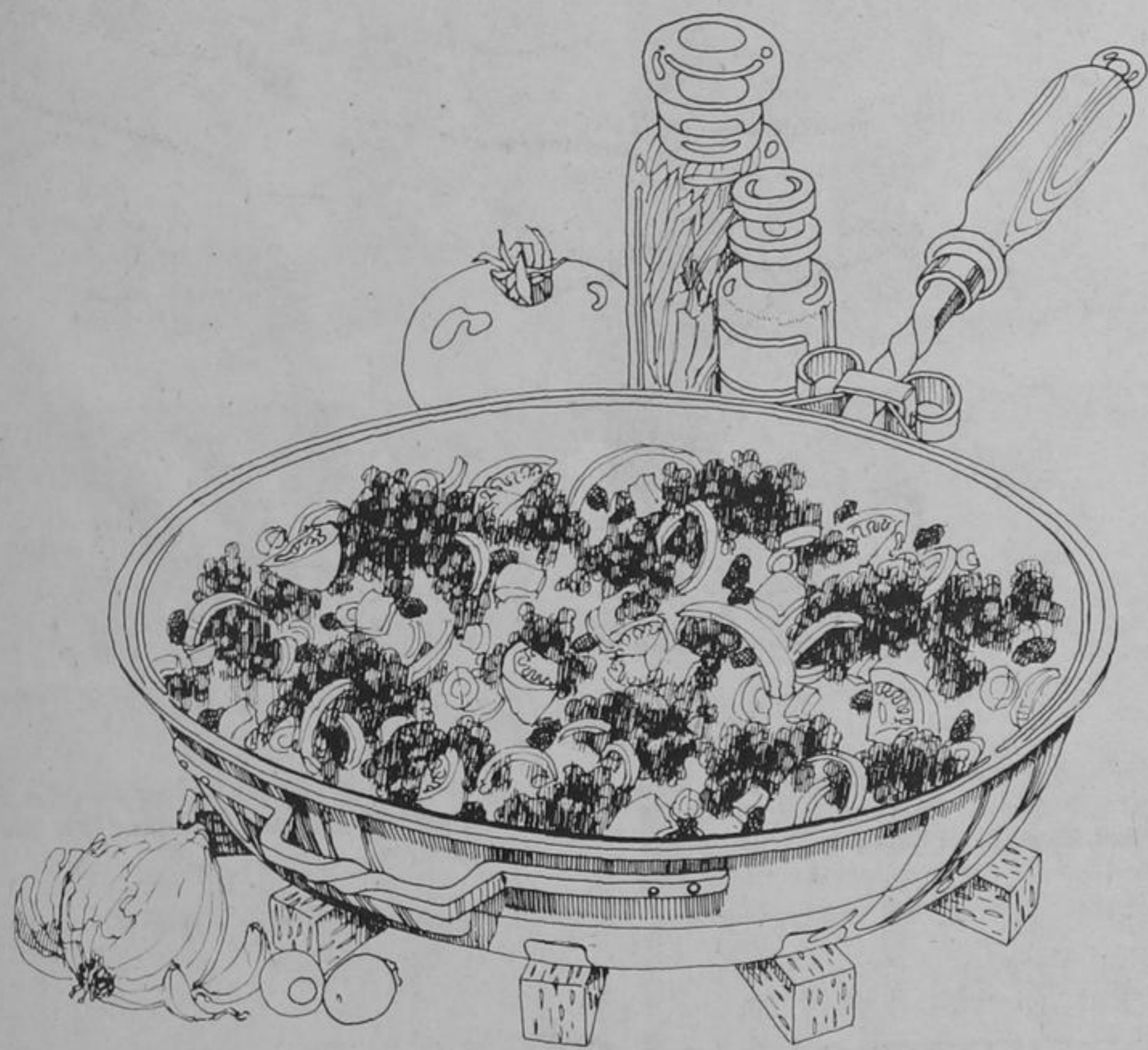


Meal makers. Money savers.



Joan Fielden tells how:



Joan Fielden, Dominion Home Economist Consultant
Dave Robbins, Meat Manager

Did you know you can get high quality protein from less expensive cuts of beef like blade steaks, chuck, braising ribs or ground beef; the same nutritional values as found in the prime cuts like steaks and roasts? And there are so many ways to prepare these money-saving cuts of beef. Take ground meats, for example. They give the artistic and creative cook an opportunity to shine with something new

everytime. Tender, economical, flavourful, ground meats can be baked, braised, broiled, barbecued, pan-fried or stewed. And they mix perfectly with countless combinations of foods, herbs and spices. They're the versatile friend of all homemakers and gourmets. This week's recipe uses two pounds of hamburger to make a delicious economical meal that serves eight people. I think you'll enjoy it.

Budget Company Dinner (Serves 8)

- 2 pounds hamburger
 - 2 large onions, thinly sliced
 - 1 clove garlic, minced
 - 6 tomatoes, peeled, chopped
 - 2 cooking apples, peeled, chopped
 - 1/2 cup raisins (soaked in warm water, drained)
 - 1/2 cup stuffed green olives, quartered
 - 1 cup dry red or white wine or 1 cup beef bouillon
 - salt and pepper to taste
 - 1/4 teaspoon cinnamon
 - 1/4 teaspoon cloves
 - 2 green peppers, cut into strips
 - 1/4 cup slivered almonds, sautéed in butter or margarine.
1. Sauté beef in large frying pan until brown. Drain off excess fat.
 2. Add onion and garlic, and cook only until softened.
 3. Add tomatoes, apples, raisins, olives, wine and seasonings.
 4. Simmer for 20 minutes.
 5. Add green pepper during last 5 minutes of cooking.
 6. Serve over hot rice, sprinkle with almonds.

The following chart will serve as a quick reference guide to the various ways to cook ground beef and other beef cuts.

MY GUIDE TO THE MANY WAYS OF COOKING BEEF

BROILING	Preheat broiler. Slash fat at edge at 1 inch intervals being careful not to cut into meat. This prevents meat from curling as it cooks. Place meat on rack in broiling pan. Broil until nicely browned. Turn over and broil other side. Turn only once and use tongs. If you must use a fork insert it into the fat and not the meat.
PAN-FRYING	Pan-fry meat in natural fat. Place small amount of fat in pan and heat to almost smoking. Brown meat quickly and then reduce heat and cook, uncovered, until meat is done.
BRAISING	Coat meat in seasoned flour, if desired. Brown slowly on all sides in hot fat. Season with salt and pepper, herbs or spices. Add a very small amount of liquid to prevent sticking. Cover tightly. Turn heat to low to simmer on range top or place in 325° F. oven.
STEWING	Cut meat in uniform pieces, usually 1 to 2 inch cubes. Coat with seasoned flour and brown slowly in hot fat. Add herbs and spices. Add approximately 1 cup of liquid (water, bouillon, tomato juice or mixture.) Let liquid bubble until meat is tender. Vegetables may be added during last 40 minutes of cooking. Thicken liquid to make gravy if desired.

Smoked Pork Shoulder

SPECIAL! **68^c** LB.
SHANK OFF

Blade Steaks

SPECIAL! **94^c** LB.
FROM THE CHUCK BONE IN

Short Rib Roast

SPECIAL! **72^c** LB.
FROM THE CHUCK

Stewing Beef

SPECIAL! **98^c** LB.
BONELESS

Blade Roast

SPECIAL! **72^c** LB.
FROM THE CHUCK BONE IN

Cross Cut Rib Roast

SPECIAL! **98^c** LB.
FROM THE CHUCK

SAUSAGE

BITTNER'S FRESH ENGLISH STYLE **1.29** LB.

BEEF TONGUE

BITTNER'S VACUUM PACKED CURED **88^c** LB.

BOLOGNA

BITTNER'S SLICED **99^c** 16 OZ PKG.

OLD VIENNA SALAMI

SHOPSY'S TASTY **1.88** 16 OZ CHUB

TURKEYS

FROZEN Eviscerated CANADA GRADE "A" 20 LBS AND UP **53^c**

Richmello Cheese Slices

SPECIAL! **48^c** 25 FT. ROLL

FOIL WRAP

STUART HOUSE, 18 INCH **97^c**

Dominion Brands

SOCKEYE SALMON

DOMINION **1.05** 7.75 OZ. TIN

GRAPEFRUIT JUICE

FROM CONCENTRATE REFRIGERATED **49^c** 32 FL. OZ. BTL.

Large Size Eggs

SPECIAL! **63^c** DOZEN

EXTRA LARGE SIZE EGGS

DOMINION CANADA GRADE "A" SPECIAL! **71^c** DOZEN

ORANGE CHIFFON CAKE

RICHMELLO SPECIAL! **79^c** 12 OZ. PKG.

BLUEBERRY PIE

RICHMELLO SPECIAL! **89^c** 20 OZ. PIE

It's mainly because of the meat!

BREAKFAST BACON

RIND ON, BY THE PIECE END CUT OR CENTRE CUT **98^c** LB.

MARY MILES WENERS

1 LB. PKG. **62^c**

BRAISING RIBS

MEATY **88^c** LB.

HADDOCK FILLETS

FROZEN, CELLO PACK **1.29** LB.

CHICKEN NOODLE SOUP

STUART HOUSE MIX **33^c** 4.5 OZ. PKG.

Robin Hood Flour

SPECIAL! **68^c** ALL PURPOSE PRE-SIFTED 5 LB. BAG

SWEET MIXED PICKLES

BICK'S 15 FL. OZ. JAR **71^c**

French Fried Potatoes

SPECIAL! **29^c** VALLEY FARM STRAIGHT CUT CANADA CHOICE FROZEN 32 OZ. PKG.

DAINTY RICE

PORBOILED **1.05** 2 LB. BAG

SOFT MARGARINE

ORIOLE COLOURED **69^c** 1 LB. TUB

HADDOCK FILLETS

RUPERT FROZEN SPECIAL! **1.29** 16 OZ. PKG.

GREEN BEANS

YORK, FROZEN, CANADA, FANCY FRENCH CUT SPECIAL! **79^c** 32 OZ. PKG.

RIDGWAYS TEA BAGS

ORANGE PEKOE **1.99** 16 OZ. PKG. OF 120

BOLOGNA

MARY MILES BY THE PIECE VISKING **44^c** LB.

COD FILLETS

FROZEN, CELLO PACK **79^c** LB.

HAMBURG PATTIES

ALPINE BRAND, FROZEN **1.38** 1 LB. BOX

WEETABIX

WHOLE WHEAT CEREAL BISCUIT **78^c** 14 OZ. PKG.

APPLE JUICE

MARTIN'S PURE CANADA CHOICE SPECIAL! **55^c** 48 FL. OZ. TIN

EVAPORATED MILK

BORDEN 2% PARTLY SKIMMED **28^c** 1 LB. TIN

SEAFOOD BATTER MIX

H. SALT ESO **49^c** 10 OZ. PKG.

PICKLED BEETS

CANADIANA SPECIAL! **39^c** 24 FL. OZ. BTL.

ORANGE JUICE

FROZEN, CONCENTRATED MINUTE MAID **33^c** 64 FL. OZ. CONT.

DISHWASHER DETERGENT

ALL AUTOMATIC **2.19** 50 OZ. BOX

ZIP DOG FOOD

SPECIAL! **15^c** 15 OZ. TIN

SINGLE PLY, BUDGET

ASST'D COLOURS SPECIAL! **67^c** 4 ROLL PKG.

BATHROOM TISSUE

RICHMELLO SPECIAL! **95^c** 10 OZ. JAR

FABRIC SOFTENER

RAIN BARREL CONCENTRATED **95^c** 26 FL. OZ. CONT.

INSTANT COFFEE

RICHMELLO SPECIAL! **1.89** 10 OZ. JAR

HEAD & SHOULDERS

SHAMPOO LOTION **1.55** 5.7 FL. OZ. CONT.

AFTER SHAVE LOTION

HAI KARATE **1.39** 4 FL. OZ. BTL.

DOMINION DETERGENT

LIQUID **59^c** 24 FL. OZ. CONT.

BAYER ASPIRIN

FAST PAIN RELIEF SPECIAL! **1.59** BTL. OF 200 TABLETS

BINACA

MOUTHWASH & GARGLE **77^c** 16 FL. OZ. BTL.

SANDWICH BAGS

BAGGIES, PLASTIC **53^c** PKG. OF 50

Help your Heart... Help your Heart Fund

All values effective until the close of business Tuesday, March 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.

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

DOMINION STORES LIMITED