

ENJOY

Longo's

MENU PLANNERS

The Main Ingredient

Specials effective Monday, July 10, 1989 thru Saturday, July 15, 1989

"Longo's . . ."

Mix flour, 1/2 cup sugar, baking powder, salt and nutmeg in a large bowl. Cut in butter until mixture resembles coarse meal. Beat together egg and milk, add to flour mixture and stir just until blended. Pat into a 9-inch round on a greased baking sheet and bake in 450°F oven 15 minutes, or until golden brown. Let cool about 2 minutes, then split shortcake with a serrated knife into 2 layers. Spread a little softened butter on the bottom cut side and the top of the top layer. Place bottom layer on a serving plate. Spread with 1/2 of whipped cream and top with 1/2 of strawberries and syrup. Add top layer of shortcake, spread with almost all of the remaining whipped cream and top with remaining strawberries and syrup. Garnish top with a dollop of whipped cream and reserved whole berry. Makes 6 to 8 servings.


OLD-FASHIONED STRAWBERRY SHORTCAKE
 2 1-pint baskets strawberries, washed and hulled
 1/2 cup plus 2 teaspoons sugar
 1 cup heavy cream
 2 cups unsifted all-purpose flour
 1/2 cup sugar
 4 teaspoons baking powder
 1/2 teaspoon salt
 1/4 teaspoon nutmeg
 1/2 cup soft butter or margarine
 1 egg
 1/2 cup milk
 Slice all but 1 large strawberry into a bowl; sprinkle with 1/2 cup sugar and let stand at room temperature. If desired, crush berries slightly. Whip cream with 2 teaspoons sugar; refrigerate.



leaf lettuce
 each **1.49**
 red or green
 Product of Ontario



select bananas
 from the Tropics
 fresh
 lb. **.39**
 kg .86



broccoli
 fresh, tender
 Product of U.S.A. or Ontario
 each **.69**

honeydew melons
 fresh, sweet
 Product of U.S.A. Canada No. 1
 each **.99**

select bananas
 from the Tropics
 fresh
 lb. **.39**
 kg .86

red plums
 fresh, sweet
 Product of U.S.A. Canada No. 1
 lb. **.79**
 kg 1.74

Mastro cooked prosciutto
 lb. **3.99**
 kg 8.79

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

Canadian emmenthal (Swiss) cheese
 lb. **3.99**
 kg 8.79

Mastro hot and sweet extra-lean capicollo
 lb. **3.49**
 kg 7.69

mild, medium, old Balderson cheddar
 lb. **3.99**
 kg 8.79



pork side ribs
 Fresh Ontario pork
 lb. **1.99**
 kg 4.39

Fresh Ontario chicken breasts
 lb. **2.49**
 kg 5.49



t-bone steaks
 Cut from Ontario Grade 'A' Beef
 lb. **5.49**
 kg 12.08

sirloin steaks
 Cut from Canada Grade 'A' Beef
 lb. **4.99**
 kg 10.99

peameal bacon
 (by the piece)
 sliced \$2.99 lb./6.59 kg

laundry detergent Tide
 5 L box **3.99**



Old South orange juice
 frozen concentrated
 12.5 oz. tin
 Limit 4 tins per family purchase please
.99

pure apple juice D'Angelo
 48 oz. tin **.99**

fabric softener Fleecy
 3.6 L jug **3.49**

Old South orange juice
 frozen concentrated
 12.5 oz. tin
 Limit 4 tins per family purchase please
.99

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

white and whole wheat bread
 Fibre Goodness Fresh Daily!
 675 g loaf **.99**

pineapple juice
 Dole, pure
 48 oz. tin **1.29**

V-8 vegetable juice
 3 x 250 mL pkg. **.99**

Nordica yogourt
 Point .1 175 g cup **.59**

olive oil
 Bertoli 3 L tin **8.99**

corn oil
 St. Lawrence 3 L jug **4.99**

tea bags
 Red Rose box of 72 **2.49**

cottage cheese
 Sealtest 1%, 2%, 4% 500 mL tub **1.99**

Crystal Springs
 spring and distilled water
 4 L jug **1.49**

all purpose flour
 Five Roses 2.5 kg bag **2.99**

cereal
 Special K 475 g box **2.99**

fish and chips
 Highliner 700 g family pack **2.99**

Reading program is a hit

MATT NICHOLLS
 Correspondent
 Supersonic spaceships, crazy robots, eerie green planets and medieval knights.
 These are just some of the fun ingredients included in this year's Summer Reading Program at the Whitchurch-Stouffville Library.
 "I think ours is a unique program," says reading program co-ordinator Sheila McCleod. "It's important to make reading fun for children, and a board game format helps make it fun."

The Summer Reading Program is set up in a three-dimensional board-game format, so children can have fun reading and see themselves progressing.

When a child signs up for the program, he is given a space capsule, complete with pint-sized astronaut, that is used to represent him on the game board.

A special map has been laid out on the board to imitate a journey through a strange, unknown universe.

Reading stations are set up at various locations on the board and, to successfully progress through the universe, the child must read a book at each station.

Book topics will vary with each station stop.

"Space is always very popular with kids," McCleod says. "This game is a cross between science fiction and fantasy."

McCleod has been co-ordinator of the reading program at the library for the past four years and she believes the board-game format is unique to libraries in the area.

"I know that all libraries have reading programs, but I don't think there are any with a board game," she says. "But being unique can be difficult and it's often tough to co-ordinate a large group of feisty young readers," she says.

"It couldn't be done without the support of the entire staff," she says. "We all help out to make the program a success."

Last year almost 200 young readers signed up for the program and McCleod thinks the board-game style is the reason for the program's popularity.

"I think when you're competing with things like TV and video, you have to be a little creative," she says. "This program is."

Bingo volunteers needed

The York Region Branch of the Canadian Mental Health Association is looking for people to help work at their fund-raising bingos on Thursdays and Saturdays.

Bingos run on Thursdays from 11 a.m. to 1:30 p.m. or 11 a.m. to 4 p.m. and on Saturdays, from 8 to 10 p.m. or 8 p.m. to midnight.

A number of programs, including Depressed Anonymous, Festive Gifts, New Directions and School Stress Seminars, are funded by the bingos.

If anyone can spare some time to help out, please call 898-7466 or 1-800-263-2018.

An honorarium will be given to those who help out.



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