

230 Vehicles for Sale

1985 DODGE CARAVAN, 90,000 km., all original vehicle, \$3,995 certified. Steeler Motors, 388 Main Street, Milton. 878-1797 or 416-720-7692.

GORRUD LTD. USED CARS

410 STEELES AVE.
MILTON

**OVER 75 CARS & TRUCKS
WE BUY CARS PRIVATELY AND
WILL CONSIDER CONSIGNMENTS**

875-2277

Make it

RICHARDSON CHEV - OLDS - GEO

For Your
Next Car Or
Truck Purchase

245 Boats & Motors

25' MACGREGOR, fibreglass, 4 sails, Evinrude trailer, slip in Port Pickering included. Go cruising for \$8,995. Call 283-4697 evenings, weekends or leave a message days.

250 Business Opportunities

SNACK ROUTE FOR SALE, guaranteed locations/profitability, 1-800-368-8363.

265 Tenders

INVITATION TO TENDER

TENDERS for the contracts or services listed below, addressed to the Manager of Purchasing, 1151 BRONTE ROAD, OAKVILLE, ON L6M 3L1 will be received until 2:00 p.m. Oakville Time on the specified closing dates. Bid documents can be seen or obtained through the Purchasing Section of the Finance Department, same address as above, telephone (416) 825-6000.

Under no circumstances will facsimile bids be accepted or considered.

Lowest or any bid not necessarily accepted.

Documents may be obtained from the above address on or after August 26, 1993.

TENDER 93-T-045

FOR THE SUPPLY OF FULL ELEVATOR
MAINTENANCE SERVICES FOR THE
ALLENDALE FACILITY

CLOSING: SEPTEMBER 14, 1993

K.A. JONES
MANAGER OF PURCHASING



280 Wanted to Rent

HOUSE WANTED TO RENT. Professional couple looking to rent or house sit or furnished house for September, October. Dependability assured. Call Stan Marcus, 416-851-0223 evenings.

285 For Rent

1 BEDROOM CONDO in Village Parc \$950 per month includes utilities. Available September 1st. Call Gary Thomas, Re/Max Miltowne Realty Corp. 878-7777.

3 BEDROOM HOUSE in Campbellville. September 1/93. Fridge/stove. \$975.00. 878-9136.

3 BEDROOM HOUSE FOR RENT, \$850/month plus utilities. No pets. Call 878-3548. Available September 1.

4 BEDROOM FARMHOUSE near Georgetown, 2 baths, fireplace, garage, \$1,225 month. Available Sept. 15. 878-9442.

4 BEDROOM HOUSE for rent on Bronte Street. September 1/93. 878-9136.

CAMPBELLVILLE HOUSE TRAILER, suitable for single person. Phone 854-0923.

HOUSE FOR RENT - Delightful 3 bedroom, 2 story with garage, two years old, close to park & school, 10 minutes north of Milton. \$895/month, no dogs please. 519-853-4875.

285 For Rent

TOWNHOUSE FOR RENT, "By the Oaks". Newly decorated. Pool, garage, month-to-month lease. \$1,000/month. 875-4460 leave message.

290 Apartments For Rent

2 BEDROOM BASEMENT APARTMENT, available November 1, 2 piece bath, parking. \$650 inclusive, first & last. 878-0436.

3, 2 & 1 BEDROOM APARTMENTS, available. Responsible person. From \$548/month includes utilities. Burlington, 333-9846.

BASEMENT APARTMENT FOR RENT. Quiet neighborhood. Separate entrance. Kitchenette, use of laundry. 1 person. References. Available September 1, 1993. \$540/month. 878-1823.

FOR RENT, new 1 bedroom basement apartment, includes stove, fridge, utilities and cable. Phone 876-2611.

LARGE BASEMENT APARTMENT, September 1. Single, non-smoker preferred. Cable, indoor parking & utilities First & last. References. After 5 p.m. 878-0820.

LARGE SECOND FLOOR 1 bedroom apartment, country home, Milton escarpment, private entrance, (skiing, biking and hiking). Near 401, Non-smoker, September 1. \$725, utilities included. 416-878-2777.

SPACIOUS 1 BEDROOM BASEMENT, plus storage room, separate entrance, fridge, stove, share laundry room, utilities included. No pets. Available September 1. \$695/month. Call 878-2974.

SPACIOUS 2 bedroom Apartment, \$600/month plus utilities. Call Mike or Charlie, 519-853-1730.

300 Rooms Available

ATTENTION - Rooms, bachelor and new 1 bedroom apartments with all furnishings (T.V., bed, and sofa), utilities and linen. \$100/week and up. For good people. 877-8866.

FURNISHED ROOM with shared kitchen & bathroom facilities. Please call 878-1379.

LARGE FURNISHED ROOM for rent. Shared house. Laundry, parking. \$350 month. 878-7056.

LARGE FURNISHED ROOM in clean home, 2 pc., bathroom, use of laundry facilities & kitchen. Working female preferred. References. 875-1277.

ROOM FOR RENT - (central Milton) with cable. Phone 1-416-455-8165.

305 Rooms Wanted

WANTED, room and board by responsible non-smoking single farmer. Reply to Box #1959, C/O Canadian Champion, 191 Main Street, Milton. L9T 4N9.

310 Vacation Resorts & Prop.

FLORIDA CONDO Clearwater Beach, available September, October and November. Call Gary Thomas, Remax Miltowne Realty, 878-7777.

FLORIDA TOWNHOUSE for rent, Indian Rocks Beach, 3 bedrooms, 3 bathrooms, pool, all conveniences of home. Weekly. 878-9448.

ORLANDO VILLA FOR RENT, 30 miles from Disney, includes pool, tennis, with golf available, from \$300 U.S. a week. Call Bill, 876-1175.

315 Commercial & Indust.

MED OFFICE SPACE for rent, new building. \$350/month. 878-4713.

INDUSTRIAL UNIT, with offices, 3,800 sq. ft., at \$2.50 sq. ft. Available immediately. Call Gary Thomas, Remax Miltowne Realty, 878-7777.

REASONABLE INDUSTRIAL UNITS for rent. 1,950 to 3,200 sq. ft. Secretarial Services on premises. 875-1200 or 1-416-275-6834.

320 Office & Business Space

2 BAY GARAGE with finished office space for rent. 878-4713.

SMALL OFFICE, 400 sq. ft., \$375 monthly. Call Glen Thomas, Remax Miltowne Realty, 878-7777.

325 Real Estate

PRIVATE HOUSE FOR SALE. 232 Bousfield, Milton, 4 bedroom, 1 1/2 baths, \$150,000. Available immediately. 877-8718.

RECIPE FILE

Here are some new ideas for barbecue cooks

Summer's sun is heating up! Keep your cool — head outdoors to barbecue.

If the prospect of burgers, burgers, steak and more burgers sounds easy but you need a change, try something new and truly delicious this summer. Barbecue pork roasts. You'll be pleasantly surprised with the delicious, easy-to-prepare meals you can create as well as the money-saving aspects of selecting pork roasts during the summer months. Due to the warm weather demand for single-serve barbecue portions, roasts are generally less expensive and frequently offered at special reduced prices. Roasts are also easy and economical to cut into kabobs or roast whole on the barbecue.

Unlike single portion meats, barbecued roasts allow variable portions to fit different people's appetite. Barbecuing roasts can also provide delicious leftovers to use in sandwiches, salads and other simple summer meals.

The secret to perfect barbecue pork roasts is to control the heat and to cook roasts just until meat thermometer reads 160F(70C). At this temperature meat juices will be clear and the centre of the roast will still have a hint of pink.

Pork roasts require low heat. Control the heat by adjusting the height over the heat source and setting temperature gauge on a gas-barbecue or rearranging charcoal briquettes. On gas barbecues, you can also grill roasts evenly without flare-ups by only turning heat on one side of the barbecue and placing the roast on the opposite side.

Because weather conditions and barbecue variations influence the heat produced, it's wise to remember this handy way to judge barbecue heat: hold your hand at grill level and count slowly until you must withdraw your hand due to the heat. You must be able to hold your hand at grill level 4 seconds for medium heat; 5 to 6 seconds for low heat. Anything less than 4 seconds is too hot for pork.

Spicy Apple Glazed Pork Loin

A long narrow roast cooks faster than a short wide roast. For a less "spicy" glaze, reduce hot pepper flakes to a pinch.

- 3 lb. boneless pork double loin roast;
- 1 tsp (5 ml) dry mustard;
- 1/2 tsp (2 ml) each: dried thyme and sage;
- 1/2 cup (125 ml) apple cider or apple juice;
- 1/4 cup (50 ml) lemon juice;

Directions: Dry pork well. Combine mustard, thyme and sage. Rub all over pork and let stand at room temperature for 30 minutes. In a bowl, combine cider and lemon juice; mix well. On greased grill over medium-high heat, sear pork turning often for 15 minutes. Reduce heat to low. Close lid and grill, turning often and basting with cider mixture, for about 1 1/2 to 2 hours or until meat thermometer reads 160F (70C). Do not overcook. During last 20 to 30 minutes of cooking, brush Apple Glaze (recipe below) over pork several times. Remove roast from grill, cover with foil and let stand 10 minutes before carving. Serve with any remaining glaze.

Makes 6 to 8 servings. Per serving: 288 calories, 12g fat, 29 g protein, 15 g carbohydrate.

Apple Glaze:

Directions: Stir together 1/2 cup (125 ml) apple jelly, 2 tbsp (25 ml) cider or

white wine vinegar, 1 crushed clove garlic and 1/4 tsp (1ml) hot pepper flakes.

Garlic Rubber Pork Roast with Citrus Glaze

An inexpensive shoulder picnic or butt pork roast cooks without flareups in a foil wrapping.

- 5 lb (2.2 kg) boneless pork shoulder picnic OR butt roast;
- 1/4 cup (50ml) olive oil;
- 1/3 cup (75 ml) chopped parsley;
- 8 garlic cloves, minced;
- 1 tbsp (15 ml) paprika;
- 1 tsp (5 ml) Each: salt and dried oregano;

Directions: Dry pork well. Combine oil, parsley, garlic, paprika, salt and oregano. Spread all over pork roast, double wrap in heavy foil and let stand 30 minutes before cooking. Place foil-wrapped roast on grill over low heat. Close lid; cook for 2 1/2 to 3 hours. Every 30 minutes, carefully turn roast using oven mitts or two spatulas so that you don't puncture foil. Remove meat from foil; place directly on grill. Brush with Citrus Glaze (recipe below); cook for 15 to 20 minutes, brushing often with glaze and turning once. Remove roast from grill, cover with foil and let stand 10 minutes before carving. Makes 8 to 10 servings. Per serving: 354 calories, 19g fat, 32g protein, 13g carbohydrate.

Citrus Glaze

In small saucepan over low heat or small microwaveable bowl, stir together 1/2 cup (125 ml) marmalade and 2 tbsp (25 ml) lemon juice. Heat until mixture just simmers or microwave at high for 1 to 1 1/2 minutes; mix well.

Grill Tip: If using a gas barbecue, you can grill roasts evenly without flare-ups by only turning heat on one side of the barbecue and placing roast on the other. Cook with lid closed.

Thai Pork Roast

This recipe turns an economical cut of pork into a dinner fit for royalty. And, any leftovers cut into thin strips and warmed ever so slightly are wonderful in a salad.

- 3 lb (1.5 kg) pork shoulder butt or picnic roast;
- Sauce:
- 1/3 cup (75 ml) smooth; peanut butter;
- 4 garlic cloves, minced;
- 1/2 cup (125 ml) chopped fresh coriander;
- 1/3 cup (75 ml) brown sugar;
- 1/3 cup (75 ml) soy sauce;
- 3 tbsp (45 ml) lime juice;
- 1 1/2 tsp (7 ml) freshly grated gingerroot or;
- 1/2 tsp (2 ml) ground ginger;
- 1 to 1 1/2 tsp (5 to 7 ml) red pepper flakes;

Directions: Combine sauce ingredients. Place pork roast on a large piece of foil; pour one third of the sauce over the roast. Fold foil, so that the roast is completely enclosed. Wrap roast in another large piece of foil. Place foil-wrapped roast on grill over low heat. Close lid; cook for about 2 hours. Every 30 minutes, carefully turn roast using oven mitts or two spatulas so that you don't puncture foil. Remove roast from grill and let stand 10 minutes before carving.

Heat remaining sauce in microwave at High for about 1 minute or on stove top until mixture just simmers; mix well. Serve with roast. Makes 6 to 8 servings.