

FROM THE GARDEN CENTRE

Where anything fresher is still growing

Wilson's Spring & Summer 10-3-6 fertilizer 9 kg bag

999

It's Time To Fertilize ...

This 10-3-6 fertilizer is combined with herbicides. The plant food feeds your lawn while the herbicides control dandelions, white clover, plantain, chickweed, black medic, ground ivy (creeping Charlie) and other broad leaved weeds commonly found in lawns.

Hillview Potting Soil 10 L bag

999 only!

Where anything fresher is still growing

Longo's

ENJOY

Longo's

MENU PLANNERS

The Main Ingredient

Specials effective Monday, April 24-29/89

MARKHAM LOCATION 3005 HIGHWAY NO. 7 MARKHAM, ONTARIO

CHICKEN CACCIATORA
 1-3 lb. (1-1.5 kg) chicken, cut up
 1/2 cup (125 ml) Five Roses All Purpose Flour
 2 to 3 tbsp. (25 to 40 ml) olive oil
 1 cup (250 ml) chopped onions
 1 garlic clove, finely chopped
 1 - 14 oz. (1 - 395 ml) can tomato sauce
 1 cup (250 ml) canned tomatoes
 1/4 cup (50 ml) dry white wine (optional)
 1 tsp. (5 ml) salt
 1/4 tsp. (1 ml) pepper
 1/4 tsp. (1 ml) oregano
 1 bay leaf
 1 cup (250 ml) sliced fresh mushrooms
 Coat chicken pieces with flour; brown in olive oil over high heat. Remove chicken pieces and set aside. Add onions and garlic and sauté over medium heat until tender but not brown. Remove excess fat. Combine remaining ingredients, except for mushrooms, in a bowl. Return chicken to skillet and pour tomato mixture on top. Cover and simmer until sauce thickens and chicken is tender, about 45 minutes. Add mushrooms 15 minutes before end of cooking. Remove bay leaf and skim off excess fat. Serve with rice or noodles. Yield: 4 to 6 servings.

ORANGE CHIFFON CAKE
 1 1/2 cups (375 ml) Five Roses All Purpose Flour
 1 1/2 cups (325 ml) sugar
 1 1/2 tsp. (15 ml) baking powder
 1 tsp. (5 ml) salt
 1/4 cup (50 ml) vegetable oil
 1/4 cup (50 ml) orange juice
 1/4 cup (50 ml) cold water
 6 egg whites, at room temperature
 1/2 tsp. (2 ml) cream of tartar
 Preheat oven. Combine flour, sugar, baking powder, salt and food together in a bowl. Make a well in centre of dry ingredients and then add, in this order: oil, orange juice and water. Beat egg whites, add cream of tartar and cream of tartar to egg whites; beat until egg whites form very stiff peaks but are not dry. Gradually pour batter over beaten whites gently folding in until just blended. Pour batter into ungreased tube pan. Bake in a moderate oven. Raise temperature and bake until done. Invert pan letting cake hang unpan and frost with Thin Orange Frosting.
 Tube pan 10" (25 cm)
 Temperatures and cooking time: 325°F (160°C) - 35 minutes and 350°F (180°C) - 10 minutes. Yield: 1 large cake.



red seedless and black grapes **999**
 Product of Canada No. 1
 2.18 kg lb.

tender green beans **999**
 Product of U.S.A. Fresh, Canada No. 1
 lb. 2.18 kg



red and green leaf lettuce **499**
 Product of U.S.A. fresh, crisp each

seedless navel oranges **8/299**
 Product of California Canada No. 1 fresh, sweet
 lb. bag

fresh artichokes **599**
 Product of U.S.A. Canada No. 1 large and small size
 20 lb. case \$10.99 lb. 1.30 kg

short rib roasts **1699**
 blade and chuck, Cut From Canada Grade 'A' Beef
 lb. 3.72 kg



rib eye steaks **6999**
 Cut From Canada Grade 'A' Beef
 lb. 15.39 kg

blade steaks **1799**
 Cut From Canada Grade 'A' Beef
 lb. 3.95 kg

homemade Italian sausage **2499**
 Longo's Own
 lb. 5.49 kg

cross rib roasts **1999**
 Cut From Canada Grade 'A' Beef
 lb. 4.39 kg

fresh whole chickens **999**
 Ontario Grade 'A'
 2.18 kg lb.

fresh chicken legs **7999**
 backs attached Ontario
 lb. 1.74 kg



Tide laundry detergent **3499**
 Regular Scent
 5 L box Limit 3 boxes per family purchase.

Tetley tea **1999**
 box of 72 tea bags



Coke, Coke Classic, Diet Coke, Sprite, Diet Sprite **6999**
 Case of 24 x 280 mL tins
 750 mL bottle plus 40¢ deposit **1.39**

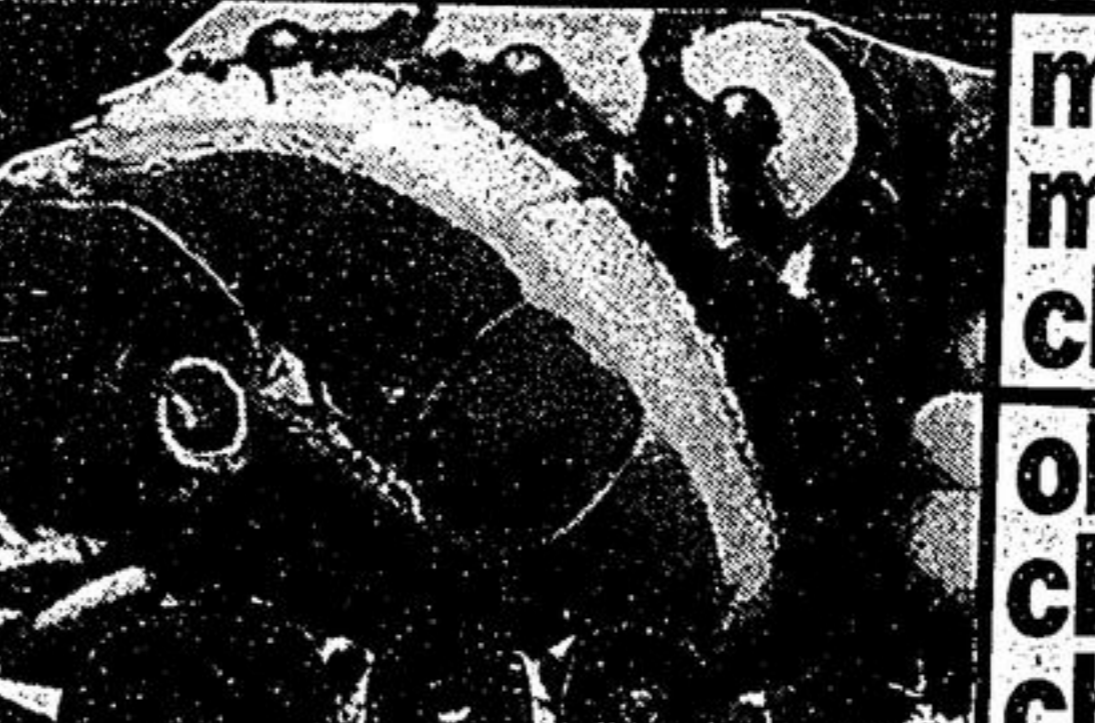
Imported Italian pasta **6999**
 Dececco 450 g pkg.

Bittner's roast beef **5459**
 inside round
 lb. 11.99 kg

Prego spaghetti sauce **1999**
 750 mL bottle

mild and medium cheddar **3999**
 Balderson, Canadian
 lb. 8.79 kg

corned beef and pastrami **3999**
 Bittner's from the eye
 lb. 8.79 kg



old cheddar cheese **4999**
 Balderson, Canadian
 lb. 10.99 kg

Bittner's liver sausage **1799**
 fine coarse herb
 lb. 3.95 kg

Bittner's halves old fashioned hams **3999**
 lb. 8.79 kg

15% low in fat skim milk cheese **3999**
 Balderson, Canadian
 lb. 8.79 kg

Joy II liquid dishwashing detergent 1 L **2499**

Christie's cookies New! Teddy Grahams cookies 250 g box **1999**

Nabob Tradition ground coffee 300 g pkg. Nabob Summit and Decaffeinated, 300 g pkg. **3999**

marble cheddar **3999**
 Balderson Canadian 8.79 kg lb.

Cascade automatic dishwashing detergent Jumbo 1.8 kg box **4999**

Dad's biscuits chocolate chip and oatmeal 450 g bag **1999**

Pummaro tomatoes strained, crushed 500 mL carton **7999**

Bacardi daquiris frozen mixes - strawberry, peach, pina colada 250 mL tin **1499**

Comet cleanser 600 g bonus pack tin **1299**

tortilla chips Panchos 200 g bag **9999**

Perrier mineral water plain, lemon and lime 700 mL bottle **1199**

all beef wieners Blue Jay 450 g pkg. **1999**

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