

Nothing like my reliable standby

Fall has arrived. This is the time of year when I tend to think more of oven meals and comfort food to warm the soul.

One of my favourite comfort foods is macaroni and cheese casserole. When I see a new recipe I have to try it, but always seem to go back to my old reliable standby. I hope you like it too. Enjoy!

Baked Macaroni and Cheese

- 2 cups elbow macaroni
- 2 tsp. salt
- 1 tsp. freshly ground pepper
- 3 tbsp. butter
- 3 tbsp. flour
- 1 1/2 cups milk
- 1 medium chopped onion
- 2 1/2 to 3 cups grated cheddar cheese Preheat oven to 350 degrees F.

Cook pasta and 1 tsp. salt in boiling water until al dente. Drain and set aside. While pasta is cooking, melt butter in a saucepan on medium heat. Stir in flour and mix well. Slowly pour in milk, while stirring constantly to a smooth consistency. Bring to a boil while still stirring. Remove from heat and add salt, pepper and chopped onion. Put pot back on low heat and stir in the cheese until melted. Add the macaroni and mix well. Transfer to a greased casserole and bake for 45 minutes. Serves 4.

FUTURESHOP CORRECTION NOTICE

 On page 5 of our October 3rd - 9th flyer, an error occurred. The Roger Hi-Speed Internet Kit was advertised with free first month of service, with the next 6 months at \$29.95 per month and \$5.00 of monthly billing from the 7th month onwards. This Kit comes with free first month of service and \$44.95 monthly fee thereafter.

We sincerely apologize for any inconvenience this may have caused our valued customers. Thank you

FUTURESHOP

 On page 8 of our October 3rd - October 9th flyer, an error occurred. The ATA Radeon Video Card does not include a ATA 100 Card in the box.

We sincerely apologize for any inconvenience this may have caused our valued customers. Thank you

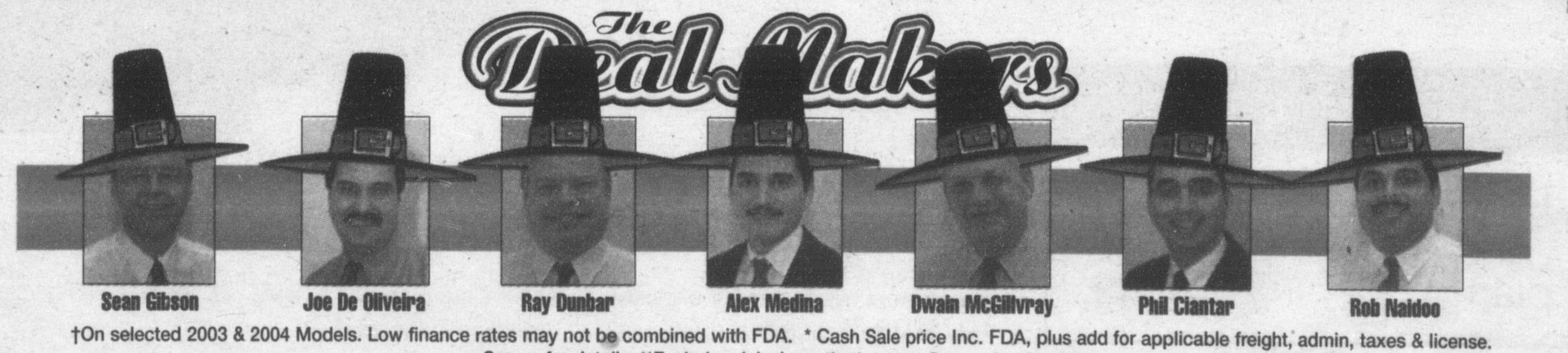


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