

Biscuits are amazingly comforting alongside warm soups, hearty stews and salads. This biscuit has whole wheat flour and shredded Ontario vegetables and Cheddar cheese for lots of colour and flavour. Get creative and have some fun with the shapes.

Preparation Time: 15 minutes
Cooking Time: 10 to 14 minutes
Makes 24 biscuits

2 cups (500 mL) all-purpose flour
 1 cup (250 mL) whole wheat flour
 4 tsp (20 mL) baking powder
 1 tsp (5 mL) salt
 1/2 cup (125 mL) cold butter, cubed
 1 cup (250 mL) shredded sharp Ontario Cheddar Cheese

1 cup (250 mL) shredded Ontario Carrot and chopped Red Peppers (combined)
 1 cup (250 mL) buttermilk
 All-purpose flour

In large bowl, combine all-purpose and whole wheat flour, baking powder and salt. Using pastry blender or two knives, cut in butter until consistency of small peas. Stir in cheese, carrot and red pepper until combined. Create well in middle of flour mixture; add buttermilk and stir with fork just until soft dough forms.

Turn onto floured surface; sprinkle lightly with flour. Knead gently 10 to 12 times or until no longer sticky, adding more flour if necessary.

Roll or press into 1/2-inch (1 cm) thickness; cut out with 2-inch (5 cm) floured cutter. Place 2 inches (5 cm) apart on parchment paper-lined baking sheet. Bake in 450°F (230°C) oven for 10 to 14 minutes or until golden brown.

Tip: If you don't have buttermilk, substitute 1 tsp (5 mL) white vinegar topped up with milk to make 1 cup (250 mL).

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2 pc. Alaskan Pollack with Fries & Cole Slaw \$7.95

Essex BIA's GREAT TURKEY CAPER

Once again the Essex BIA is asking you to participate in our "Great Turkey Caper" ... here is how it works:

Purchase a turkey at Schinkels' or Foodland and ask them to mark "Essex Food Bank" on it and to place it in their freezer.

Volunteers from the Essex Foodbank will pick up the turkeys just before October 13th, Thanksgiving and distribute to those in need.

Happy Thanksgiving!!

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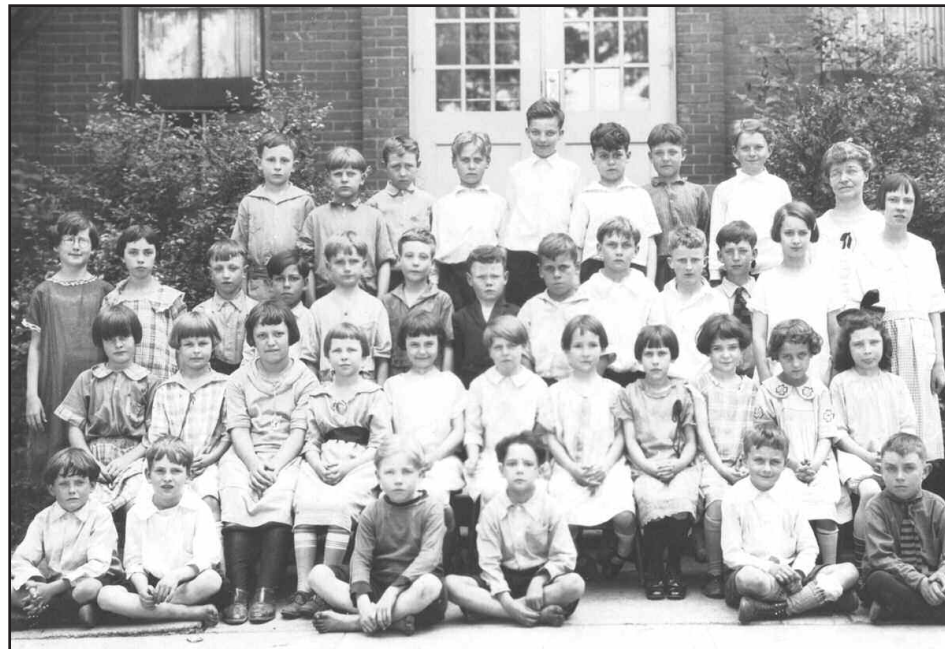
7 King Street (near the post office) (519)733-3732



THE OLD TIME CORNER

IT'S TIME TO CELEBRATE! In 2009, Essex will celebrate 125 years as a spot on the map. With a population of 750, Essex Centre was recognized as a village in 1883, but it was not officially incorporated until January 1884. In honour of our past, the Essex Free Press is very proud to partner with the Essex and Community Historical Research Society to resurrect "The Old Time Corner" – a weekly photographic reminiscence compiled for the Free Press by Sharon Mulcaster and Sharon Fowler. If you have photos that ran in "The Old Time Corner" and would like to have them preserved for posterity, please submit them to ECHRS at 18 Gordon St. (Carnegie Library Building) or call Sharon Mulcaster at 519-962-9597.

Essex Public School - 1925 1st Book (Grade 3)



This photo originally appeared in "The Old Time Corner" on Nov. 24, 1972. In 1925, Essex Public School sat on the corner of Alice St. and Laird Ave., facing Alice Street, on the present Masonic Hall property. The building dated back to 1893 and was built when the previous school dating back to 1887 burnt to the ground.

Barb Cunningham and Marsha Sadler both attended Essex Public School and remember the strict rules regarding the boys' and girls' playground areas. They each had separate entrances and no one crossed the line! Boys on the Laird side of the building and girls on the opposite side.

The stairs were creaky and Barb remembers the oily wood floors. Grades 1, 5, 7 and 8 were on the main floor and grades 2, 3, 4 and 6 were upstairs with the music room. The basement was sometimes used for inside lunches and games.

By 1949 the school was overcrowded and more room was needed. Dowswell School on Russell St. opened in 1951. Still more room was needed, so Maplewood Public School opened in 1959 and Essex Public School was closed and torn down.

Given the rich history of Essex Public School in our community, it is fitting that the new public school has been given the same name.

Back Row (left to right): Don Richardson, John Eldridge, Eddie Taylor, Lawrence Gulliver, Gordon Kerr, Max Miller, Gordon Doan, Jonathan Eads. Second Row Down: Rita McCloskey, Margaret Bannister, unknown, Ross Damm, unknown, unknown, Bernard O'Connor, Carson Radcliff, Charles Heil, Pat McCloskey, unknown, Helen Rounding, Faye Campbell, Miss Minnie Miller (Teacher). Third Row Down: Emma Fowler, Dorothy Doyle, Dorothy Legree, Alma Field, Frances Render, Margaret Keown, Patricia Naylor, May Cadarette, Pearl Bedal, Mary Byrne, Mary Rogers. Seated: Geoffrey Bastien, Harvey Keown, Wallace Boggs, Norman Giroux, Sinclair Soper, James Wilson.

Public School History in Essex

1875 – Miss Kilties came to the area and started a private school with 15 students at the corner of Gordon and Fox.

1876 – The first Public School Board was created with trustees Thomas Rush, John Milne and George Matthews. Miss Kilties was the teacher and the school was called S.S. No. 8 Colchester.

1880 – When Colchester split, the school was renamed S.S. No. 4 Colchester North.

1883 – Essex Centre was incorporated and the school was renamed "Essex Public School".

1887 – The property on the corner of Alice and Laird was purchased from Jed Wigle for \$270. A frame and brick veneer school was built.

1893 – The school burnt to the ground and a solid brick one was built the same year.

1951 – Dowswell School opened.

1959 – Essex Public School closed and Maplewood Public School opened.

1980s – Students in kindergarten to grade 2 move to Sun Parlor Junior School.

2008 – Maplewood and Sun Parlor close and Essex Public School opens.

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