

Asleep on the job during bed search

It's got to go. So says my wife. No, not me, but our bedroom mattress. I know Jean's right. Problem is, we've had it 48 years. As long as we've been married. Parting's such sweet sadness.

Two weeks prior to tying the knot, (June 20, 1959), we made the purchase.

And, admittedly, it's served us well. But a sag in the centre has, in recent months, made sleeping difficult, if not impossible.

For, despite efforts to the contrary, we're both always headed in the same direction. Even through, she trusts, never the twain shall meet.

Pro mattress-makers will tell you a comfortable bed is the secret to a compatible marriage. More so than loyalty and love, they say. I believe it.

For, I ask, what's worse than waking up in the morning feeling like a dishevelled dishrag? The answer: Waking up three times before morning and feeling like two dishevelled dishrags. Seldom do we sleep through the night.

One fixation in its favour is warmth. For that sinking feeling envelopes one, makes you snug as a bug in a rug. In our case, two bugs in a rug. It has, in my opinion, modern mattresses beaten for absolute softness.

I ask you, have you ever flopped on a bad bed in a hotel or motel after a long day's drive? I have. It feels similar to a fall on the floor. The mattresses are that hard. And in the morning, oh my aching back! I wished I'd slept in the car.

Jean contends support is important. That it improves one's posture and everything else that tends to droop with age. A bitter pill, I say, more than the one I've been tempted to try.

While we're generally agreed the old feathertick must go, with what to replace it presents a problem.

There are too many on the market. And the prices range, from \$700 to \$3,000. The latter, I presume, is filled with eiderdown and decorated with diamonds.

"You get what you pay for," a salesperson told us, undoubtedly considering the commission he'd receive.

Personally, I lean towards the bowling ball brand, you know the kind, where the husband, much like a bowling ball, bounces up and down without disturbing his mate.

It can also help when the cat climbs aboard at 3 a.m. Individual coil compartments absorb the shock. The grandkids can also use it as an indoor trampoline.

Me, however, being the family Grinch, would gladly go for something second-hand. That's why, for the past two months, I've been visit-



Roaming Around

with Jim Thomas

ing garage sales all over town. But nary a mattress in sight, at least none good enough to pass matronly inspection.

If these has-beens could talk they'd surely tell some stories. All are either badly frayed or severely stained. Some a bit of both.

Jean claims anyone so shamefully cheap as to buy something so privately personal from a dealer so openly public deserves to sleep alone.

So that, of late, is what I've been doing. Drop past our place any hot summer's night and you'll find me prostrate on a padded lounge, staring at the stars, between leafy overhangs of a backyard maple.

No, the pad isn't posturepedic or therapedic but it's cool and it's comfortable. Just me and squadrons of mosquitoes.

Not even a payout of \$3,000 can equal this luxury.

But admittedly, it's temporary. Come autumn, temperatures will change and so must my abode. It's time to face reality.

With this in mind, I visited Stouffville Fine Furniture, Friday. This site, I'll have you know, is huge, with mattresses of every size, price and description. I spoke with Nick Papas, a son in this family-run business.

"A third of your life is spent in bed," he said. "Nothing effects your health more than a mattress."

He took me on a tour. The selection is mind-boggling with five models and four sizes, single, double, queen and king.

My choice was the Simmons Beautyrest, the kind that can catch a bowling ball with nary a quiver.

My search process didn't embrace a price tag.

That final decision will require four eyes instead of two. Regardless, I was impressed, particularly with the delivery and installation policy. No huffing and puffing on my part.

However, for one more night at least, we'll tumble back into a sagging sack. Forty-eight years and counting.

Jim Thomas is a Stouffville resident who has written for area newspapers for more than 50 years.

PILE O' BONES

Since we take the bones out of many, many prime ribs to make Rib Eye Steaks and roasts, we've got lots and lots of these amazing prime rib bones — in fact, a pile of them. These are best slow cooked — like you do prime rib — and enjoyed Neanderthal style, meaning, pick them up with your hands and gnaw. Although they are available plain, the vast majority are sold marinated in our Teriyaki and Sherry seasoning, which makes them candy-like. Reg. \$3.99/lb.

1/2 PRICE THIS WEEK

BLUEBERRY SAUSAGES

With the coming of the local blueberries, we'll be making some sausages. There is a bit of Maple in our recipe which make these great. Reg. \$4.50/lb.

25% OFF THIS WEEK

WHAT'S HAPPENIN' OUTSIDE!

Our sidewalk has been a touch sparse the last few weeks, but there is a bit of relief happening. A whole bunch of hibiscus has arrived and they're sharply priced at \$10.00. There are quite a few choices for indoor plants including some gloxinias and roses and some accent greenery for the assembly of indoor gardens. One feature we'll have this week are some 4" pots of rieger begonias at \$1.99 each. These planted in combo will last nicely in an area where you get lots of light but little or no direct sun.



WHAT'S HAPPENIN' IN PRODUCE?

We apologize for the batch of corn that we sold on this past Sunday — it was sub-standard. The good news is that local product is now available. It is not the super-sweet varieties that we'll have in August, but it's a start in that direction. Cantaloupes are now local — and sweet. Blueberries are in (the cultivated ones) and wild ones won't be long. Raspberries, cauliflower and broccoli, all the radishes, beets, green onions, lettuce are all from here. It's a great time of the year.

CHEESE PLEASE

We've got a couple new types. There is La Trappe D'isigny from France. It's a St. Paulin type cheese which is from Normandy. Next, we've got some Grand Creme Delin, which also comes from France, which is similar to St. Andre but apparently better — from the burgundy area and lastly, Jurafore Comte. This is from the Jura area of France (mountainous) and is similar in many aspects to Gruyere, but somewhat more complex. It's great with a white wine.

WHAT'S COOKING! AT THE DELI!

We've got a tasty treat for you on Friday — which is normally our fish day at the Deli. We'll be making some truly great beer-batter fish and chips using Guinness in the batter and fresh — not frozen — Atlantic Halibut as the fish. I had some for dinner on Tuesday and it was amazing. This will be available from lunch time Friday to dinner time. For the rest of this week, we'll be making some butter chicken, which is a big fav of mine too! We use air chilled chicken, an authentic butter-curry sauce. — And — We'll be making a Scandinavian tomato-cucumber salad at the Deli. Forget your kitchen this week!

FRESH SCALLOPS

OK folks, a little quiz how many of you knew that the 'SHELL' sign was actually patterned from a scallop shell? Just want to keep you on your toes

These are East Coast scallops, that are caught on 'day boats' which means that the boats don't go out for days at a time — and there isn't a chance of getting the product which is caught on the first of many days. Translation = fresh. And further, they are wild, which must mean that they are not cultured or aqua farmed, although I have not heard that this can be done with the venerable scallop. What can be done however, are amazing dinners. These are easily skewered and barbecued, (skewer them on the long tangs of a carving fork so that they can be easily turned). They can be simply pan fried with any of many seasonings. Scallop season is a great time of the year. There will be recipes available as usual.

12.95 LB. WHILE SUPPLIES LAST!

WHAT'S FOR DINNER!

I apologize for last week's What's For Dinner episode when I forgot to mention what was actualy for dinner. Many thought that it was a 'fill in the blank' quiz and most of those guessed correctly that it was Mac and Cheese.

This week it is our stuffed chicken breasts in Dijon sauce. These are boneless chicken breasts, stuffed with our sage and onion bread stuffing. They are then roasted and sliced and drizzled with a beauty Dijon cream sauce.

All you need to do is warm them. Serves 3 - 4. Reg. \$17.95

25% OFF THIS WEEK

WHAT'S BAKING? THIS WEEK?

The girls have gone bananas this week — it seems to me. We've got bananas happenin' all over the place — a lot like a jungle I'm thinking.

We'll be making **BLUEBERRY BANANA LOAVES** — these are the 'healthy choice' variety which has reduced sugar. Your bikini will be happy. Reg. \$4.99 ca.

JUMBO BANANA LOAVES — these are the traditional ones, family size. Reg. \$6.99 ca.

CHUNKY-MONKEY CREME BRULE — this is a brulee made with caramelized bananas and chocolate chunks. Reg. \$3.99 ca. (Including a 50¢ deposit for the ramekin)

BANANA CREAM PIES — these are the large size, made in our flaky pastry crust filled with freshly sliced ripe bananas, real homemade custard and yes, real whipped cream. No shortcuts allowed here! Reg. \$14.95 ca.

BANANA LOAVES, all types of the smaller size, including chocolate banana (big with me), au naturel and date pecan. Reg. \$3.99 \$4.99 ca.

All these items will be featured this week at **25% OFF** REGULAR PRICE.



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