

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

<b>DEEP DISCOUNT PRICE</b> FROZEN GRADE A EVISCERATED 20 LBS. UP <b>TURKEYS</b> <b>69<sup>c</sup></b> LB.	<b>DEEP DISCOUNT PRICE</b> MARY MILES — RINDLESS BREAKFAST <b>BACON</b> 1 LB. PKG. <b>1.26</b>	<b>DEEP DISCOUNT PRICE</b> DEVON BRAND — RIND ON BREAKFAST — BY THE PIECE <b>BACON</b> END CUTS CENTRE CUTS <b>92<sup>c</sup> 98<sup>c</sup></b> LB. LB.	<b>DEEP DISCOUNT PRICE</b> SWIFT'S PREMIUM VACUUM PACKED <b>COTTAGE ROLLS</b> <b>98<sup>c</sup></b> LB.	<b>DEEP DISCOUNT PRICE</b> FEARMAN'S — BONELESS COOKED — VACUUM PACKED <b>DINNER HAMS</b> <b>1.58</b> LB.
<b>DEEP DISCOUNT PRICE</b> FROZEN, NO BACKS ATTACHED (10 LB BOX) <b>CHICKEN LEGS</b> <b>66<sup>c</sup></b> LB.	<b>DEEP DISCOUNT PRICE</b> FEARMAN'S FROZEN <b>BEEF</b> (Bulk Pack) <b>STEAKETTES</b> <b>88<sup>c</sup></b> LB.	<b>DEEP DISCOUNT PRICE</b> FEARMAN'S FROZEN <b>HAMBURG</b> <b>PATTIES</b> <b>1.98</b> 2 LB BOX	<b>DEEP DISCOUNT PRICE</b> UTILITY GRADE FROZEN EVISCERATED <b>CHICKENS</b> 2 TO 3 LB. AVG. <b>55<sup>c</sup></b> LB.	<b>DEEP DISCOUNT PRICE</b> UTILITY GRADE FROZEN EVISCERATED <b>TURKEYS</b> 5 TO 10 LB AVG. <b>68<sup>c</sup></b> LB.

SHOPS OVEN ROASTING CORNED BEEF VACUUM PACKED LB. <b>1.39</b>	BITTNER'S ENGLISH STYLE BRATWURST SAUSAGE LB. <b>1.18</b>	AUNT DOLLY'S — FROZEN — COOKED BREADED CHICKEN 2 LB. 13 OZ. BOX <b>4.38</b>	FEARMAN'S MINCE HAM OR VARIETY LOAF 16 OZ. PKG. <b>1.04</b>	MAPLE LEAF BONELESS 2 1/2 TO 3 LB. AVG. COUNTRY KITCHEN HAMS LB. <b>1.98</b>
FEARMAN'S WIENERS 1 LB. PKG. <b>78<sup>c</sup></b>	BITTNER'S (COIL) KOLBOSSA SAUSAGE LB. <b>1.75</b>	FEARMAN'S BOLOGNA BY THE PIECE LB. <b>54<sup>c</sup></b>	FRESH — FROZEN DRESSED SMELT LB. <b>58<sup>c</sup></b>	SWIFTS LAZY MAPLE FULLY COOKED HAMS (1/2 BONE IN) LB. <b>1.39</b>
FEARMAN — BULK PACK SAUSAGE LB. <b>88<sup>c</sup></b>	BITTNER'S SKINLESS WIENERS 1 LB. PKG. <b>94<sup>c</sup></b>	SWIFTS PREMIUM COOKED HAM 6 OZ. PKG. <b>88<sup>c</sup></b>	SCHNIEDERS CHOPPED SUET 1 LB. PKG. <b>59<sup>c</sup></b>	SHOPS CORNED BEEF 4 2 OZ. PKGS. <b>1.29</b>
LEGRADE — FROZEN CHICKEN BREASTS 5 LB. BOX <b>3.88</b>	BITTNER'S COOKED HAM 4 OZ. PKG. <b>78<sup>c</sup></b>	MAPLE LEAF • MACARONI & CHEESE LOAF P & P LOAF • MOCK CHICKEN LOAF DUTCH LOAF COOKED MEATS 6 OZ. PKG. <b>44<sup>c</sup></b>	MAPLE LEAF COCKTAIL SAUSAGE 1/2 LB. PKG. <b>78<sup>c</sup></b>	FROZEN MEATY TURKEY DRUMSTICKS LB. <b>58<sup>c</sup></b>
LUCAS & ARTHUR BOLOGNA 16 OZ. PKG. <b>89<sup>c</sup></b>	SHOPS — FULLY COOKED STEAK PASTROMI LB. <b>2.38</b>	FEARMAN'S MAC & CHEESE OR CHICKEN LOAF 16 OZ. PKG. <b>94<sup>c</sup></b>	MAPLE LEAF COCKTAIL WIENERS 1/2 LB. PKG. <b>78<sup>c</sup></b>	GRADE A EVISCERATED FROZEN CORNISH HENS 18 OZ. SIZE EACH <b>1.18</b>

<b>Discount Bargain</b> ORIOLE-COLOURED 1 LB TUB SOFT MARGARINE <b>28<sup>c</sup></b>	<b>Discount Bargain</b> E.D. SMITH 32 FL OZ BT! TOMATO KETCHUP <b>54<sup>c</sup></b>	<b>Discount Bargain</b> PRIDE PACK-IN TOMATO SAUCE 28 FL OZ TIN BEANS WITH PORK <b>29<sup>c</sup></b>	<b>Discount Bargain</b> ALL PURPOSE 1 lb bag MOTHER PARKER COFFEE <b>68<sup>c</sup></b>
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WELCH'S — PURE — WHOLE GRAPE JAM — APPLE GRAPE JELLY OR GRAPE JELLY 9 FL. OZ. JAR <b>33<sup>c</sup></b>	E. D. SMITH — GARDEN VEGETABLE COCKTAIL JUICE 28 FL. OZ. BTL. <b>35<sup>c</sup></b>	4 VARIETIES — CHUN KING SKILLET DINNERS 29 1/2 OZ. PKG. <b>87<sup>c</sup></b>	ASST'D COLOURS — MODERN BATHROOM TISSUE 4 ROLL PKG. <b>57<sup>c</sup></b>	STOFFER — FROZEN — MARCARONI & CHEESE 12 OZ. PKG. <b>47<sup>c</sup></b>
PLAIN OR RIPPLE — HUMPTY DUMPTY POTATO CHIPS 9 OZ. PKG. <b>55<sup>c</sup></b>	FLOWERDALE ORANGE PEKOE TEA BAGS PKG. OF 72 <b>82<sup>c</sup></b>	SALAD DRESSING MIRACLE WHIP 32 FL. OZ. JAR <b>73<sup>c</sup></b>	TOOTH PASTE PEPSODENT 50 ML TUBE <b>49<sup>c</sup></b>	SHORTENING — 1 LB. PKG. CRISCO <b>54<sup>c</sup></b>
BEAVER — DRY ROAST MIXED NUTS 7 1/2 OZ. JAR <b>97<sup>c</sup></b>	IT'S THE REAL THING — PREPRICED 32.79 CASE COCA-COLA CASE OF 8 - 40 FL. OZ. NRB <b>2.69</b>	ASST'D VARIETIES — CREAMETTES 7 OZ. PKG. JUST ADD HAMBURGER <b>55<sup>c</sup></b>	4 FREE BLADES SCHICK — SUPER KRONA RAZOR BLADES PKG. OF 14 <b>1.29</b>	ASST'D VARIETIES — HAPPY HOUR — FROZEN — PIZZA ROLLS 6 OZ. PKG. <b>59<sup>c</sup></b>
HUMPTY DUMPTY PRETZEL STICKS 9 OZ. PKG. <b>47<sup>c</sup></b>	ASST'D FLAVOURS — LIQUID 16 FL. OZ. BTL. OF 6 OZ. PKG. INSTANT — PARTY TYME <b>97<sup>c</sup></b>	ASST'D VARIETIES CORDON BLEU STEWES 25 FL. OZ. TIN <b>67<sup>c</sup></b>	DRY NORMAL OR TROUBLED & DAMAGED REVLON MILK PLUS 6 SHAMPOON 7 FL. OZ. BTL. <b>1.47</b>	PARKAY — COLOURED SOFT MARGARINE 1 LB. CONT. <b>51<sup>c</sup></b>
ROSE — POLISH — PLAIN OR GARLIC DILL PICKLES 24 FL. OZ. JAR <b>49<sup>c</sup></b>	DECAFINATED — INSTANT NESCAFE COFFEE 4 OZ. JAR <b>1.25</b>	LIBBY — 14 FL. OZ. TIN ALPHA-GETTI <b>29<sup>c</sup></b>	Unscented - Regular - Light Powdered Unscented or Light powdered regular ARRID EXTRA DRY 6 OZ. Aerosol SPRAY DEODORANT cont. <b>1.01</b>	
MCLAREN'S — 12 FL. OZ. KENT JAR MARASCHINO CHERRIES <b>79<sup>c</sup></b>	INSTANT FREEZE DRIED MAXIM COFFEE 8 OZ. JAR <b>2.29</b>	LANCIA — SPAGHETTI OR MACARONI 2 LB. PKG. <b>69<sup>c</sup></b>	DISPOSABLE DIAPERS — TODDLER SIZE FLUSHABYES PKG. OF 30 <b>1.45</b>	
CLUB HOUSE — MANZANILLA LOOSE PACK STUFFED OLIVES 12 FL. OZ. JAR <b>77<sup>c</sup></b>	ORANGE FLAVOUR TANG CRYSTALS 7 OZ. ENV. <b>73<sup>c</sup></b>	FRENCH'S — ITALIAN STYLE OR NOODLE DINNER CHICKEN FIXIN'S 7 1/2 OZ. PKG. <b>57<sup>c</sup></b>	OVEN CLEANER JIFOAM 14 OZ. AEROSOL CONT. <b>1.29</b>	
PLUMROSE — COCKTAIL SAUSAGE 4 OZ. JAR <b>79<sup>c</sup></b>	PURE RECONSTITUTED — LEMON JUICE REALEMON 25 FL. OZ. BTL. <b>57<sup>c</sup></b>	FORTIFIED TONE FURNITURE SIMONIZ POLISH 9 OZ. AEROSOL CONT. <b>88<sup>c</sup></b>	ROYAL CHINET — SIZE 8 1/4" LUNCH PLATES PKG OF 20 <b>75<sup>c</sup></b>	
SAICO — SMOKED OYSTERS 3 OZ. TIN <b>55<sup>c</sup></b>	FIVE ROSES 7 LB. PKG. ALL PURPOSE FLOUR <b>1.15</b>	THE HANDY CLEANER DUTCH CLEANSER 14 OZ. CONT. <b>25<sup>c</sup></b>	RUFF'N REDDI GARBAGE BAGS PKG. OF 20 <b>1.31</b>	
KRAFT — DILL OR ONION CHEESE DIP 8 OZ. CONT. <b>49<sup>c</sup></b>	LIPTON — BEEF NOODLE — CHICKEN RICE OR VEGETABLE BEEF SOUP MIXES PKG. OF 2 ENV. <b>40<sup>c</sup></b>	GLAD — PKG OF 100 SANDWICH BAGS <b>59<sup>c</sup></b>	WOOD'S TOILET BOWL DEODORIZER 3 FL. OZ. BTL. <b>27<sup>c</sup></b>	
ASST'D VARIETIES — MONARCH — CAKE MIXES 11 OZ. PKG. <b>37<sup>c</sup></b>	CEREAL WEETABIX 14 OZ. PKG. <b>71<sup>c</sup></b>	LIQUID JAVEX BLEACH 64 FL. OZ. CONT. <b>53<sup>c</sup></b>	SHADOW BAN LIGHT BULB 150 WATT <b>48<sup>c</sup></b>	
CHOCOLATE GRAHAM LIDO BISCUITS 24 OZ. PKG. <b>83<sup>c</sup></b>	GERBER'S — REGULAR — EXCEPT MEAT STRAINED INFANT FOOD 4 1/2 OZ. JAR <b>17<sup>c</sup></b>	LIME LIQUID DETERGENT SWEETHEART DETERGENT PKG. OF 2 - 24 FL. OZ. CONTS. <b>79<sup>c</sup></b>	BEEF DOG FOOD TOP CHOICE 72 OZ. PKG. <b>1.83</b>	

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ALL VALUES EFFECTIVE UNTIL THE CLOSE OF BUSINESS, TUESDAY NOVEMBER 27TH 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

Is there a difference in food value in different cuts of meat? Price and cut has absolutely nothing to do with nutritional value. The difference will vary with the quantity of fat and bone. The smaller quantity of fat and bone the greater the amount of edible lean meat. More lean meat means more protein, more minerals and more vitamins.

**QUESTION:**  
Is fish better for you than meat — Is fish really brain food?

**ANSWER:**  
Another old wives tale — there is no such thing as brain food. However, people who eat fish are wise because fish is high in protein too.

**NOTE: TO SAVE —** Buy a large cut chuck roast of beef. Divide it for cooking in these ways.

- (1) Use the rounded boneless end for stew.
- (2) Use the centre with the round bone for a good pot roast supper.
- (3) Slice the remaining piece lengthwise into 2 large or 4 smaller Swiss steaks.

**NEXT WEEK —** All about stew. 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.

**STEAK AND KIDNEY SWISS-STYLE**  
Serves 4

- 1/4 cup flour
- 1/4 teaspoon ginger
- 1/4 teaspoon marjoram
- 1/4 teaspoon oregano
- 1/2 teaspoon salt
- 1 pound round steak, cut in small pieces
- 2 tablespoons cooking oil
- 1 small beef kidney, cut in small pieces
- 1/2 teaspoon prepared mustard
- 1/2 cup water
- 4 small onions
- 1/2 teaspoons Worcestershire sauce
- 1 cup water

• Combine flour and seasonings, roll meat in mixture.  
• Brown in oil in a heavy frying pan. Add mustard and Worcestershire sauce.  
• Pour in 1 cup water; cover and bring to a boil.  
• Reduce heat; simmer 2 hours or until tender.  
• Add onions, cook 35 minutes or until tender.

**TANGY POT ROAST**  
Serves 4

- 1 1/2 pounds beef for pot roast
- 1 tablespoon cooking oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup water
- 1/2 cup tomato sauce
- 2 medium onions, diced
- 1/4 teaspoon garlic salt
- 1 tablespoon brown sugar
- 1/4 teaspoon dry mustard
- 1/4 teaspoon Worcestershire sauce
- 2 tablespoons catsup
- 2 tablespoons lemon juice
- 2 tablespoons vinegar
- 2 tablespoons Worcestershire sauce

• Brown meat in hot oil in deep skillet; season with salt and pepper.  
• Add water, tomato sauce, onions and garlic. Simmer covered, 1 1/2 hours.  
• Combine remaining ingredients, pour over meat. Continue cooking, covered, 1 hour or until tender.  
• Remove meat to heated serving platter; skim off fat.  
• Serve gravy with meat.

Write JOAN FIELDEN c/o P.O. Box 35, Station "W" Toronto, Ont.

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