

Food and Fashion

NEW

Fresh vegetables important for overall health

TORONTO - Everyday we are reminded by both family and health experts, that fresh vegetables should be part of our daily diet. With cold weather settling in, Ontario's variety of deliciously health cold-weather crops offers endless choice. Topping the list are carrots, onions and cabbage, for their natural excellence and highly regarded health benefits.

According to Jean Carper, author of *The Food Pharmacy*, carrots which are high in beta carotene, have been linked to the reduction of risk of lung cancer. Cabbage, a well-known member

of the cruciferous family is a very good source of Vitamin C. It is currently being studied, states Carper, for its role in lowering the risk of colon cancer. For its part, the noble onion is traditionally thought to be a "cure" for the common cold. In more recent times, Carper points out, the onion may benefit the cardiovascular system.

Make the most of your health by including the fresh taste of an Ontario winter harvest in your weekly menu. Foodland Ontario has some savory oven suppers that are easy to prepare and actually let you get other chores done while dinner's simmering.

No dish is better suited for vegetables and simmering than Chili Casserole With Polenta. This updated version of traditional chili con carne is a zesty stew of onions, carrots, cabbage and beef. The cornmeal polenta topping is the perfect partner to the piquant flavor of the chili. Make it ahead of time, freeze it, and you're ready for apres-ski.

Stew lovers will long for Ontario Hot Pot, for its soothing quality and lively flavors. It's the ideal weekend or mid-week supper that can be made ahead the night before. Sweet Ontario carrots and robust onions make this beef dish a hearty, satisfying experience.

For those chilly November days, treat family or friends to the rich flavor of a colorful Ontario Vegetable Borscht. A pot-pourri of seasonal vegetables are simmered to perfection with a hint of caraway for a pleasing distinctive flavor. This recipe makes enough servings to feed a crowd, or to freeze and store for those bustling days ahead.

Remember to keep the fresh flavors and healthy goodness of locally grown vegetables on your menu throughout the winter months. For more satisfying and tasty recipe ideas using Ontario carrots, onions and cabbage, write for free recipes to the Ontario Ministry of Agriculture and Food, Consumer Information Centre, 801 Bay Street, Toronto, Ontario, M7A 2B2.

Perfumed gloves through the ages

Different eras mean different customs - and that applies to the art and commerce of perfume as much as anything else.

In the last years of the 16th century, perfumed gloves were the vogue. The passion for these stylish, fragrant items developed in Italy and Spain, and was introduced into France by Catherine de Medici, who had her own gloves cented with civet, musk or ambergris by her famous perfumer Rene the Florentine. Legend has it that Catherine scented her gloves to mask the aroma of the various poisons she hid in them.

The popularity of these stylish scented items flourished throughout Europe, capturing the fancy of the upper classes and nobility up until the late 1700s.

Elizabeth I, Madame de Pompadour and other courtly women all indulged in creations of the gantiers-parfumeurs (glove perfumers) of Grasse. In fact, it is the art of perfumed gloves that launched Grasse as the perfume capital of the world.

This small, walled city, perched high above the plains stretching from Nice to the foothills of the Alps, was first an important centre for leather, then for perfumed gloves, then for the perfumes themselves.

Hides from Grasse were exceptional and, in the last years of the 16th century, tanners there specialized in preparing leathers for fine glove making.

By the 17th century, they were catering to this rage for perfumed leathers by also scenting (primarily with jasmine) waistcoats, vests, doublets, shoes, belts, kerchiefs and fans.

By the year 1700, there were 21 master scented-glove makers in Grasse.

In their modest ateliers, clustered on the Rue Sans-Peurs in Grasse, the gantiers-parfumeurs became a rich and powerful element in the economy of Provence during the reign of Louis XIV.

As the profits grew, so did the requirements to become a master in this art. Francois Fragonard and his fellow craftsmen had to train for six years before they could present themselves for guild membership.

To gain entree to this specialized group, separating them from the tanners guild, each had to show an original, highly complex masterpiece to the jury to prove his skill in preparing and cutting skins, in perfuming and coloring them, and in dressing them to the point of highest planicy.



Kasual Katering

by Geri & Lori Kentner

Apple Fritters

- 2 cups flour
- 1/2 cup sugar
- salt
- 2 tsp. baking powder
- 2 eggs, beaten
- 1 cup milk
- 1/2 tsp. vanilla
- 3 tbsp. orange juice
- 2 cups unpeeled, chopped apple

Method

Mix all ingredients and let sit for 15 minutes. Drop by teaspoon into hot oil and fry for 10 minutes, approximately. Roll in icing sugar while still warm.

Simple Souffle

Serves 6

- 1 10. oz can Campbell's condensed cream of asparagus soup
- 1 cup grated Swiss cheese
- dash nutmeg
- 5 eggs, separated

Method

Combine soup, cheese and nutmeg in a one-quart saucepan over low heat, stirring occasionally til cheese melts. Remove from heat and set aside. Beat egg whites with high speed of electric mixer in a large bowl until stiff peaks form. Set aside. Beat egg yolks with high speed of electric mixer in a small bowl until thick and lemon colored. Gradually stir in soup mixture. Fold in egg whites. Pour into an ungreased two-quart casserole or souffle dish.

Bake at 300 degrees F, one hour or until lightly browned. Serve immediately.



The Kentners

Social Catering Ltd.

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CHRISTMAS FAVORITES

CHRISTMAS CHEESE TRAYS

Each Christmas Cheese Tray is centred with Mrs. Claus fruit and nut cheese ball. Our elves select from Cheddar, Colby, Brick, Swiss, Camembert, Havarti, Gouda and Marble. Each tray is complemented with a variety of biscuits and of course fresh fruits and a garnish of seasonal chocolates.

(Serves 15-20) \$35.00 (Serves 20-30) \$52.00 (Serves 30-50) \$86.50

FROSTED LIVER PATE

Try our frosted pate to add a festive touch to your holiday table. Accompanied by our homemade garlic toast our holiday frosting makes this a sure hit.

(Serves approx. 25) \$34.50

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Smooth melted brie encrusted in diamond almonds ready to enjoy with crusty baguettes, red and green grapes and our cranberry liqueur sauce. Just pop it in the oven and enjoy. A sure conversation stopper.

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A herd creation of cream cheese, chunky crab meat and spicy seafood sauce. Ready for spreading on an assortment of biscuits. Seafood lovers enjoy.

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SEASONAL FINGER DESSERTS

Selected at random we present Christmas cake, mince tarts, cranberry strausal tarts, short breads, rum balls, mini fruitcake, Christmas cookies, nanaimo bars, assorted squares, coconut balls and many more.

\$11.00 Doz.

CHRISTMAS COOKIE TRAY

A colourful assortment of traditional Christmas cookies and shortbread (48 pieces)

\$20.00

HOMEMADE CHRISTMAS CAKE

Our homemade, well-aged fruitcake topped with marzipan

\$10.00 lb.

GIFT BASKETS

"A CHRISTMAS TRADITION"

Each Kentner Gift Basket is unique. Our staff has shopped the world markets for these Special Treats. We select an assortment of goodies from the following categories:

- SWEET • SAVOURY • CHEESE
- SEASONAL WRAP 6 Items — \$17.95 ea.
- GIFT CARD 9 Items — \$25.00 ea.
- WICKER BASKET 14 Items — \$40.00 ea.

NEW YEAR'S EVE

MIDNIGHT SPECIAL BUFFET

Hot Barbecued Chicken
 Potato Salad, Cole Slaw
 Macaroni/Vegetable Salad
 Buttered French Stick
 Paper Goods
 \$4.15 P.P.

DANCE PARTY SPECIAL

Smoked Ham, Salami, Spiced Meatloaf
 Sliced & Cured Cheese
 Tomato, Onion, Cucumber, Lettuce
 Sweet Mixed Pickles, Buttered French Stick
 Paper Goods
 \$3.50 P.P.



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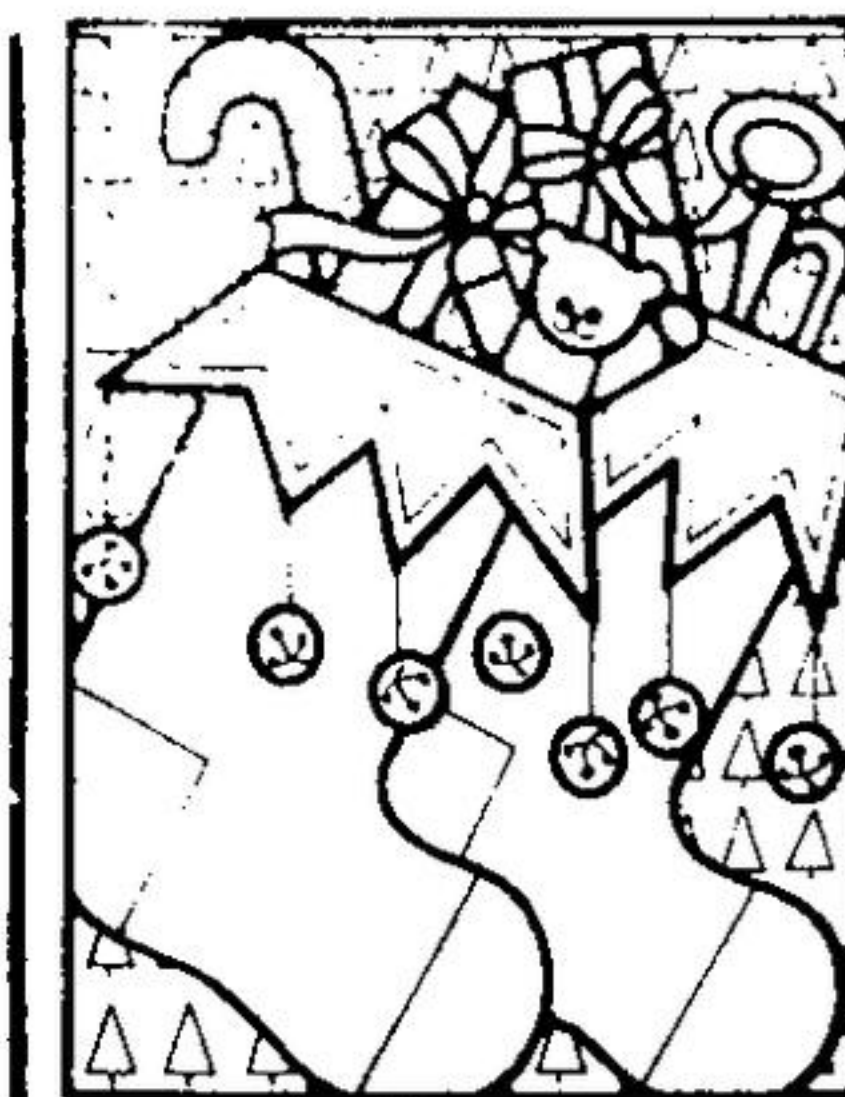
HEART AND STROKE FOUNDATION OF ONTARIO

CHILDREN'S CHRISTMAS COLOURING CONTEST



Entries available at stores and businesses in the downtown area. Drop off entries at Oxbow Books, Victoria Lane, Fletcher's Shoes & Penniesworth.

Deadline is Sat. Dec. 8/90.



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