

Eating up PGSO

Good food is always enhanced by good music. Good music is always enhanced by good food. The Prince George Symphony Orchestra is perpetuating this short, but succulent cycle.

Symphony Soirées are back again, starting November 6. This now-annual tradition combines the city's gastronomic community with the talents of the PGSO. The first soirée of the fall, for example, takes place at Café 1085 where the kitchen staff will unveil a delightful spread of Thai cuisine while PGSO principals Erica Skowron (oboe, mezzo-soprano) and Gillian Wayman (cello) play in the background.

"You are combining two enjoyable aspects - music and food," says PGSO board member Bob Larmour, organizer of the soirée series. "It's a multi-faceted thing we are trying to do. We want to expose people to our musicians and that is always done best, I think, with live appearances. We also want to help our musicians, who deserve every opportunity to play that we can provide."

Over the last few years, a few soirée concepts have been particularly successful - Bob Harkins' lectures on interesting local history at The Keg, Jos Van Hage's gardening talks at Art Knapp's, the fashion show at Black's followed by dinner at Da Moreno's Ristorante. All these events include fine dining and some kind of musical element, and all are tentatively scheduled again for this year (dates and details to be announced).

There are also attempts each year to introduce new soirées, like the event at Café 1085 on November 6 at 6:30 p.m. It is a rare opportunity in Prince George to have Thai food (menu includes chicken panang, oriental tossed salad, Vietnamese fried noodles and more). Tickets are \$30 each and must be purchased by November 1 at the PGSO office in Studio 2880 (Visa/Master-card charge-by-phone by calling 562-0800).

Everyday Discount Prices

PRICES EFFECTIVE SUNDAY, OCTOBER 31 TO SATURDAY, NOVEMBER 6, 1999

High Liner English style fish in batter

or Healthy Bake, assorted varieties, frozen, 500g

3.79

604538T

Becel margarine

assorted varieties, 907g

3.48

600007T

gala apples

product of B.C.
Canada fancy, 6 lb bag

4.28

537613

Quaker life cereal

730g

2.98

014241

red grapes

product of California,
Christmas rose variety

.98

529370

lb/454g

celery stalk

product of California,
no. 1 grade

.59

540815

each

Lipton potatoes & sauce

assorted varieties,
111-117g

3/3.99

148494F

red onions

product of Washington,
No. 1 grade

.49

541748

lb/454g

chicken legs

frozen, back attached, sold in
5kg cartons only at 8.60 each
"Incredible Savings"

.78

473348

kg 1.72 lb

Christie premium plus soda crackers

assorted varieties,
450g

2/5.00

112367F

green cabbage

product of Canada,
Canada No. 1

.14

543009

lb/454g

regular ground beef

club pack, bulk tray packed,
minimum pack size 5 lbs
"Ground fresh daily"

1.18

500439

kg 2.60 lb

Campbell's chunky soup

assorted varieties,
ready to serve, 540mL

1.89

018226F

russet potatoes

product of Canada,
Canada No. 2,
10lb bag

1.48

540252

when you buy 2 each

blade simmering steak

bone in, cut from Canada
"A/AA/AAA" grades of beef
"Mealtime treat"

1.78

501809

kg 3.92 lb

Old El Paso thick 'n chunky salsa

or picante,
assorted varieties,
650mL

2.88

002444T

persimmons

product of California

1.28

546655

lb/454g

boneless skinless chicken breasts

frozen, sold in 4 kg cartons
only at 30.76 each
"Family favourite"

3.49

858019

kg 7.69 lb

Welch's grape juice

or cocktails,
assorted varieties,
frozen, 341mL

.98

744037T

broccoli crowns

product of California

.49

533448

lb/454g

Ziggys extra lean cooked ham

sliced, random weight
"ONLY 2 GRAMS OF FAT PER
100 GRAMS!"

.77

042259

100g

Homestyle brownies

bite sized, 300g
"FOR CHOCOLATE
LOVERS!!"

2.79

319566

Bakeshop Texas cinnamon buns

glazed, 6's
\$3.75 EACH WHEN
PURCHASED IN
MULTIPLES OF

2/7.49

667642

Giardini cream cheese

assorted specialty flavours,
300g

3.99

367003F

each

WE REDEEM MAJOR COMPETITORS' STORE COUPONS ON ITEMS WE CARRY!

Plus deposits and/or environmental charges where applicable.

Extra Foods



REGULAR STORE HOURS

Mon., Tues., Wed., Sat..... 9 a.m. - 7 p.m.
Thurs., Fri..... 9 a.m. - 8 p.m.
Sun..... 9 a.m. - 6 p.m.

**PRINCE
GEORGE**

Prices effective until closing Saturday, November 6th, 1999.
While quantities last.

We reserve the right to limit quantities.
We redeem major competitors' store coupons on items we carry.

