

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

Discount Bargain STUART HOUSE — SOUP MIX — 2 1/4 OZ. ENV. CHICKEN NOODLE 7^c	Discount Bargain PREPRICED 99c — 100 ML. TUBE STRIPE TOOTHPASTE 49^c	Discount Bargain BLACK — PKG. OF 100 HILLTOP TEA BAGS 49^c	Discount Bargain 4 VARIETIES - FROZEN - 14 OZ. PKG. SARA LEE LAYER CAKES 63^c	Discount Bargain JACK'S — 9 OZ. PKG. POTATO CHIPS 55^c
Discount Bargain POWDERED — KING SIZE — 80 OZ. PKG. TIDE DETERGENT 1.69	Discount Bargain GLAD WRAP — 200' ROLL PKG. FOOD WRAP 57^c	Discount Bargain PINEAPPLE GRAPEFRUIT — 48 FL. OZ. TIN DELMONTE DRINK 29^c	Discount Bargain INSTANT 44 OZ. OR QUICK 48 OZ. PKG. QUAKER OATS 67^c	Discount Bargain SOLID DISPLAY — FLOREAL & LEMON OR ASST'D COLOURS — 5 OZ. SIZE AIRWICK 69^c

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

THICK & JUICY

SIRLOIN STEAKS LB. **1.44**

FROZEN NO BACKS ATTACHED LB. 66^c CHICKEN LEGS (10 LB. BOXES)	FEARMANS BONELESS COOKED VACUUM PACKED LB. 1.58 DINNER HAMS
FRESH CANADIAN LB. 1.28 LAMB SHOULDER CHOPS	MARY MILES 1 LB. PKG. 78^c WIENERS
FRESH CANADIAN RIB LB. 1.68 LAMB CHOPS	BITTERS SKINLESS MILD 1 LB. PKG. 88^c WIENERS
MAPLE LEAF TABLE READY COOKED MEATS MACARONI & CHEESE LOAF DUTCH LOAF P & P LOAF MOCK CHICKEN LOAF 6 OZ. PKG. EACH 44^c	FEARMANS FARMER JOHN LINKIES 1/2 LB. PKG. 49^c SAUSAGE
BONELESS SIRLOIN LB. 1.54 TIP ROAST	MCQUAIDES BEEF STEAK PIES CHICKEN PIES TOURITERE PIES 2 PIES FOR 48^c
BONELESS PLATE LB. 96^c BRISKET POT ROAST	SHOPS 4 2 OZ. PKG. 1.34 CORNED BEEF
THICK & MEATY BONE IN LB. 48^c BEEF BRISKET	SCHNEIDERS 1 LB. PKG. 58^c CHOPPED SUET
SHOPS OVEN ROASTING VACUUM PACKED LB. 1.38 CORNED BEEF	MARY MILES RINDLESS 1 LB. PKG. 1.26 BREAKFAST BACON



Joan Fielden
Hints to the homemakers

NUTRITION NOTES: A BONUS OF PROTEIN
Remember we learned—"The whole is never equal to more than the total of its parts." FORGET IT—when you talk nutrition because—cereal plus milk OR—cheese plus macaroni give you more nutritional goodness than either of the two eaten separately. It's the bonus of good planning. The bonus your family gets when you serve bread or cereal products with milk, meat, fish, eggs or cheese. Name two high proteins easy to prepare, very economical desserts!

QUESTION: Is the crust of bread more nutritious than the rest?
ANSWER: It's browner—but no more nourishing than what's underneath. If the sandwich will be eaten without the crusts save them for bread pudding or crumbs. And there's no truth to the old saw that eating crusts will make your hair curly.

NOTE: It's never too early. This is a good week to stock up on Christmas cake and pudding ingredients—and make them early. It'll be easier because you're not as rushed and the extra time they've got to age will make them taste better when you serve Christmas Dinner. **SAVE:** Make up a pitcher of milk with powdered milk, keep it icy cold in the refrigerator—ready to drink. It's easy, economical, convenient for the family and for you; especially when baking.

A GOOD meat buy is soya burger. If you've never tried it, don't knock it. It's more economical than regular hamburger. It's nutritious and you can use it in any of your favourite ground beef recipes. The taste will really surprise you. A family eats the right things when they're served in an interesting way. Part of their enjoyment is the enjoyment you get in preparing food tastefully.

OPEN-FACE CHEESE 'N MEAT (A Bonus Sandwich)
Serves 6

- 1 cup shredded Cheddar cheese
- 2 tablespoons mayonnaise
- 2 tablespoons green onions, chopped
- 1 (12 oz.) can luncheon meat, cut in 12 slices
- 6 slices bread, toasted
- prepared mustard

• Combine cheese, mayonnaise and onions.
• Cut luncheon meat into 12 slices.
• Lightly spread toast with prepared mustard. Top each with 2 slices luncheon meat; spread cheese mixture over meat.
• Broil 3 minutes or until cheese is melted.

WRITE JOAN FIELDEN
P. O. BOX 35 STATION "W"
TORONTO ONTARIO

ORANGE PEKOE — DISCOUNT BARGAIN RIDGWAYS PKG. OF 60 69^c TEA BAGS	MONARCH — 7 VARIETIES — DISCOUNT BARGAIN SPONGE PUDDING 9 OZ. PKG. 25^c	DISCOUNT BARGAIN BEEF — CHICKEN — LIVER OR TUNA — PUSS'N BOOTS — FLAVOUR MORSELS 12 OZ. PKG. 59^c	MANNING — DISCOUNT BARGAIN ARROWROOT BISCUITS 15 OZ. PKG. 49^c	PREPRICED \$1.99 — DISCOUNT BARGAIN NOXZEMA SKIN CREAM 10 OZ. JAR 1.39
DISCOUNT BARGAIN CITRUS CROWN — FROM CONCENTRATE — UNSWEETENED — GRAPEFRUIT JUICE 48 FL. OZ. TIN 39^c	DISCOUNT BARGAIN BICKS SWEET GARDEN — SALAD PICKLES 20 FL. OZ. JAR 39^c	DISCOUNT BARGAIN BEEF OR LIVER — DR. BALLARD CAT FOOD 25.5 OZ. TIN 31^c	DISCOUNT BARGAIN MIR — PKG. OF 2 — 24 FL. OZ. CONT. 59^c LIQUID DETERGENT	DISCOUNT BARGAIN FRESH ORANGE OR HERBAL FOREST SCHICK — SHAVE CREAM 7 OZ. AEROSOL CONT. 73^c
DISCOUNT BARGAIN 26 FL. OZ. NRB WILSON'S GINGER-ALE 19^c	DISCOUNT BARGAIN ORIOLE COLOURED — SOFT MARGARINE 16 OZ. TUB 34^c	DISCOUNT BARGAIN GAINES BURGERS — BEEF FLAVOUR DOG FOOD 72 OZ. PKG. 1.83	DISCOUNT BARGAIN LADY SCOTT — 2 PLY — ASST'D COLOURS — BATHROOM TISSUE 2 ROLL PKG. 37^c	DISCOUNT BARGAIN ASST'D COLOURS — COLGATE — HANDI WIPES PKG. OF 12 73^c
DISCOUNT BARGAIN BRIGHT'S FANCY — TOMATO JUICE 48 FL. OZ. TIN 39^c	DISCOUNT BARGAIN KELLOGG'S — FROZEN — EGGO WAFFLES 11 OZ. PKG. 45^c	DISCOUNT BARGAIN BEEF CHUNKS OR CUBED LIVER — DERBY DOG FOOD 15 OZ. TIN 32^c	DISCOUNT BARGAIN ELECTRA SOL — AUTOMATIC — DISHWASHER DETERGENT 33 OZ. PKG. 97^c	DISCOUNT BARGAIN REGULAR OR HARD TO HOLD — ABLERTA CULVER — VO5 HAIR SPRAY 13 OZ. AEROSOL CONT. 1.79
DISCOUNT BARGAIN NESTLE'S INSTANT — HOT CHOCOLATE 16 OZ. TIN 77^c	DISCOUNT BARGAIN DOMINION — FROZEN — REGULAR — CONCENTRATE — ORANGE JUICE 12.5 OZ. TIN 41^c	DISCOUNT BARGAIN MILK — DARK — FRUIT — ORANGE OR — NUTANA JACOBS BISCUITS 5 OZ. PKG. 35^c	DISCOUNT BARGAIN REYNOLD'S — 12" — 150' ROLL FOIL WRAP 1.79	DISCOUNT BARGAIN RUFF'N REDD! — GARBAGE BAGS PKG. OF 10 67^c
DISCOUNT BARGAIN ALL PURPOSE MAXWELL HOUSE COFFEE 16 OZ. PKG. 93^c	DISCOUNT BARGAIN DOMINION — FROZEN — FANCY — BABY LIMA BEANS 12 OZ. PKG. 34^c	DISCOUNT BARGAIN DOMINION — CHOCOLATE MALLOWS 16 OZ. BAG 49^c	DISCOUNT BARGAIN SUPERB — FABRIC SOFTENER 64 FL. OZ. CONT. 59^c	DISCOUNT BARGAIN SCENTED — UNSCENTED OR POWDER — BAN ULTRA ANTIPERSPIRANT 6 OZ. AEROSOL CONT. 99^c
DISCOUNT BARGAIN RICHMELLO — COFFEE CREAMER 16 OZ. JAR 81^c	DISCOUNT BARGAIN PARAMOUNT — SOCKEYE SALMON 3.75 OZ. TIN 69^c	DISCOUNT BARGAIN DOMINION — MILK POWDER 48 OZ. PKG. 1.22	DISCOUNT BARGAIN SIMONIZ TONE FORTIFIED — FURNITURE POLISH 9 OZ. AEROSOL CONT. 88^c	DISCOUNT BARGAIN BABY SCOTT — REGULAR — DISPOSABLE DIAPERS PKG. OF 30 1.49
DISCOUNT BARGAIN ORANGE FLAVOUR — TANG PKG. OF 4 — 3 1/2 OZ. ENV. 83^c	DISCOUNT BARGAIN BYE THE SEA — SOLID — WHITE TUNA 6 OZ. TIN 59^c	DISCOUNT BARGAIN OLD TIME — TABLE SYRUP 32 FL. OZ. JAR 71^c	DISCOUNT BARGAIN STEMS & PIECES DIXIE MUSHROOMS 10 FL. OZ. TIN 33^c	DISCOUNT BARGAIN Q-TIPS COTTON SWABS PKG. OF 90 49^c
DISCOUNT BARGAIN 8 VARIETIES — COTTS BEVERAGES 10 FL. OZ. TIN 13^c	DISCOUNT BARGAIN 5 VARIETIES — ROYAL — INSTANT PUDDINGS 3 OZ. PKG. 17^c	DISCOUNT BARGAIN PABLUM — MIXED — OATMEAL OR — RICE CEREAL 16 OZ. PKG. 65^c	DISCOUNT BARGAIN ROBIN HOOD — ALL PURPOSE FLOUR 5 LB. PKG. 85^c	DISCOUNT BARGAIN ST. LAWRENCE — CORN OIL 25 FL. OZ. TIN 73^c

ALL VALUES EFFECTIVE UNTIL THE CLOSE OF BUSINESS, TUESDAY NOVEMBER 6th, 1973 AT RICHMOND HILL, 9751 YONGE ST. SOUTH AND NEWMARKET, 78 DAVIS DRIVE. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS

DISCOUNT PRODUCE
PRODUCE OF USA
ENDIVE OR ESCAROLE
19^c BUNCH

Truly Canadian

EVERYDAY
Deep Discount Prices