



# Cookbook '90

The Halton Hills **HERALD**  
invites you to submit recipes



1st prize \$125

2nd prize \$75

3rd prize \$50

## HERE'S HOW TO ENTER:

Be part of the Halton Hills Herald's 1990 Cookbook by sending us one or more of your favorite recipes. You may be eligible to win part of \$250 prize money if your recipe is one of the top three chosen by our special panel of judges. We'll also print the best of the other recipes you submit to us.

- Write plainly or type double-spaced on one side of the paper only.
- Print your name, address and telephone number on each recipe.
- Give complete cooking or baking instructions, including type of cooking utensils, oven temperatures and times.

### • Use metric or imperial measures.

- There is no limit on the number of recipes you can submit, but to avoid duplication you may want to submit more than one recipe. Organizations may also submit recipes.
- Recipes may be for any type of food or beverage.

Other features include stories and photographs on meal planning, cooking with microwaves, special holiday dishes and other kitchen tips. So send us your favorite recipes because we'd love to see what's cooking in your kitchen.

## Deadline:

# October 18th

Send your entries to:  
Cookbook Editor  
The Herald  
45 Guelph St.  
Georgetown, Ont.  
L7G 3Z6