

# the painted box

by Wendy Thomson



Since my family is quite interested in eating, and since they'll try just about anything, I used to have a bookshelf that was full of cookbooks from different countries.

When we moved to Alberta, I weeded out the ones that weren't used that often, but still scan articles on cooking to see what's new and different.

In a BBC bulletin was an intriguing item sandwiched between "Farewell to Arkle" and "Roses from Ulster", entitled "First Catch - Your Camel". It read as follows:

An adventurous international cookery book has just been published as a result of the recipe competition run by the BBC World Service radio magazine, The Morning Show. Pete Myers, the regular compere of the program, chose 20 top recipes from the 300 entries sent in, mainly from Africa and the Middle East.

Some of the titles are fascinating in themselves; for example, Judeau Hills Sweet and Sour, Honey Divinity, Bessie Barnes' Carrot Cake, Tuna Tart and Stuffed Camel. And they are enhanced by comments from the competitors.

The camel recipe comes from Libya and the ingredients, apart from one medium-sized camel, includes lambs or goats, 20 chickens and 20 kilograms of tomatoes.

These quantities, says the competitor, should be sufficient for about 150 guests. Then she adds, "Should your guests exceed this number you may easily increase the servings up to 200 by garnishing the camel with a circle of stuffed chickens."

There is a recipe from Ghana for Osiwe, a dish with plantains, lobsters, and eggs, which the sender promises "reliably stands you against earthquakes."

He also recommends you "wash it down with four feet of sugar cane."

From Spain there was a recipe for ripe coconuts filled with cooked fish, and from Malawi a way of cooking tongue with cocoa.

And in another book I learned about Kiviak, an Eskimo dish consisting of fermented dovekeys. These are eaten either raw or cooked and add "considerable zip to an otherwise fairly bland menu."

To make kiviak, seals are skinned by making circular cuts around the tail flippers and around the neck.

The blubber is cut free from the meat with a long knife, then the entire skin plus blubber is pulled off the carcass.

One end is sewn shut and up to 500 unplucked dovekeys are stuffed into the blubber-lined bag. The other end is closed, and it is then covered with a pile of stones to ripen for a year or so.

If it is too cold, fermentation cannot take place; if too warm, the blubber turns rancid and the birds are spoiled.

At the right temperature, the blubber slowly permeates the birds, giving them the smell and taste of old Gogonzola cheese.

Yuk.

In all my cooking and experimenting, I've never tried anything like that, nor do I intend to.

The closest I've come to camel-cooking, was the week my husband informed me he'd invited friends up for a roast suckling pig dinner. At first I thought it was a great idea and had visions of this lovely brown little piggy all set out on a big platter. Then I started reading through recipes.

One had the cook basting the pig (with beer, yet) every 10 minutes for the first three hours then every five minutes for the last hour. I couldn't see how it could cook with being hauled out of the oven so often.

Another recipe was equally complicated, ending up with setting the pig on a bed of watercress with an apple in its mouth, cranberries in its eyesockets, and a cranberry garland around its neck.

All the instructions began with "Tie the pig's feet forward and under him" but my pig's feet wouldn't go forward.

I had the choices of taking him down on the floor and trying to crack his joints (wherever they might be), roasting him standing up (which didn't seem quite proper) or baking him on his side, which I did.

I wonder how a person would go about roasting a camel—or even stuffing it!

I don't suppose I'll ever find out; but out this way, you never can tell!



BLOCK PARENTS committee members are front row l. to r. Bev Landriault, Darleen Blashuk, Lynne Curran, Jean Martin, back row, Mary Hicks, Karen Caissie, Val Rule-Cassie and Liz Bailey.

## Free Press Family page



### Mothers successful

The Scout and Guide Mothers Dance at the Band Hall last Saturday was a great success. The Hallowe'en theme was enthusiastically received by those in attendance.

Dracula was on the door receiving fellow witches and ghosts as they entered. Great fun was had by all.

Winners of the Scout and Guide mothers draw are: first prize, a Quilt, Alma Barrow, Toronto; second, Dried Flowers, C.P. Beaton, Acton; and third, a Cushion, K. Owen, Acton.

Ten Wintario tickets were distributed as spot dance prizes.

Pete Homer took the best costume prize as a Hunchback. Door prizes of coasters were won by Dave and Bev Owen and John and Mary Conner. An ice bucket was the door prize for Wilmer and Edith Watkin. Bob and Leslie Johnston took home a liquid refreshment dispenser.

A special thank you is handed out to all those who helped make the dance a success and all mothers are reminded that the next meeting will be November 28 at 8:30 p.m.

NEWLYWEDS DANCE up a storm at the Scout and Guide Mothers Hallowe'en dance Saturday night. And who is under all the garments — why, we'll never tell!

### Friends-in-Deed

## Hallowe'en party brings out ghosts

by Mrs. Emily Price

Our Friends-in-Deed meeting on October 24 was a very interesting and enjoyable one. We were very pleased to welcome two new members into our group.

Following a short business meeting, our guest for the evening, Pete Pomeroy spoke briefly. He answered several questions pertaining to his stand in running for mayor of Halton Hills.

There were a few costumes which were very amusing and added to the enjoyment of the evening and there were treats for everyone present. Those who were not able to be at the meeting, due to illness, or other commitments, missed a good night. We hope all the illnesses will have disappeared and everyone will be able to get out to our next meeting.

At the close of the evening's fun, tea, coffee and a light lunch were served by the social committee.

Our next meeting will be on November 28 at 7:30 p.m. at the M.Z. Bennett school. Elsie Syme of Blue Springs Flower Shop will be our guest. She will be giving a demonstration on the making of Christmas floral

arrangements. We are hoping for a good turnout to welcome her. Names will be drawn for the exchange of gifts for our Christmas party which will be held at the home of Anne Dadds on Tuesday, December 5.

The shopping night for all handicapped people will be on Tuesday, November 28, at Stone Road Mall in Guelph. There will be volunteers to help with wheelchairs. There will be free gift wrapping and other surprises as well as free tea and coffee. It is a good opportunity for those to do their own shopping, and make them feel as though they are part of the excitement and enjoy the festive season as well as the feeling of independence which is so important to all handicapped people.

Election time is once again upon us and an opportunity to exercise our rights to choose the candidates of our choice, so let's hope the weather will co-operate so people can get out and cast their votes. Advance polls will be held on Saturday, November 4.

See you at the polls on Monday, November 13 and at our next meeting.

### Solar hospital heat

Solar energy will be used in a hospital for the first time in Ontario to preheat hot water at the 365-bed Oakville-Trafalgar Memorial Hospital in Oakville.

The Ontario Ministries of Energy and Health will jointly finance the project following a study prepared for the ministries earlier this year. Tenders are being called.

The \$150,000 hospital system will make use of the sun's energy whenever it is available to preheat approximately 7.5 million gallons of hot water used annually. No storage tank or bin is needed because the preheated water will be used soon after it passes through the solar collectors. At night and on cloudy days, water will bypass the collectors and go directly to a conventional gas-fired heating system.



## ELECT G.W. "PAT" MCKENZIE

FOR AREA COUNCILLOR IN WARD 1 ACTON

With the adoption of uniform water and sewer rates for the region of Halton, which will be a great benefit to Acton and to which I devoted a great deal of time and effort, I have decided to seek an office with less responsibility. Therefore I am offering my "Experience and Time" as an area councillor. With only three votes on a council of twelve members, Acton needs and deserves strong representation.

**As Your Area Councillor I Will:**

- continue to fight for Beardmore's needs to be accommodated in our sewage treatment plant
- work in the best interests of all our citizens to preserve Acton's identity
- insist on strong budget controls
- work for an early completion of our Senior Citizens Apartments

**Back a Fighter for Acton**  
WHO HAS THE TIME AND EXPERIENCE TO RESOLVE LOCAL PROBLEMS!  
**MCKENZIE "PAT"** AREA COUNCILLOR WARD 1 ACTON

## Block Parents group have second meeting

The committee for Acton Block Parents held their second meeting on Monday.

The purpose of the meeting was to organize the Block Parents program in Acton. Anyone concerned about making Acton a "safe" community where children can grow up without parents being concerned with their safety can call co-chairperson Bev Landriault at 853-3412 for further information.

Committee members are Bev Landriault, Mary Hicks, Val Rule - Cassie, Jean Martin, Karen Caissie, Elizabeth Balley, Lynn Curran and Darlene Blashuk.

## Knox Alert group meets at church

The Knox Alert Evening group met in the Mary Ellen Anderson room of the church for their October meeting.

Thanksgiving. Bessie Musselle gave two readings, Thanksgiving and In the Name of God, Amen.

Nellie Merkley took charge of the business portion of the meeting, during which time get well cards and a birthday card for the sick and shut in members were signed.

After the benediction a variety of sandwiches were served with a cup of tea.

## Meeting on 'Scarp

Due to the growing interest and concern over the future of the Niagara Escarpment, the Sierra Club of Ontario has organized a public education seminar on this topic for Sunday, November 5 at Ancaster High School in the Village of Ancaster.

The morning session will consist of talks by, among others, Professor John Jackson of Brock University's Geography Department, and Don Taylor, chief planner with the Niagara Escarpment Commission. Afternoon seminar leaders include Ron Reid of the Ontario Federation of Naturalists.



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for information call 854-2366

ON NOVEMBER 13th, 1978

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