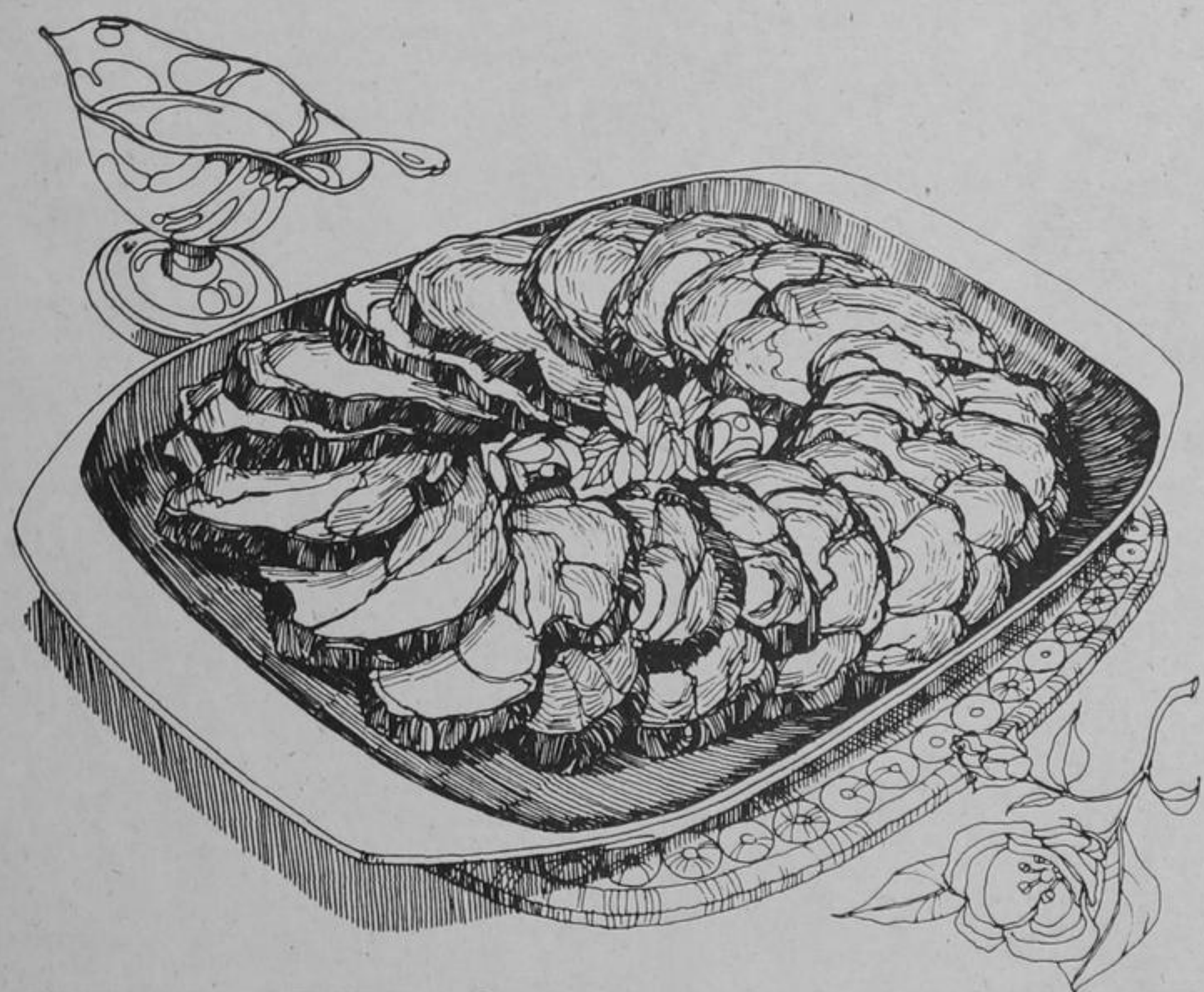


Make meaty meals six saving ways.



Joan Fielden tells how:



Joan Fielden, Dominion Home Economist Consultant
Jerry Aupers, Meat Manager

Round Steak Roast with Spicy Barbecue Sauce

Serves 8 plus

For this week's recipe I've selected a round steak roast. This particular recipe is one that I find goes a long way to keeping down the cost of meals for large families.

- 3-3 1/2 lb. round steak roast
- 1 tbs. catsup
- 1 tbs. vinegar
- 1 tbs. butter or margarine
- 1 tbs. Worcestershire sauce
- 1/2 tbs. cayenne pepper
- 1 tbs. lemon juice
- 2 tspns. prepared mustard
- 1/2 tspns. salt
- 1 tbs. paprika
- 1 tspn. chili powder
- 1 tbs. brown sugar
- 3/4 cup water

1. Place meat on rack, fat side up in a roasting pan. And cook in 300-325°F. oven until desired degree of doneness. (Use a meat thermometer.)

2. Meanwhile combine remaining ingredients and simmer 10-12 minutes.

3. To serve: Slice roast and arrange in a shallow ovenware serving dish. Cover with hot sauce. Bake in 325°F. oven until meat and sauce are hot.

If you'd like more food and nutritional information, write "Joan", P.O. Box 35, Station W., Toronto.

Beef is an important food and necessary for a well balanced nutritious diet. It contains high quality protein which helps build, maintain, and repair body tissue. It's an excellent source of nutrients to strengthen bodies against infection and disease. When buying meat, watch for advertised specials. They can save you money. If you have a freezer and your weekly budget permits, buy one or two extra cuts and freeze them well wrapped, labelled and dated.

Another secret to getting good value is to calculate "the real cost per serving." Remember some cuts may appear more inexpensive than others but may serve less people than a more expensive cut. So the trick is to calculate the cost of each serving.

SOME TIPS ON ESSENTIAL NUTRIENTS

Protein Meat. The lean portion of meat, poultry and fish is important for its protein content. And is needed for growth and repair of body tissues. (Foods from the meat counter also provide iron and some of the B vitamins.)

Eggs. Eggs are also a good source of protein and like meat, add a plus in B Vitamins.

Vitamin C
Vitamin C is needed by everyone, everyday for healthy gums and body tissues. You'll find Vitamin C in: Citrus Fruits, like grapefruit, oranges, or their juices. Cantaloupe, Strawberries, fresh Broccoli, Green Peppers, Sweet Red Pepper.

Vitamin A
Vitamin A is needed by everyone for growth, normal vision, healthy skin and other body structures. Remember to choose dark green and deep yellow vegetables and fruits. Broccoli, Cantaloupe, Carrots, Watercress, Squash, Spinach, Lettuce.

Calcium
Milk, Milk and cheese are our leading source of calcium and phosphorus which we need for bones and teeth and other important body functions. Remember milk includes Cottage Cheese, Buttermilk, Evaporated Milk, dry milk products, Ice Cream, processed cheese, and Cheddar Cheese.

Round Steak

SPECIAL!

BONELESS, FULL CUT

1.42 LB.

Round Steak or Roast

SPECIAL!

BONELESS, BOTTOM CUT

1.42 LB.

FEARMAN'S SLICED, 1 LB. PKG.

BOLOGNA 78c

SHOPS'S ALL BEEF, 1 LB. PKG.

WIENERS 89c

BITTNER'S TRAY PACK, SMALL LINK, 1 LB.

BREAKFAST SAUSAGE 1.25

BITTNER'S, 1 LB. PKG.

SKINLESS WIENERS 89c

BITTNER'S VACUUM PACKED, 1 LB.

BLOOD PUDDING RING 99c

B.C. GROWN, SIZE 100'S

EXTRA FANCY GRADE ANJOU SPECIAL! 27c

PEARS LB.

CALIFORNIA GROWN

Broccoli

SPECIAL!

38c BUNCH

SIZE 14'S

PIECES & STEMS, 10 FL. OZ. TIN

LEAVER MUSHROOMS 49c

ASST'D VARIETIES, SPECIAL!, 9 OZ. PKG.

PUDDING CAKE MIXES 49c

BREAD 'N BUTTER, SPECIAL!, 32 FL. OZ. JAR

CORONATION PICKLES 78c

CLARK, CONDENSED CHICKEN NOODLE OR CREAM OF, 10 FL. OZ. TIN

MUSHROOM SOUP 25c

CHUNKING, FROZEN PEPPER STEAK OR, 11 OZ. PKG.

CHICKEN CHOW MEIN 99c

CLOVERLEAF, 7.75 OZ. TIN

SOCKEYE SALMON 1.09

BORDEN'S CREMELLE, 16 OZ. JAR

COFFEE CREAMER 1.29

CONVERTED LONG GRAIN, SPECIAL!, 48 OZ. PKG.

UNCLE BEN'S RICE 1.88

SOFT CORN OIL, SPECIAL!, 2 x 8 OZ. CONTS.

FLEISCHMANN'S MARGARINE 89c

Deluxe Golden Bird Turkeys

SPECIAL!

FROZEN EVisCERATED SELF BASTING CANADA GRADE "A" 10 TO 16 LB. AVG.

69c LB.

Porterhouse, T-Bone, Wing

SPECIAL!

DOMINION TRIM STEAKS AND ROASTS

1.62 LB.

MARY MILES, BONELESS, READY TO SERVE

DINNER HAMS 1.68

FEARMAN'S SMALL LINK STORE PACK, 1 LB.

BREAKFAST SAUSAGE 82c

MARY MILES, SLICED COOKED MEATS MINCED HAM OR, 16 OZ. PKG.

VARIETY PACK 99c

FEARMAN'S MARY MILES, BY THE PIECE, 1 LB.

BOLOGNA 44c

BURN'S, SLICED, 6 OZ. PKG.

COOKED HAM 98c

FROZEN EVisCERATED CANADA GRADE "A", 1 LB.

DUCKS 99c

SEMI-SWEET, 6 OZ. PKG.

CHOCOLATE CHIPITS 65c

ORANGE PEKOE, SPECIAL!, 8 OZ. PKG. OF 60

THE TEA TEA BAGS 83c

Primo Spaghetti

SPECIAL!

53c

OR READY CUT MACARONI 2 LB. PKG.

ASST'D FLAVOURS SHIRIFF, 3 OZ. PKG.

JELLY DESSERTS 25

Dominion Brands

RICHMELLO, PKG. OF 6

HOT CROSS BUNS 79c

RICHMELLO, SPECIAL!, 20 OZ. PIE

APPLE PIE 69c

DOMINION FANCY FROZEN, 15 OZ. CONT.

RASPBERRIES 68c

ALL PURPOSE VACUUM PACKED, 1 LB. TIN

COUNTRY CLUB COFFEE 1.19

DOMINION, 16 OZ. PKG.

CHOCOLATE CHIP COOKIES 89c

RICHMELLO, 32 FL. OZ. JAR

SALAD DRESSING 1.15

Wieners

SPECIAL!

FEARMAN'S, MARY MILES

49c 1 LB. PKG.

Breakfast Bacon

SPECIAL!

FEARMAN'S, MARY MILES, RINDLESS

1.18 1 LB. PKG.

MARY MILES, SLICED MAC & CHEESE OR, 16 OZ. PKG.

CHICKEN LOAF 96c

SHOPS'S, FAMOUS, 4 x 2 OZ. PKGS

CORNED BEEF 1.38

FROZEN, SOLD IN 10 LB. BOXES, 1 LB.

CHICKEN WINGS 39c

BULK STORE PACKED, BREADED FROZEN, 1 LB.

VEAL STEAKETTES 69c

FROZEN, TRAY PACK, CUT UP, 1 LB.

BOILING FOWL 37c

APPLE, RASPBERRY OR APPLE, STRAWBERRY, WITH PECTIN, 24 FL. OZ. JAR

NORFOLK JAMS 1.35

FROZEN, WHITE, SPECIAL!, 80 OZ. PKG. OF 5

HOSTESS BREAD DOUGH 98c

CHICKEN OF THE SEA, 6.5 OZ. TIN

CHUNK LIGHT TUNA 67c

DOWNY, CONCENTRATED, SPECIAL!, 66 FL. OZ. CONT.

FABRIC SOFTENER 1.59

RAINBOW OR WHITE, PKG. OF 150

RITE SERVIETTES 81c

Moderne Bathroom Tissue

SPECIAL!

78c

ASST'D COLOURS SINGLE PLY 4 ROLL PKG.

REGULAR OR OILY, SPECIAL!, 14 FL. OZ. CONT.

PROTEIN 21 SHAMPOO 1.99

JOHNSON'S, 32 FL. OZ. CONT.

MOP MAGIC 1.71

ASST'D COLOURS FACELLE ROYALE, PKG. OF 111

FACIAL TISSUES 55c

STRIPE TOOTHPASTE, 100 ML. TUBE

59c

NOXZEMA HAND LOTION, 360 ML. CONT.

MOSTLY MOISTURE 99c

DENTURE CLEANSER, PKG. OF 28 TABLETS

EFFERDENT TABLETS 89c

Help your Heart... Help your Heart Fund

It's mainly because of the 'specials'.

All values effective until the close of business Tuesday, February 4, 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.

Or our name isn't Dominion.

DOMINION STORES LIMITED