

Breads

PIZZA

Crust: 2 cups flour
 1/2 tsp. salt
 1/4 cup oil
 2 tsp. baking powder
 2/3 cup milk

Mix all crust ingredients together in a bowl. Pat in pizza pan. Cover with Kraft spaghetti sauce and meat. Cover with Mozzarella cheese, all pepperoni pieces, pieces of bacon, green peppers and sprinkle with oregano. Bake at 450 F for 15-25 minutes.

Georgina Bible,
 RR8 Orangeville

SCOTCH SCONES

2 cups sifted all purpose flour
 1/2 cup sugar
 1 tsp. salt
 4 tsp. baking powder
 5 tbsp. shortening
 1/2 cup currants
 2/3 cup milk

Sift flour, sugar, salt and baking powder together. Cut in shortening thoroughly. Add currants and stir in milk. Turn out on floured board and knead. Pat or roll to 3/4" thick. Cut in 4" rounds. Place on baking sheet until nicely browned. Bake in 450 F oven. Split and butter while hot.

Georgina Bible,
 RR8 Orangeville

WELSH TEA-CAKES

3 cups flour
 3/4 cup sugar
 1 cup butter, or margarine
 3 tsp. baking powder
 4 eggs
 pinch salt

Beat eggs very well. In large bowl, mix flour and butter as for pastry. Add sugar, baking powder and salt. Make a hole in flour mixture, pour in eggs. You may need a tablespoon of cream or milk. 1/2 cups currants or raisins are now added. Roll to 1/4 inch thickness. Cut and fry in fry pan. Turn when brown on bottom. Do not grease pan. You can roll in sugar as you take them out of pan, or serve with cheese, or raspberry jam.

Barbara Gagnon,
 RR4, Acton

DATE LOAF

1 lb. dates
 1 cup sugar
 1 tsp. baking soda
 1/2 tsp. salt
 1 cup boiling water poured over the mixture

Let stand until cool.
 Beat 1 egg. Add:

1 tsp. vanilla
 1 1/2 cups flour
 1/2 cup almonds

Mix all together. Bake at 375 F for 1 hour. Bake in loaf pan 9x5.

Jean Icam,
 Terra Cotta

CHRISTMAS BREAKFAST BREAD

3 beaten eggs
 1/2 cup cooking oil
 1/2 cup milk
 2 1/2 cups sifted all purpose flour
 1 cup sugar
 1 tsp. baking soda
 1 tsp. baking powder
 1 tsp. cinnamon
 1/2 tsp. salt
 2 cups shredded carrots
 1 1/3 cup flaked coconut
 1/2 cup raisins
 1/2 cup snipped maraschino cherries
 1/2 cup chipped nuts

Combine egg, oil, milk. In bowl sift together flour, sugar, baking powder, baking soda, cinnamon and salt. Add egg mixture. Mix just until thoroughly combined. Stir in coconut, cherries, raisins and nuts. Turn into greased and floured 9x5x3 loaf pan. Bake at 350 F for 45-50 minutes. Remove from pan. Cool and wrap and refrigerate.

Georgina Bible,
 RR8 Orangeville

DATE LOAF

1/4 cup butter
 8 oz. dates
 1 cup sugar
 1 tsp. baking soda
 1 cup cold water
 1/2 tsp. mixed spices
 1/2 cup walnuts
 1/2 tsp. ginger

Put ingredients into cooking pot

and bring slowly to a boil. Allow to simmer for 5 minutes. Allow to cool.

Add:
 1 egg
 1 cup self-rising flour
 1 cup flour

Mix well. Bake in loaf tin at 350 F for 1 1/4 hours.

Louise Frankow,
 Princess Anne Drive,

Hearty Meals

ZESTY PORK CHOPS

4 pork chops
 2 tbsp. vegetable oil
 1/2 cup orange juice
 2 green onions thinly sliced
 2 red skinned apples, thinly sliced
 freshly ground black pepper

Trim chops and nick edges. Heat oil in a large wide frying pan. Add chops and cook over medium high

heat until lightly browned, about 4 minutes per side. When meat is browned, drain fat from pan. Add remaining ingredients. Partially cover and cook over low heat for another 10 minutes stirring occasionally and turning chops at least once. Serves 4.

Kelly Reid,
 James St., Brampton

RECIPE FOR A BEAUTIFUL BODY

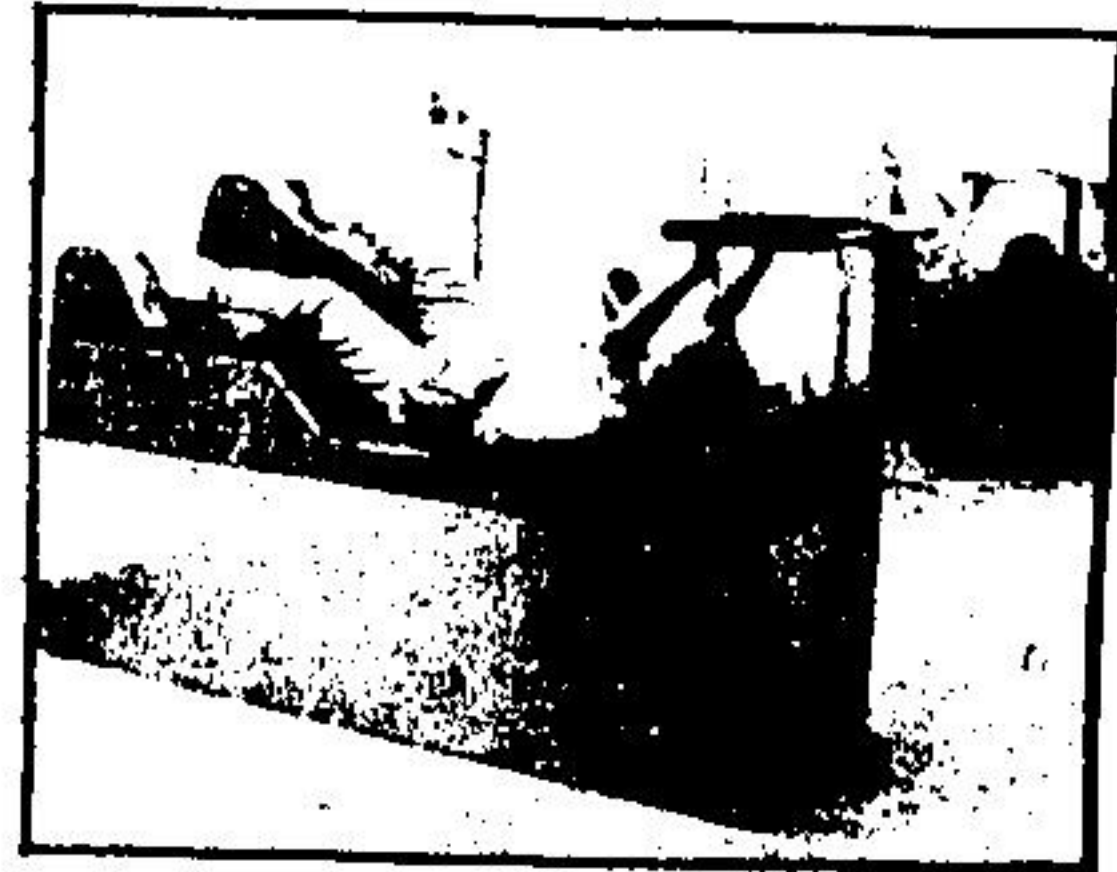
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