

FEDERAL AFFAIRS

MP snubs bank mergers



BRYON WILFERT

Oak Ridges Liberal MP, Bryon Wilfert has given the thumbs-down to the proposed bank mergers.

The MP for Stouffville, Richmond Hill and north Markham was among 54 Liberal MPs who recently signed a national caucus report that strongly recommended against allowing the mergers.

"Canadian jobs are at stake, as is the future of services within the smaller communities of our country," Wilfert

said in a release.

He called the caucus report "exhaustive," and while noting Finance Minister Paul Martin is still waiting for other reviews of the mergers, added "there's no question this will have a strong impact."

—Mike Adler

SWEET & SOUR HAWAIIAN PORK

I keep a record of what items we feature every week (so we don't become boring) and I had to go back to November of '96 for the last time we featured this dish. Its a quick dinner favourite - just serve it over rice! We begin with trimmed and cubed pork tenderloin (really), we brown it and simmer it in a sweet and sour sauce with some diced peppers, slivered onion and pineapple. It's a kids favourite

Reg. 13.99
Serves 3-4

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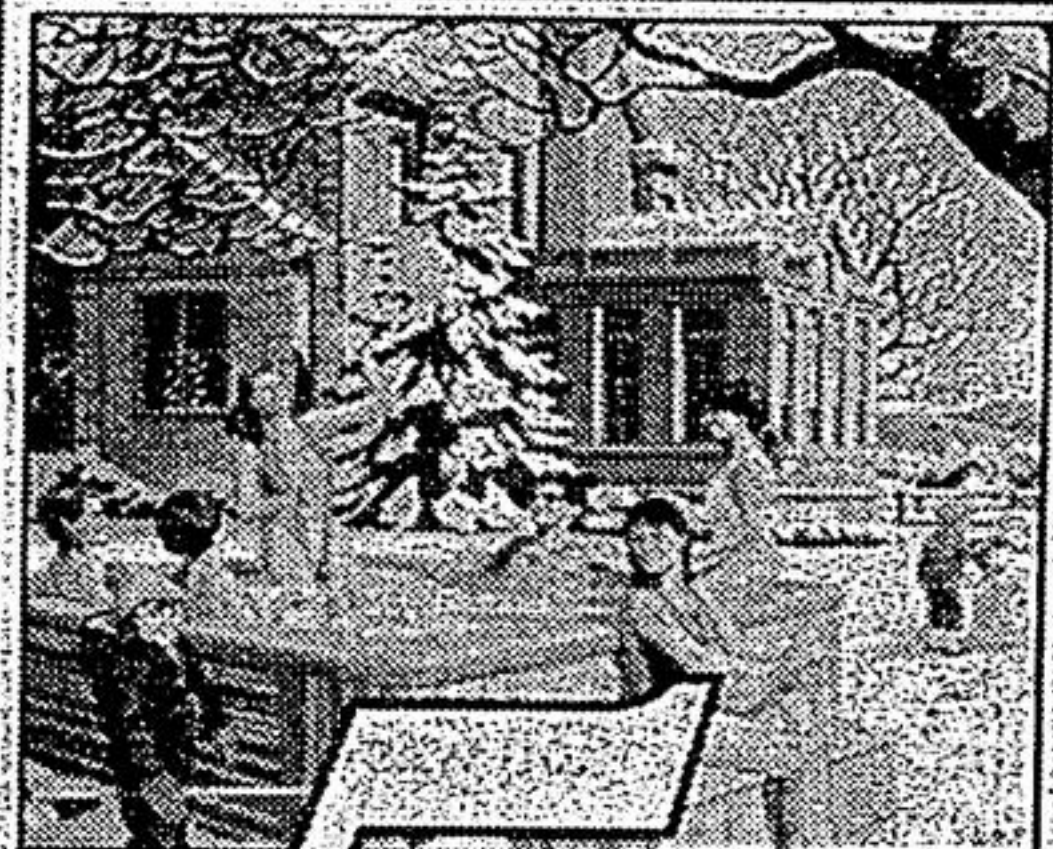
OUR LEMON LOAVES

Here I am trying to write about these lemon loaves looking for the perfect word(s) to describe their extraordinary texture. You couldn't call them heavy because they are actually quite delicate. You couldn't call them light either because they're moist and richer than you might expect. What you can call them is delicious, especially those with the wild blueberries or the raspberries same lemon flavour as the au naturel loaf just better.

* Raspberry
* Wild Blueberry
* Au Naturel
Reg. 3.99 ea.

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B.C. FUJI APPLES

Fuji Apples are a relative newcomer to our shores. Their crisp texture and sweet-sour taste will ensure that they're here to stay. Put the bite on one this week - A big bite because they really are a good size!

99¢ lb.

SAGE & ONION SAUSAGES

While there are those who barbeque year-round, we try to take you others into account with our sausage feature. These are great cooked inside too - where it's warm! Roasted or lightly pan-fried, these sausages are great for lunch or dinner. Just add apple sauce.

Reg. 3.99 lb.

1/3 OFF THIS WEEK

CREAM OF MUSHROOM SOUP WITH BRANDY

Cold winter nights call for a warm hearty soup and this one is full of heartiness. It's made with a variety of mushrooms, chicken stock, white wine, brandy, fresh herbs and a hint of cream and it's slow-simmered to perfection.

Serves 3-4
Reg. \$6.99 ea.

25% OFF THIS WEEK

AMERICAN THANKSGIVING

If you celebrate American Thanksgiving, you'll find free-range Turkeys, the ready-made stuffing to go with them, turkey gravy and our wonderful brandied Orange Cranberry sauce at our store. Cooking directions? We've got those too.

DULL KNIVES?

If you need a tune-up in your knife drawer, come and pay us a visit this week. Our complete line of Swibo (Swiss) Knives are on sale this week at 20% off regular. Prices range from \$13.95 to \$39.95 - See anyone at our meat counter for the knife that best suits your usage.

Are they good Knives? We use them exclusively in our meat department - and they get a good workout!

Do you need a knife sharpened? If you bought it from us, we'll do it free. Any other you have, we charge \$3.00 each. See Mike or Evan.

POINSETTA NEWS!

We now have a selection of our smaller 6" size points. Our larger 10" pots (they're amazing) will be about two more weeks. Keep an eye out for them.

PILE O' BONES

This week we have a limited supply of our prime-rib bones which have been marinated in our homemade Teriyaki Sauce. We oven roast them during the winter months and Bar-B-Que them during the summer. Recipe directions will be available. **\$1.99** REALLY DELICIOUS!

LAMB CURRY ALARM!

Doreen hadn't made her Lamb Curry in a while - much to one of our customer's evident consternation. Well, last week we made a batch of this really good curry, our customer was especially thrilled to get some - and returned shortly after to buy most - if not all - the remaining packages from the display freezer. Her parting words? "I was afraid that Doreen wouldn't make it anymore" - We will watch for it in a couple of weeks - It's worth waiting for.

COMING NEXT WEEK!

Our Smoked Pork Hock Deal.

EVAN'S ROASTED LAMB SHOULDER ROAST

This is an easy item to prepare and serve - and it has, in our opinion, the quintessential lamb flavour. You'll find it tender and juicy.

Directions: Rub the shoulder roast with a mixture of oil, Keen's dry or Dijon mustard, pepper and a bit of garlic. Place in an open roasting pan (on a rack) and roast for 2 hrs @ 350°F. Remove from pan, wrap in foil and set aside to rest for 15 - 20 minutes before carving. If you wish, make a gravy with the drippings, possibly flavoured with a bit of chopped fresh rosemary! - Not "baaad" at all!

OUR DELI ROAST BEEF

Next to our assortment of hams, this is our best-selling deli meat. The reason is (a) we cook it pink, (b) we use the centre cut of an inside round rump roast and (c) we trim it lean. Although most use it for sandwiches, try it at room temperature with some good olive oil and balsamic vinegar.

Reg. 9.95/lb.

5.95 lb.

Boneless **3.99 lb.**

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY NOVEMBER 22

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