

ENJOY

Longo's

MENU PLANNERS

Specials effective Monday, June 19, 1989 thru Saturday, June 24, 1989.

“ Longo's ... The Main Ingredient ”

CRISP AND CHUNKY MEAL-IN-ONE SALAD

1/2 head iceberg lettuce
1/2 head Romaine lettuce
1 1/2 cups fresh grapes, seeds removed
1 cup cooked turkey, cut in 1/2" slices
1 cup Swiss cheese strips
1/4 cup bleu cheese chunks
2 tbsp. salad oil
1 tbsp. fresh lemon juice
1/4 tsp. salt
1/8 tsp. black pepper
Grape clusters for garnish

Cont'd., Crisp and Chunky Meal-in-One Salad

Wash and dry lettuce thoroughly. Tear into bite-sized pieces. Place in salad bowl with grapes, turkey, cheeses, oil, lemon juice, salt, and pepper. Toss lightly. Garnish with grape clusters. Serve as main dish salad. Makes 4 servings.

Continued ...

GO fares on the rise

It's going to cost more to ride on GO Transit after July 1. GO Transit fares will rise an average of 4.9 per cent on July 1 in a move designed to increase operating revenues within the company to 5.5 per cent.

"We've undergone some major expansions this past year, especially on the GO Train network," says Lou Parsons, chairman of GO Transit.

"This fare increase will give us the monies to continue providing our high standard of service without undue burden on provincial government funding through subsidy."

The increase raises the two-part formula for calculating fares from a fixed base charge of 49.88 cents plus a distance charge of .713 cents per kilometre to 52.37 cents fixed plus 7.49 cents a kilometre.

The minimum fare for any trip, bus or train, rises by 5 cents to \$1.75.

Discounts for commuters and other frequent riders remains the same: for 10-ride tickets, 9.6 per cent off the cost of 10 single tickets and for monthly passes, 21 per cent less than 40 single fares.

Community plans action on weeds

Harvesting equipment will be on Preston Lake for the third straight year July 15, as area residents team up to pull out a whopping 20 tons of weeds from the water.

Pride and Preston Lake, a group organized three years ago to save the kettle lake from being taken over by weeds which grow freely in the water, will coordinate the effort.

Jim McVeigh, president of the ratepayers group, says the day of the harvest will be a family day once again this year.

"It's a community work project. It will be fun as well," he says. "It will be family oriented, with magicians, entertainment, a food booth and a baby sitting service."

The ratepayers met June 11, setting the date for this year's harvest. A representative from the Ministry of Natural Resources visited the lake on Monday, giving the group ideas about which areas of the lake which need weeding this summer.

"An ongoing harvesting of these areas is necessary to keep weed growth under control," says Mr. McVeigh.

Almost 200 people participated in last year's event, utilizing four specially-made cutters and 30 boats.

Fourth Line news

Families celebrate for baby

MARJORIE WOODLAND
Correspondent

Two sets of grandparents were present on Sunday morning at the dedication service for wee Jennifer Louise Manzo. Jim and Josephine Manzo of Detroit and John and Dorothy May of Cannington.

The parents, Gary and Donna, other relatives and friends joined with the congregation as guest speaker Rev. Jim Burns charged each to use diligent spiritual influence in the young life of Jennifer.

All were invited to the Manzo home where good hospitality, good fellowship and good food made a pleasant afternoon.

Milestone

Many happy returns of the day to Mr. Ernie Carruthers as he celebrated his 70th birthday last Sunday at a reception held in the gym room of the Stouffville United Missionary Church.

Many well-wishers called to offer congratulations and best wishes to this well-known Goodwood resident.

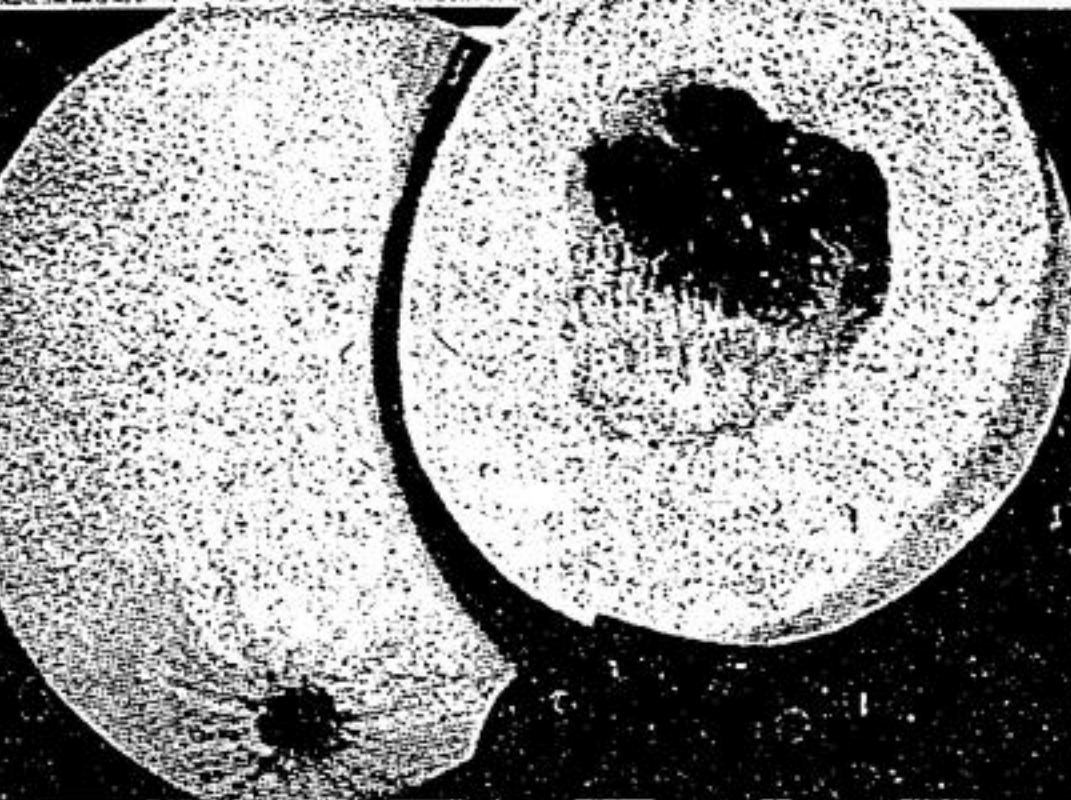
Community sympathies

Sympathy of the community was expressed by the large number attending the funeral of Marjorie Cooper last week, showing the esteem in which she was held.

The service was held at the Goodwood United Church with interment in the Goodwood Cemetery.

She had enjoyed better health since March when she received a kidney transplant. Her sudden death was caused by a blood clot.

Marjorie leaves a daughter, Holly; a son-in-law, Paul McKay of Uxbridge; two sons, Edward and Richard; and brother, Les Mitchell; and his wife, Mary, of Goodwood. She also had one five-month-old grandchild. She was predeceased by her husband, Ralph, six years ago.



honeydew melons ea. **1.99**
fresh, sweet
Product of California
Canada No. 1

black grapes
fresh sweet lb. **1.99**
2.18 kg
Product of California
Canada No. 1

English cucumbers
fresh ea. **1.69**
Product of Ontario
Canada No. 1



romaine lettuce ea. **1.59**
fresh crisp
Product of Ontario/U.S.A.
Canada No. 1

ice cream
Nielson Famous **3.99**
2 L tub

kiwi fruit
fresh sweet 3 lb. **1.99**
Product of New Zealand
Canada No. 1

CLIP THIS COUPON
romaine lettuce FREE
with this coupon and the purchase of 375 mL of Renee's Salad Dressing at the special price of \$2.49.
Only At Longo's Limit 1 per coupon
Coupon expires June 24/89.

Brandt's kielbassa sausage lb. **3.49**
7.69 kg

black forest ham lb. **3.99**
8.79 kg

Fresh from Italy romano cheese lb. **3.99**
8.79 kg
"By the Piece"

Brandt's salami lb. **4.99**
10.99 kg
• Hungarian • summer
• German • Vienna

Canadian swiss cheese lb. **3.99**
8.79 kg



prime rib roasts and steaks lb. **3.59**
Cut from Canada
Grade 'A' Beef 7.91 kg

fresh Ontario pork family pack pork chops lb. **1.99**
4.39 kg

fresh Ontario chicken thighs & drumsticks lb. **1.29**
2.84 kg



whole chickens lb. **1.19**
fresh Ontario 2.62 kg

fresh, lean ground beef lb. **1.99**
4.39 kg

General Mills Truckload Sale!
Lancia pasta 900 g pkg. **.99**
Bravo spaghetti sauce 28 oz. tin **.99**

Old Ontario single wrap cheese slices 500 g pkg. **2.99**

bathroom tissue Delsey 8 roll package **2.99**

General Mills cereals presweetened **2.49**
• Trix
• Lucky Charms
• Cocoa Puffs
325 g to 440 g box

2.99

mineral water Perrier • plain • lemon • lime 700 mL bottle Case of 12 **10.99**

Fruit Roll-Ups • grape • cherry • orange • strawberry 110 g box **2.49**

strawberry nectar Black River "all natural" 1 L bottle **1.99**

facial tissue Scotties box of 200 **.99**

margarine Lactantia "My Country" 454 g tub **1.39**

Cheerios Honey Nut 525 g box **2.99**

miracle whip Kraft 1 L jar **3.69**

liquid cleaner Mr. Clean 1 L bottle **2.99**

beef burgers Maple Leaf 750 g box **3.59**

General Mills snacks bugels, willikers, whistles 150-170 g **1.79**

sliced bread Fresh Daily! Fibre Goodness white & 100% whole wheat 675 g loaf **.99**

disposable diapers Pampers all sizes **10.99**

fresh pasta Di Parma 225 g Tortellini and ravioli, 225 g **1.59**

