

DOREEN'S OLD-FASHIONED MAC AND CHEESE

If you've never tried one of our prepared dinner entrées, now's the time. Doreen and Jaana prepare fabulous dishes that appear routinely in the deli and/or freezer section of our store. They are perfect for those evenings when you and your family are busy, hungry, yet want a wholesome, home cooked meal. Macaroni and cheese, a perennial favourite with everyone, is one of our hottest selling entrées. Loaded with cheddar in a smooth and creamy sauce and topped with buttered crumbs, all you need to do is pop it in your oven for about an hour. The kids will love it and you will too!

Regular: \$9.99 **25% OFF THIS WEEK**

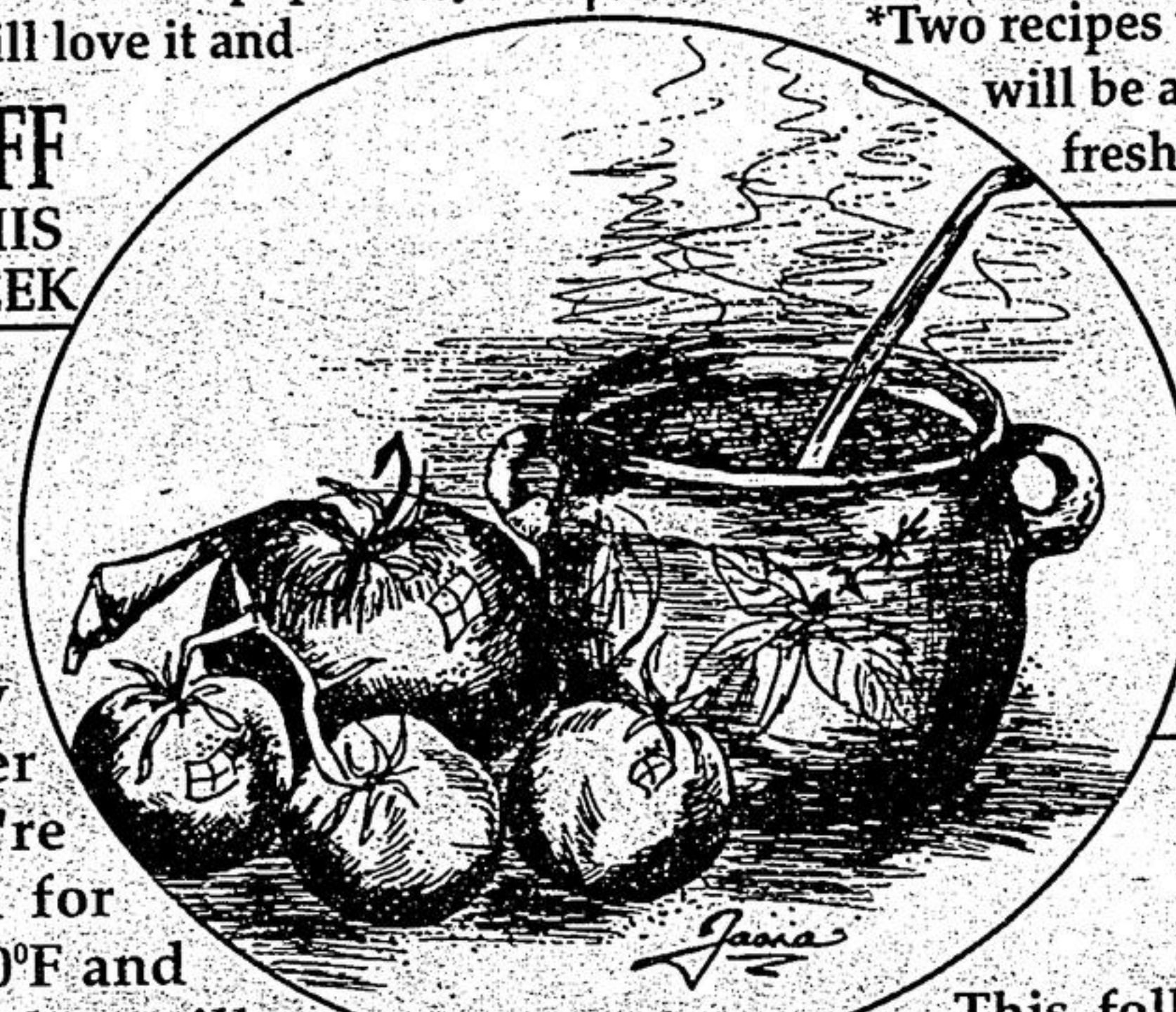
FRESH ATLANTIC SWORDFISH

We stock fresh Swordfish in our store throughout the year depending on it's availability and it's wildly fluctuating price.

This is the season of best availability and consequently the price is relatively good - especially so when you take into account how well we trim our fish.

Swordfish meat is very firm with a distinct flavour. The simplest method of cooking is oven broiling but the very best is to Bar Bé Que it.

*Two recipes with directions will be available at the fresh fish counter. **9.95 lb. THIS WEEK**



OUR APPLE CRISPS

this week, put the bite on a quick, easy and sinfully delicious dessert ... our ever popular apple crisps. They're ready to pop into your oven for approximately one hour at 350°F and voila! Just as is or topped with vanilla ice cream, they're sure to be a hit with your family!

Regular \$8.95 ea. **25% OFF THIS WEEK**

COMING NEXT WEEK!

Everybody on board now as we depart for a culinary trip to Italy!

BRATWURST SAUSAGES

This folks, is my favourite sausage! It's wonderful flavour comes from a perfectly blended group of seasonings consisting of Marjoram, mace, coriander, nutmeg, salt, pepper & garlic. Add to this some beer and get it on the grill before it gets away!

Reg. \$3.99 lb. **1/3 OFF THIS WEEK**

TOMATO BASIL SOUP

This week's soup is made with lots of fresh vine-ripened tomatoes, fresh basil and lots of time and care. The result is a heartwarming soup that's delicious to boot!

Reg. \$4.99 ea. Serves 3-4 **25% OFF THIS WEEK**

SMOKED RAINBOW TROUT

I've always loved the taste of Smoked Trout at room temperature. It's a wonderfully mellow and long flavour that goes with just about anything - and that includes a good chilled white wine. We were experimenting in our kitchen last week with trout and I think that we've got the ticket - really delicately smoked rainbows, slow-smoked over oak. These fish are whole, some are larger than others but they're generally a one pound size. Try one this week as a lunch or dinner appetizer - and don't forget the wine. Delicious!

Small - **\$3.99** ea.
Large - **\$4.99** ea.

MARINATED BONELESS CHICKEN BREASTS

In our store we sell only free-range chicken. They have an edge in flavour because they're raised differently - they can run loose and eat what they want! These chickens are also processed in a more time consuming (and expensive) manner in order that this flavour advantage is maintained.

So what do you get when you start with the best chicken and then add one of our superlative homemade marinades? A thrill from the grill!

Available in zesty lemon, teriyaki-ginger and Hyatt, which is a B.B.Q. sauce with an oriental leaning.

Reg. \$9.95 lb. **1/3 OFF THIS WEEK**

Produce News

* Fresh Niagara peaches are at their height of taste presently. Get them either by the basket or by the pound!

* We have lots and lots of delicious field beefsteak tomatoes - **.99¢ lb.**

* The corn is great!

COMING SOON!

Appearing soon in our Fresh Fish Case will be Speckled Trout or 'Brook Char' They're very delicious either pan-fried, baked or smoked!

THIS WEEK'S TIP

This weeks Tip will be two recipes for the preparation and cooking of Swordfish. They will be available at the Fresh Fish Counter. See Arnold!

Region to take second look at labour bill

LISA QUEEN
Metroland Staff

Call it a minor victory, but local union leaders may have found some support in their fight against proposed provincial labour legislation.

York Region council has at least agreed to take a second look at the Public Sector Transition Stability Act before passing judgment.

And Newmarket Councillor Tom Taylor suggested he's sympathetic to the unions' concerns.

Local Canadian Union of Public Employees president Brad Black, who represents unionized municipal workers in York Region, told regional councillors Thursday the proposed law strips municipal employees of their rights. It's not the overall intent of Bill 136 he opposes.

The legislation, which has received first reading at Queen's Park, eliminates the public sector's right to strike during efforts by municipalities to restructure and amalgamate. Black says he can live with that.

The bill also allows towns and cities to contract out work to non-unionized workers. While other union leaders have condemned the concept as a blow to essential government services, Black didn't complain about the initiative to councillors.

What bothers him most is the "dispute resolution commission" that would be established under the legislation.

The commission will be a new body of mediators hand-picked by Premier Mike Harris and his government to resolve labour disputes. "This commission is a kangaroo court," said Black, who believes the board marks the end of collective agreements. "It sets up very one-sided negotiations."

It's no secret, he stressed, the Tories are unsympathetic to union concerns.

He believes it's obvious the mediators will side with management at every turn. Black likened the situation to walking into a court and being presumed guilty.

He said York Region and CUPE have traditionally had a tranquil relationship, in which contracts have been resolved through negotiation or the appointment of a provincial conciliator.

The commission is something not needed in York, Black argued.

He said CUPE locals have already agreed to respect each others' seniority rights if municipalities amalgamate.

Black urged councillors not to allow the commission to resolve any labour problems in York. "I certainly ask you to support or put forward a motion that we are not subject to the DRC (dispute resolution commission)," he said.

Black said CUPE workers will initiate job action if the region subjects them to the commission.

But while unions and management would still have the right under Bill 136 to negotiate a settlement, councillors aren't sure if they would have the power to bypass the commission if talks broke down.

Taylor said it's unfair the province is dismantling a long-established labour process with the stroke of a pen.

the
**VILLAGE
GROCER**
QUALITY FOODS

'We try to make sure that we have adequate supplies, but when they're gone, they're gone. It's best to shop early to avoid disappointment!'
SPECIALS IN EFFECT UNTIL CLOSING SUNDAY SEPTEMBER 7

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