

Times for food

Sugar on special at sweet prices

Ferlisi Supermarkets

Javex bleach, 3.6 litres, 99¢. Primo vegetable oil, 3 litres, \$2.99, limit of 2 with a minimum of \$5 shopping. Budget dog food, 14½ oz. can, 4 for \$1. Scott Towels, 2-roll pack, \$1.09. Sugar, 2 kg. bag, \$2.69, with a limit of 2. Young veal cutlets, \$3.49 lb. Fresh chicken legs, 98¢ lb. White grapefruit, 15¢ each.

Cousin's Foods

2 per cent bag milk, \$1.39 with a \$10 purchase. Gatusso tomato paste, 4 for \$1. Five Roses flour, 2.5 kg, \$1.69. Canada Dry mixers, \$5.99 case of 24 X 10 oz tins. Firelogs, 6 lb. log, 99¢ each. Granulated sugar, 2 kg. bag, \$2.89. French stick bread, 3 for \$1.

Happy's Foods

McNair walnut pieces, 200 grams, \$1.39. Canada Packers Jubilee bacon, 500 grams, 99¢. Cut mixed fruit, 24 oz., \$1.99. McNair sultana raisins, 32 oz., 89¢. Coconut, 450 grams, \$1.89. Glazed cherries, 16 oz., \$2.77.

Fieldgate Red & White

Grapefruit, 6 for 89¢. Tangerines, 69¢ doz. Quarter chickens, backs attached, 99¢ lb. Gold Crown apple juice, 48 oz., 99¢. Cooked ham, store-sliced, \$1.99 lb. 2 per cent milk, 3 qt. bag, \$1.79.

Bell's Red & White

Canada grade A eviscerated, 2½ - 3 lb. average fresh chickens, 89¢ lb. Florida white grapefruit, 6 for 89¢. Robin Hood all-purpose flour, 2.5 kg. bag, \$1.69. McConnells special blend tea bags, pkg. of 60, 99¢. Sunspun instant coffee, 10 oz. jar, \$3.99.

Canada Safeway

Whole picnic shoulder roasts, fresh Canadian pork, 88¢ lb., limit 2 roasts per family purchase. Pork butt roasts, fresh Canadian pork shoulder, \$1.08 lb., limit 4 roasts per family purchase. Redpath white granulated sugar, 2 kg. bag, \$2.77, limit 2 bags. Lucerne 2 per cent partly skimmed milk, 3.14 litre, 3 qt. pouch pack, \$1.49, limit 2 bags. Florida-grown pink or white grapefruit, size 48's, 14¢ each. Florida-grown tomatoes, Canada No. 1 grade, 48¢ lb.

A & P

Combination pack, pork loin chops, contains 8 chops, \$1.39 lb. Cut from Canada's finest grade A beef, boneless outside cut, eye removed, round roasts, \$2.49 lb. California jumbo walnuts, 99¢ lb. No. 1 grade Florida tomatoes, 1½ lb. pkg., 99¢. Javex liquid bleach, 3.6 litre plastic jug, 99¢. Sun Squeeze, frozen concentrated orange juice, 12.5 fl. oz. tin, 2 for 99¢.

IGA

Cut from Canada Grade A beef, boneless outside cut, round steak roasts, \$2.29 lb. Cut from Canada grade A beef, sirloin steaks, \$2.95 lb. Produce of U.S.A. Florida marsh seedless red or white grapefruit, size 48's, 6 for 87¢. Produce of U.S.A.

Best Buys

Canada No. 1 grade, corn-on-the-cob, 5 for 99¢. Kleenex facial tissue, assorted colors, box of 200, 69¢. Campbell's chicken noodle soup, 10 oz. tin, 29¢.

Food City

Cut from Canada grade A beef, blade, blade bone removed, or chuck short rib roasts, \$1.45 lb. Maple Leaf cooked picnic, smoked pork shoulders, \$1.29 lb. Produce of U.S.A. red Emperor grapes, 68¢ lb. Maxwell House instant coffee, 10 oz. jar, \$4.99, limit 2 jars per family. Sun Squeeze frozen concentrated orange juice, 12½ fl. oz. tin, 44¢. Regular or diet Pepsi-Cola, 750 ml. bottle, 29¢ plus 25¢ deposit per bottle.

Dominion

Fresh daily, regular ground beef, \$1.13 lb., with a limit of 10 lbs. per family. Meaty pork side spareribs, \$1.29 lb. Returnable bottle, plus deposit, regular or diet Pepsi-Cola, 750 ml. bottle, 33¢. Assorted varieties, Peek Frean cookies, 200 g. pkg. 79¢. Orange Pekoe Tetley teabags, 8 oz. pkg. of 72, \$1.79.

Loblaws

Cut from Canada grade A beef chuck, blade or short rib roast, blade bone removed, \$1.28 lb. Previously frozen chicken legs, \$1.00 lb. Produce of U.S.A. No. 1 grade tomatoes, large size, 2 lbs. \$1. From the tropics, large size bananas, 4 lbs. \$1. Royal paper towels, 2 ply regular, all colors, 2-roll pkg., \$1. Lowlaw's mild cheddar cheese, 8 oz. pkg. \$1.

Locations

O. Ferlisi Supermarkets, 680 Silver Creek Blvd., Silver Creek Plaza; Bell's Red & White, Dundas Street West, Erindale; Fieldgate Red & White, 3445 Fieldgate Drive, Mississauga; A & P, 700 Burnhamthorpe Road E., 406 Lakeshore Road, 2550 Hurontario St., 1150 Lorne Park Road; Loblaws, Lakeshore Road W., Port Credit; Cousin's Foods, 1215 Hurontario Street, Mississauga; Happy's Foods, 1107 Lorne Park Road, Lorne Park Plaza; Canada Safeway, 2500 Hurontario Street, Mississauga; Knob Hill Farms, Dixie Mall, Dixie Road, S. of Q.E.W.; Valley Meat & Cheese, 113 Dundas St. W., Mississauga; Dominion Stores, all locations in Mississauga; Dominion Stores: Square One, 100 City Centre Drive; Sheridan Mall, 2225 Erin Mills Parkway; 1125 Bloor Street; 377 Burnhamthorpe Road; 1575 Clarkson Road; 2458 Dundas Street; Applewood Acres Shopping Centre; 2900 Aquitaine Avenue; Food City, 60-70 Dundas St. E., 3100 Dixie Rd.; IGA, 1375 Southdown Rd., 1640 Crestview Ave. Adam's Discount Groceries, 257 Dundas St. E.

Culinary correction

For those of you with a sweet tooth who might wish to whip up a batch of fudge, take note of the correction in the Orange Fudge recipe on Page 9 of *The Times Cookbook*.

Andrew May's recipe should read:

ORANGE FUDGE

2 cups white sugar
2/3 cup evaporated milk

3 tbsps. butter

1½ tbsps. orange juice

grated rind of ¼ orange

Boil sugar and milk 5 minutes, then add juice, rind and butter. Boil until it reaches the soft ball stage. Beat until thick and creamy. Pour into small buttered pan and cool before cutting.



MORRIS LAMONT/THE TIMES

Dianne Wainman's recipes will set your taste buds aflame

Celebrity cooks

Funny — she doesn't look like a pyromaniac

By ALANA PERKINS

Times staff writer

What does a former Miss Mississauga have under her bed?

Dianne Wainman cannot speak for past reigning beauties but she can testify she has collected so many cookbooks that this is the only place left to store them in her Etobicoke apartment.

The 27-year-old model enjoys cooking best in a natural setting such as a cottage and would rather cook for others than for herself.

"Someone should start a store for single people," said Miss Wainman, sitting in her plush powder blue and white living room. "They could sell things like half-loaves of bread because food doesn't last that long."

As a busy woman who has taught skating and modelled for eight years, Miss Wainman says she has no specific eating schedule; she eats when she's hungry. Luckily, non-fattening foods such as fish and chicken are her favorite meals. Miss Wainman admits she is luckier than most models who have weight and complexion problems. With no food limitations, she says "no partying the night before a modelling job" is her only rule.

"I like modelling, it has flexible hours," said Miss Wainman. "I meet all kinds of different people, and let's not kid ourselves, the money is good. I can't do it for many years because that's the nature of the business. It will always be a limited career."

As a single woman, Miss Wainman likes to eat at good restaurants and prefers the places where the customers can watch the meal being prepared at the table.

She's adopted flambe-style cooking for her own dinner parties at home.

STEAK DIANNE

½ cup thinly sliced fresh mushrooms
2 tbsps. minced onion
1 clove garlic, crushed
¼ tsp. salt
1 tsp. lemon juice
1 tsp. worcestershire sauce
¼ tbsps. snipped parsley
2 tbsps. butter or margarine
1 lb. beef tenderloin, cut into 8 thin slices

Cook and stir mushrooms, onion, garlic, salt, lemon juice worcestershire sauce in ¼ cup butter until mushrooms are tender. Stir in parsley and keep sauce warm.

Melt two tbsps. of butter in the flambe skillet, turning once. Cook tenderloin slices over medium high heat for about three minutes on each side. Serve sauce over the meat.

"This recipe takes less talent and time to cook than a roast," said Miss Wainman. "It's a lot of fun and people think it's something. A cook doesn't have to spend all the time hidden in the kitchen. And once I start flambe-ing a meal, I continue on through dessert and coffee."

BANANAS FLAMBE

4 bananas
3 tbsps. butter
¼ cup fruit sugar
¼ cup brown sugar
4 oz. wine glass full of Jamaica light rum.

Peel and, half bananas lengthwise. Brown in butter in chaffing dish over a flame. Sprinkle with mixture of half fruit and half brown sugar. As the second side is browning, add the rest of mixture. The sugars will begin to caramelize. During this process, add rum and stir until bananas soften and mixture begins to smell good. Add a good dash of brandy. Flame when hot enough.

SPANISH COFFEE

Prepare Spanish coffee glasses by rubbing a lemon around the rim and rolling the rim in a saucer of sugar until it's coated. Pour an ounce of brandy in glass and heat over a flame. Let flame touch brandy and pour in coffee. Top off with whipped cream and kahlua.

Accidents involving a table burner and flambe cooking has not deterred Miss Wainman.

"A friend was assisting me one night and spilt some of the burner fluid," she said. "He carefully mopped it up but when he tried to light the chaffing dish with a short paper match the table cloth went on fire. A friend threw her paper napkin on it and it fell to the rug. The carpet caught fire. A hunk of the rug had to be replaced but I still flambe."