

Low prices

and a whole lot more, like ...

travel bonus!

save & fly

with Loblaws \$5. travel vouchers

You can cut the cost of your next holiday air fare by saving Loblaws cash tapes.

During the next two weeks, you'll receive a tape saver envelope from our cashier. When you have collected your first \$100 in Loblaws cash tapes (dated from March 15, 1978) print your name, address and phone number on the envelope, sign it, then for only 1¢ and your envelope of \$100 in tapes you can purchase one \$5.00 'save & fly' travel voucher at any Loblaws store. Keep saving your tapes - remember, for every \$100 in Loblaws tapes and 1¢, you'll receive a \$5.00 travel voucher. When you have collected a number of travel vouchers, apply them to the purchase of air transportation at individual fares anywhere on CP Air scheduled services. Connecting air transportation may be arranged and purchased along with your CP Air transportation. The total value of vouchers used may not exceed 50% of the applicable CP Air fare on any one ticket. Offer does not apply to CP Air charter flights. Travel vouchers valid until December 31, 1979. Vouchers are non-transferable or redeemable for cash. Loblaws reserves the right to withdraw this offer at any time.



take advantage of this introductory bonus offer and ... start saving your tapes today

introductory bonus offer!

Clip this valuable coupon and receive an extra \$5.00 'save & fly' travel voucher for 1¢ when you redeem your first \$100 worth of Loblaws cash tapes. Coupon valid until Saturday, April 1, 1978. One coupon per redemption.

\$5
save & fly

Plus... enter Loblaws "Win & Fly" contest. Win trips for two to any destination served by CP Air. A total of 10 prize trips will be awarded.

Each prize will consist of two economy class tickets to any one CP Air regularly scheduled destination by direct route (return) plus \$500 spending money. Total retail value approximately \$600 to \$5,000 each prize depending on destination chosen. All prize trips must be taken by January 31, 1979. One trip for two will be awarded each week for ten successive weeks from all entries received from participating Ontario Loblaws Stores. To Enter - Print your name, address and phone number on the entry form provided by Loblaws and deposit in entry box in store. Enter as often as you wish. No purchase required. Further contest details posted in store.

Pol Martin helps you save

with exciting recipes for this weeks low priced meat specials

Technique For Baked Salmon

Wrap in foil with butter and spices and bake in the oven at 350°F allowing 20 minutes per pound or until the salmon flakes easily with a fork.

- a (2 to 5 pound) whole salmon, center cut
- 4 tablespoons of butter
- 5 sprigs of fresh parsley
- 1/2 teaspoon of fennel
- 1/4 cup of water
- 2 bay leaves
- the juice of 2 lemons - salt and pepper

Clean and wash the salmon under cold running water, then dry it thoroughly.

Fill the cavity with 2 tablespoons of butter, the fennel, the parsley, the bay leaves, salt, pepper and the juice of 1 lemon.

Tie the salmon with kitchen string and place it in foil. Put the remaining butter over the fish, shower it with the lemon juice and the water and sprinkle generously with salt and pepper. Wrap the salmon securely with the foil; place it in a baking dish and bake at 350°F for 15-20 minutes per pound.

Unwrap the foil, remove and arrange the salmon on a service platter. Shower the fish with the cooking juice and decorate with fresh parsley and lemon slices.

Technique For Preparing Broiled Pork Spareribs

The secret of a successful and succulent rib meal consists in brushing the pork spareribs with a sauce of your choice and to baste the meat frequently during the broiling process. It is important not to place the spareribs too close to the broiling element otherwise the meat will burn and harden. My

technique for preparing broiled pork spareribs is to parboil them in salted water containing the juice of 1 lemon for approximately 17 minutes. Then drain the spareribs and place them in a baking dish. Season them generously with salt and pepper. Brush the meat with a sauce and cook them under the broiler for 30 minutes. Turn them over twice during the cooking process to make certain they do not burn.

Barbecue Sauce A La Creole

Serves 6

- 4 pounds of spareribs
- 4 tablespoons of butter
- 2 onions, chopped
- 3 garlic cloves, smashed & chopped
- 2 green pepper, chopped
- 1 celery stalk, chopped
- 1 can of stewed tomatoes (16 ounces), drained & chopped
- 1/2 cup of chicken stock
- 4 tablespoons of brown sugar
- 3 tablespoons of vinegar
- 3 tablespoons of tomato paste
- 1 bay leaf
- a few drops of tabasco sauce
- Salt and pepper

Uncover and mix in the vinegar, tomatoes, chicken stock, tomato paste, tabasco sauce, the sugar and the bay leaf. Season with the salt and pepper and continue to cook over low heat for 20 minutes. Correct seasoning. Place the parboiled spareribs in a baking dish and season with salt and pepper. Brush the meat with the sauce and place under the broiler for 15 minutes.

Turn the spareribs over; brush with the sauce and broil the meat for another 15 minutes. Serve

Technique For Preparing Turkey Drumsticks A La Kiev

Serves 4

Drumsticks as you know have tendons and these must be removed; to do this hold the end of the little tendon between your thumb and forefinger, slide a knife under the tendons and release them from the meat. Afterwards, debone the drumsticks, and remove the skins.

- 4 turkey drumsticks, deboned and skinned
- 1/2 cup of butter
- 2 tablespoons of parsley, finely chopped
- 1/2 teaspoon of tarragon
- 3 cloves of garlic, smashed and chopped
- the juice of 1/2 a lemon
- black pepper
- salt

coating

- 1/2 cup of flour seasoned with
- 1/4 teaspoon of salt and
- 1/4 teaspoon of pepper
- 2 eggs beaten with 1 tablespoon of corn oil
- 1 cup of breadcrumbs

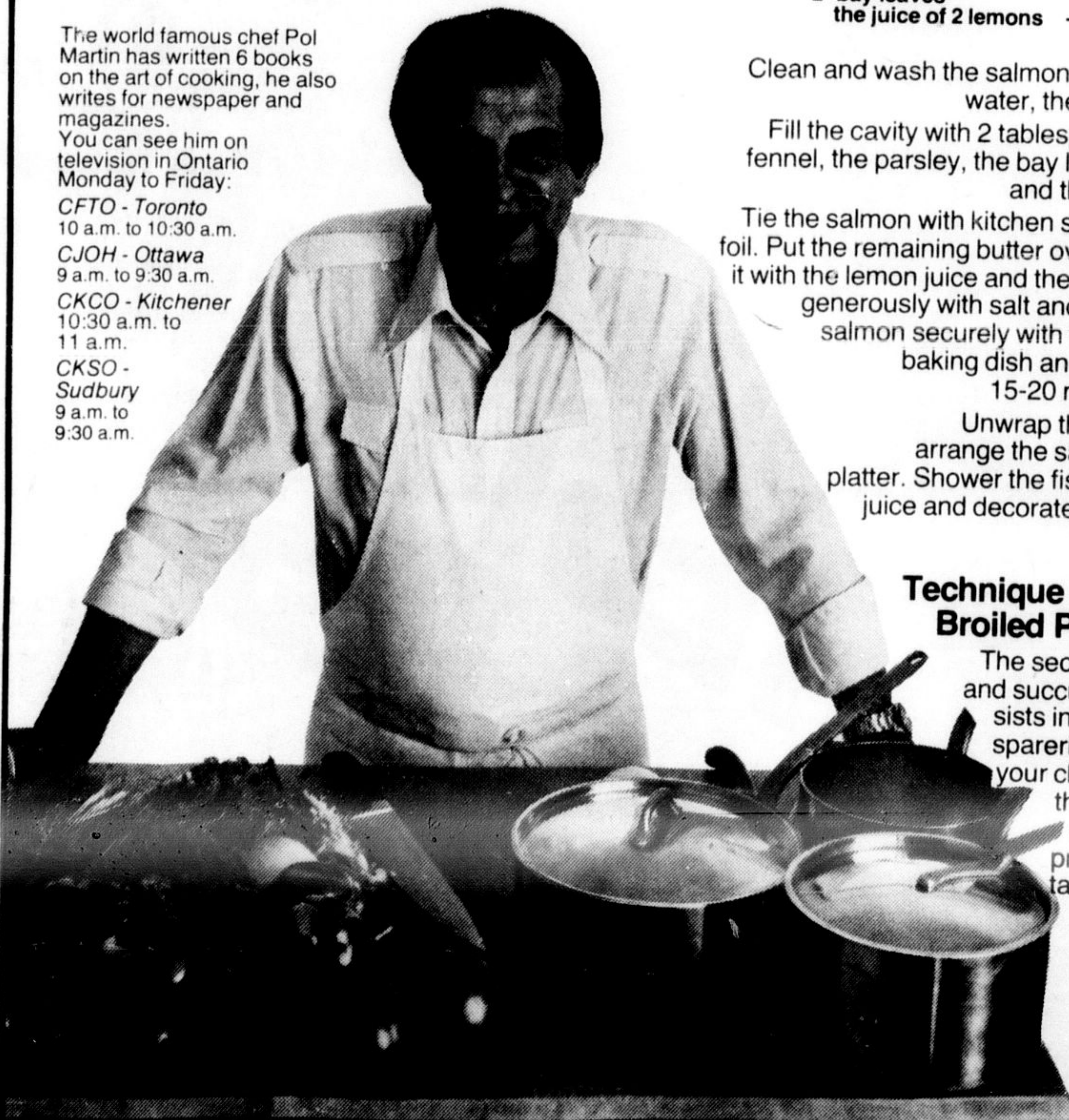
Ahead of time, prepare garlic butter.

In a mixing bowl, cream the butter and blend in the lemon juice, the parsley, the tarragon, the garlic, salt and pepper. Correct seasoning to taste and mix well. To store, roll the butter in aluminium foil and refrigerate the butter for 2 hours. The unused portion of your garlic butter can be frozen and it will keep for 3 months.

One by one, place each piece of turkey between 2 pieces of aluminium foil and flatten them with a cleaver. Season the flattened drumsticks with salt and pepper.

Place 1 slice of 1/2" thick butter at one end of each of the flattened turkey drumsticks and roll the poultry over the garlic butter. As you roll the turkey pieces, tuck in the edges towards the middle. Secure the rolls with a toothpick. Dip the turkey drumstick rolls, one at a time, first in the flour, then in the beaten eggs and then in the breadcrumbs. Wrap the rolls in foil and refrigerate them for six hours. After the refrigeration period, remove the foil and deep fry the rolls in corn oil for 5 to 7 minutes. Transfer the deepfried rolls to a baking dish and cook them in the oven at 400°F for 20 minutes.

Serve with white rice and sautéed green pepper.



The world famous chef Pol Martin has written 6 books on the art of cooking, he also writes for newspaper and magazines. You can see him on television in Ontario Monday to Friday: CFTO - Toronto 10 a.m. to 10:30 a.m. CJOH - Ottawa 9 a.m. to 9:30 a.m. CKCO - Kitchener 10:30 a.m. to 11 a.m. CKSO - Sudbury 9 a.m. to 9:30 a.m.