

Vegetables Can Be the Focal Point

Why not make vegetables the focal point of your meals for the next few weeks? The vegetables which are being harvested right now in Ontario are so fresh, and so good looking, that they deserve recognition.

How do you make a vegetable the star of the meal? Food specialists at the Ontario Food Council, Ministry of Agriculture and Food offer these suggestions.

Prepare all vegetables just before cooking. Long-time soaking does them no good whatsoever. Since most vegetables require short cooking times, be sure the family is ready to eat, before even putting the vegetables on to cook. Check your herb and seasoning cupboard to get new ideas as to how to enhance the flavor of certain vegetables, or follow these recommendations. Season rutabaga with nutmeg, or paprika, or sesame seeds. Toss sliced beets with a piece of butter and a drop of vinegar. Consult a cookbook and prepare a cheese sauce for cauliflower. Serve broccoli topped with a small dollop of mayonnaise to which a little mustard has been added.

Give it a try. Make vegetables the focal point of your meals.

Pamper Ontario Fall Vegetables

Take out the big cooking pot. It's time to cook vegetables again. Good looking, great tasting vegetables such as broccoli, onions, cabbage, beets, eggplant, rutabaga and potatoes.

Ontario farmers are now busy harvesting the vegetables they pampered all summer long. The vegetables are fresh, of high quality, and there's lots of them. So enjoy, enjoy. And remember, since these vegetables have been pampered, give them some of the pampering they have become accustomed to, by keeping them properly prior to cooking.

This storage information comes to us from food specialists at the Ontario Food Council, Ministry of Agriculture and Food.

Broccoli: store in a plastic bag, in the refrigerator.

Onions: store uncovered, in a cool, dry, airy place.

Cabbage: cut a thin slice from the stalk. Wrap in plastic. Store in the refrigerator or in a cool, moist place.

Beets: remove tops. Leave 2-3 inches of the stem, and all roots attached. Refrigerate or store in a cool, moist place.

Eggplant: store uncovered, in the refrigerator.

Rutabaga: refrigerate or store in a cool moist place. May be stored at cool room temperature for up to 7 days.

Potatoes: store in a cool, dark, airy place or at room temperature.



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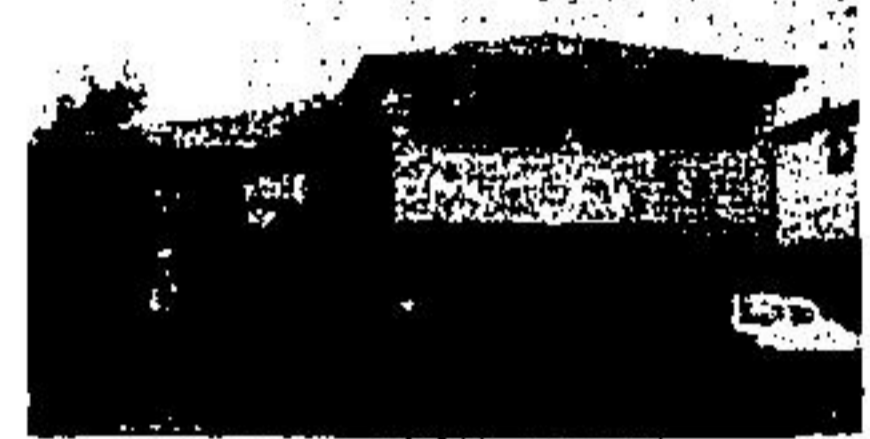
THE PRICE IS RIGHT

2 storey brick and aluminum home, 4 bedrooms, extra large lot (1/3 acre), paved drive, garage and completely redecorated and only \$62,500. Mal will be glad to show you this one. 496



IT WON'T LAST LONG

4 bedroom sidesplit featuring a main floor family room and large central hall. Finish off the rec room with materials on the premises. Priced to sell at \$68,900. 498



STOP-LOOK-LISTEN

Stop by-look at-listen to the features of this beautiful 4 bedroom sidesplit. Many to mention but here are a few. 2 baths, main floor family room, Tudor style rec room with wet bar, paved pillared driveway and decorated to perfection. A must to see at \$75,900. Call Jon for viewing. 502



CALLING ALL GREEN THUMBS

Large garden and lot with tree border. 2 bedroom (convertible to 3) mobile home, nice Florida room plus shed and utility room \$25,900. Call Al. 409



COUNTRY SECLUSION

Immaculate 1 1/2 year home with Hudac Warranty, 3 bedrooms, 2 baths, family room with bar, 2 car garage, pool, ceiling high fireplace and fully broadloomed. A beauty at \$134,900. Give Mal a call. 500



EAST END SEMI

An exclusive listing. 4 bedroom brick and aluminum backsplit featuring a large eat-in kitchen, dining room, games room, patio, tool shed, workshop and some drapes. Asking \$58,900. Call us now. 501



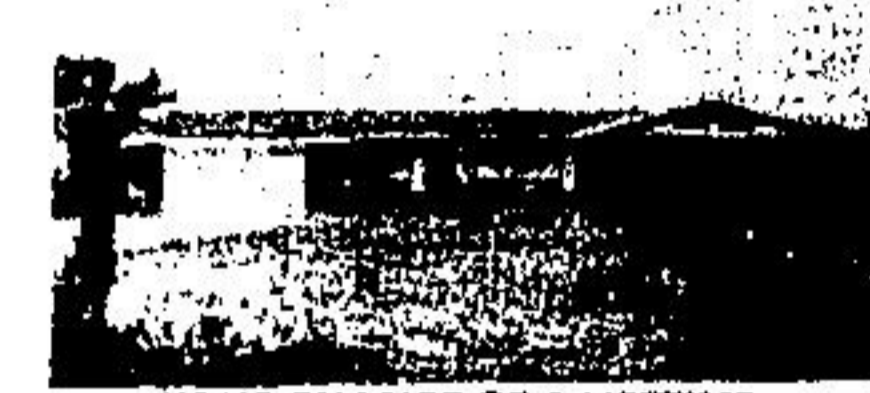
COZY & COMFORTABLE BUNGALOW

Features 3 bedrooms, 2 baths, garage, paved drive, workshop, broadloom and partially finished rec room. Set on a large lot in a small town. Asking \$62,900. Ask for Al Currie. 504



HOME SWEET HOME

You will love this newly decorated 3 bedroom bungalow with such features as 3 baths, 1 1/2 car garage, finished rec room with fireplace and a walkout to brick patio. Asking \$64,700. Give Al a call. 505



YOUR CHANCE OF A LIFETIME

To own a beautiful custom built bungalow, 3 bedrooms, 2 baths, main floor laundry room and family room with fireplace, walkout to cedar dock. Barn and an above ground pool. All this and more on near 2 acre country lot. Don't delay, call Arlene today. \$97,900. 508



VALUE FOR YOUR DOLLAR

3 bedroom brick and aluminum backsplit with carport. Large finished rec room with fireplace, above ground pool and cedar deck. Nicely landscaped and newly decorated and only \$68,500. Call Audrey. 507



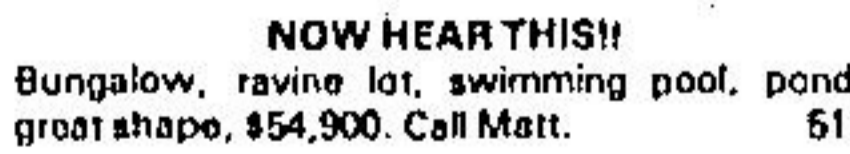
COME TAKE A LOOK

It's almost complete, this new modern design, 3 bedroom dream home. It features a kitchen, dining, family, living centre. Floor to ceiling fireplace, master bedroom ensuite. Choose your broadloom. Priced at \$106,750. 509



EXCELLENT NEW LISTING

Spanish style bungalow, good location on an acre plus lot overlooking Credit River, 3 bedrooms, fireplace in living room, separate dining room, breakfast room, air conditioned comfort and more. Priced right at \$102,000. Call Anne Peto. 510



NOW HEAR THIS!!

Bungalow, ravine lot, swimming pool, pond, great shape, \$54,900. Call Matt. 511

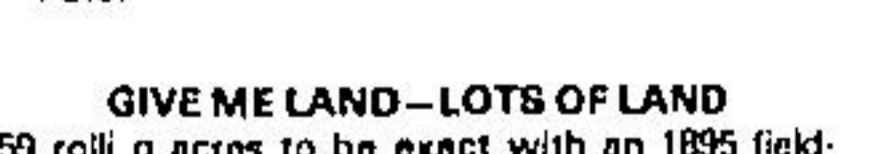
PICTURESQUE BUILDING LOT

1/2 acre with lovely view of Credit River and valley below. Will build to suit or buy outright. \$39,900. 4 9 7



LAST MODEL OF ITS KIND

3 bedroom townhouse in Brampton carries for only \$288 monthly with full AHOP assistance and \$2300 down. A real value at \$44,900. Call Jon for more details. 503



GIVE ME LAND—LOTS OF LAND

50 rolling acres to be exact with an 1895 fieldstone house (new roof). Excellent bank barn has great potential for a horse farm. Land features spring fed ponds and cedar bush. Priced at \$139,900. Give Arlene a ring. 508

Here!
Now! the
HOMES

YOU'VE BEEN
WAITING FOR



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