



**Kasual
Katering**
by Geri &
Lori Kentner

WALNUT BEER BREAD

INGREDIENTS:

- 1 1/2 cups warm beer
- 2 packages active dry yeast
- 4 1/2 cups (or as needed) all-purpose flour (unbleached)
- 1/2 cup rye flour
- 2 tablespoons sugar
- 1 tablespoon salt
- 1/2 cup walnut oil
- 1 cup finely chopped yellow onion
- 3/4 cup coarsely chopped walnuts
- 1 egg
- 2 teaspoons water
- Fresh or dried rosemary

METHOD:

1. Heat the beer to 105° to 115° F and pour 1/2 cup into a small bowl. Stir in the yeast and let stand 10 minutes.
2. Mix the flours, sugar and salt in a large bowl. Make a well in the centre. Pour the yeast mixture, oil and remaining 1 cup beer into the well and stir until blended.
3. Knead the dough on a floured surface until smooth and elastic, about 10 minutes, adding more flour if necessary.
4. Coat a large bowl with walnut oil. Place the dough in the bowl and turn to coat with oil. Cover with a damp towel and let rise in a warm place until doubled in bulk.
5. Punch the dough down and knead in onion and walnuts until evenly distributed throughout the dough.
6. Divide the dough in half. Divide each half into thirds. Using your hands, roll each of the pieces into 12-inch long ropes. Braid 3 ropes together to form a loaf. Tuck the ends under and place on an 18 x 12 inch baking sheet. Repeat with the remaining dough, placing it on the same baking sheet. Cover and let rise until doubled in bulk, 45 minutes to 1 hour.
7. Preheat oven to 375° F.
8. Beat the egg with 2 tsp. water in a small bowl. Brush the loaves with the egg wash and sprinkle with rosemary.
9. Bake until crusty brown, 45 to 50 minutes. Cool in the pans for 10 minutes. Turn out onto wire racks and cool completely. Makes 2 loaves.

HELPFUL HINTS:

1. When you are brushing your loaves with the egg wash - be generous and don't miss any spots. This is what gives the bread the shiny well browned look and if you miss a spot your loaf will look funny.
2. Don't be afraid to make bread. It doesn't take as much time as you think. The time is mostly in the rising of the bread which you don't have to be there for. If you work through the day, mix the dough the night before and put it in the refrigerator to rise. Then when you get home punch it down and then let it rise somewhere warm, then bake it. No time at all!
3. Heat kills yeast - cold doesn't. So when you set your dough somewhere warm to rise this means room temperature or on the window sill in the sun. Don't make the mistake I did. I was in a hurry so I put the dough on top of the oven (with the oven on) to try and make it rise quicker. This does not work. What happened was the dough actually started baking and although it did rise, when I punched it down, it would not rise again. The moral of the story is, if you're in a hurry, put the dough in a cool spot or the refrigerator, go do what you have to do, then come back and let it rise more later.

**Manpower employment survey
doesn't paint rosy picture**

By LISA RUTLEDGE
The Herald

Job hunting in areas of manufacturing, public administration and finance, insurance and real estate will become increasingly difficult until the end of 1990, according to an employment survey conducted by Manpower Temporary Services.

Debbie McIntyre, Canadian Employment and Manpower Services supervisor, said the job market has been on the decline since last December and cites rising dollar values, high interest and company relocation as contributing factors.

Some companies seem to prosper while others are struggling, said Ms. McIntyre, adding that "I firmly believe we're in a recession." There is more unemployment than there was six months ago but it's not like our job boards are bare, she said.

Ms. McIntyre hasn't seen any indication that construction job opportunities will increase, as the Manpower survey states. In fact, she said, the construction industry has experienced employment slowdowns in the past three or four months because people are not going ahead with major projects as they have in the past.

In the area of finance, insurance and real estate, the survey states that after five years of growth, companies are experiencing substantially slower paces during 1990.

Of companies surveyed, 11 per cent will cut while only 10 per cent will hire. It is the first time this

sector has shown any negative effects since 1982.

Negative trends in real estate, finance and insurance come as no surprise to Ms. MacIntyre. It makes sense, she said, adding that these industries are weakening because they're not getting signs of major economic improvement.

According to the survey, manufacturers of durable and non-durable goods will continue slowdown hiring trends. Durable goods manufacturers surveyed expect three per cent of employees in the industry will be cut. Durable goods manufacturers expect a usual low year-end hiring activity, however, there will be no employment offsets as some will be hiring 15 per cent more while other companies will decrease employment

by the same amount.

In the next few months a 5 per cent employment increase is predicted for the transportation and public utilities sector. The wholesale and retail industries are not expected to hire holiday help at rates in recent years. Of the companies surveyed, 27 said they will hire extra help for the holidays but 13 per cent said they will cut staff levels.

Employment in the educational system, public and private, is expected to increase in the next three months by 30 per cent while some anticipate six per cent staff cuts.

Government employers will decrease staff by 11 per cent but 12 per cent say they will cut staff. Public administrations has only experienced positive effects twice in the last season.

**Milton Fall Fair
a three-day event**

One of Ontario's largest rural-urban autumn fairs is the 137-year-old Milton Fall Fair. This year's three-day fair runs at the Fair Grounds on Robert St. in Milton, Friday to Sunday, Sept. 21 to 23.

Organizers promise an outing sure to please everyone in the family. It's the 137th annual version of this popular event.

The fair offers a number of special attractions, plus the annual displays and competitions in cattle, horses, sheep, agricultural crops, domestic activities, flowers

and plants, arts and crafts, antiques, children's and 4-H Club work.

The Friday evening opening ceremony will introduce Milton Fair's 1990 Queen Ellen Irmisch and is followed by an evening of country and western music. Featured are local musicians Mike Holly and Elayne, plus the popular Terry Sumsion and his band Stagecoach.

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