

# Outlook on Lifestyle



With a snip of the scissors mall owner Dave Manes officially opened the new Siedman's store in Acton June 9. A crowd of shoppers gathered round to watch and wait until the doors opened, beside the new IGA store on Main Street. (Herald photo)



Polly Fisher

## Freeze your flour to keep bugs away

By Polly Fisher

DEAR POLLY — The whole-wheat flour I buy gets bugs in it after a while. What should I be doing to prevent this? — D.S.

DEAR D.S. — The best place to store whole-wheat and other whole-grain flours is the freezer. This will

not only prevent insect infestation, but it will also keep the flour from turning rancid. Whole-grain flours are higher in fat than refined white flour, so they tend to spoil much more quickly.

I store all my whole-grain flours in the freezer, especially those that I'm not likely to use up so quickly, to make sure they stay fresh and free of bugs. This includes cereals that I buy in bulk and store for long periods — bulgur, rolled oats, cornmeal, rice flour, rye flour, kasha, wheat bran, etc. Wheat germ, however, should be stored in the refrigerator, not the freezer. Freezing can destroy its vitamin E content.

I'm sending you a copy of my newsletter "Whole-wheat Quick Breads and Cookies," which has a variety of tempting recipes to help you use up your next batch of whole-wheat flour a little more quickly. Others who would like this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY



Recently, over 400 cooperators from the agricultural industry who helped with research, teaching and extension programs were honored at an annual Ontario Agricultural College dinner, at the University of Guelph campus. The dinner was followed by greetings and messages of appreciation from University Chancellor Wm. A. Stewart, President Burt Matthews, OAC Dean Freeman McEwen, and Ontario Deputy Minister of Agriculture and Food Clayton Switzer. Attending the banquet were (from left to right) Howard and Maurine Stenson, Sheridan Nurseries, Georgetown and Teresa and Gary Kachanoski (host), Land Resource Science, University of Guelph. (OMAF photo by J. Harrison)

## Training hosts needed

Sheridan College is currently seeking training hosts for Breaking Barriers, a job-entry skills-training program.

Breaking Barriers is a Canadian Jobs Strategy Job Development Project sponsored by Sheridan College in co-operation with Employment and Immigration Canada. Breaking Barriers has been designed to prepare men and women who have physical disabilities for the workplace.

The 35-week program combines 23

weeks of classroom instruction with 12 weeks of on-the-job work experience with local employers, from August 15 - November 23, 1988. Classroom instruction includes computer skills training, accounting, business communications, office procedures and pre-employment skills.

To find out how your place of business can provide a work placement opportunity (at no cost to the employer), call Margo Haunton at Sheridan's Queen Elizabeth Campus, 842-0105.

## Keeping it worth the drive

The Olde Hide House in Acton wants to make sure it continues to be "worth the drive to Acton."

Hide House president Steve Dawkins officially joined POWER at the group's fundraising dinner at Jack Tanner's Table June 7.

Mr. Dawkins urged more people to join the group.

"POWER has been carrying the burden of the entire town," he said.

He chastised Eco Logic - the consulting group hired by dump proponents Reclamation Systems Inc. for calling the proposal the "Acton quarry" proposal instead of naming it "Halton Hills" proposal.

POWER president Ruth French added: "A 20 million tonne garbage dump would give a whole new meaning to the phrase 'It's worth the drive to Acton!'"

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