

**"DOREEN'S"
BEEF STROGANOFF**

This is one of Doreen's least favourite dishes to prepare because it takes so long to trim and cut the meat just so - and she gets to do it most of the time because when the butchers hear the word 'Stroganoff', they get very busy doing just about anything else.

I made a deal with Doreen for this week, though. I'll cut all the meat (sirloin) if she'll do the rest. As you can imagine, she gladly agreed, so this week's dinner entree is her Beef Stroganoff with sautéed onions and mushrooms. It's a great dish - all you must do is heat stir in 35% cream or sour cream to taste, and serve it - usually with egg noodles!

Serves 3-4 people.
Regular \$13.95 ea.

25% OFF THIS WEEK

**OUR
JELLY ROLLS**

These started out as part of our staff lunch. Kimmo, our other Finnish chef, made them one day for a lark - and they disappeared very quickly indeed. Available in wild blueberry, cherry and lemon.

Serves 1 to 6 depending on who's watching!

Reg. \$7.95 ea.

5.95 EA. THIS WEEK

**SMOKED TURKEY
DRUMSTICKS**

WHAT? MORE TURKEY?
YUP - MORE TURKEY!

These are great just warmed and eaten as is or either cut into a pasta or casserole or cooked with vegetables or split peas to make a very good (and low fat) soup - and the price is right!

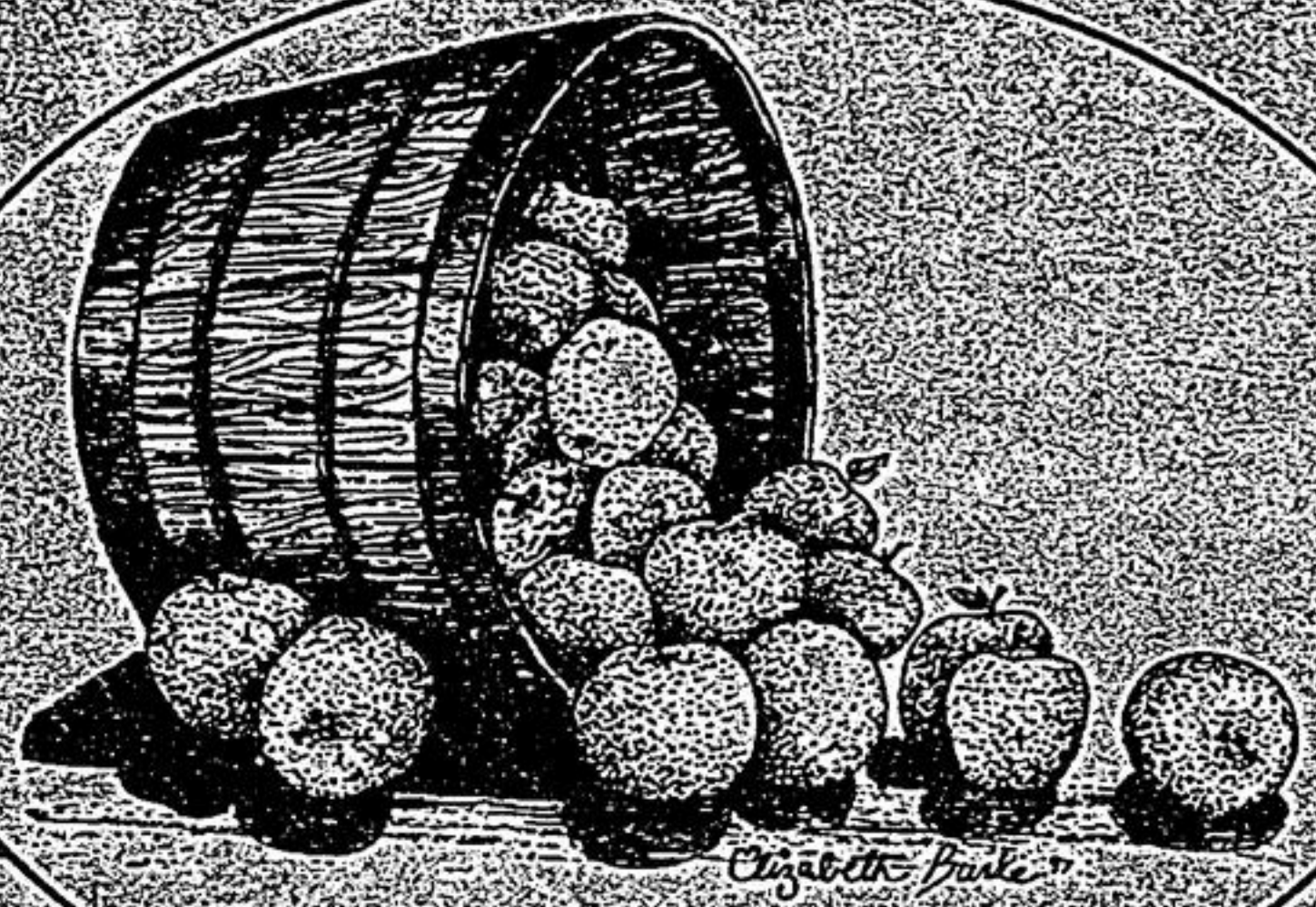
While they last!

99¢ LB.

**NORTHERN
SPY APPLES**

I love spy apples, but more than that, I love what Doreen does with them. Either in a pie, a crisp or just baked with brown sugar and maple syrup - they're the best. They're available now - so hurry down. We sell them loose 79¢ lb. or by the heaping bushel (\$30.00)

Great Cooking Apples.



**OUR
CORNERED BEEF**

Corned beef? It must be autumn. There's no better time to enjoy this cool weather dish than now. We make our corned beef here - we use centre-cut only brisket points. We trim them lean and cure them in a savoury brine with an edge of nutmeg and allspice. It's a slice of old-fashioned heaven - but that's not all. Not only have we reduced our price this week, we'll give you the recipe for corned beef 'n cabbage - and we'll give you the cabbage free!

Reg. \$4.99/lb.

3.99 LB.

**APPLE - ALLSPICE
SAUSAGES**

Apples and pork is already a good flavour combination. Add the Allspice and Lapp's Cider and you'll be very pleasantly surprised!

...and yes, we use spy apples!

Reg. \$3.99/lb.

1/3 OFF THIS WEEK

**TURKEY
SAUSAGES**

As most of you know, we only have fresh free-range turkeys twice in a year. We take that opportunity to make turkey roasts and other turkey dishes at that time. This year, on the suggestion of one of our customers, we made some sausages using only lean turkey. We packaged and froze them in our display freezer. They're available in hot or mild, Italian and Oktoberfest.

Enjoy them.

3.99 LB.

**GREEN
CABBAGES**

Cabbages? Sure, to go with the Corned Beef ... and it gets better. They're free this week when you buy a piece of our centre-cut Corned Beef Brisket (2 lb. minimum)

FREE

**FREE
CIPOLLINE ONIONS**

Pronounced 'Chip O' Leenee', it's actually Italian for 'little onions'. These are the sweetest little onions. The best way to prepare them is to dip them in hot water for a minute to peel them and then place around a roast of any sort (or with roasted potatoes) for the last 45 minutes. Very enjoyable.

In the vegetable section.
10 oz. bag

2.99 BAG

DATE SQUARES

This week we have old-fashioned Date Squares made according to Doreen's mother-in-law's recipe. The bottom (and top) are made with oatmeal and butter and the filling is well FULL - and although we call them squares, they're actually in rectangular family-size pans.

Reg. \$3.99 ea.

25% OFF THIS WEEK

BEEF AND BARLEY SOUP

Although we make all of our soups from scratch, this one is especially so. We used 200 lbs. of beef marrow bones and about 75 lbs. of beef brisket point to make it. A hearty soup!

Reg. \$4.99 Serves 3-4

25% OFF THIS WEEK

**MIXED ORGANIC
SALAD GREENS**

Appearing a minimum of three times a week on our table, we love the ease (needs no washing), versatility and intriguing flavour of this mixture of greens. They can be used solo or as an addition to your favourite lettuce combination to create delicious salads like the one we feature in this ad. If you've never tried them, now's the time.

Reg. \$1.99/100 g

1/3 OFF THIS WEEK

**YOU COULD
WIN
OUR HUGE PUMPKIN!**

If you are under 12 and guess the weight (or are the closest to the correct weight) you can win our giant pumpkin. We'll deliver it (and pick it up after, if you wish). Need a clue? It's between 700 and 1000 lbs.!

EDUCATION

Parents urged to push for talks

BY JENNIFER BROWN
STAFF WRITER

Parents are being encouraged to put pressure on public school board trustees to get back to the bargaining table with elementary teachers.

Since talks broke off two weeks ago, negotiations have been stalled with no indication of progress.

"Parents of public elementary students should be pushing trustees to get to a resolution," said Phyllis Benedict, president of the Elementary Teachers Federation of Ontario.

Students have already lost three weeks of extra-curricular activities. Teachers were encouraged by the union to withdraw from voluntary services as a means of showing their opposition to the board's reduction in prep time. The teachers have been working without a contract since the end of August.

But action could go beyond loss of after-school activities if talks don't resume soon, Benedict said. "We gave a guarantee we would explore every opportunity before walking out, but if the board didn't agree to meet, we will have to escalate action," she said.

Benedict said the union tried to contact the board's chief negotiator yesterday. The union wants the board to reconsider a request for an audit of the board's books and that mediator Kevin Burkett be brought into the talks.

Board negotiation spokesperson Karen Barker has already turned down both of those requests when the union rejected the board's last offer.

Meanwhile, the union representing high school teachers met with board negotiators all day Monday and broke off at 3 a.m. Tuesday. Future talks are planned, but the mediator was unable to commit to a specific day as he was called away to other labour negotiations. A news blackout is in effect, pending further talks.

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