

AACORN RADIATOR
878-2076
761 MAIN ST. E.
 (across from GO Station)
**COMPLETE COOLING
 SYSTEM MAINTENANCE
 FREE INSPECTION
 LIFETIME WARRANTY**

• RADS • HEATERS • GAS TANKS
 ENGINE WORK • AIR CONDITIONING
 AUTO - TRUCK - INDUSTRIAL
THE BEST DEALS IN TOWN

ASK BARBARA

Dear Barbara

How Many Calories Do You Need?

There are many factors that influence caloric needs, they include age, sex activity levels and many other things. Because everyone is different, it is impossible to say exactly how many calories you need. However there is something you should consider. What you eat is more important than how much you eat. For example, if you were to eat 800 calories of sugar-laden desserts, your body would be affected differently than it would be if you ate those same 800 calories in the form of fresh vegetables.

At Diet Centre, we teach you to count nutrients, not calories. By

Diet Center has expanded their diet to include a wider variety of food choices.

Diet Center
The weight loss professionals.



Diet Center Counselor

focusing on the nutrient values of the foods you eat, you are assured that your diet is providing your body everything it needs to function properly.

876-2221

18 Martin St., Milton

RECIPE FILE



Ripe, sweet strawberries do double duty as a wonderful salad dressing and a fresh salad ingredient in Summer Chicken Salad and Strawberry Vinaigrette.

Combine salad with berries for a perfect summer meal

When red, ripe strawberries hit our local market at this time of year, visions of shortcake predominate.

But savory main dishes, both hot and cold, also blossom with the sweetly intense flavour of local berries picked fresh that day. Combine a well-done salad with strawberries still warm from the sun and you're as close to the perfect summer meal as a person can ever get.

Summer Chicken Salad with Strawberry Vinaigrette is a healthy salad that satisfies on every count — especially taste.

Strawberries do double duty as a wonderful salad dressing and

flavourful salad ingredient.

Summer Chicken Salad with Strawberry Vinaigrette

Cook chicken breasts the next time the barbecue or broiler is on, then chill them to have ready for a quick and light summer supper.

- 1 quart strawberries
- 2 green onions, sliced
- 1/4 cup vegetable oil
- 1 tbsp white wine vinegar
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 1/4 tsp pepper
- 4 boneless chicken breasts
- 1 tbsp balsamic vinegar (optional)
- 1/2 lb green beans, trimmed

- 4 cups packed torn spinach leaves
- 1/2 cup sliced radishes

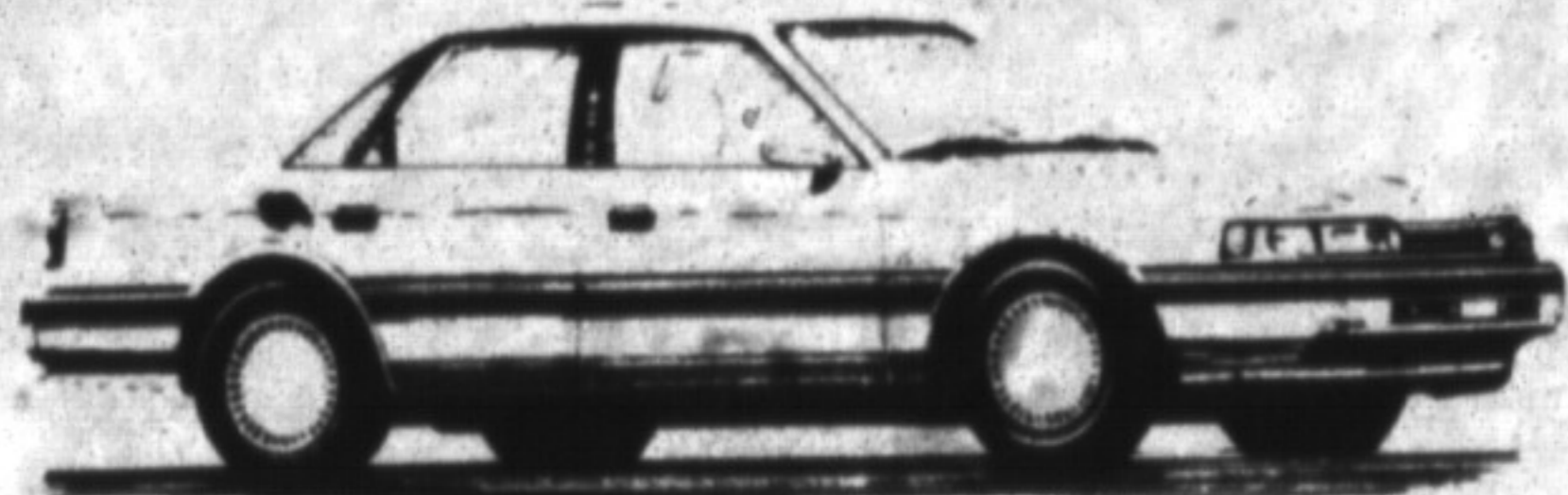
In a food processor or blender, puree 1/2 cup of the strawberries until smooth. Add green onions, oil, white wine vinegar, mustard, salt and pepper. Process until smooth. Chill to allow flavours to blend.

Brush chicken with balsamic vinegar (if using). Barbecue or broil for 10 to 12 minutes or until tender and no longer pink inside. Let cool and then chill.

Steam green beans until tender, about 3 minutes. Cool under cold running water. Drain well and refrigerate for at least 1 hour.



COMPARE OUR PRICES
 WE SELL FOR LESS



MAZDA 626
 SPECIAL EDITION

Mazda
**JUNE IS ANOTHER
 WHOLESALE MONTH
 AT ACHILLES**

EACH S.E. MODEL FOR ONLY

14,395

OR \$15,890 WITH AIR CONDITIONING

THESE S.E. SERIES INCLUDE OVER \$2,000. IN OPTIONS.
 AND GREAT DEALS ON ALL OUR MAZDA MODELS TOO!

MAZDA MIX-6
 SPECIAL EDITION



Price includes all Mazda Rebates and cannot be combined with any other offer plus Tax, Licence, Freight & P.D.I.

PLUS THE BEST WARRANTY IN THE BUSINESS!



LES PELITIS
 PRESIDENT



MIKE MANUEL
 SALES



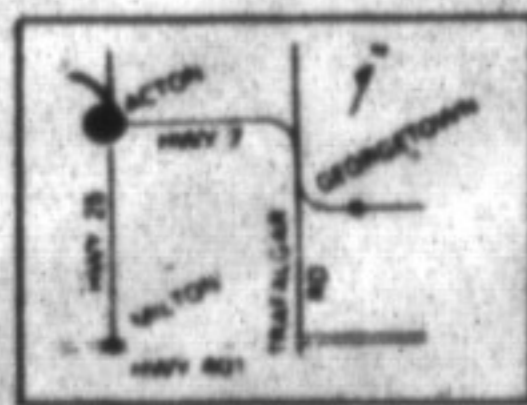
PHIL GRAHAM
 SALES



CATHY HISCOCK
 SALES



JOHN ROXBOROUGH
 SALES



an Achilles Motors Ltd.

SALES - SERVICE - LEASING
 The Place for Unbeatable Prices and Service

357 QUEEN STREET EAST, ACTON (519) 853-0200 (416) 453-8965

