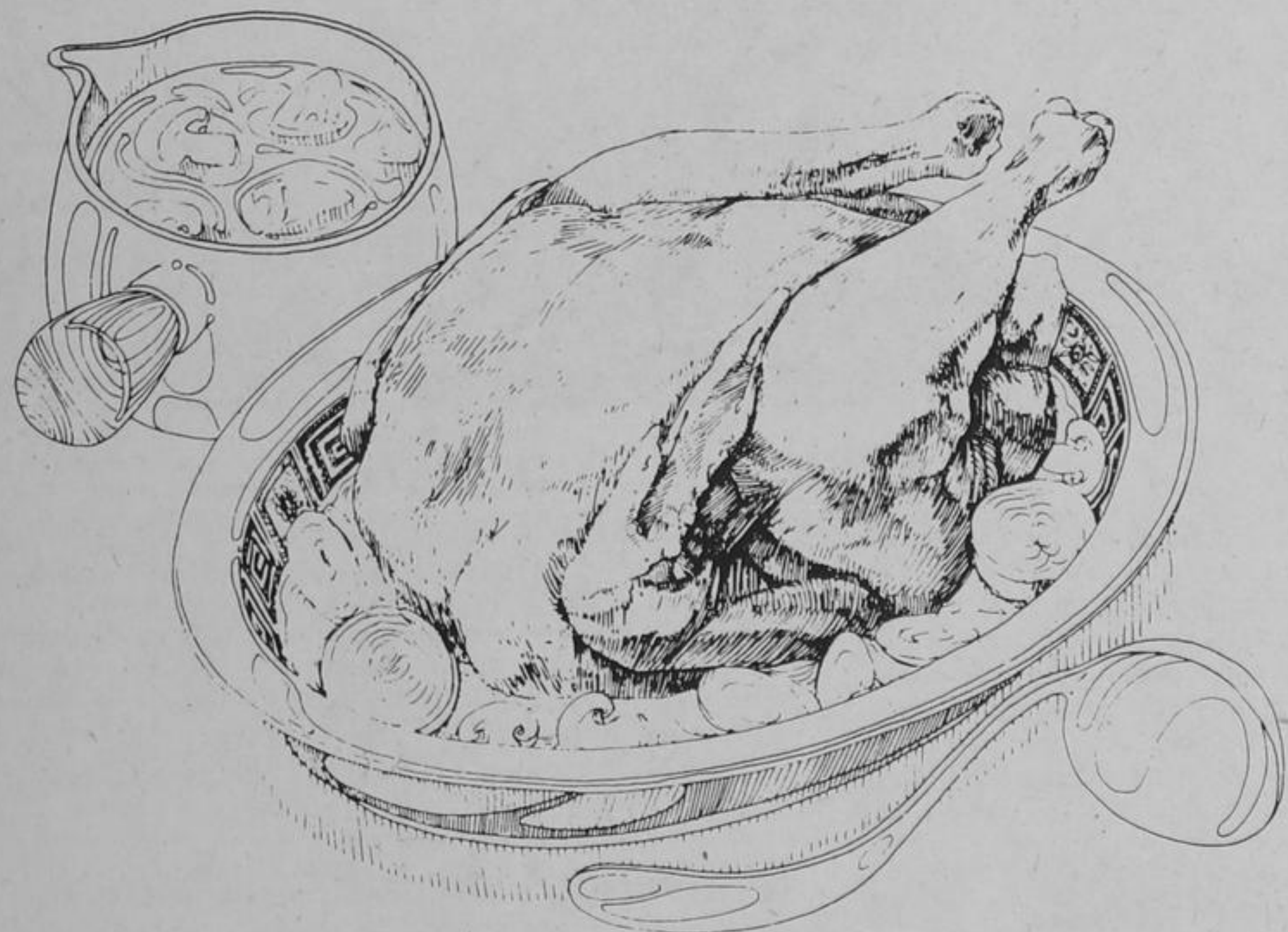


# Choose chicken for a change.



## Joan Fielden tells how:



Joan Fielden, Dominion Home Economist Consultant  
John Love, Meat Manager

Chicken is an excellent source of high quality protein, very good for niacin and a fair source of iron. When purchasing chicken, choose one that has short legs, a plump body and unbruised skin. A good fat covering is an indication of tender meat. There are several types of ready-to-cook chickens. Broiler Fryers, weighing two to three pounds; Roasters, generally weighing over four pounds; Capons, up to eight pounds; and Cornish Hens, up to a pound. For my low cost recipe, I've selected a two pound chicken.

### Chicken Charlotte

One two lb. chicken with giblets  
2 carrots  
2 onions  
salt  
pepper  
tarragon  
1/2 lb. mushrooms, cut in slices  
1 tsp. cornstarch

1. Prepare a bouillon with carrots, onions, giblets, salt, pepper, and water.
2. Cook the chicken in bouillon for 1 hour.
3. Pour bouillon into a saucepan; remove fat and cook to reduce to 1 cup.
4. Add mushrooms, cornstarch and tarragon.
5. Pour sauce over chicken before serving.

The following chart will serve as a guide to how much chicken to buy and how many servings you can prepare. I've also included information on storing chicken after you've bought it.

MY GUIDE ON HOW MUCH CHICKEN TO BUY		
Chicken	No. of pounds	No. of servings
Roasting Chicken	4 lbs. and up	2 servings per lb. (1 serving per lb. if leftovers are desired)
Whole Chicken (divided into parts)	3 1/2 to 4 lbs.	5 to 8 servings per bird
Quartered Chicken	3 1/2 to 4 lbs.	4 servings
Breasts and Legs	1/2 to 3/4 lb.	1 serving
Chicken Wings	1 lb.	2 to 3 servings

MY GUIDE ON HOW TO STORE CHICKEN	
Fresh Unfrozen Chicken	Remove store wrapping, rinse, dry and rewrap in foil, waxed paper or plastic wrap. Place in coldest part of refrigerator. Raw chicken will keep 2 to 3 days.
Frozen Chicken	Wash first, pat dry and wrap tightly in moisture proof wrap. Label the package and date. Chicken will keep this way in the refrigerator frozen food compartment 1 week; in the freezer 6 to 7 months. Once chicken is thawed, do not freeze. Frozen chicken should be used within 2 days after thawing.

### Chicken Legs

**SPECIAL!**  
FROZEN SOLD IN 5 LB. BOXES **68<sup>c</sup>** LB.

### Sausage

**SPECIAL!**  
FEARMAN'S CANADIAN QUEEN SMALL LINK **58<sup>c</sup>** LB.

SWIFT'S OR ESSEX RINDLESS **SPECIAL!** 1 LB. PKG. **BREAKFAST BACON 1.28**

SWIFT'S, MAC & CHEESE, P & P. **SPECIAL!** 6 OZ. PKG. **COOKED MEATS 39<sup>c</sup>**

SWIFT'S, 1/2 BONE IN VACUUM PACKED **LAZY MAPLE HAMS 1.48** LB.

SWIFT'S, FROZEN **LAZY MAPLE SAUSAGE 99<sup>c</sup>** 1 LB. PKG.

ESSEX NIAGARA BY THE PIECE **BOLOGNA 44<sup>c</sup>** LB.

ALPINE BRAND, FROZEN **HAMBURG PATTIES 1.38** 2 LB. BOX

DIGESTIVE, NICE GINGER CRISP OR SHORTCAKE **PEEK FREEN BISCUITS 63<sup>c</sup>** 7 1/2 OZ. PKG.

### York Meat Pies

**SPECIAL!**  
BEEF, CHICKEN, TURKEY OR BEEF & KIDNEY, FROZEN 8 OZ. PKG. **28<sup>c</sup>**

ASST'D COLORS **SPECIAL!** 2 ROLL. PKG. 2 PLY **VIVA TOWELS 79<sup>c</sup>**

PURE **SPECIAL!** 32 FL. OZ. BTL. **MAZOLA CORN OIL 1.73**

### Dominion Brands

RICHMELLO **WHOLE BEAN COFFEE 1.15** 16 OZ. PKG.

PLAIN OR SALTED **DOMINION CRACKERS 65<sup>c</sup>** 16 OZ. PKG.

DOMINION FROZEN **SPECIAL!** 32 OZ. PKG. **HASH BROWN POTATOES 29<sup>c</sup>**

RICHMELLO, SMOOTH **PEANUT BUTTER 1.49** 32 OZ. JAR

DOMINION, SALTED FANCY **BLANCHED PEANUTS 1.09** 16 OZ. TIN

RICHMELLO **SPECIAL!** 12 OZ. PKG. **ANGEL CAKE 69<sup>c</sup>**

RICHMELLO **HOT CROSS BUNS 79<sup>c</sup>** PKG. OF 6

### Chicken Wings

**SPECIAL!**  
FROZEN SOLD IN 10 LB. BOXES **29<sup>c</sup>** LB.

### Minced Beef

**SPECIAL!**  
FRESH FORMERLY GROUND CHUCK **68<sup>c</sup>** LB.

**It's mainly because of the meat!**

SWIFT'S OR ESSEX FULLY COOKED VACUUM PACKED **DINNER HAMS 1.88** LB.

SWIFT'S, VACUUM PACKED **CORNERED BEEF 1.68** LB.

ESSEX, SMOKED **PORK SHOULDERS 79<sup>c</sup>** LB.

BITTNER'S, COIL **KOLBASSA SAUSAGE 1.89** LB.

BITTNER'S, SLICED **SUMMER SAUSAGE 62<sup>c</sup>** 4 OZ. PKG.

BITTNER'S, SLICED **BOLOGNA 52<sup>c</sup>** 6 OZ. PKG.

CANADA FANCY GRADE **SPECIAL!** CONTROLLED ATMOSPHERE **McINTOSH APPLES 85<sup>c</sup>** 5 LB. BAG EACH

FLORIDA GROWN

### Green Beans

**SPECIAL!** **29<sup>c</sup>** LB.

DOLE, FANCY **FRUIT COCKTAIL 83<sup>c</sup>** 28 FL. OZ. TIN

CORONATION, WHOLE **DILL PICKLES 89<sup>c</sup>** 48 FL. OZ. JAR

### Heinz Tomato Ketchup

**SPECIAL!** **58<sup>c</sup>**

20 FL. OZ. BTL.

ASST'D FLAVOURS **ALLEN'S FRUIT DRINKS 49<sup>c</sup>** 48 FL. OZ. TIN

ASST'D FLAVOURS **ROYAL JELLY POWDERS 24<sup>c</sup>** 3 OZ. PKG.

### Frying Chickens

**SPECIAL!**  
FROZEN EVISCERATED CANADA GRADE "A" 2 1/2 TO 4 1/2 LB. AVG. **54<sup>c</sup>** LB.

### Cottage Rolls

**SPECIAL!**  
SWIFT'S PREMIUM MILD CURED VACUUM PACKED **99<sup>c</sup>** LB.

ESSEX, ASSORTED SLICED **COOKED MEATS 1.05** 1 LB. PKG.

GOLDEN SKILLET **CHICKEN CUTLETS 86<sup>c</sup>** LB.

GOLDEN SKILLET, HONEY DIPPED **COOKED CHICKEN 1.36** LB.

SHOPSYS, FAMOUS SLICED PASTRAMI OR **CORNERED BEEF 1.38** 4 x 2 OZ. PKG.

REGULAR OR BACON FLAVOUR SWIFT'S PREM **LUNCHEON MEAT 85<sup>c</sup>** 12 OZ. TIN

CREAMETTES, SPAGHETTI OR **READY CUT MACARONI 69<sup>c</sup>** 32 OZ. PKG.

PROCESSED **SPECIAL!** CHEESE SPREAD **16 OZ. JAR 99<sup>c</sup>**

**KRAFT CHEEZ WHIZ 99<sup>c</sup>**

MITCHELL'S FANCY **APPLESAUCE 45<sup>c</sup>** 19 FL. OZ. TIN

ASST'D VARIETIES **9-LIVES CAT FOOD 24<sup>c</sup>** 6 OZ. TIN

FOR DOGS AND CATS **BUDGET PET FOOD 18<sup>c</sup>** 15 OZ. TIN

LIBBY'S **ALPHA-GHETTI 36<sup>c</sup>** 14 FL. OZ. TIN

NU-FLUFF **FABRIC SOFTENER 1.59** 128 FL. OZ. CONT.

BORDEN CREMELLE **SPECIAL!** 16 OZ. JAR

**COFFEE CREAMER 99<sup>c</sup>**

COMF-EES, DAYTIME **DISPOSABLE DIAPERS 2.39** PKG. OF 30

REGULAR OR SPEARMINT PEARL DROPS **TOOTH POLISH 1.27** 50 ML. CONT.

**PEPSODENT TOOTH PASTE 89<sup>c</sup>** 100 ML. TUBE

REGULAR OR BALSAM & BODY **TAME CREME RINSE 1.09** 8 FL. OZ. CONT.

MR BUBBLE **BUBBLE BATH BANK 1.39** 32 FL. OZ. CONT.

CHORE GIRL **POT CLEANERS 63<sup>c</sup>** PKG. OF 3

QUIKKI **KITCHEN CATCHERS 59<sup>c</sup>** PKG. OF 12

All values effective until the close of business Tuesday, February 25, 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.

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

