

the painted box

by Wendy Thomson

Every now and then, I'm asked what has happened to all the recipes, since this space first started up as a cooking column. Well, it certainly isn't because I prefer talking about myself, my family, and our animals. It was just that there were so many gremlins in the type, I reached the point where I was afraid to put anything in the column that involved numbers or quantities. (Ed's note—computer, again!)

After discovering mistakes like "3 teaspoons" instead of "1/3 teaspoon", or a missing vital ingredient, I mentally hid under the bed with visions of Acton housewives scraping a big blunder into the garbage, cursing me all the while.

The problem has been solved now, I think, and I'll shortly begin printing out some of my new and better recipes. One thing that might be a bit of a help now, though, is a flavor chart and other kitchen hints I've copied down over the years.

If you haven't the flavor ingredient a recipe calls for, (and you find this out while halfway through said recipe), learn to substitute. You can interchange any herb or spice in the same flavor group (below). Start with just a pinch, taste, and increase if needed. The finished dish won't taste exactly like the recipe, but it will be well flavored.

THE HOT GROUP—dry mustard, cayenne, curry powder, pepper sauce, chili peppers, pepper, red, white or black.

STRONG SAVORY—savory, oregano, bay leaf, sage, tarragon.

MILD SPICE—nutmeg, mace.

MEDIUM SAVORY—mixed herbs (a blend of basil, marjoram, parsley, thyme, celery, tarragon, oregano), Italian herbs (a blend of oregano, savory, rosemary, sage, basil, marjoram), marjoram, sweet basil, thyme, rosemary.

LICORICE FLAVOR—

Aniseed, fennel, cardamon, caraway, dill seed.

MILD AND SWEET—chervil, paprika, parsley, mint, turmeric.

ONION FLAVOR—garlic, onions, chives, shallots, shallots.

PIQUANT SPICE—cinnamon, ginger, allspice, cloves, mild curry.

Other Hints

Bouquets garnis can be varied, but the combination should be noted on the storage box. Traditional mixtures are: bay leaf, 1 tsp. dry parsley, 1 tsp. thyme or tarragon, 3 or 4 whole peppercorns. For sweet foods such as applesauce and baked pears, combine 1 broken cinnamon stick with 3 to 6 cloves.

TO POACH FISH without the fishy odor, add one half teaspoon caraway seeds with the rest of seasonings to the cooking water. They seem to absorb the odor, without changing the flavor.

Quick canning hints

—instead of water, use fresh or bottled currant juice in making the syrup for canned cherries.

—before processing canned peaches, add to each jar either a slice of lemon, unpeeled and 3 whole cloves. Or a slice of orange and a 1 inch stick of cinnamon.

—to pears, add one or two leaves of lemon, verbena or scented geranium.

—to tomatoes add one bay leaf or a few leaves of basil.

—to green peas, a sprig of fresh mint.



THEM'S SOME TOMATOES, says Kay Biggar of the Free Press staff, as she inspects some beefsteak tomatoes from the garden of Mrs. Joe Paul, Fifth Line, Nassagaweya, brought in for staffers to inspect. The huge fruit weigh over two pounds apiece. There are plenty more the same size where these came from. —Denis Gibbons Photo

Free Press

Personals

Mrs. Jean Anderson, Galt; Mr. Ronald Campbell, Detroit, visited with Mr. and Mrs. Charles Landsborough on Monday.

Sister Hilda Deveau of Sydney, Nova Scotia, visited with her mother and other relatives in Montreal for 10 days and is now in Acton with her brother, Mr. and Mrs. Henry Deveau.

Tim Coles and Steve Garrett spent a week at Freeport in the Bahamas.

Taken to dinner at Leisure Lodge Saturday by their family to celebrate their 25th wedding anniversary, Shirley and Alno Braida found themselves driven to Hamilton hall on their way back home. Here over 80 relatives and friends called "Surprise!" and began an anniversary party with dancing and midnight buffet. The happy event was organized for the Braidas by their daughter Janet Marshall and son David.

Don't meet

There have been very few public meetings this month.

Some of the new families in Bovis subdivision have already left and moved back to the city. Farewell gatherings have been held by neighbors there.

Mr. and Mrs. Robert Heatley, Julie Lynn and Sean have just returned home from a two week camping trip to Myrtle Beach, South Carolina.

Mr. and Mrs. John Bomans and family are moving from Nelson Court to Thamesville and neighbors gathered at their house Saturday evening for a barbecue.

Sunday Mr. and Mrs. Hugh Reid, Mrs. Winnifred Hillard of Guelph, Mr. and Mrs. Joseph N. Reid, Hamilton, Mr. and Mrs. Deville Bogie of Millgrove, Mr. and Mrs. H.L. Griffin and Mr. Smith Griffin, Erin Township, gathered at the home of Mr. and Mrs. Charles Landsborough to celebrate the Golden wedding anniversary of Mr. and Mrs. Griffin. Dinner was enjoyed at Churchill Community Church.

Many from town have been enjoying the C. N. E. The special bus is popular.

Judoists appear at C.N. E.

Fifteen members of the Georgetown Budokan Judo Club, from Georgetown, Acton, and Esquesing, took part in Sports Ontario at the C.N.E., August 19. Large crowds gathered to see the three outdoor shows. Past-president Jack Smith described

the exercises, throws, and chokes, demonstrated by the judokas ranging in age from seven to 47, belts from yellow to brown. The group will return to the Exhibition grounds for another show on September 2.



GORD THOMSON, Acton, throws club president Bill Watson, Georgetown, in uki-otoshi, the floating drop. This was part of the demonstration of Kata, which is the systematic formulation of the most fundamental principles of throwing. The

large crowd seemed to find the "Throw for Throw" most interesting. Here, Beth Thomson, age 15, 115 pounds, was thrown by, then threw senior Bill Watson weighing half as much again as she does.

Donna McCabe grad

Donna McCabe was one of 60 girls who graduated Friday, July 27, from the Kitchener-Waterloo Hospital School of Nursing.



Donna is a graduate of M.Z. Bennett Public School and Acton High School. She is the daughter of Mr. and Mrs. Wm. McCabe, 34 Meadvale Rd., Acton.

The graduates held a banquet for mothers and fathers Thursday July 26. Graduating exercises were held on Friday, July 27 in the School of nursing auditorium at 3 o'clock and were attended by her parents and her sister Anne and her husband Don, also a friend Bev. Norton from Acton.

A dance was held in the evening at the Kitchener-Waterloo Motor Inn and was attended by family and school friends from Acton. Donna wrote her exams this month and is living in Kitchener and working at the Kitchener-Waterloo Hospital.

Free Press Family Page

Pictures program Bannockburn W.I.

Bannockburn Women's Institute met in Mrs. McDonald's apartment on Church St. on Wednesday evening, Aug. 22, with 12 members and two visitors present.

The president and first vice-president both being absent, Mrs. Vaughan, second vice president, conducted the meeting. Roll call was one step 1 can make toward world peace. Motto was given by Mrs. Paul Henderson.

After a short business period, Mrs. McDonald read a poem entitled Let Us Give Thanks, and Mrs. Coles read An Irish Blessing and conducted a contest, identifying pictures of important

people, clipped from recent newspapers. Mrs. Fisher won the contest by identifying every picture, and Mrs. William Cox was the second prize winner.

Mrs. McDonald showed some pictures from a recent trip to Ottawa, and Mrs. Gladys Davidson sang two beautiful solos.

Lunch was served by the hostess and committee and everyone enjoyed a social half-hour.

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No toots

Acton has been without the familiar sound of train whistles, due to the national rail strike.

Erland Lee home toured

Greenock Women's Institute members and visitors chartered a bus and motored to Stoney Creek to the Erland Lee home, where the first charter of the Women's Institute was drawn up. The Lee home has been restored and furnished in the style of the 1850's by the Women's Institutes of Ontario.

It was officially opened on August 9, 1973. Some of the original furniture of the Lees was purchased and some donated.

Figure skaters successful

Four Acton girls were successful in tests at the Lakeshore Figure Skating School, August 20. Marilyn DeBruyn passed her first figure test.

Sharon Campbell passed the Swing Dance, her last preliminary dance.

Lori DeBruyn passed the Fiesta Tango, her first bronze dance.

Diane Baginski passed the Harris Tango, her last silver dance.

All four girls have been pupils of Mrs. Lynda Hyde at the Lakeshore Club. During the winter they take instruction at the Acton Figure Skating Club.

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