

# Times for food

## Coke's the thing

### Bell's Red & White

Coca-Cola, 700 ml returnable bottle, 29¢ plus deposit. Dad's oatmeal cookies, 450 gm package, 99¢. Paramount sockeye salmon, 7½ oz. tin, \$1.79. Family pack, 7 to a package, rib and tenderloin end chops mixed pork chops, \$1.28 lb. Canada utility grade eviscerated fresh or frozen turkeys, 6 to 12 lb. average, 88¢ lb. Product of California red plums, 69¢ lb.

### Happys Foods

Swift's premium wieners, 500 gms, 99¢. Swift's premium cooked ham, store sliced, \$1.99 lb. Pure Springs ginger ale, 750 ml, 4 for \$1 plus deposit. McCormick's party crackers, 350 gms, 69¢. Condensed mushroom soup, 10 oz. tin, 4 \$1. Popsicles, package of 12, 99¢.

### Fieldgate Red & White

Cooked ham, \$1.99 lb. Red plums, 69¢ lb. Coca-Cola, 750 ml, 29¢ plus deposit. Town Club hot dogs, 500 gms, 99¢. Hot dog buns, 49¢ each. Corn, 5 for 69¢.

### Cousin's Foods

Boneless round steak, \$2.49 lb. Rump roast (boneless), \$2.49 lb. Sirloin steaks, \$3.39 lb. T-Bone steaks, \$3.69 lb. Ontario-grown lettuce, 3 for \$1. Ontario-grown cucumbers, 4 for \$1. Sunlight powdered detergent, 12-litre box, \$5.99. 2% milk, 3 qt. bag, \$1.49. Coca-Cola, cases of 24 tins, \$4.99.

### Knob Hill Farms

Cut from Canada Grade A beef, custom cut, shoulder and blade steaks, \$1.49 lb. Coca-Cola, case of 24 10-oz. tins, \$4.99, limit of 2. Canada No. 1 grade washed new potatoes, fill your own bag, 15¢ lb.; large 50-lb. bag, \$6.99. Fresh never frozen pork side ribs, \$1.49 lb., 8 lb. limit. Lantic granulated white sugar, 2 kg bag, \$1.99, 2 bag limit. Field tomatoes, 3 lbs. \$1. Fill your own bag.

### Ferlisi Supermarkets

Coca-Cola, case of 24 10-oz. cans, \$4.98, limit of 2. Javex bleach, 128 oz., 98¢ each, limit of 2. Encore instant coffee, 8 oz., \$4.98. Bravo vegetable oil, 3 litre, \$2.98, limit of 2. Beef sandwich steak, cut from Canada Grade A beef, \$2.88 lb. Regular ground beef, 98¢ lb. Town Club wieners, 1 lb. pack, 98¢ each. Green beans, 49¢ lb.

### Valley Meat & Cheese

We want to thank our customers for the success with our hot and mild Italian style sausage; over a half a ton a week is sold, for only \$1.49 a lb. Ideal for barbecue.

### Canada Safeway

Rib steaks, standing rib cut from Canada Grade A beef, 1-5 ribs, \$2.48 lb. Chef style rib roasts, standing rib cut from Canada Grade A beef, 1-5 ribs, \$2.38 lb. Head lettuce, Ontario-grown, Canada No. 1 Grade, 4 for \$1. Sweet corn, Ontario-grown, Canada No. 1 Grade, 10 for 98¢. Charcoal briquets, Hi Country Star Grill, 10 lb. bag, \$1.59. Ice cream, Scotch buy, vanilla and neapolitan, 2 litre carton, limit 2 cartons per family purchase, 99¢ each.

### A & P

Cuts from Canada Grade A beef, boneless beef roasts, rump, sirloin tip or inside cut round, \$2.69 lb. Cuts from Canada Grade A beef, boneless outside cuts, eye removed, round roasts, \$2.49 lb. No. 1 Grade California plums, assorted varieties, 68¢ a lb. Premium brand red sockeye salmon, 7½ oz. tin, \$1.69 with a limit of 6 tins per family purchase. Marvel sliced white or

## Best Buys

Jane Parker 60% whole wheat sandwich bread, 24 oz. loaf, 2/99¢. Tide powdered detergent, 12 litre box for \$5.99.

### Food City

Regular ground beef, \$1.05 lb., limit 10 lbs. per family. Fresh chicken leg quarters, 78¢ lb. Produce of U.S.A. Canada No. 1 Grade California plums, 49¢ lb. Ontario-grown Canada No. 1 Grade tomatoes, 4 qt. basket, \$1.99. Grain of Gold sliced white bread, 24 oz. loaf, 39¢. Coca-Cola or Sprite, 750 ml. bottle, 29¢ plus 25¢ deposit per bottle.

### I.G.A.

Canada Grade A young eviscerated fresh turkeys under 12 lbs., 99¢ lb. Maple Leaf cooked smoked pork shoulders, 99¢ lb. Coca-Cola or Sprite, 750 ml. bottle, 29¢ plus 25¢ deposit per bottle. Niagara frozen concentrated lemonade, pink or white, 12½ fl. oz. tin, 27¢. Produce of U.S.A. watermelons, 15 lb. average, \$1.99 each. Produce of U.S.A. Canada No. 1 Grade cantaloupes, 59¢ each.

### Loblaws

Maple Leaf wieners, limit 3 packages per family, 1 lb. pkg., 99¢. Cut from Canada Grade A beef inside round, thick cut, boneless family steak, \$2.45 lb. Schneiders cooked ham, 175 gm package, limit 2 pkgs. per family, 86¢. Frozen Swift's deep basted predressed young Canada Grade A under 12 lb. Butterball turkeys, 98¢ lb. Produce of U.S.A. No. 1 Grade cantaloupes, 59¢ each. Ontario-grown garden fresh spinach, 10 oz. cello package, 44¢. Fresh Ontario-grown Romaine lettuce, 25¢ each.

### Dominion

Ontario-grown No. 1 grade new potatoes, 10 lb. bag, \$1.18 with limit of two bags per family. Canada Grade A frozen eviscerated, six to 12 lb. average, deluxe Golden Bird self-basting young turkeys, 99 cents a lb. Ground fresh daily, regular ground beef, \$1.05 a lb. with a limit of 10 lbs. per family. Frozen concentrated unsweetened Kent's orange juice, 12.5 fl. oz. container, 59 cents. Dominion salad dressing, 1 litre jar, \$1.49. All-purpose grind Chase and Sanborn coffee, 1 lb. bag, \$2.98.

### 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; Happys 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.

## Celebrity cooks

# He's at the stove, he's off and cooking!

By ALANA PERKINS  
Times staff writer

Being a racing announcer at the track can prove more embarrassing than being a cook in the kitchen.

Disasters on the stove are not made public, much to the relief of racing announcer Daryl Wells. Wells recalls a race where two horses were named French Annette and Breakfast in Bed. As the pair rounded the clubhouse turn, Wells called out "and it's Breakfast in Bed with French Annette."

The 20-year resident of Mississauga has been involved with horse racing for 25 years but has been cooking longer. The son of a Victoria bakery owner, Wells says both parents were good cooks. People would come from all over British Columbia to buy their bread.

"I can remember my father making pancakes, on an old wooden stove, that would fill the plates," said Wells. "I guess they looked a lot bigger when I was younger. But nowadays, I like to putter around the kitchen and I often make meals. I'm not a baker like my father. I never did like desserts."

Wells, an avid squash player, believes exercise is the best way to stay slim and fit. He also avoids rich foods.

"I don't believe in gourmet meals," said Wells. "They're not good for you. I like to master the basics, by cooking breakfasts and dinners. My wife doesn't mind me in the kitchen but she doesn't have any alternative."

Wells chose the following recipe for its versatility. Daryl Wells Pancakes can be made for breakfast with syrup and jam, for dessert with lemon and sugar, or for dinner rolled with bacon or other meats.

**DARYL WELLS PANCAKES**  
2 cups flour  
2 eggs



MORRIS LAMONT/THE TIMES

## Daryl Wells is battered up

4 cups milk  
vegetable oil

Combine flour, eggs and milk by hand in a mixing bowl. For a thinner consistency, add more milk. Refrigerate for 24 hours. Add enough vegetable oil to a heavy iron frying pan to grease it, and heat until very hot. Spoon batter into the centre of the pan. Roll the pan from side to side for a thinner pancake. Cook five minutes each side and serve with desired top-

pings. Makes seven dinner-plate-size pancakes.

Wells enjoys simple recipes since he's kept busy travelling to various racing meets in Ontario. He also eats a great deal of track food.

"The clubhouse (at Woodbine) has a great salad," said Wells. "and I could eat them everyday. There are hot dogs and hamburgers. I'm not a health nut. I'll eat any junk food."

## Leavers sells mushrooms from Stanfield Rd. plant

Although many people now use fresh mushrooms in their day-to-day cooking rather than on special occasions only, few know the best way to prepare them, say food specialists at the Ontario Food Council.

Mushrooms should never be peeled, since most of their flavor is in the skin. And because mushrooms absorb water like a sponge, they should be wiped clean with a damp cloth instead of being immersed.

The stem is not as flavorful as the cap but it's just as edible; even the tips can be eaten and don't need to be removed unless for appearance's sake.

The oldest mushroom company in Ontario has sold its product from its Stanfield Road plant to Port Credit residents since 1928.

The Leaver mushroom company does "a healthy local business", sell-

ing freshly picked mushrooms, says plant supervisor John Lopresti.

Customers must purchase a minimum of five pounds for \$6.15.

"I don't think many people realize that we do sell fresh at the door," said Lopresti, "but we sell to small wholesalers, housewives and pizzarias."

The 2190 Stanfield Road address is open for business from Monday to Friday from 8 a.m. to 4 p.m. (closed for lunch between 11:45 a.m. and 1 p.m.) and open Saturday from 8 a.m. to 11:45 a.m.

### CRAB-STUFFED MUSHROOMS

1 lb. medium mushrooms (about 24)  
1 6 oz. tin crabmeat  
1 egg, well beaten  
¼ cup fine bread crumbs  
¼ cup tomato juice  
1 tsp. lemon juice

dash tabasco sauce

1 tsp. finely-chopped onion

2 tsp. finely-chopped celery

½ tsp. salt

¼ cup bread crumbs

¼ cup melted butter or margarine

Wipe mushrooms clean and dry thoroughly. Remove stems and store in refrigerator for use in other dishes. Mix together crabmeat, egg, bread crumbs, tomato juice, lemon juice, tabasco, onion, celery and salt. Fill mushroom caps with mixture.

Toss the ¼ cup bread crumbs with the melted butter. Sprinkle over mushroom caps.

Place caps on baking sheet and broil six inches from heat five to eight minutes or until crumbs are lightly browned; or bake in 350-degree oven 15 to 20 minutes.