

It's Mainly Because of the Meat!

DOMINION "QUALITY SELECTED" STEER BEEF

Naturally Aged, Government Inspected

DOMINION TRIM

Short Rib Roast lb. 88c

Economical Pot Roast — ROUND

Bone Shoulder lb. 88c

6th to 7th Rib — PRIME

Rib Roast lb. \$1.08

Delicious with Vegetables — BEEF

Braising Ribs lb. 98c

GOOD VALUE — BEEF

Plate Brisket lb. 48c

Tender Juicy — BEEF

Rib Steaks lb. \$1.28

ALPINE BRAND

Beef Steakettes lb. 98c

Part Skinned Shank Portion Fully

Cooked Ham lb. 64c

SKINLESS BUTT PORTION FULLY

Cooked Ham lb. 74c

HEAT 'N' SERVE

Ham Slices lb. \$1.04

MAPLE LEAF VAC PAC READY

Serve Ham lb. \$1.18

END CUTS 2-3 Lbs. — PEAMEAL

BACON lb. \$1.28

By The Piece End Cuts—Breakfast

BACON lb. 68c

REGAL BRAND 1 LB. PKG.

Rindless Bacon 88c

FEARMANS — TASTY

ULSTER FRY lb. 98c

Frozen Utility Grade Eviscerated

Young Turkeys lb. 49c

Frozen Eviscerated 3-4 lbs. Grade A

CHICKENS lb. 54c

SHOULDER or BUTT

PORK CHOPS lb. 88c

GOOD VALUE

PORK HOCKS lb. 46c

SHANK PORTION

LEG 'O' PORK lb. 78c

OD FASHIONED FRESH — Sliced

SIDE PORK lb. 88c

FRESH STORE PACKED — SMALL

Link Sausage lb. 74c

Fresh Store Packed — COUNTRY

Style Sausage lb. 66c

FROZEN BREADED

Veal Steakettes lb. 98c

STORE SLICED

Cooked Ham lb. \$1.58

FEARMANS SLICED 1 Lb. Pkg.

MINCED HAM 98c

Shopsy's 2-3 oz. pkgs. DEAL PRICE

SMOKED BEEF 89c

STORE — SLICED

BEEF BOLOGNA lb. 65c

OUR OWN BRAND 1 LB. PKG.

Dominion Wieners 76c

REGAL BRAND 1 LB. PKG.

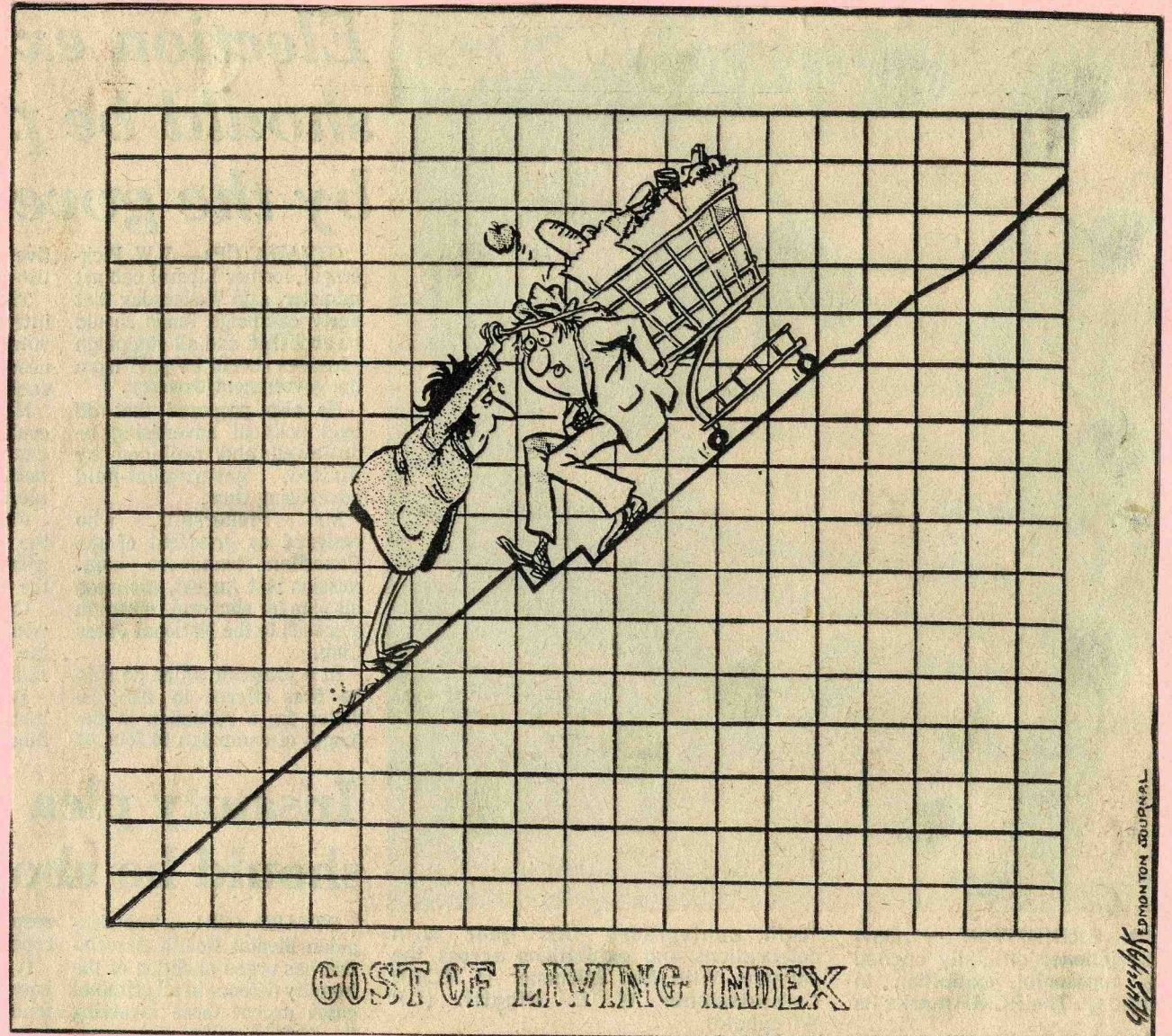
Skinless Wieners 62c

GARDEN FRESH PRODUCE

Florida Grown — No. 1 Grade — Sweet Golden

Corn on the Cob 10-79c

REMEMBER MOTHER ON MOTHER'S DAY
WITH A FLOWER FROM DOMINION



These are some 1973 prices.

Chiropodist flays platform shoes

By CAROL KENNEDY

LONDON (CP) — Girls who wear those exaggerated platform shoes are tottering straight into trouble, warns a leading British chiropodist.

George Lewis of the Institute of Chiropodists has caused something of a stir here with his attack on the current wave of high platform shoes, some with wooden or cork soles six to eight inches thick.

Fashionable shoe shops are swamped with platform styles and every second London secretary seems to be teetering around on them, often combined with ankle-length dress-

es—a tricky combination on subway escalators.

Lewis told a conference of the Institute of Chiropodists that if the craze continued, Britain would become a nation of chronic invalids. He said platform shoes, by throwing the body off balance, can cause swollen knees, back pains, foot deformities and potential trouble in childbirth because of slackened abdominal muscles.

So strongly do Lewis and his fellow-chiropodists feel about what he calls these "monstrosities" that they plan to ask the government to have warnings printed on shoe-box-

es, similar to the health hazard warnings on cigarette packs.

Predictably, platform-wearers reacted with scorn to what they saw as just another piece of male bossiness.

"I don't know why you masculine killjoys go wailing on wasting your time," said columnist Linda Lee-Potter in The Daily Mail. "I can advise you for certain that women will never ever take any notice.

"I'm daft enough to wear anything that's temporarily fashionable and I'm still in the peak of healthy condition."

A newspaper survey found

that about half the platformed wearers interviewed agreed the shoes were uncomfortable but they were prepared to put up with backache and sprained ankles to be in the height of fashion.

Fiona Williams, 20, a secretary, admitted she sometimes fell over her shoes if she went round corners too fast.

The curse has spread to men too, and so has the incidence of twisted ankles being treated at clinics. But accounts clerk Allan Thomas, 19, claimed his platforms made walking easier, "especially going upstairs."

Shoe-shop spokesmen were

unruffled by Lewis' strictures. Said one: "Girls are prepared to put up with a little discomfort if the look is right." Another said: "If girls always dressed according to medical opinion, heaven knows what we'd all look like."

Some critics of the platform, however, think it's not only paving the way for a generation of cripples, but also is singularly unattractive.

"The ugliest style conceived in the modern history of footwear," was The Guardian's verdict in an editorial captioned "Thick heads and thick soles." The newspaper also noted the danger of girls in platforms driving cars and being unable to feel the accelerator pedal.

If the style persists, The Guardian predicted, wearers will end up like the 16th-century Venetian women who also wore high-soled wooden or cork slippers and had to be carried everywhere by servants.

"The wheelchair riders of the next generation are wearing shoes with only one practical application," the newspaper concluded. "In the farmyard they could replace the Wellington boot, by raising the wearer clear of the mire."

One theory about the popularity of the platform—a wild offshoot of the 1940s fashions that came in last year—is that they make legs look longer, therefore sexier. But a psychologist quoted in The Daily Mirror suggested women's lib might have something to do with the urge to look tall.

"It makes them feel men's equal. And that's why men are taking to higher heels too, in self-defence."



By Dick Wallace of The Free Press

With the craze for higher and higher platform shoes for women, the men are following suit—just so they can retain the appearance of being taller than their girlfriends.



At the Aylmer Fair 1973 cookie jars were the theme for all local Institutes. Members & non members of Calton Women's Institute donated their jars for the display. Each cookie jar has a name tag telling of its history (if any) and who the donor is. This display was set up by Mrs. Paul Phillimore & Mrs. Sam Pettit.