

## HERB COTTAGE CHEESE DIP

1 c plain cottage cheese  
2 tbsp milk  
2 tbsp chopped green onion  
1/2 tsp seasoning salt  
2 tbsp. finely chopped dill pickle  
few grains cayenne or few drops tabasco sauce  
few grains pepper

Blend in a blender or beat with rotary beater the cottage cheese and milk. Combine with remaining ingredients. Chill. Makes 1 1/4 cups, 10 calories per tablespoon.

Parsley or chives may be substituted for the green onion. Other variations could be chopped canned

pimiento or fresh green pepper; or use an herb-seasoned salad dressing mix for a change in seasoning.

For dipping, use raw vegetables such as carrot, turnip or celery sticks, cucumber fingers, green pepper strips.

This dip can also be used as a dressing for salad greens. Thin with milk if desired.

If you don't already have the Market Development Branch's folders: Count on Carrots, Really a Rutabaga, Accent on Apples, pick up copies in your local agricultural office or write direct to the Information Branch, Legislative Buildings, Queen's Park, Toronto M7A 1B5.

If you follow all of this advice, you will soon learn to do what comes naturally when it comes to snacking.



**KINTORE WI, OXFORD NORTH DISTRICT**, celebrate 75th anniversary l-r Mrs. Mac Henderson, Mrs. Geoff Tindale, Mrs. Ralph Wood, Mrs. Harry Thornton President of Oxford North District.



**MOYLE WI, BRANT NORTH DISTRICT** observe 75th anniversary with an afternoon tea held at the home of Mrs. T. C. Oliver. Three of Moyle's life members pause for a cup of tea. L-R Mrs. Hazel Kitchen, Mrs. Grace Douglas and Mrs. Helen Randall, also an FWIO Board Director.

## PAULINE MCGIBBON AWARD

The Lieutenant Governor of Ontario was a special guest at the Kintore WI Oxford North District 75th anniversary. The Hon. Pauline McGibbon spoke on "My Role as Lieutenant Governor of Ontario".

In honor of her visit an annual award for excellence in Geography is to be presented to a third or fourth year student attending the Ingersoll District Collegiate Institute.

Over 100 members and friends enjoyed a turkey dinner followed by a variety program including "Kintore viewed from the year 2003".

The birthday cake was cut by Mrs. Lenora Armstrong and Mrs. Charles Henderson.



**WOODHOUSE WI NORFOLK SOUTH DISTRICT** celebrated 60th anniversary by inviting all the branches in the District to an afternoon party. Six life members attending were L-R Mrs. Errol Hurling, Mrs. John Hughs, Mrs. David Skoff, Mrs. Frank Stone, Mrs. R. B. Kent and Mrs. Earl Reichheld.