's Home Economist Consultant



Joan Fielden Says...

In today's busy life style it is difficult to be sure every member of the family is well-fed.

Therefore, it is important to select a varied diet; one which includes nutritionally valuable fruits and vegetables—enriched and whole grain cereal products, meats and milk and moderation in other foods.

For more information write

Joan Fielden—
P.O. Box 35, Station W,
TORONTO 15, Ontario

FROZEN, WHOLE CUT UP
BOILING FOIL L.B. **48¢**
MAPLE LEAF BUTTER BASTED GRADE A. EVISCERATED FOR BARBECUE
TURKEYS 5 TO 10 AVERAGE LB. **69¢**
BURN'S MILD FLAVOURED, VAC PACK
COTTAGE ROLLS LB. **98¢**
BREADED
VEAL STEAKETTES LB. **88¢**
FEARMAN'S DAVERN RINDLESS
BREAKFAST BACON 1 LB. PKG. **1.28**

FEARMAN'S TASTY SMOKED, COOKED
DINNER HAMS LB. **\$1.68**
LUCAS SUPER VALUE
BOLOGNA 16 OZ. PKG. **79¢**
FEARMAN'S
WIENERS 1 LB. PKG. **78¢**
FEARMAN'S MARY MILES, PICNIC PACK
WIENERS 4 LB. BOX. **2.78**
FEARMAN'S
BOLOGNA, BY THE PIECE LB. **56¢**

FEARMAN'S FARMER JOHN LINKIES
BEEF SAUSAGE 1/2 LB. PKG. **48¢**
FEARMAN'S IDEAL FOR PICNICS COOKED MEATS VARIETY PACK OR
MINCED HAM 16 OZ. PKG. **98¢**
FEARMAN'S SANDWICH TREAT, COOKED MEATS MAC & CHEESE LOAF OR
CHICKEN LOAF 16 OZ. PKG. **94¢**
MCQUAIDES BEEF STEAKS PIE CHICKEN PKG. OF 2 PIES OR TOURTIERE PIES 4 OZ. PIES **49¢**
BITTNER'S BRATWURST
SAUSAGE LB. **1.16**

SWIFT'S OVEN ROASTING
CORNED BEEF LB. **1.34**
SWIFT'S TABLE READY COOKED MEATS MAC & CHEESE LOAF P & P LOAF DUTCH LOAF LUNCHEON LOAF CHICKEN LOAF 6 OZ. PKG.
38¢
MAPLE LEAF, IDEAL FOR PICNIC SNACKS
COOKED HAM 6 OZ. PKG. **98¢**
BITTNER'S FINE & COARSE
LIVER SAUSAGE LB. **1.38**
BITTNER'S CERVELAT SAUSAGE BEEF SALAMI SAUSAGE OR SUMMER SAUSAGE 4 OZ. PKG. **62¢**

SHOPLY+VAC—PACK
CORNED BEEF 4 2 OZ. PKGS. **1.18**
ESSEX
HEADCHEESE BOWLS 12 OZ. CONT. **82¢**
SHOPLY, ALL BEEF
WIENERS 1 LB. PKG. **99¢**
FEARMAN'S — FROZEN
HAMBURG PATTIES 2 LB. BOX **1.98**
FROZEN, CELLO PACK
SOLE FILLETS LB. **1.24**

DEEP DISCOUNT PRICES

Everyday...for home and away!

Discount Bargain

REFRESHING - 26 FL. OZ. NRB
REGULAR PEPSI COLA

19¢

Discount Bargain

LIQUID 2 - 24 FL. OZ. CONT.
MIR DETERGENT

58¢

Discount Bargain

DOMINION - PURE - CHILLED FROM CONCENTRATE 32 FL. OZ. BTL.
ORANGE JUICE

29¢

Discount Bargain

HUMPTY DUMPTY - PLAIN
10 OZ. PKG.
POTATO CHIPS

49¢

WE WILL NOT BE KNOWINGLY UNDERSOLD ON OUR EVERYDAY DEEP DISCOUNT PRICES

Values effective closing
Tuesday Aug. 14th
at Richmond Hill 9751 Yonge St. South
and Newmarket 78 Davis Drive.

IN TOMATO SAUCE
HEINZ BEANS 14 FL. OZ. TIN **19¢**
MIXED VEGETABLES — FANCY — CUT — FRENCH STYLE GREEN OR WAX BEANS 10 FL. OZ. TIN
YORK VEGETABLES **18¢**
CHOC FULL O NUTS — VACUUM PACK — 16 OZ. TIN
GROUND COFFEE **1.29**
PANTRY SHELF — LIGHT FLAKES 6 OZ. TIN **39¢**
TUNA MEAT 4.5 OZ. TIN UNDERWOOD — DEVILLED **57¢**
HAM SPREAD
CHEF BOY — AR — DEE — BEEFARONI — BEEF — OGETTI — OR 7 1/2 OZ. TIN
RAVIOLI **29¢**
CANADA PACKERS 12 OZ. TIN KAM — BACON & CHEESE — REGULAR SMOKEHOUSE BACON
LUNCHEON MEAT **65¢**
BRAVO — PLAIN 14 FL. OZ. TIN
SPAGHETTI SAUCE **33¢**
INSTANT COFFEE 10 OZ. JAR
MATLEY — ORANGE PEKOE **1.99**
TETLEY — ORANGE PEKOE PKG. OF 72
TEA BAGS **85¢**

4 COLOURS — ROYALE 2 ROLL PKG.
BATHROOM TISSUE **33¢**
PREPRICED 89¢ AMAZE — LAUNDRY 23 OZ. PKG.
STAIN REMOVER **79¢**
PREPRICED 49¢ LIQUID 24 FL. OZ. CONT.
SUNLIGHT DETERGENT **39¢**
PREPRICED 51.49 POWERED'S LB PKG.
SURF DETERGENT **1.47**
DOMINO 128 FL. OZ. CONT.
LIQUID BLEACH **65¢**
GLAD PKG. OF 100
SANDWICH BAGS **59¢**
BERNARDIN — QUART OR PINT SIZE PKG. OF 20 OR 25
FREEZER BAGS **33¢**
VEGETABLE 24 FL. OZ. BTL.
CRISCO OIL **81¢**
BEEF & KIDNEY — LIVER & BACON OR REGULAR 15 OZ. TIN.
ROMAR 90 **27¢**
DOG FOOD BONUS PACK 1 LB. FREE GAINES MEAL — 5 LB. DOG FOOD **1.09**

CANADA — WHITE 80 FL. OZ. CONT.
VINEGAR **59¢**
GENERAL FOODS
MEALMAKER DINNERS 7 OZ. PKG. **47¢**
E.D. SMITH ORCHARD 28 FL. OZ. BTL.
COCKTAIL JUICE **55¢**
CORONATION 12 FL. OZ. JAR
SALAD OLIVES **39¢**
CLARK'S CONDENSED 10 FL. OZ. TIN
MUSHROOM SOUP **19¢**
ASST'D FLAVOUR — CRYSTALS 3 1/4 OZ. ENV.
HAWAIIAN PUNCH **19¢**
ORANGE FLAVOUR — PKG OF 4 3 1/2 OZ. ENV.
TANG CRYSTALS **83¢**
INSTANT CHOCOLATE
HERSHEY 2 LB. TIN **88¢**
DOMINION — CHILLED 14 FL. OZ. BTL.
LEMONADE **63¢**
VICHY — 32 FL. OZ. BTL.
CELESTINS WATER **59¢**

MONARCH — COLOURED
SOFT MARGARINE 28 OZ. TUBS **39¢**
HILLTOP — FROZEN FRENCH FRIED POTATOES 32 OZ. PKG. **29¢**
FREEZER QUEEN — FROZEN 8 OZ. PKG.
MACARONI & CHEESE **21¢**
PANTRY SHELF — MINIATURE FRUIT FLAVOUR 10 OZ. PKG.
MARSHMALLOWS **28¢**
PANTRY SHELF — CRUSHED — TID BIT OR 19 FL. OZ. TIN.
SLICED PINEAPPLE **23¢**
NABISCO — SPOON SIZE 18 OZ. PKG.
SHREDDED WHEAT **47¢**
CENTENNIAL — WITH PECTIN 24 FL. OZ. JAR
STRAWBERRY JAM **54¢**
ASST'D VARIETY
McVITIE BISCUITS 7 1/2 OZ. PKG. **37¢**
HEINZ — EXCEPT MEAT STRAINED 4.5 FL. OZ. JAR
BABY FOOD **16¢**
VIM — PARTLY SKIMMED 3 LB. BAG
POWDERED MILK **1.73**

ESSO — BARBECUE
LIGHTER FLUID 32 F. OZ. CONT. **29¢**
60 OR 100 WATT DOMINION — PKG. OF 6
LIGHT BULBS **79¢**
FONDA — COLOURED — 9" SIZE PKG OF 100
PAPER PLATES **88¢**
REGULAR OR DRY — BALSAM PLUS PROTEIN 8 FL. OZ. BTL.
CONDITIONER **89¢**
ASST'D COLOURS — PKG. OF 111
FACELLE — ROYALE
FACIAL TISSUE **37¢**
CURITY OVERNIGHT PKG. OF 12
DISPOSABLE DIAPERS **94¢**

DISCOUNT PRODUCE
FRESH FROM THE TROPICS DELMONTE BRAND
BANANAS LB. **14¢**
CANADA NO. 1 GRADE
CUCUMBERS **5¢** EACH

Truly Canadian



EVERYDAY
Deep Discount Prices

DOMINION STORES REDEEM ALL FOOD STORE COUPONS