

## Help the food banks

**Georgetown Bread Basket:** Open Tuesdays 5-7 p.m., Wednesdays and Saturdays 8:30-11:45 a.m. Items most needed: salmon, canned meat, canned juice, baby food, baby formula, diapers, canned fruit, sugar. Please drop off donations to the local grocery stores including Walmart. Info: [www.georgetownbreadbasket.ca](http://www.georgetownbreadbasket.ca) to donate money and check items most needed.

**Acton Foodshare:** is open Tuesdays: 8:30 a.m. to 2:30 p.m. Closed 12-12:30 p.m. for lunch. For a regularly updated list of needed foods, check out [www.acton-foodshare.com](http://www.acton-foodshare.com). Acton Foodshare is located at 350 Queen St., Unit 6 (Prosperity One Plaza at Queen St. and Churchill Rd. S.).



## What's Cookin': Ice cream—two scoops are better than one

This particular cake is pretty versatile. Change the flavour of the cake mix, change the pudding flavour, change the citrus to lime or lemon if you want something different. It is very dense—I'd call it more of a coffee cake. Perhaps served with a scoop of ice cream would be nice.

Which brings me to the subject of ice cream. When I was younger, I was strongly in favour of quantity over quality. Presently, I'm in favour of quantity and quality. As I get older (and hopefully smarter) I hope to opt for quality only and leave the quantity behind.

But I must say, there's nothing quite like a two-scoop at the ice cream shop in the summer. One scoop is nice, but it always leaves me wondering what the other scoop would've tasted like (even though I almost always order the exact same flavours, so it's not like I haven't tried it before). But that luxuriant feeling of licking up the first scoop, knowing that there is still one more scoop to go—it's kind of like the Sunday of a long weekend being so much

**Lori Gysel & Gerry Kentner**



more enjoyable than the Sunday of a regular weekend because you know you have one more whole day to go!

And, that moment in consumption where the two flavours blend together for two or three licks before the first scoop disappears. Knowing then whether you made the right flavour choices to give you a change in taste, but flavours that will blend at that critical moment.

I'm a pralines and cream top scoop and milk chocolate bottom scoop girl. Praline must be on top, because you don't want the chunks of praline to be trapped in the cone at the bottom. Milk chocolate (not dark—and nothing with chunky bits) must be in the bottom. Smooth, creamy, chocolately, divine, right to the last bit, slurped out of the very tip of the cone.

And don't even get me started on the cone, that's a whole other story. Have fun and keep cooking!

*Email questions and comments to Lori and Gerry at [whatscooking@theifp.ca](mailto:whatscooking@theifp.ca)*

## Quickie Tube Cake

- Ingredients**
- 1 cup hot water
  - 1/2 cup vegetable oil
  - 1/2 cup unsweetened applesauce
  - 4 eggs
  - 1 box (18 oz) cake mix (orange or vanilla)
  - 1 box (3 3/4 oz) instant pudding (vanilla)
  - zest of 1 orange
  - 1/3 cup orange juice
  - zest of 1 orange
  - 1 1/4 cup icing sugar

### Method

1. Mix first seven ingredients with an electric mixer at medium speed for 5 minutes.

2. Place in greased tube pan. Bake at 350 degrees F. for 50-60 minutes. Cool.

3. Mix orange juice, orange zest and icing sugar together. Pour over cake and serve.



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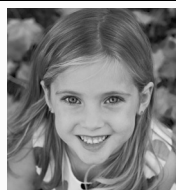
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Elayne M. Tanner

**Q:** What is meant by black and white thinking?  
**A:** "Always" and "never" are polar opposite words and tend to characterize the vocabulary of black and white thinkers. Black and white thinking means seeing the world only in terms of extremes. If things aren't "perfect," then they must be "horrible." If you are not "brilliant" then you must be "stupid." If people don't find you "fascinating" then they must think you are "boring." But in reality, situations are rarely black or white, but shades of gray. Falling victim to black and white thinking tends to exacerbate depression, marital conflict, anxiety, and a host of other everyday problems. Black and white thinking is normal 'primitive thinking' for young children.

Unfortunately, when under stress and feeling overwhelmed by their emotions, adults often regress to this same primitive thinking. When an adult relies on words such as "always" or "never," and sees the world in black and white terms, they are slipping into the thinking mode of a child.

When someone tells me that they never feel happy, or that they are always disappointed in their spouse or that they have nothing to look forward to, I know there is black and white thinking to contend with. However, when they realize that their extreme views are making the situation worse, they may learn to correct the black and white thinking to avoid depression.

If not alleviated, black and white thinking can become a self-fulfilling prophecy. You only see the negatives that fit your expectations and think of positive events as "flukes" or "tricks of nature". With the use of Cognitive Behavioural Therapy (CBT) you will be better equipped to cope with life and will learn to recognize black and white thinking so that you can make the choice to rid yourself of extreme thoughts in favour of healthy living.

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**Q:** Does pregnancy cause tooth decay?

**A:** This longstanding myth has been circulated for years. It is understandable. Pregnant women experience hormonal changes which may cause some puffiness and bleeding of the gums. This will usually occur in the last three months or so of the pregnancy.

In addition, it is very easy for the pregnant women and "new mom" to put off proper dental care and hygiene. After all, is there anyone busier than a new mother? The delay in dental care may pose problems for the teeth, including decay. Keep in mind, most dentists will try to avoid x-rays when examining pregnant women. If done, it may only be for a single suspected tooth.

The experts agree that proper rest, good nutrition and excellent prenatal care help the new baby and the mother. Good dental care is a crucial part of the care you need as a mother-to-be.