


5 Days

STRETCH FOOD DOLLARS

Holsum, white 24 oz.	75¢
BREAD	
Holsum	1.19
MUFFINS	
Fresh Grade A large	1.29
EGGSdozen	
Dutch Oven 10 kg.	3.99
FLOUR	
White Swan, 2 roll pkg.	1.39
PAPER TOWELS	
White or concord, Welch's 1 litre	2.19
GRAPE JUICE	
Scotia Gold 10 oz. tin case of 24	8.99
APPLE JUICE	
Plain or salted, Paulins 450 gram	1.39
SODA CRACKERS	
Hostess 200 gram box	99¢
POTATO CHIPS	
No. 1	7.99
CORN BROOMS	
Heinz 48 oz. tin	1.09
TOMATO JUICE	
Idaho 2 lb. bag	2.99
MASHED POTATOES	
Paulins 400 gram	1.59
GRAHAM WAFERS	
Enhance 450 gram	4.29
SHAMPOO	
Cleanser 400 gram	2/1.29
COMET	



CHRISTMAS BAKING SUPPLIES

Shelled, 200 gram	1.99
ALMONDS	
Blanched, ground, shivered, 135 gram	1.59
ALMONDS	
Shredded, Golden Harvest 400 gram	1.59
COCONUT	
Golden Harvest 350 gram	1.39
CHOCOLATE CHIPS	
Maple Leaf 680 gram	3.29
MINCEMEAT	
Tenderflake, 3 lb. tub	2.99
LARD	
Better Buy, 1 lb.	59¢
MARGARINE	
300 ml. Eagle Brand	1.89
MILK	
Glazed, Golden Harvest 450 gram	1.99
MIXED FRUIT	
Glazed, red & green, Golden Harvest 450 gram	3.29
CHERRIES	
Golden Harvest, 400 gram	2.99
WALNUTS	
Sultana, Golden Harvest 750 gram	2.49
RAISINS	



Hearty Italian Lasagna is just the right kind of dish to celebrate Grey Cup Day.

Touchdown tastes for Grey Cup

Grey Cup season is here once again. And, whether you are planning to cheer on your team at a friend's home or enjoy the game in the comfort of your own, there will be some hungry appetites to satisfy afterwards.

Hearty casserole dishes are always high scoring favorites and most important, they can be made ahead of time and placed in the oven when the final quarter begins.

Lasagna never fails as a crowd pleaser. Layers of noodles, tangy meat sauce and three cheeses make it a marvelous meat stretcher. Manicotti is a creamy delight that everyone will enjoy. Hellman's or Best Foods real mayonnaise makes it a special treat.

Top off either of these dishes with a fresh green salad and hot buttered bread and you'll be ready to cheer on the Champions!

Lasagna
 1/2 lb (500 g) ground beef
 1/2 lb(500 g) sausage meat
 1 recipe Basic Tomato Sauce (recipe follows)
 1/2 pound ricotta or cottage cheese
 3/4 cup grated Parmesan cheese
 6 ounces sliced mozzarella cheese
 1/2 pound lasagna noodles, about 9, 10-inch lengths
 Fry ground beef and sausage meat until lightly browned and crumbly. Drain off excess fat. Add meats to Basic Tomato Sauce; simmer covered for 45 minutes. Meanwhile cook lasagna noodles in boiling salted water for 10 to 15 minutes (noodles should be slightly under-

cooked). Drain noodles on paper towels.

To assemble lasagna: spread 1/4 of meat sauce in a 12x9x2-inch baking dish. Arrange 1/3 of lasagna noodles on top. Mix cottage cheese and 1/2 cup Parmesan cheese. Sprinkle 1/3 cottage cheese mixture on top of noodles; top with 1/4 of mozzarella cheese. Repeat layers two more times finishing with meat sauce. Top meat sauce with remaining mozzarella and Parmesan cheese. Bake in a 350°F oven for 30 to 40 minutes or until lasagna is bubbly and cheese lightly browned. Allow to sit 5 to 10 minutes; cut into squares and serve. Serves 4 to 6.

Basic Tomato Sauce
 2 tablespoons Mazola corn oil
 3/4 cup chopped onion
 1 clove garlic, chopped fine
 1 can (28-ounce) stewed tomatoes
 1 can (6-ounce) tomato paste

1 bay leaf
 1/2 teaspoon basil
 1/2 teaspoon oregano
 1/4 teaspoon marjoram
 1/4 teaspoon thyme
 1/4 teaspoon rosemary, crushed
 1/4 teaspoon salt
 1/8 teaspoon pepper
 1-1/2 teaspoons sugar
 Saute onions and garlic in corn oil until soft but not browned. Add remaining ingredients, mix well and break up large pieces of tomato. Bring to boil; reduce heat and simmer, uncovered, for 1-1/2 to 2 hours or until sauce has thickened and reduced to a 3-cup quantity. Makes 3 cups.



Libby's 398 ml.
SPAGHETTI
 or
ZOODLES
2/1.49



Carnation 500 ml.
HOT CHOCOLATE
2.49



Libby's Deep-browned 398 ml. tin
PORK & BEANS
3/1.99

Postal service improved

According to figures released by Canada Post Corporation, for the second quarter of 1983, our postal services are continuing to improve.

Figures for northwestern Ontario, show that gains are being made in service performance, while national on-time delivery of first class mail in April, May and June of 1983 averaged 89 per cent (up one percentage point over the same period last year). In Thunder Bay, the local figures for April-June 1983 show an

on-time delivery rate of 93.4 per cent compared with 91.5 per cent in the same period last year.

Mid-West Postal Division General Manager, Don Swanson says that the test results show that the postal service is beginning to improve in northwestern Ontario. "We have made strides but recognize a number of problem areas which need attention. Maintaining the upward climb to national standards is one of Mid-West Division's top priorities."

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