

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

DEEP DISCOUNT PRICE BONE IN MEATY RUMP ROAST 1.38 LB.	DEEP DISCOUNT PRICE THICK MEATY 6TH & 7TH RIB PRIME RIB ROAST 1.14 LB.	DEEP DISCOUNT PRICE THE KING OF ROAST 1ST TO 5TH RIB PRIME RIB ROAST 1.24 LB.	DEEP DISCOUNT PRICE BONELESS FULL CUT OR BOTTOM CUT STEAKS & ROASTS 1.38 LB.	DEEP DISCOUNT PRICE BONELESS PLATE BRISKET POT ROAST 84^c LB.
DEEP DISCOUNT PRICE THICK & JUICY BLADE STEAK 1.07 LB.	DEEP DISCOUNT PRICE FEARMANS FULLY COOKED DINNER HAMS (VACUUM PACKED) 1.58 LB.	DEEP DISCOUNT PRICE SWIFTS LAZY MAPLE RINDLESS BREAKFAST BACON 1.28 1 LB. PKG.	DEEP DISCOUNT PRICE FEARMANS RIND ON BREAKFAST BACON 2 1/2 - 3 LBS. AVG. END CUTS 92 ^c LB. CENTRE CUTS 98 ^c LB.	DEEP DISCOUNT PRICE SWIFTS TABLE READY COOKED MEATS MACARONI & CHEESE LOAF MOCK CHICKEN LOAF DUTCH LOAF OR P & P LOAF 4 OZ. PKG. 39^c

SWIFT OVEN ROASTING CORNEBEEF (VACUUM PACKED) LB. 1.46	BITTNER'S TRAY PACK BRATWURST SAUSAGE LB. 1.18	BITTNER'S BOLOGNA 6 OZ. PKG. 45^c	FEARMANS RINDLESS BREAKFAST BACON 1 LB. PKG. 1.26	SHOPSY CORNEBEEF 4 - 7 OZ. PKGS. 1.29
SWIFTS PREMIUM OR DOMINION WIENERS 1 LB. PKG. 88^c	MAPLE LEAF SKINLESS SAUSAGE 1 LB. PKG. 99^c	SWIFTS PREMIUM COOKED HAM 6 OZ. PKG. 88^c	SWIFTS PREMIUM VACUUM PACKED COTTAGE ROLLS LB. 98^c	MCQUAIDES BEEF STEAK PIES, CHICKEN PIES OR TOURTIERE PIES 8 OZ. PKG. 48^c
SWIFTS LAZY MAPLE SAUSAGE 1 LB. PKG. 98^c	FEARMANS FARMER JOHN LINKIES SAUSAGE 1/2 LB. PKG. 49^c	FEARMANS BOLOGNA BY THE PIECE LB. 54^c	SCHNIEDER'S FRESH GROUND CHOPPED SUET 1 LB. PKG. 58^c	SHOPSY POTATO SALAD OR COLE SLAW 24 OZ. CONT. EACH 68^c
SWIFTS OLD MILL SAUSAGE (STORE PACKED) LB. 88^c	BITTNER'S JAGDWURST SAUSAGE 4 OZ. PKG. 62^c	MAPLE LEAF BOLOGNA 1 LB. PKG. 94^c	SWIFTS LAZY MAPLE FULLY COOKED HAMS (1/2 BONE IN) LB. 1.39	SHOPSY VACUUM PACKED STEAK PASTRAMI LB. 2.38
MAPLE LEAF SAUSAGE MEAT 1 LB. PKG. 78^c	BITTNER'S MEAT LOAF FINE 4 OZ. PKG. 44^c	BITTNER'S TASTY 8 OZ. CHUB LINES LIVER SAUSAGE FINE EACH 78^c LIVER SAUSAGE COARSE EACH 78^c BLOOD PUDDING EACH 59^c	MAPLE LEAF (BABY SIZE) WAXED BOLOGNA LB. 88^c	LEGRADE FROZEN CHICKEN BREASTS 5 LB. BOX 3.88

Discount Bargain ASST'D COLOURS - BUDGET - 4 ROLL PKG BATHROOM TISSUE 39^c	Discount Bargain SAICO 10 FL OZ TIN MANDARIN ORANGES 25^c	Discount Bargain ORANGE FLAVOURS PKG OF 3-6 1/2 OZ PKG SWING CRYSTALS 69^c	Discount Bargain CHASE & SANBORN - DOUBLE BLEND - 6 OZ JAR INSTANT COFFEE 88^c
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PREPRICED 89c - HOSTESS POTATOES CHIPS 9 OZ. PKG. 55^c	ASST'D VARIETIES - PEEK FREN BISCUITS 14 OZ. PKG. 57^c	RAIN BARREL CONCENTRATED FABRIC SOFTENER 48 FL. OZ. CONT. 1.29	ASST'D COLOURS - FACIAL TISSUES KLEENEX - PKG. OF 200 37^c	LIPTON - ONION - SOUP MIX PKG. OF 2 ENV. 38^c
DIET OR REGULAR SEVEN-UP 26 FL. OZ. NRB 26^c	KRAFT - PROCESSED - SINGLES CHEESE SLICES - 2 LB. PKG. 1.57	DAINTY BOWL TOILET - BOWL CLEANER 9 OZ. JAR 69^c	BINACA - MOUTHWASH 16 FL. OZ. BTL. 1.19	BEEF - IRISH OR MEAT BALL PURITAN STEWS 24 FL. OZ. TIN 58^c
97 PERCENT CAFFEINE REMOVED BRIM COFFEE 16 OZ. PKG. 1.19	DOWNYFLAKE - FROZEN WAFFLES 10 OZ. PKG. 33^c	BLUE BLEACH SUBSTITUTE - BORATEEM 3 LB. PKG. 83^c	EXCEPT HAIR SPRAY - SUAVE PRODUCTS 12 FL. OZ. BTL. 59^c	CLOVERLEAF - SOLID - WHITE TUNA 7 OZ. TIN 82^c
RICHMELLO - ORANGE PEKOE - TEA BAGS PKG. OF 60 64^c	IMPERIAL - SOFT - COLOURED - MARGARINE PKG. OF 2 - 8 OZ. CONTS. 59^c	FLOOR SHINE CLEANER - MOP & GLO 32 FL. OZ. CONT. 1.59	ANTIPERSPIRANT - RIGHT GUARD 9 OZ. AEROSOL CONT. 1.47	STAR KIST - IN SPRING WATER - SOLID LIGHT TUNA 7 OZ. TIN 73^c
CARNATION - BONUS PACK - COFFEE MATE 18 OZ. JAR 97^c	DOMINION - FANCY - FROZEN - MIXED VEGETABLES 11 OZ. PKG. 28^c	LAUNDRY - VISPO DETERGENT 80 OZ. PKG. 1.12	REGULAR - MENTHOL OR LIME - COLGATE RAPID SHAVE 7 OZ. AEROSOL CONT. 59^c	
BORDEN - EAGLE BRAND - SWEETENED - CONDENSED MILK 14 OZ. TIN 46^c	HOMEMAID - FROZEN COFFEE QUEEN 15 OZ. CONT. 20^c	ASST'D COLOURS - SYMPHONY - 2 PLY - BATHROOM TISSUE 2 ROLL PKG. 33^c	JERGEN'S DIRECT AID - HAND CARE 10 1/2 FL. OZ. BTL. 97^c	
ASST'D FLAVOURS - HI C FRUIT DRINKS 48 FL. OZ. TIN 35^c	YORK FROZEN - FANCY - FRENCH CUT - GREEN BEANS 10 OZ. PKG. 31^c	ALCAN 12" x 100" ROLL FOIL WRAP 1.29	GILLETTE - STAINLESS - RAZOR BLADES PKG. OF 10 1.07	
ASST'D VARIETIES - LEED'S CANDIES 9 OZ. PKG. 47^c	ERIN BRAND CHOICE - TOMATOES 28 FL. OZ. TIN 39^c	LIQUID - JAVEX BLEACH 64 FL. OZ. CONT. 53^c	DOMINION - 25 - 40 - 60 OR 100 WATT LIGHT BULBS - PKG. OF 2 38^c	
PLANTERS - SPANISH PEANUTS 16 OZ. PKG. 73^c	PARIS PATE - DEVILED HAM - MEAT SPREADS 3 OZ. TIN 25^c	FINE - MEDIUM OR BROAD - SAVOIA - PLAIN NOODLES 12 OZ. PKG. 23^c	ASST'D FLAVOURS - DR. BALLARD'S CAT FOOD 15 OZ. TIN 21^c	
QUAKER CEREAL - REGULAR OR WITH RAISINS AND DATES - HARVEST CRUNCH 16 OZ. PKG. 77^c	V. H. STRONG OR SWEET 'N SOUR - SPARE RIB SAUCE 12 FL. OZ. JAR 63^c	HUNT'S - TOMATO PASTE 5 1/2 FL. OZ. TIN 20^c	CORONATION - SWEET - MIXED PICKLES 32 FL. OZ. JAR 67^c	
NABISCO CEREAL - SHREDDIES 24 OZ. PKG. 66^c	CHICKEN - BEEF OR TOMATO BEEF - LANGIS SOUP IN A MUG 6 OZ. JAR 69^c	LAWRY'S - GARLIC SPREAD 4 OZ. JAR 46^c	CLUB HOUSE - COCKTAIL OLIVES 6 FL. OZ. JAR 25^c	
CHEF PIERRE FROZEN APPLE PIE 37 OZ. PKG. 89^c	DOMINION - WAFER DELIGHT - BISCUITS 16 OZ. PKG. 59^c	CHERRY OR RASPBERRY - WITH PECTIN BERRY BOX JAM 9 FL. OZ. JAR 36^c	CORONATION - MANZANILLA - LOOSE PACK - STUFFED OLIVES 8 FL. OZ. JAR 59^c	

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ALL VALUES EFFECTIVE UNTIL THE CLOSE OF BUSINESS, TUESDAY NOVEMBER 20TH 1973 AT RICHMOND HILL, 9751 YONGE ST. SOUTH AND NEWMARKET, 78 DAVIS DRIVE.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS.



Joan Fielden Hints to the homemakers

NUTRITION NOTES:
Which is the best, whole, skim, liquid or dry milk?
As far as the amount of vitamins, minerals and proteins they contain there is little difference if they are fortified with Vitamin D and if the skim or partially skim brands are fortified with the fat soluble vitamin A.
If you are not a milk drinker remember the milk you use in cooking or in coffee or tea plus that used in soups, sauces and puddings are all part of your daily tally.

QUESTION:
Should you drink or use less milk as you get older?

ANSWER:
NO—Two cups a day is the minimum requirements for adults. Milk provides calcium that helps bones from deteriorating in the senior citizen. Everyone needs milk.

IRON: Did you know that iron is an essential mineral to our diet each day? This is found in many of our favourite foods besides liver and spinach. Try bran flakes at breakfast. Roast beef or ham sandwiches at lunch. A macaroni and cheese casserole. Serve peas, beans with your entree at dinner or enjoy a spaghetti with meat sauce supper. Snacking on cashews or peanuts will add to your iron intake too.

NOTE: This is the time to start picking up a few extras for Christmas entertaining—the non-perishables.

NOTE: Started your Christmas baking yet? Collect your recipes, make your shopping list, plan your baking ahead—enjoy the results during the holiday season.

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.

Calcium Equivalents for One cup of Milk (Whole, partly skimmed, skim)

Evaporated milk	1/2 cup
Skim milk powder	4 tablespoons
Reconstituted Skim milk	1 cup
Yogurt, plain	1 cup
Buttermilk	1 cup
Cottage cheese	1 1/2 cups
Cheddar cheese wedge	1" x 1" x 1 1/2"
Ice cream	1 1/2 cups
Milk pudding, instant	1 cup
Cream soup (diluted with milk)	2 cups

PUDDING MERINGUE PIE

- Serves 6
- 1 cup zwiebach crumbs (12 slices)
 - 1/4 teaspoon cinnamon
 - 1/4 cup soft butter or margarine
 - 1/2 cup sugar
 - 3 tablespoons cornstarch
 - 1 teaspoon vanilla
 - 1/4 teaspoon salt
 - 1/4 teaspoon cream of tartar
 - 2 cups milk
 - 3 eggs, separated
 - 6 tablespoons sugar
- Mix zwiebach crumbs with cinnamon, 3 tablespoons sugar and butter. Reserve 1/4 cup for topping.
• Line bottom and sides of 8 x 8 inch baking dish with remaining crumbs.
• Bake in 350°F. oven for 10 minutes.
• Mix together 1/2 cup sugar with cornstarch, salt and milk.
• Cook over medium heat, stir constantly until pudding boils and thickens.
• Beat egg yolks with a little hot pudding, stir into saucepan, stir constantly just to the boil.
• Add vanilla; pour into crust; cool 25 minutes.
• Beat egg whites with cream of tartar and sugar to make meringue.
• Spread over pudding to edges; sprinkle on reserved crumbs.
• Bake in 425°F. oven 5 minutes or until meringue is browned.
• Serve warm or cold.

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