

# Culinary Outlook

## Classic cornucopia of vegetable dishes

The importance of vegetables as guardians of good health has never been more evident. Health enthusiasts are persistent in declaring the virtues of increased complex carbohydrate - vegetable - consumption. Stir frying, vegetable salads, unique vegetable combinations, plus other exciting and imaginative ways of vegetable cookery can create mealtime variety and improved nutrition for your family.

If lack of time or kitchen skills prevents you from attempting such challenges, you'll find a new helper in your grocer's frozen food case. Look for Green Giant Classics - four delicious combinations of premium quality vegetables packed in 1 kg poly bags to accommodate varied quantity requirements of different households.

The combinations cook quickly in the microwave oven or in boiling water. Simple and easy recipes, such as a Gourmet Vegetable Salad, are printed on each poly bag. Classics are time savers, ideal for one dish meals such as this oriental stir fry.

### Sweet & Sour Beef and Vegetables

#### Meatballs:

- 1 lb (500 g) ground beef
- 1/2 cup bread crumbs
- 1/2 tsp salt
- 1/4 tsp ground ginger
- Pinch pepper
- 1 egg, beaten

#### Sauce:

- 1 can (341 ml/12 oz) pineapple chunks, drained, reserving juice
- 1/4 cup brown sugar
- 1/4 cup cider vinegar
- 2 tbsp soy sauce
- 3 cups Green Giant Frozen Pea Cauliflower Carrot Classic
- 1 medium sweet red pepper, cut into strips
- 1 tbsp cornstarch
- 2 tsp water

In large bowl, combine meatball ingredients; form into 1-inch meat-

balls. In large skillet or wok, brown meatballs; drain.

Add water to reserved pineapple juice to measure 1 cup. Add brown sugar, vinegar and soy sauce to juice, blend well. Pour sauce over meatballs; stir in frozen vegetables. Bring to a boil, then reduce heat. Cover and simmer 10 to 15 minutes or

until carrots are tender. Stir in pineapple and pepper strips, cover and simmer 5 minutes or until peppers are tender.

In small bowl, combine cornstarch and water, gradually add to skillet, stirring until thickened. Serve over cooked rice. *Makes 4 to 6 servings.*

## Old law, controversy prompt new light colored margarine

Can you tell the difference between the taste of butter and the taste of margarine? Don't worry if you can't. Ontario laws cater to another of your senses - sight - to determine this difference. The fluorescent orange or yellow color of all margarine lawfully sold in Ontario provides a legal guarantee that no consumer will mistake one for the other.

Ontario is the only province in Canada - in fact, the only place in the world - which prohibits margarine makers from offering light yellow (butter colored) margarine. The Ontario Oleomargarine Act requires that all margarine sold in Ontario be either white or artificially colored to a garish orange tint.



**BULK KLUB FOODS**  
CONVENIENCE GROCER

**2ND WEEK GRAND OPENING**

**GRANDE MOZZARELLA CHEESE**  
**\$1.99 LB.**

Limit: 1 coupon per family  
5 lbs. cheese per coupon  
In-store price without coupon \$2.49 lb.  
OFFER EXPIRES OCT. 11/87

**BULK GRANULATED WHITE SUGAR**  
**9¢ LB.**

Limit: 1 coupon per family  
10 lbs. sugar per coupon  
In-store price without coupon 19¢ lb.  
OFFER EXPIRES OCT. 11/87

<b>BULK RAW UNBLANCHED ALMONDS \$2.99 LB.</b>	<b>BULK NATURAL SMOOTH OR CRUNCHY PEANUT BUTTER 99¢ LB.</b>
<b>BULK MONARCH ALL PURPOSE FLOUR 29¢ LB.</b>	<b>BULK McCORMICKS JELLY BEANS 99¢ LB.</b>
<b>BULK RED OR NATURAL PISTACHIOS \$3.99 LB.</b>	<b>BULK ROWNTREE SMARTIES \$3.99 LB.</b>
<b>BULK SWEET FLAKED OR SHREDDED COCONUT \$1.49 LB.</b>	<b>BULK WHOLE AND BROKEN RED OR GREEN GLAZED CHERRIES \$2.99 LB.</b>

VISIT OUR 'DELI' FOR FRESH CHEESES AND MEATS

<b>DELI CAN. GRADE "A" MILD OR MEDIUM CHEDDAR CHEESE \$2.79 LB.</b>	<b>DELI SLICED BACON \$1.99 LB.</b>	<b>DELI DELI-SLICED ROAST BEEF \$3.99 LB.</b>	<b>DELI DELI-SLICED BLACK FOREST HAM \$3.99 LB.</b>
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VISIT OUR LARGE SELECTION OF NATURAL PRODUCTS, VITAMINS AND CAKE DECORATIONS

 <p><b>BULK KLUB FOODS</b> CONVENIENCE GROCER</p>	<p>HOURS</p> <p>Mon 9-6 Tues 9-6 Wed 9-6 Thurs 9-9 Fri 9-9 Sat 9-6 Sun 10-5</p>		<p><b>BULK KLUB FOODS</b> 7 Mountainview Rd. N. Georgetown <b>873-2234</b> <b>OPEN SUNDAYS</b></p>
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WE RESERVE THE RIGHT TO LIMIT QUANTITIES WHILE SUPPLIES LAST. ILLUSTRATION, UNINTENTIONAL ERRORS MAY OCCUR. WE RESERVE THE RIGHT TO CORRECT ANY ERRORS.

## Clothing Care Counselling

### BEATLEMANIA

We have all seen or heard of the Beetle's from Liverpool. But few of us have seen or heard of another type of Beetle - the carpet beetle.

Because of their small size carpet beetles are often unnoticed. Your home could be infested without you even knowing. They can do extreme damage to home furnishings, and they thrive on furs and woolen fabrics.

You can protect your clothes and household fabrics by having them cleaned regularly. You can get additional protection by either having your woollens mothproofed or put into cold storage during the summer months.

Do not spray insecticides directly on clothing or furniture. If your home is heavily infested consult a pest control operator.

### BARRAGERS CLEANERS & LAUNDROMAT

Delrex Dry Cleaners  
Shamrock Cleaners  
(Erin)

**877-2279**

166 Guelph St.  
Georgetown

