

SEE INSIDE - Car Care & Mom's Gifts & Dining

**COMMUNITY EDUCATION EVENING COPING WITH DEATH;
HELPING YOURSELF, YOUR CHILDREN, YOUR FAMILY & FRIENDS**

TUESDAY, MAY 5, 1998 AT 7:00 P.M.

**SALVATION ARMY CHURCH
GEORGETOWN INDOOR MALL, 318 GUELPH STREET**

A PRESENTATION BY ANNE MARIE PRIMEAU BURLINGTON BEREAVEMENT RESOURCE COUNCIL

MORE INFORMATION OR TO REGISTER PLEASE CALL: (905) 877-1211

Deadline is Wednesday for Mom's cookbook contest

Looking for something special for mom to give on Mother's Day? We can help. The Independent & Free Press and Company's Coming Cookbooks is sponsoring a cookbook contest to help launch, Company's Coming's latest recipe book, Low-fat Cooking.

Just drop off, fax, or mail your answers to these questions by Wednesday, May 6. Eight names from all the correctly answered submissions will be randomly drawn and receive the new Low Fat Cooking book before Mother's Day, May 10. It's brimming with more than 150 delicious recipes, each containing less than 10 grams of fat per serving.

Mail or drop off your submissions to Independent & Free Press, 211 Armstrong Ave., Georgetown, Ont. L7G 4X5 or fax to 873-0398. Please include your name, daytime telephone number and address.

Company's Coming serves up your low-fat cooking quiz questions

1. What's a calorie?
 - a. The newest fad in footwear
 - b. Something lurking in the cookie jar
 - c. A measurement of energy
2. Polenta wedges are...
 - a. Shoes from the '60s that are back in style
 - b. A low-fat dish made with corn-meal
 - c. A demonstration sport in the next Winter Olympics
3. Which of the following have no fat?
 - a. Toothpick
 - b. Jack Sprat (who could eat no fat)
 - c. Egg whites
 - d. All of the above
4. What is New Age Meatloaf?
 - a. The reincarnation of an old rock star
 - b. A recipe in step with the times because it uses extra lean ground beef and chicken
 - c. A nuclear-powered dinner
5. What is "biscotti"?
 - a. Part of Captain James Kirk's order to the Starship Enterprise (as in "Beam me up, biscotti!")
 - b. A cross between a big dog and a Scottish terrier
 - c. A crunchy Italian biscuit with no added fat
6. Don't be fooled by the "light" label on oils. This usually means ...
 - a. The oils are lighter in color, not lower in calories or fat
 - b. They only work when you turn the light switch on
 - c. They can't be used in the dark
7. Which of the following has less than 10 grams of fat per serving?
 - a. Every recipe in the Low-Fat Cooking cookbook from Company's Coming
 - b. A box of Turtles chocolates
 - c. A Sumo wrestler
8. Which of the following is not an energy nutrient?
 - a. Fat
 - b. Carbohydrates
 - c. Protein



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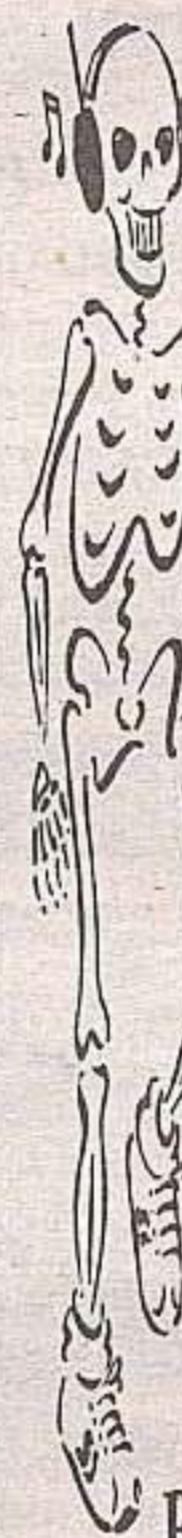


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