

# Big meat deals for great meals.



## Joan Fielden tells how:



Joan Fielden, Dominion Home Economist Consultant Don Nichol, Meat Manager

### Roast Pork with Easy Cherry Sauce (Serves 6-8)

One 3 pound pork roast (shoulder or butt)  
1-16 ounce can cherry pie filling  
4 tblsp. lemon juice  
1/4 tspn. salt  
1/2 tspn. ginger

1. Roast pork in 325°F. oven for 35-40 minutes per pound or until internal temperature of 170°F. on meat thermometer.  
2. Heat remaining ingredients to boiling. Stir and simmer 2-3 minutes.  
3. Serve hot with roast.

### Menu Suggestions

Roast pork with easy Cherry Sauce, buttered brown rice, mixed vegetables, tomato and lettuce salad - Chocolate pudding with vanilla wafers - Coffee, milk. The following chart will give you a guideline to the amount of food you should buy to balance your family's nutritional needs. And if you'd like to know more about food and nutrition, write me, "JOAN", P.O. Box 35, Station W., Toronto. I'll send you free, helpful information.

Your appetite and mine were not designed to choose foods as wisely as they might. We tend to eat what we like best, rather than what we need. To help give your family what they need for many of their daily body requirements, you can count on pork. It's a lean source of high quality protein, and like all meats, pork is considered a high density nutrient that is devoid of carbohydrates. It also provides a high ratio of nutrients to calories, as well as a supply of vitamins and minerals. And pork is an excellent type of meat to balance your budget with. In fact, this week I've selected a Dominion pork special to build my recipe around. It will not only help reduce the cost of your meal, it will also supply some of the important nutrients necessary for your family's daily requirements.

MY GUIDE FOR WEEKLY FOOD QUANTITIES									
Family Meals	Child 1-6	Child 6-12	Girls 13-20	Boys 13-20	Women 13-20	Men 13-20	Women 60+	Men 60+	
Meat, Fish, Poultry	up to 1 lb	1 1/4 lbs	2 lbs	2 lbs	2 lbs	2 lbs	2 lbs	2 lbs	
Leafy Green Yellow Vegetables	1 1/4 lbs	2 1/4 lbs	2 1/4 lbs	2 1/4 lbs	2 1/4 lbs	2 1/2 lbs	2 1/2 lbs	2 1/2 lbs	
Milk	5 qts	5 qts	4 qts	5 qts	2 qts	2 qts	4 qts	4 qts	
Eggs	5	5	5	5	5	5	4	4	
Cereal** Flour	1 1/4 lbs	3 1/4 lbs	3 1/2 lbs	4-5 lbs	3 1/4 lbs	3 1/4 lbs	2 1/4 lbs	3 1/4 lbs	
Potatoes	1 lb	2-3 lbs	3 1/4 lbs	4 lbs	3 lbs	4 lbs	2 lbs	3 1/4 lbs	
Citrus Fruit, Tomatoes	1 1/4 lbs	2 1/4 lbs	2 1/4 lbs	2 1/2 lbs	2 1/4 lbs	2 1/2 lbs	2 1/4 lbs	2 1/4 lbs	
Dry Beans, Peas, Nuts	1 oz	1/4 lb	1/4 lb	1/2 lb	1/4 lb	3/4 lbs	2 oz	2 oz	
Fats, Oils	2-4 oz	1/2 lb	3/4 lbs	1-1 1/2 lbs	3/4 lbs	3/4 lbs	8-10 oz	8-10 oz	
Sugar, Syrup, Preserves	2 oz	3/4 lb	12 oz	14 oz	3/4 lb	1 lb	8-10 oz	8-10 oz	

\* Milk or its equivalent in cheese, evaporated milk or dry milk.  
\*\* Count 1 1/2 lbs of bread (24 oz loaf) as 1 lb of flour - or use equivalent in enriched pastas.  
\*\*\* To meet necessary iron allowance - serve 1 large or 2 small servings of liver or other organic meats once a week.

### Fresh Pork Loin Roast

SPECIAL!  
RIB OR TENDERLOIN END  
2 TO 4 LB. AVG.  
**86<sup>c</sup>** LB.

### Golden Bird Turkeys

SPECIAL!  
FROZEN EVISCERATED YOUNG CANADA GRADE "A" DELUXE SELFBASTING  
10 TO 16 LB. AVG.  
**69<sup>c</sup>** LB.

FROZEN EVISCERATED CANADA GRADE "A" 10 TO 16 LB. AVG. SPECIAL! LB.  
YOUNG HEN TURKEYS **64<sup>c</sup>**

MAPLE LEAF, RANCH STYLE BY THE PIECE  
BOLOGNA **44<sup>c</sup>** LB.

BITTNER'S, COOKED, LB.  
BEEF SALAMI SAUSAGE **1.49**

BITTNER'S EUROPEAN STYLE  
BRATWURST SAUSAGE **1.29** LB.

BITTNER'S, SLICED  
BOLOGNA **47<sup>c</sup>** 6 OZ PKG.

FEARMAN'S, FROZEN  
BEEF PATTIES **1.58** 2 LB. BOX

MAPLE LEAF GOLDEN FRY  
SAUSAGE **99<sup>c</sup>** 1 LB PKG.

MAPLE LEAF OR HINT OF MAPLE, RINDLESS  
BREAKFAST BACON **1.28** 1 LB PKG.

MAPLE LEAF OR DOMINION'S, OWN SKINLESS  
WIENERS **82<sup>c</sup>** 1 LB PKG.

SCHNEIDER'S, SLICED  
COOKED HAM **99<sup>c</sup>** 6 OZ PKG.

MAPLE LEAF, BONELESS READY TO SERVE  
DINNER HAMS **1.78** LB.

MAPLE LEAF, SWEET PICKLED  
COTTAGE ROLLS **1.14** LB.

IN TOMATO SAUCE, WITH CHEESE SPECIAL! 28 FL. OZ. TIN  
LIBBY'S SPAGHETTI **45<sup>c</sup>**

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LIBBY'S SPAGHETTI **45<sup>c</sup>**

### Fresh Whole Pork Loins

SPECIAL!  
ROAST AND CHOPS  
9 TO 14 LB. AVG.  
**86<sup>c</sup>** LB.

### Lamb Legs

SPECIAL!  
AUSTRALIAN WHOLE FROZEN  
**98<sup>c</sup>** LB.

SHOPSYS PURE 1 LB. PKG.  
BEEF SAUSAGE **1.04**

AUSTRALIAN, FROZEN LB.  
SHOULDER LAMB CHOPS **78<sup>c</sup>**

MOTHER'S BRAND BY CREAMETTE SPECIAL! 2 LB. PKG.  
READY CUT MACARONI **48<sup>c</sup>**

ORANGE PEKOE 16 OZ PKG. OF 120  
RED ROSE TEA BAGS **2.13**

BLACK DIAMOND SINGLE THINS, PROCESS  
CHEESE SLICES **1.29** 16 OZ PKG.

PURE 25 FL. OZ. TIN  
ST. LAWRENCE CORN OIL **1.43**

FROZEN 21 OZ. PKG.  
STOUFFER'S LASAGNA **1.79**

STOUFFER'S, FROZEN 12 OZ. PKG.  
MACARONI & CHEESE **69<sup>c</sup>**

CORONATION POLSKIE OGORKIE OR WHOLE DILL PICKLES SPECIAL! 32 FL. OZ. JAR  
**58<sup>c</sup>**

STOUFFER'S, FROZEN 12 OZ. PKG.  
MACARONI & CHEESE **69<sup>c</sup>**

CORONATION POLSKIE OGORKIE OR WHOLE DILL PICKLES SPECIAL! 32 FL. OZ. JAR  
**58<sup>c</sup>**

DOMINION BRANDS

RICHMELLO 19 OZ. PKG.  
SPICE BAR **79<sup>c</sup>**

RICHMELLO 20 OZ. PIE  
RAISIN PIE **89<sup>c</sup>**

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### Fresh Loin Pork Chops

SPECIAL!  
CENTRE CUT LB.  
**1.28**

### Ground Beef Hamburg

SPECIAL!  
**54<sup>c</sup>** LB.

MAPLE LEAF, MAC & CHEESE, CHICKEN DUTCH, P & P OR OLIVE & PIMENTO LOAF  
COOKED MEATS **41<sup>c</sup>** 6 OZ. PKG.

MARY MILES, SLICED MAC & CHEESE OR  
CHICKEN LOAF **89<sup>c</sup>** 16 OZ. PKG.

SIENNA BABY CHUB LB.  
MORTADELLA **98<sup>c</sup>**

RUPERT, FROZEN 12 OZ. PKG.  
FISH CAKES **54<sup>c</sup>**

WITH PORK, IN TOMATO SAUCE SPECIAL! 19 FL. OZ. TIN  
LIBBY'S BEANS **45<sup>c</sup>**

MEDIUM DRY GARLIC, STRONG OR SWEET 'N' SOUR  
VH SPARE RIB SAUCES **97<sup>c</sup>** 12 FL. OZ. BTL.

LIDO DERBY BISCUITS SPECIAL! 10 OZ. PKG.  
CHOCOLATE MALLOWS **77<sup>c</sup>**

RAINBOW, WHITE OR PRINTED PKG. OF 180  
SCOTT SERVIETTES **91<sup>c</sup>**

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VIM, INSTANT 48 OZ. BAG  
SKIM MILK POWDER **1.78**

FINE, MEDIUM WIDE OR EXTRABROAD 12 OZ. PKG.  
ROMI EGG NOODLES **41<sup>c</sup>**

Lipton Cup-A-Soup

SPECIAL!  
**44<sup>c</sup>**

ASST'D VARIETIES INSTANT 1.625 OZ. PKG.

STUART HOUSE 25 FT. ROLL  
FOIL WRAP **53<sup>c</sup>**

GIANT, FANCY SPECIAL! 14 FL. OZ. TIN  
GREEN GIANT PEAS **33<sup>c</sup>**

B. C. GROWN CANADA EXTRA FANCY GRADE SIZE 100'S SPECIAL! LB.  
GOLDEN DELICIOUS APPLES **27<sup>c</sup>**

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Brussels Sprouts

SPECIAL!  
**33<sup>c</sup>**

CALIFORNIA GROWN GARDEN FRESH LB.

BEEF, CHICKEN OR IRISH SPECIAL! 25 FL. OZ. TIN  
CORDON BLEU STEWS **79<sup>c</sup>**

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CORDON BLEU STEWS **79<sup>c</sup>**

### Parkay Margarine

SPECIAL!  
**1.85**

KRAFT 3 LB. PKG.

ASST'D VARIETIES BETTY CROCKER  
FRUIT HELPER **29<sup>c</sup>** 5.75 OZ. PKG.

ASST'D VARIETIES BETTY CROCKER  
SNACKIN' CAKE MIXES **79<sup>c</sup>** 15 OZ. PKG.

ASST'D FLAVOURS LAURA SECORD PUDDINGS **77<sup>c</sup>** 4 x 5 OZ. TINS

### French Fried Potatoes

SPECIAL!  
**89<sup>c</sup>**

DOMINION FANCY FROZEN 4 LB. PKG.

RICHMELLO SPECIAL! 16 OZ. JAR  
COFFEE CREAMER **99<sup>c</sup>**

DOMINION, ENCHANTMENT BUDS, MACAROONS OR  
CHOCOLATE WAFERS **73<sup>c</sup>** 8 OZ. PKG.

DOMINION, FANCY FROZEN ROMANO CUT  
GREEN BEANS **99<sup>c</sup>** 32 OZ. PKG.

DOMINION, FROZEN  
ONION RINGS **43<sup>c</sup>** 6 OZ. PKG.

### Lady Scott Bathroom Tissue

SPECIAL!  
**88<sup>c</sup>**

ASST'D COLOURS 2 PLY 4 ROLL PKG.

DOG FOOD WITH LIVER CHUNKS 72 OZ. PKG.  
KEN-L RATION BURGER **2.83**

BEEF CHUNKS, BEEF STEW OR HORSEMEAT CHUNKS 14.5 OZ. TIN  
MASTER DOG FOOD **35<sup>c</sup>**

POWDERED 2 LB. BOX  
SURF DETERGENT **89<sup>c</sup>**

REGULAR OR POWDER 9 OZ. AEROSOL CONT.  
ANTI-PERSPIRANT  
GILLETTE RIGHT GUARD **1.49**

NORMAL DRY OR OILY 8 FL. OZ. CONT.  
HALO SHAMPOO **79<sup>c</sup>**

HAIR CONTROL 8 OZ. AEROSOL CONT.  
1/3 MORE FREE SPECIAL!  
WIND BREAK **99<sup>c</sup>**

SANITARY NAPKINS PKG. OF 48  
CONFIDETS **2.49**

LYSOL LIQUID 24 FL. OZ. CONT.  
TOILET BOWL CLEANER **84<sup>c</sup>**

It's mainly because of the 'specials'.  
Or our name isn't **DOMINION**.

All values effective until the close of business Tuesday, January 28, 1975 at Richmond Hill, 9751 Yonge St., and 7689 Yonge Street, Thornhill. We reserve the right to limit quantities to normal family requirements. Dominion Stores Ltd.