

W. I. HIGHLIGHTS

• Oct. 18, 1977- Mrs. E. Blair demonstrated cooking with a micro-wave oven. She showed the speed of boiling water, and of cooking potatoes, apples, corn, and bacon and eggs

• Nov. '77- Mrs. Penny Cobb, Chairman of the Norfolk Cancer Society, spoke of Seven Steps To Health and showed two movies: Take Good Care Of Yourself and Decision (breast self examination and pap test film).

Mrs. R. Burke and Mrs. N. Wiedrick reported on the Hamilton Area Women's Institute Convention, Nov. 1, 2, in Niagara Falls.

• Dec. 14, 1977- The W. I. served lunch after the funeral of the late Annie Wier.

Individual Baked Custards

4	4 eggs
1/3 cup	75 mL sugar
1/2 teaspoon	2 mL vanilla
1/4 teaspoon	1 mL salt (optional)
3 cups	750 mL milk
	nutmeg

1. In a medium size mixing bowl, beat eggs, sugar, vanilla, and salt until sugar is dissolved.
2. Microwave milk on HIGH 4 minutes or until scalded. Gradually add to egg mixture, stirring constantly.
3. Pour custard into eight 200 mL (6 ounce) custard cups. Sprinkle each with nutmeg.
4. Arrange four custard cups at a time in a circle in microwave oven. Microwave on MEDIUM LOW (30% power) 25 minutes, or until custard is set. Rearrange cups every five minutes.

Makes 8 servings.