

Freeze your leftovers

The old adage that claims two heads are better than one is certainly appropriate as far as home freezing tips are concerned.

Through the past year, the "Glad" Home Freezing Information Centre, has received numerous hints from across the country on making better use of the home freezer.

Mrs. O. Y. from New Westminster, British Columbia says she makes a great home-made soup from left-overs that she pops into a freezer bag, rather than throwing them out. Items like bruised spinach leaves not suitable for a salad, celery leaves, left-over parsley, outside leaves of lettuce, and other vegetable items go into one bag, while meat and poultry go into another.

Not only does she have a wide selection of goodies to go into her soup pot, but she saves money by not having to buy special items to make soup.

Mrs. D. S. from Winnipeg who is a keen gourmet always has egg whites left after she makes rich sauces which only call for egg yolks. Rather than leaving them in her fridge until they spoil, she freezes them in a small freezer bag, adding to the bag until she has enough to make an angel food cake, a family favorite.

Mrs. D. S. finds "Glad" freezer bags particularly suitable for freezing egg whites because they do not leak and the plastic is thick enough to protect the delicate flavor of the egg whites from other food flavors.

Mrs. S. C. from Okanagan Centre, B.C. who is a vegetarian, often has left-over cooked vegetables. Rather than saving them for the next day, she purees them in a blender and freezes the puree to be used for a soup base.

She finds "Glad" freezer bags particularly suitable for pureed vegetables because they don't leak and they come packaged with labels so that she can easily identify what the frozen puree is.

Mrs. C. R. in Joliette, Quebec who is often away at meal time, finds it easy to prepare extra food when she does cook, then makes t.v. style dinners by packaging individual servings in foil trays.

She freezes them uncovered quickly, then covers with foil and packages them using a medium-sized "Glad" freezer bag. She is careful to draw out as much air as possible before she twist-ties the bag closed because air trapped around the food will dry it out. She labels the dinner, indicating the contents and the date using the handy tags provided in "Glad" Freezer bags.

To serve the frozen dinner, with foil cover intact at 400°F (200°C) for 20-30 minutes, uncovering the food for the last 10 minutes. The frozen dinners are best used within a month.

Pass it on . . .

(Continued from page 6)
more big businesses as the answer to Canada's international trade problems. Abdel-Malek's study shows that industrial strategy to be quite inadequate. Discrimination against small firms cannot be justified by international trade considerations.

A patently false story will always remain patently false, no matter how many retellings lend it a veneer of "truth". Small firms are as export-oriented as big firms. Pass it on.

"Think small" is an editorial message from the Canadian Federation of Independent Business.



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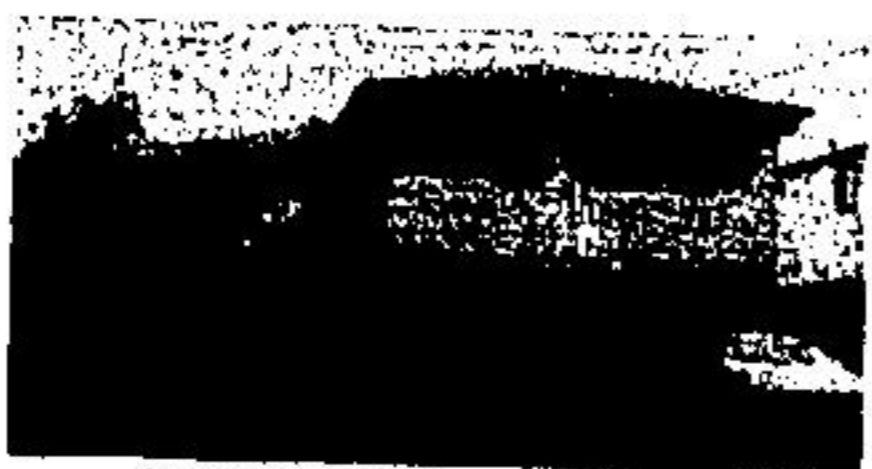
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Special features for children are in this 3 bedroom bungalow on a good sized lot. Paved drive, garage and covered patio. Close to schools and shopping. Asking \$65,300. Call Al. 5 4 8



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4 bedroom sidesplit featuring a main floor family room and large central hall. Finish off the rec room with materials on the premises. Priced to sell at \$68,900. Call the office on this one. 551



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Make an appointment to see this big 4 bedroom sidesplit with main floor family room and large entrance hall. 2 baths, Tudor style rec room with wet bar and a paved pilared driveway. Too good to miss, at \$75,900. Call Jon for viewing. 553



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4 bedroom semi, 2 baths, large den, close to plaza and only \$57,900. Call Jon. 554



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Is almost complete. A real modern dream home with 3 bedrooms, kitchen, dining, family, living centre. Floor to ceiling fireplace, master bedroom ensuite. Choose your broadloom. Priced at \$108,850. 559

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Set on a lovely treed lot in quiet village. Interior needs some decorating but exterior is maintenance free aluminum. Reduced to \$47,900. Call Audrey. 558

BACKSPLIT WITH CARPORT
3 bedroom brick and aluminum home with large finished rec room with fireplace, above ground pool and cedar deck. Nicely landscaped and newly decorated and only \$66,500. Give Audrey a ring. 561

BARGAIN HUNTING
4 room mobile home on large lot in parklike setting, all appliances. \$17,900. Call Al. 562

LAND - LOTS OF LAND
114.57 acres to be exact with a 3 bedroom home. Includes a barn, open shed, implement shed and 2 storage rooms. Asking \$225,000. Give Audrey a call. 564



OPEN HOUSE
-Sunday - October 29th - 1-4 p.m.
R.R. 1, Limehouse - 1 1/2 miles north of No. 7 hwy. on Sixth Line. Come see for yourself all the features this beautiful home has to offer at \$134,900. Mal will be there to show you around and answer any questions. 562



CUSTOM BUILT
3 bedroom bungalow with 2 baths, main floor laundry, room and family room with fireplace. The kids will love the above ground pool. A large barn and tool shed for lots of storage space. Priced at \$95,900. Call Sally or Arlene on this one. 557

ECONOMY LIVING
Large garden end lot with treed border. 2 bedrooms (convertible to 3) mobile home, nice Florida room plus shed and utility room. \$25,900. Call Al. 563

PICTURESQUE UTILITY LOT
1/2 acre with lovely view of Credit river and valley below. Will build to suit or buy outright. \$39,900. Call Jon. 565

HURRY! HURRY! HURRY!
Last chance for a 10% mortgage on a brand new townhouse in Brampton which carries for only \$286. monthly with \$2300 down and full SHOP assistance. A real value at \$44,900. Call the office. 566

RAVINE LOT
Clean 3 bedroom bungalow, 2 baths, rec room with walkout to patio, pool and fish pond in great shape and only \$54,900. Call Call Matt. 567

FOR RENT - 1 bedroom apartment near downtown, heat & parking included, 1 yr. lease. Call Anna Peto



READ ALL ABOUT IT
This new listing is an immaculate 3 bedroom bungalow on a lovely landscaped lot. Double paved driveway, garage and a custom built fireplace. Priced at \$61,900. Give Claudette a ring. 549



GREAT LITTLE NUMBER
Newly decorated 3 bedroom bungalow With 2 baths, 1 1/2 car garage, finished rec room with fireplace and a walkout to brick patio. Asking \$64,700. Give Al a call. 550



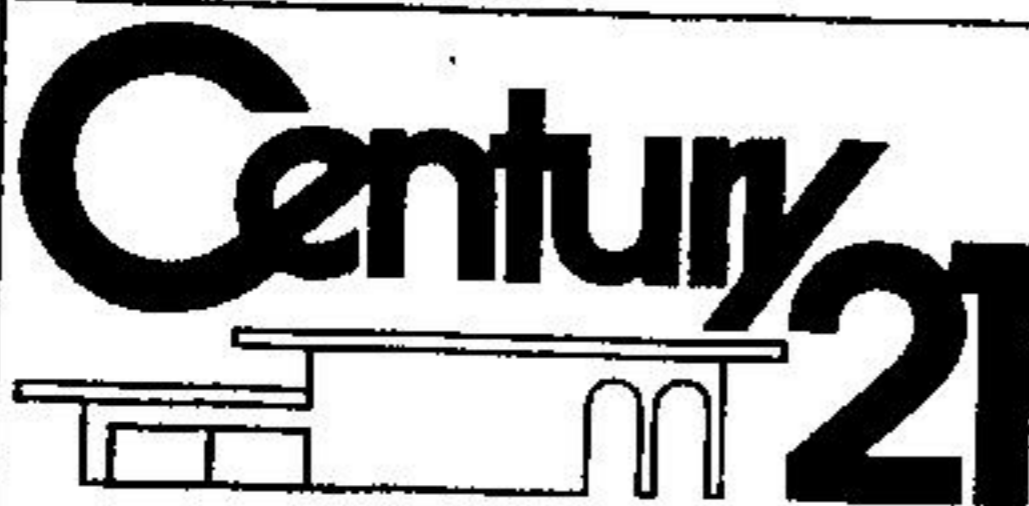
FAMILY LIVING
Lots of room in this 2 storey brick and aluminum home with 4 bedrooms, extra large lot (1/2 acre) paved driveway, garage and completely redecorated at \$82,500. Call Mal for all details. 5 6 6



EAST END SEMI
Exclusive semi - 4 bedrooms - games room - patio - tool shed - workshop at \$58,900. Call Jon. 555



ENCHANTING SPANISH STYLE
Finished with iron gates and grilles is this spacious 3 bedroom home with family room, fireplace wall and much more is now under construction. Check the plans for that extra touch. Contact Jon for more details. 560



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