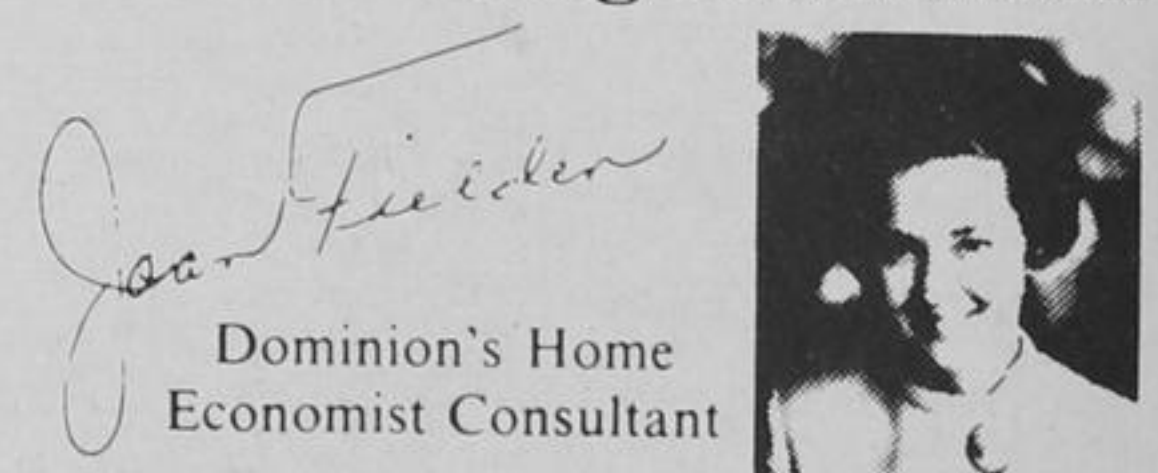


IT'S STILL...MAINLY BECAUSE OF THE MEAT!

DEEP DISCOUNT PRICE FROZEN TEN POUND BOXES NO BACKS ATTACHED CHICKEN LEGS .68 LB.	DEEP DISCOUNT PRICE FROZEN TEN POUND BOXES CHICKEN BREAST .68 LB.	DEEP DISCOUNT PRICE BONE IN RUMP ROAST 1.48 LB.	DEEP DISCOUNT PRICE DOMINION'S OWN SOYA BURGER .78 LB.	DEEP DISCOUNT PRICE THICK & JUICY BLADE STEAKS 1.18 LB.
DEEP DISCOUNT PRICE THICK & MEATY BONE IN BEEF BRISKET .48 LB.	DEEP DISCOUNT PRICE RIND ON (By the Piece) Breakfast Bacon END CUT .78 LB.	DEEP DISCOUNT PRICE RIND ON (By the Piece) Breakfast Bacon CENTRE CUT .88 LB.	DEEP DISCOUNT PRICE FEARMANS COOKED READY TO EAT DINNER HAMS 1.58 LB.	DEEP DISCOUNT PRICE BONELESS PLATE Brisket Pot Roast .98 LB.
BONELESS SIRLOIN TIP STEAKS LB. 1.88	FROZEN NEW ZEALAND SHOULDER LAMB CHOPS LB. 98¢	SWIFTS PREMIUM TABLE READY COOKED MEATS MAC & CHEESE 6 OZ. PKG 44¢	BITTNER'S REGULAR BOLOGNA 6 OZ. PKG 39¢	ESSEX (BY THE PIECE) BOLOGNA LB. 56¢
MEATY BRAISING RIBS LB. 98¢	FROZEN NEW ZEALAND LOIN LAMB CHOPS LB. 1.38	ESSEX PORK & BEEF SAUSAGE BULK LB. 88¢	BITTNER'S FRESH BRATWURST SAUSAGE 1 LB. PKG 1.38	ESSEX FAMILY PACK COOKED MEATS 16 OZ. PKG 1.08
ALL MEAT BONELESS SIRLOIN TIP ROAST LB. 1.78	ESSEX NO. 1 SIDE RINDLESS BREAKFAST BACON 1 LB. PKG 1.28	ESSEX TASTY COOKED HAM 6 OZ. PKG 96¢	SHOPY ALL BEEF WIENERS 1 LB. PKG 99¢	ESSEX ASSORTED COOKED MEATS 16 OZ. PKG 1.18
FROZEN DRESSED SMELTS LB. 58¢	ESSEX NIAGARA BRAND WIENERS 1 LB. PKG 78¢	BITTNER'S JAGDWURST SAUSAGE 4 OZ. PKG 68¢	SHOPY VAC PACKED CORNED BEEF 4 2 OZ. PKGS 1.28	ESSEX COOKED READY TO EAT SMOKED PORK SHOULDERS LB. 98¢
BONELESS STEW BEEF LB. 1.28	ESSEX HEADCHEESE BOWLS 12 OZ. EACH 79¢	BITTNER'S SKINLESS WIENERS 1 LB. PKG 89¢	SHOPY FAMOUS OLD VIENNA SALAMI 20 OZ. SIZE 1.68	HEINZ TASTY COOKED CHICKEN 2 LB. BOX 3.18

Helping you to a better understanding of nutrition



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

DOMINION WILL NOT BE KNOWINGLY UNDERSOLD ON EVERYDAY DEEP DISCOUNT PRICES!

Discount Bargain DOMINO- 32 FL. OZ. CONT. LIQUID DETERGENT 43¢	Discount Bargain ROSE SWEET 24 FL. OZ. JAR MIXED PICKLES 47¢	Discount Bargain AYLMER- 11 FL. OZ. BTL. TOMATO KETCHUP 14¢	Discount Bargain 7 VARIETIES- ROYAL- 3 OZ. PKG. JELLY POWDERS 7¢
PEEK FREN CHOCOLATE CHIP DIGESTIVE NICE SHORTCAKE BISCUITS 16 OZ. PKG 59¢	HUMPTY DUMPTY - PLAIN OR RIBBLE 9 OZ. PKG 55¢	DOWNYFLAKE - FROZEN 9 OZ. PKG 29¢	ASST'D COLOURS MODERN 1 PLY 4 ROLL PKG 55¢
WESTON - 14 OZ. PKG WAGON WHEELS 49¢	FLAVOURFUL - 1 OZ. CONT ACCENT 29¢	RICH'S - FROZEN 32 OZ. CONT COFFEE RICH 33¢	GUEST - RAINBOW - PKG OF 300 SERVIETTES 98¢
ARMOUR STAR - 12 OZ. TIN CORNED BEEF 92¢	BERRY BOX - WITH PECTIN - RASPBERRY OR - 24 OZ. JAR STRAWBERRY JAM 64¢	YORK - FROZEN - FANCY FRENCH STYLE - 10 OZ. PKG GREEN BEANS 29¢	BAGGIES - PKG OF 50 SANDWICH BAGS 39¢
ASST'D FLAVOURS - JACOB - 5 OZ. PKG BISCUIT BARS 35¢	ROBERTSON - GOLDEN SHRED - SCOTCH ORANGE - SILVERSHRED OR THICK CUT - 12 FL. OZ. JAR MARMALADE 45¢	MONARCH - COLOURED - PARCHMENT WRAPPED - 1 LB. TUB MARGARINE 32¢	HANDI WRAP - 200' ROLL FOOD WRAP 68¢
ORANGE CONCENTRATE - 11 1/4 FL. OZ. BTL SUNQUICK 65¢	BROMONT 7 1/2 FL. OZ. JAR MAPLE SYRUP 1.89	DOMINION - 10 LB. BAG ALL PURPOSE FLOUR 88¢	ALCAN - 12" X 100' ROLL FOIL WRAP 1.19
ALLEN'S ORANGE - PKG OF 5 - 3 1/4 OZ. ENV FLAVOUR CRYSTALS 85¢	CLUB HOUSE 8 OZ. PKG BLACK PEPPER 99¢	TUNA & CHICKEN - LIVER EGG TUNA & LIVER - 6 1/2 OZ. TIN NINE LIVES CAT FOOD 21¢	PREPRIE - 51.49 POWDERED KING SIZE - 80 OZ. PKG SURF DETERGENT 1.47
INSTANT 2 LB. CONT HERSHEY CHOCOLATE 88¢	LAWRY'S - MINESTRONE OR ONION - PKG OF 2 - 3 OZ. PKGS SOUP MIX 37¢	REGULAR BEEF & KIDNEY LIVER & BACON - ROMAR 90 - 15 OZ. TIN DOG FOOD 27¢	FLEECY - 64 FL. OZ. CONT FABRIC SOFTENER 92¢
MOUNTAIN BLEND 10 OZ. JAR INSTANT COFFEE 1.69	MACARONI & CHEESE 7 1/4 OZ. PKG KRAFT DINNER 19¢	DAINTY BOWL - TOILET 12 FL. OZ. CONT BOWL CLEANER 88¢	27 FL. OZ. WITH 20 PER CENT MORE FREE KLEAR - 32.4 FL. OZ. CONT LIQUID WAX 1.23
BEEF - CHICKEN OR IRISH 15 FL. OZ. TIN CORDON BLEU STEWS 45¢	ASST'D VARIETIES 7 OZ. PKG HAMBURGER HELPER 53¢	EASY ON SPEED 20 OZ. AEROSOL CONT SPRAY STARCH 83¢	RUFF'N REDDI - PKG OF 10 GARBAGE BAGS 67¢
DOMINION 16 OZ. TIN MIXED NUTS 1.09	HEINZ REGULAR EXCEPT MEAT STRAINED 4.5 OZ. JAR INFANT FOOD 16¢	14 OZ. CONT DUTCH CLEANSER 25¢	WHITE - PINK - YELLOW - PKG OF 60 FACELLE ROYALE FACIAL TISSUE 22¢

The Funk & Wagnalls New Encyclopedia



ALL VALUES EFFECTIVE UNTIL THE CLOSE OF BUSINESS TUESDAY SEPTEMBER 25th 1973 AT RICHMOND HILL, 9751 YONGE ST. SOUTH AND NEWMARKET, 78 DAVIS DRIVE.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS

Truly Canadian



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