information you need to know

\$2.25 each. Stock up now while they last — great exchange items for ACWW Conference, super for your own use. Where can you buy a pure linen tea towel for so little? From the National Office — that's where! Write today to: F.W.I.C., 28-46 Elgin Street, Ottawa K1P 5K6, enclosing a cheque or money order made out to F.W.I.C.

- The Province of Ontario has donated \$5000.00 to help defray expenses of the 1983 17th Triennial Conference of the Associated Country Women of the World in Vancouver.
- Application forms are obtainable from Federated Women's Institutes of Ontario, Guelph Agriculture Centre, Box 1030, Guelph N1H 6N1
- Hazel Stiles Scholarship for Women's Institute Members \$500.00 to be awarded annually to:-

A Women's Institute member who wishes to take training to further her education or qualifications in areas related to cultural activities, to benefit both self and community.

REGULATIONS

- Applicant must have been an active member of the W.I. for the past five years.
- Applicant shall submit a letter of application which should contain the following information:
 - (a) personal data, relating to application,
 - (b) need for financial assistance,
 - (c) purpose and plan for which the money will be used, for example: training, travel, accommodation,
 - (d) outline of training program.
 - (e) expected benefits from the proposed training to self and community.
- Cultural activities to be interpreted as painting, music, drama, creative writing, creative heritage crafts, and the like.
- Instruction should begin with six (6) months of notification

- of scholarship and terminate within thirty (30) months.
- A letter of recommendation is required from local branch, such letter to include detailed involvement in branch activities by the applicant.
- The Inez Derby Memorial Prize
 This Award has been made possible through the generosity of George and Lyla Hertz of Barrhead, Alberta, in memory of Miss Inez Derby who was for many years a member of the Wright Women's Institute of Gracefield, Quebec.

Value \$100 — one prize given each year

To be awarded to a Women's Institute member interested in furthering her education —

 Preferably through competition of a University Credit Course in: language history horticulture ... OR

- Through taking a course of at least 12 weeks duration at a Community College or University in one of the following areas:
 - (a) technique for teachers of adults
 - (b) psychology of adult development and learning
 - (c) community development
 - (d) early childhood education
 - (e) effective parenting

REGULATIONS

- Applicant must have been a W.I. member for five years.
- Applicant to submit a letter containing the following:
 - (a) information re personal data relation to application
 - (b) need for financial assis-
 - (c) outline of training program(d) expected benefits applicant will receive from training.
- A letter of recommendation from local branch.

Eggs ... continued

continued from p. 13

3/4 cup (175 mL) spaghetti sauce

In an 8-cup (2 L) deep baking dish, layer one-third each of the bread, salami, green pepper and cheese; repeat to make two more layers. Beat together eggs and milk and pour over casserole. (At this point casserole may be covered and refrigerated overnight if desired). Drizzle spaghetti sauce over casserole before baking. Bake uncovered in 350°F (180°C) oven for 1 1/4 hours or until puffed and golden.

Makes 6 to 8 servings.

EGG-TOMATO-CHEESE BAKE

(Prepare the night before)

14-16 slices day old bread

1000 mL grated cheddar cheese

1 small onion, finely chopped

1-540 mL can tomatoes

6 eggs

250 mL milk

3 mL salt

1 mL pepper

1 mL garlic powder

2 mL dried leaf basil

2 mL dry mustard

Trim crusts from bread (use for bread crumbs). Tear slices into approximately 2.5 cm pieces. Spread half the bread, one layer deep, in a well greased, 33x23x5 cm baking dish.

Sprinkle half the cheese evenly over bread cubes. Top with onion.

Drain juice from canned tomatoes into a medium bowl. Set aside. Dice tomatoes and distribute evenly over cheese and onion.

Spread remaining bread over tomatoes. Top with last of the cheese.

Add eggs and all remaining ingredients to tomato juice. Beat until foamy. Pour evenly over casserole.

Cover dish with plastic wrap or wax paper. Refrigerate 8-24 h.

Bake at 160°C for 1 h. Let stand 5 min before serving.