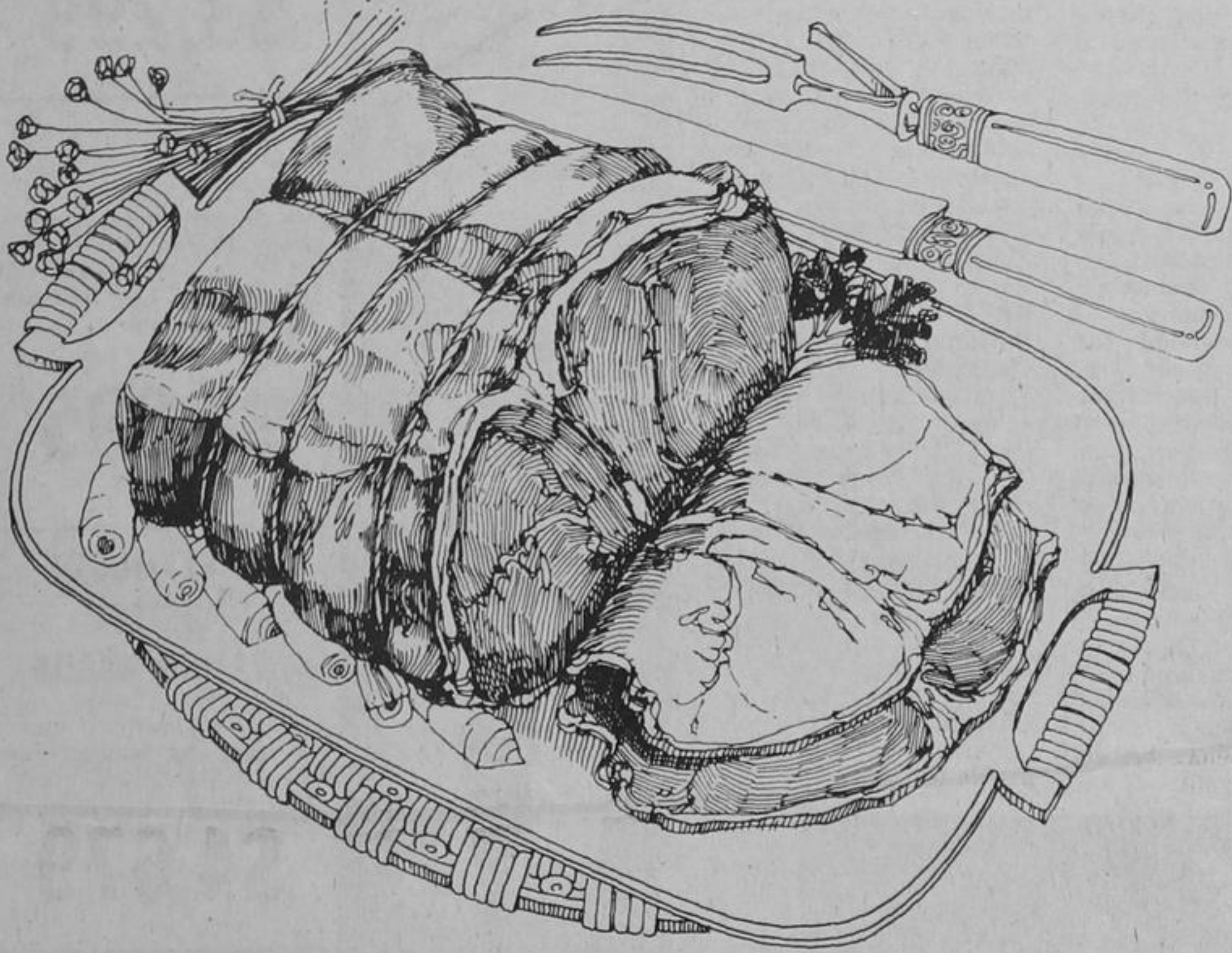


Great meals. Great meats.



Joan Fielden tells how:



Joan Fielden, Dominion Home Economist Consultant Carmelo Pluchino, Meat Manager

It's always a good idea to wrap and mark steaks, roasts and other cuts of beef before freezer storage. Because a good wrap, in moisture-vapourproof wrapping or container, will prevent "freezer burn", keep meat juicy, flavourful. Packaged self-service meats may be frozen in original store package if there are no breaks in the package. Then freeze meat at 0°F. or less. The faster meat freezes, the better its quality will be retained.

For this week's recipe, I've chosen a boneless round steak roast to make a delicious and colourful dinner. I think you'll find this recipe will be a family favourite.

Fruit Flavoured Roast (Serves 6-8)

- 3 pound boneless round steak roast
- 3 tbs. lemon juice
- 1 cup flour
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/4 tsp. rosemary
- 1/4 tsp. thyme
- 1/2 cup chopped onion
- 2 cups pineapple juice
- 1. Cut slits in roast, fill with lemon juice.
- 2. Let stand for 6-8 hours in refrigerator (overnight). Keep well covered.
- 3. Dredge roast with flour.
- 4. Mix remaining ingredients and sprinkle over roast.
- 5. Place roast fat side up in roasting pan. Add onion and pineapple juice.
- 6. Roast in oven 300-325°F. for 2 1/2 hours or until desired doneness.
- 7. Baste several times during cooking.

The following chart will serve as a handy guide to roasting all kinds of delicious cuts of beef. 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.

MY GUIDE TO ROASTING

TEMPERATURE AND TIME CHART

Beef Cut	Oven Temp.	Minutes Per Pound	Internal Meat Temp.
Standing Rib (3)	300°-325° F.	18-20 R 22-25 M 27-30 WD	140° F. R 160° F. M 170° F. WD
Rolled Rib	300°-325° F.	30-32 R 35-38 M 40-45 WD	140° F. R 160° F. M 170° F. WD
Chuck Rib	300°-325° F.	25-30	150°-170° F.
Rump	300°-325° F.	20-22 R 25-30 M	150°-170° F. R 150°-170° F. M
Rolled Rump	300°-325° F.	30-35 R 35-40 M 40-45 WD	130°-140° F. R 140°-150° F. M 150°-160° F. WD
Porterhouse Roast Wing, T-bone or Sirloin	325° F.	20-22 R 25-30 M 30-35 WD	130°-140° F. R 140°-150° F. M 150°-160° F. WD
Round	325° F.	25-30 M	150°-160° F. M
Whole Tenderloin	300°-325° F.	25 R 30-35 M	140° F. R 160° F. M
Loin	300° F.	18-20 R 22-25 M 27-30 WD	140° F. R 160° F. M 170° F. WD
Fillet (whole)	325° F.	never more than 40 minutes	140° F. R 160° F. M

Note 1 R - Rare, M - Medium, WD - Well Done.
 Note 2 For searing method, cook at 450° F. for 20 minutes, then at 300° for 16-18 minutes per pound rate. 18-22 minutes per pound medium, 23-28 minutes per pound well done.
 Note 3 To cook frozen roasts, thawed, cook as fresh. Unthawed, increase cooking time by half that required for fresh.
 Note 4 Large roasts require a little less cooking time per pound than small roasts.

Round Steaks

SPECIAL!

BONELESS, FULL CUT

1.42 LB.

Rump Roast

SPECIAL!

MEATY, BONE IN

1.42 LB.

Smoked Pork Shoulders

SPECIAL!

MAPLE LEAF VACUUM PACKED

79¢ LB.

Round Steak Roast

SPECIAL!

BONELESS, BOTTOM CUT

1.42 LB.

Breakfast Bacon

SPECIAL!

DEVON BRAND RIND ON, BY THE PIECE

88¢ .B.

Pork Sausage

SPECIAL!

FEARMAN'S CANADIAN QUEEN SMALL LINK, STORE PACKED, FROZEN

69¢ LB.

MAPLE LEAF, SLICED COOKED HAM 6 OZ. PKG. 98¢

MAPLE LEAF, MAC & CHEESE, CHICKEN, P & P, DUTCH OR MEAT & OLIVE LOAF COOKED MEATS 6 OZ. PKG. 48¢

MAPLE LEAF, IDEAL FOR HOT SANDWICHES CORNED BEEF SPECIAL! 4 x 2 OZ. PKGS. 1.36

MAPLE LEAF, FROZEN BREADED SAUSAGE SPECIAL! 1/2 LB. PKG. 99¢

BURN'S, FULLY COOKED, VACUUM PACKED DINNER HAMS LB. 1.88

MARY MILES, SLICED MAC & CHEESE OR CHICKEN LOAF 16 OZ. PKG. 96¢

ASST'D VARIETIES FROZEN CHUN KING DINNERS SPECIAL! 11 OZ. PKG. 77¢

Apple Juice

SPECIAL!

38¢

GOLD CROWN, RECONSTITUTED 48 FL. OZ. TIN

ASST'D VARIETIES MACARONI AND CHEESE LANCIA LUNCH 7 1/4 OZ. PKG. 19¢

HUNT'S, PLAIN TOMATO SAUCE 7.5 FL. OZ. TIN 22¢

Dominion Brands

DOMINION TASTY MALLOS 20 OZ. PKG. 1.15

INSTANT DOMINO COFFEE 8 OZ. JAR 1.69

RICHMELLO, PLAIN PROCESS REGULAR OR INDIVIDUALLY WRAPPED CHEESE SLICES 16 OZ. PKG. 1.23

ASST'D VARIETIES DOMINION CAKE MIXES 18 OZ. PKG. 69¢

LIQUID DOMINO BLEACH 64 FL. OZ. CONT. 67¢

TOFFEE OR RUM & BUTTER ENCHANTMENT CANDY 16 OZ. PKG. 99¢

RICHMELLO CHERRY POUND CAKE SPECIAL! 12 OZ. PKG. 69¢

It's mainly because of the meat!

BITTNER'S FINE, SLICED MEAT LOAF 4 OZ. PKG. 52¢

BITTNER'S, MILD SMOKED WIENERS 1 LB. PKG. 96¢

BITTNER'S, FRESH, ENGLISH STYLE BRATWURST SAUSAGE LB. 1.29

MAPLE LEAF OR HINT OF MAPLE, RINDLESS BREAKFAST BACON 1 LB. PKG. 1.44

MAPLE LEAF, SLICED BOLOGNA 1 LB. PKG. 89¢

NABISCO, CEREAL SHREDDED WHEAT 20 OZ. PKG. 77¢

ORANGE PEKOE SPECIAL! 16 OZ. PKG. OF 144 TETLEY TEA BAGS 1.59

GATTUSO SALAD OLIVES SPECIAL! 12 FL. OZ. JAR 49¢

STUART HOUSE CHICKEN NOODLE SOUP SPECIAL! 4.5 OZ. PKG. 28¢

February is Frozen Food Month.

FROZEN WHITE HOSTESS BREAD DOUGH SPECIAL! 80 OZ. PKG. OF 5 99¢

SARA LEE, FROZEN CHOCOLATE BROWNIES 13 OZ. CONT. 1.25

YORK FROZEN PEAS

SPECIAL! 75¢

FANCY 32 OZ. PKG.

HIGHLINER, FROZEN, BOSTON BLUEFISH FILLETS SPECIAL! 14 OZ. PKG. 79¢

MARY MILES, SLICED VARIETY PACK OR MINCED HAM 16 OZ. PKG. 1.05

McQUAIDES STEAK, CHICKEN OR TOURTIER PIES 2 x 4 OZ. PIES 57¢

SCHNEIDER'S VACUUM PACKED CORNED BEEF LB. 1.48

SHOPSYS, OLD VIENNA SALAMI CHUBS 18 OZ. CHUB 1.88

MAPLE LEAF OR DOMINION WIENERS SPECIAL! 1 LB. PKG. 78¢

BURN'S, COOKED PRIDE OF CANADA HAM 1 1/2 LB. TIN 2.89

GOLD SEAL FLAKED WHITE TUNA 6.5 OZ. TIN 79¢

ASST'D COLOURS, 2 PLY DELSEY BATHROOM TISSUE SPECIAL! 2 ROLL PKG. 49¢

FINISH AUTOMATIC DISHWASHER DETERGENT 33 OZ. PKG. 1.35

QUIKKI, PLASTIC SANDWICH BAGS PKG. OF 100 69¢

BEEF, CHICKEN, KIDNEY OR LIVER, DR. BALLARD'S CHAMPION DOG FOOD 15 OZ. TIN 27¢

KLEENEX BOUTIQUE LUNCHEON NAPKINS PKG. OF 75 57¢

Sunlight Detergent

SPECIAL! 1.69

POWDERED 80 OZ. BOX

REGULAR OR ULTRA KOTEX TAMPONS PKG. OF 40 2.25

MULTIPLE VITAMINS ONE-A-DAY BTL. OF 100 TABLETS 2.69

FOR THE WHITEST TEETH ULTRA BRITE TOOTH PASTE SPECIAL! 50 ML. TUBE 59¢

PAMPERS, TODDLER SIZE DISPOSABLE DIAPERS PKG. OF 12 1.9

LEMON SCENTED, G. H. WOOD TOILET BOWL DEODORIZER 3 OZ. SIZE 43¢

CORONATION SPECIAL! 24 FL. OZ. JAR SWEET MIXED PICKLES 79¢

ALUMINUM FOIL, 18 INCH 25 FT. ROLL REYNOLDS WRAP 97¢

ASST'D FLAVOURS DEL MONTE PUDDINGS 4 x 5 OZ. TINS 79¢

Hamburger Helper SPECIAL! 58¢

ASST'D VARIETIES BETTY CROCKER 7.2 OZ. PKG.

FLORIDA GROWN SPECIAL! BUNCH ENDIVES or ESCAROLE 28¢

Potatoes SPECIAL! 64¢ EACH

CANADA NO. 1 GRADE PRINCE EDWARD ISLAND 20 LB. BAG 29¢

YORK MIXED VEGETABLES SPECIAL! 14 FL. OZ. TIN OR CHOICE PEAS & CARROTS 29¢

MA LING MANDARIN ORANGES 10 FL. OZ. TIN 32¢

It's mainly because of the 'specials'.

Or our name isn't Dominion.

DOMINION STORES LIMITED

Help your Heart... Help your Heart Fund

All values effective until the close of business Tuesday, February 18, 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.