

ENJOY

Longo's

MENU PLANNERS

The Main Ingredient

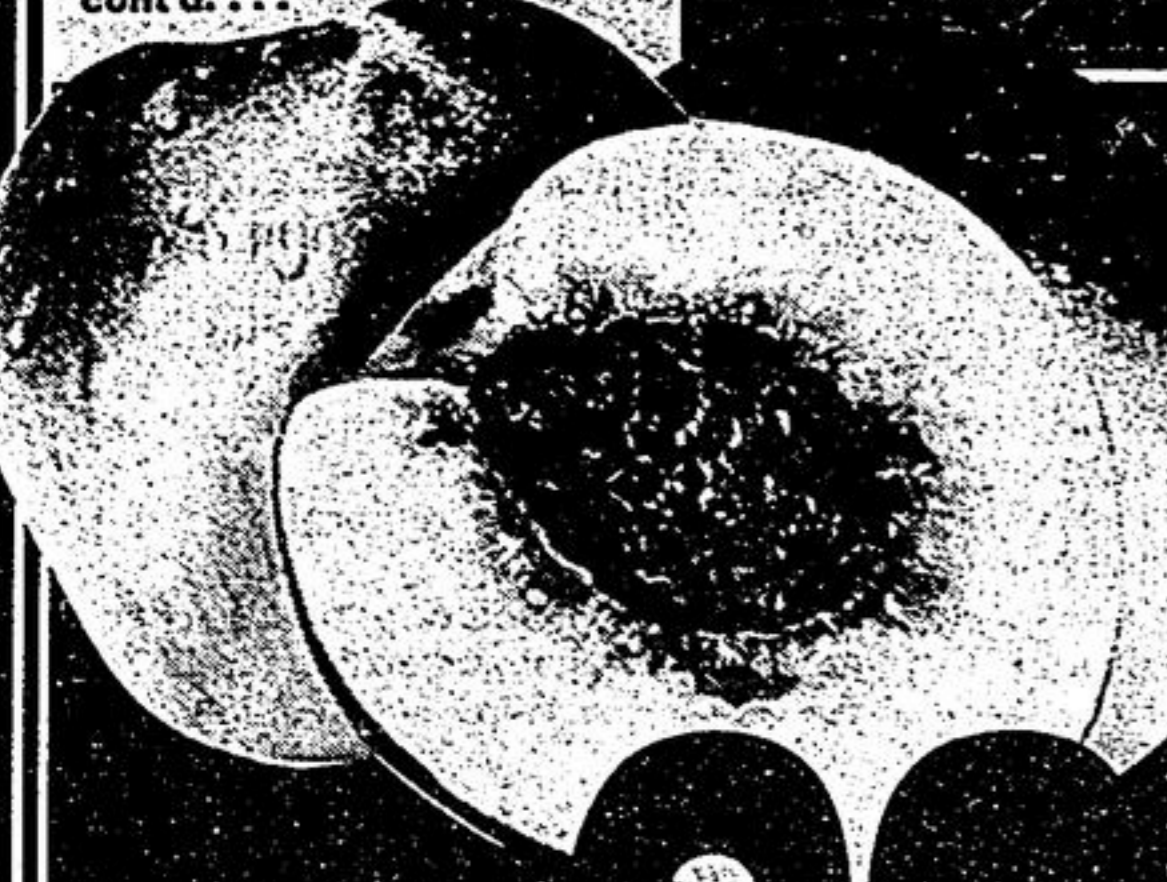
“Longo's... Specials effective Monday, June 26, 1989 to Saturday, July 1, 1989.”

OPEN SATURDAY, CANADA DW 8 A.M. TO 6 P.M.

FRUIT-FILLED OMELETS

2 medium nectarines, sliced (2 cups)
1 pint fresh strawberries, hulled and sliced
2 tsp. sugar
1/4 tsp. ground cinnamon
8 eggs
1/2 c. milk
3 tbsp. sugar
4 tbsp. butter or margarine, divided
1 c. vanilla yogurt
In medium bowl combine nectarines, strawberries, 2 tsp. sugar, and cinnamon; mix well. Let stand at room temperature 30 min. In small bowl beat eggs, milk and 3 tbsp. sugar with an egg cont'd...

cont'd
beater or wire whisk until light and frothy. In small skillet melt 1 tbsp. butter; pour in 1/2 c. of the egg mixture. With spatula, carefully push cooked portions at edges toward centre so uncooked portion flows underneath. Slide pan rapidly back and forth over heat to keep eggs from sticking. While top is still moist, spread 1/4 c. fruit filling over half the omelet. With pancake turner fold omelet in half and turn into heated plate with quick flip of the wrist. Top with yogurt and a fresh strawberry, if desired. Repeat with remaining butter, egg and fruit mixture. Makes 4 servings.



nectarines

fresh, sweet
1.52 kg

1.69

cantaloupes
sweet and juicy
each
Product of U.S.A. Canada No. 1

1.69



cauliflower

fresh, snow white
Product of U.S.A. Canada No. 1

1.99

mangos
fresh, sweet
Product of Mexico Canada No. 1

2.100

field cucumbers
fresh, tasty
Product of U.S.A. Canada No. 1

3.99

Longo's Helpful Hints:

- Serve raw for snacks and dips.
- Steam or stir fry until crisp and tender.
- Add to tossed salads or marinate.
- One cup contains 24 calories.
- Excellent source of vitamin C, low-sodium.

Longo's Helpful Hints:

- Avoid those tinged with green.
- Keep at room temperature until ripe, then use or refrigerate.
- Use in pies, cakes or cobblers.
- Serve in salads or try them breaded, spiced or pickled.
- A medium fruit (150 g) contains about 70 calories, sodium-free.

Maple Leaf waxed bologna
1.89 lb. 4.17 kg

Maple Leaf eye and bottom round pastrami
3.99 lb. 8.79 kg

honey hams
Maple Leaf
dell sliced extra lean
3.99 lb. 8.79 kg

Canadian mild havarti cheese
3.99 lb. 8.79 kg

Anco French brie
5.89 lb. 12.97 kg



fresh Ontario chicken legs
'no backs attached'
1.19 lb. 2.62 kg

boneless hip roast
Cut from Canada Grade 'A' Beef
2.99 lb. 6.59 kg



strip loin steaks
Cut from Canada Grade 'A' Beef
6.99 lb. 15.38 kg

full round steaks
Cut from Canada Grade 'A' Beef
2.99 lb. 6.59 kg

fresh, regular ground beef
1.19 lb. 2.62 kg

shreddies cereal Nabisco
Limit 2 per family purchase.
1.99 675 g box

Pepsi & 7-Up regular and diet
Case of 24 x 280 mL tins 5.99
750 mL bottle 1.39
Limit 2 cases. Plus 40c deposit per bottle.

Mott's clamato regular and extra spicy
"classics on ice"
1.79 1 L bottle

vegetables Del Monte
14 oz. tin
corn, peas, green beans, wax beans
1.79

Lays, O'Grady's, Ruffles potato chips
1.49 200 g bag

Welch's grape drink and Ocean Spray
3 x 250 mL pkg.
1.99 cranberry beverages

whole tomatoes
Aylmer's 19 oz. tin
.99

New! Catch 'O' The Day sole, haddock and cod split pack fillets
400 g pkg.
3.69

whipping cream
New Rise! Sealtest 500 mL carton
1.99

cranberry blends
Ocean Spray 40 oz. jar
2.69

fruit cups
Del Monte pkg. of 4 x 5 oz. tins
2.29

side bacon
Maple Leaf sliced 500 g pkg.
2.29

Bicks relish
assorted varieties 375 mL jar
1.39

grape juice
Welch's 1 L jar
2.49

hawaiian punch
fruit drinks 3 x 250 mL pkg. Case of 9 pkgs. only \$5.99!
.79

sour cream
sealtest 500 mL tub
1.69

barbecue sauce
Kraft 455 mL squeeze bottle & 455 mL Thick 'N' Spicy
1.79

grape jam
Welch's and Jelly 500 mL jar
2.49

Teens set for pageant

Ten young area women will vie for the title of Miss Whitchurch-Stouffville at the 22nd Annual Miss Whitchurch-Stouffville Beauty Pageant tonight at Stouffville District Secondary School. Sponsored by Bunny and Lyndy's Florist of Stouffville, the pageant will be part of the annual Strawberry Festival which runs until July 2. The pageant begins at 8 p.m.

"It's just like a Miss Canada pageant," says Pageant Coordinator Bunny Burton. "It's going to be a great night. I don't know how else to describe it."

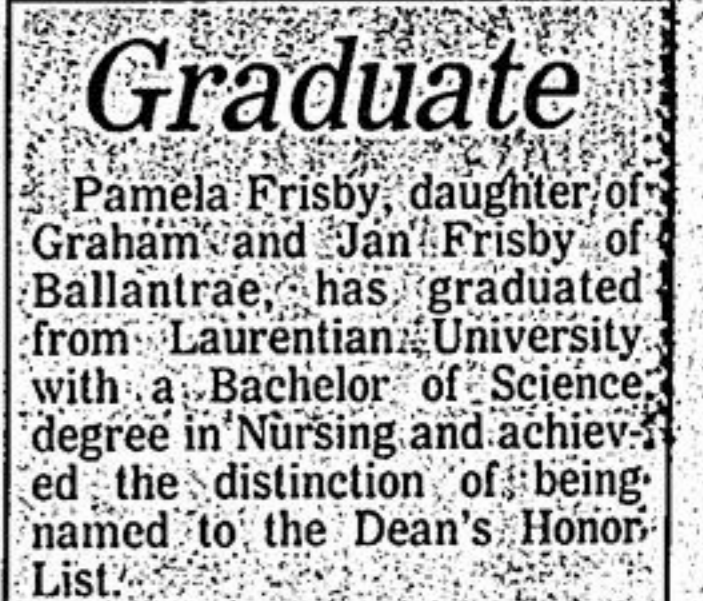
The 10 contestants entered in the pageant will be judged in four different categories including street clothes, sports wear, talent, and formal wear. Five finalists will be selected from the 10 and the contestant with the highest combined score after the four events will be crowned Miss Whitchurch-Stouffville.

The winner will take home an impressive bounty of prizes including a diamond and emerald ring, a color T.V., and a \$500 travel voucher.

The other contestants in the pageant will also receive gifts, she says, so "they don't walk away with nothing."

The 10 contestants have met three times to practise on the runway and their spirits are high, Mrs. Burton says. Christine Berry, Miss Whitchurch-Stouffville 1985 and currently the pageant's contestant co-ordinator, says she's never seen such a friendlier group of young women.

"They're really wonderful this year and they're really looking forward to it." Vying for this year's title are Christy Robertson, 16; Jaba Myers, 16; Tonya Holst, 18; Melanie Dolson, 16; Tiffany Keslick, 16; Lori-Anne Stewart, 18; Carrie Swain, 16; Lee-Anne Barton, 18; Nicole Knight, 16; and Cheryl English, 18.



Graduate

Pamela Frisby, daughter of Graham and Jan Frisby of Ballantrae, has graduated from Laurentian University with a Bachelor of Science degree in Nursing and achieved the distinction of being named to the Dean's Honor List.

Pamela has accepted a position with Scarborough General Hospital. Proud grandparents are John and Harriette Gandier and Marion Frisby.

NOTICE OF PUBLIC MEETING

TAKE NOTICE THAT a Public Meeting of the Liquor Licence Board of Ontario will be held at the SHERATON PARKWAY HOTEL, 600 HIGHWAY #7 EAST, RICHMOND HILL, ONTARIO on THURSDAY, JULY 13th, 1989 at the hour of 10:00 o'clock in the forenoon at which time the Board will hear applications in accordance with the Liquor Licence Act and Regulations thereunder.

The following establishments have applied for a licence of the class indicated, and the applications will be entertained at the aforementioned location and time:

Applications For New Licences

Donut Supreme
Town of Markham, 7089 Yonge Street
Thornhill
Dining Room or Dining Lounge Licence

Golden Spring Restaurant
4396 Steeles Avenue East, Units 3 & 4
Markham
Dining Lounge Licence

Milliken Restaurant & Deli
25 Teckbridge Drive, Unit 18, Markham
Dining Lounge Licence

Skyking Restaurant
146 Old Kennedy Road, Markham
Dining Lounge Licence

AND FURTHER TAKE NOTICE that any person who is resident in the municipality and who wishes to make representation relative to the application, shall make their submission to the Board in writing prior to the date of the hearing, or in person at the time and place of the hearing. (Copies of written submissions will be forwarded to the applicant).

Liquor Licence Board of Ontario
55 Lakeshore Boulevard East
TORONTO, Ontario, M5E 1A4
MINISTRY OF CONSUMER AND COMMERCIAL RELATIONS
THE LIQUOR LICENCE ACT
022 LSO 638

