

The Final Touch

**ANTIQUES
GIFTS
HOME ACCESSORIES**

873-2929

**99 Main St. S.
Georgetown**

METRIC EQUIVALENTS

Approximate conversions to metric measures

Length

1 inch = 2.54 cm
1 foot = 0.3048 m
1 yard = 0.914 m
1 mile = 1.609 km

1 mm = 0.039 in
1 cm = 0.394 in
1 dm = 3.937 in
1 m = 3.28 ft
1 km = 0.621 mile

Capacity

1 fluid ounce (imp) = 28.413 ml 1 l = 35.2 fl oz
1 pint = 0.568 l 1 hl = 21.997 gal
1 quart = 1.14 l
1 gallon = 4.546 l

Area

1 square inch = 6.452 cm²
1 square foot = 0.093 m²
1 square yard = 0.836 m²
1 square mile = 2.59 km²
1 acre = 0.405 ha

Weight (Mass)

1 ounce = 28.349 g 1 g = 0.035 oz
1 pound = 453.592 g 1 kg = 2.205 lb
1 short ton = 0.907 t 1 t = 1.102 short ton

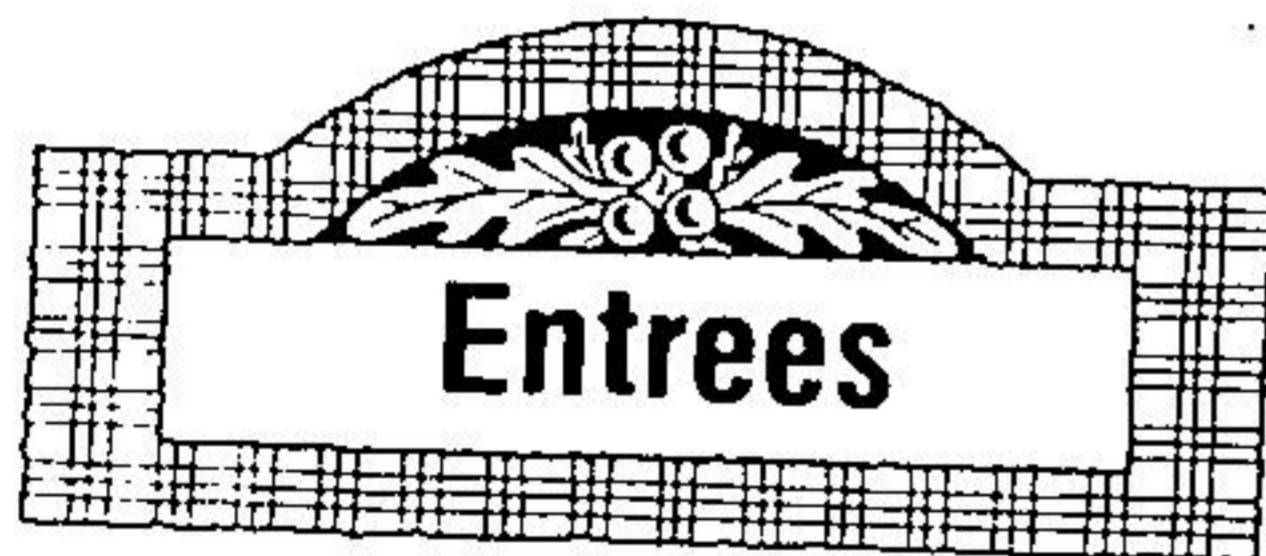
Volume (Dry)

1 cubic inch = 16.387 cm³
1 cubic foot = 0.028 m³
1 cubic yard = 0.765 m³

1 cm³ = 0.061 cu in
1 m³ = 35.315 cu ft
1 m³ = 1.308 cu yd

TEMPERATURE

Fahrenheit Celsius °C
(°F - 32) x 5/9 = °C



Entrees

BEEF POT ROAST

- 1 tbsp. flour
- 1 tsp. salt
- ¼ tsp. pepper
- 3 lbs. beef (chuck or rump)
- 1 onion, chopped
- 1½ tsp. fat
- 2 cloves
- 2 cups boiling water

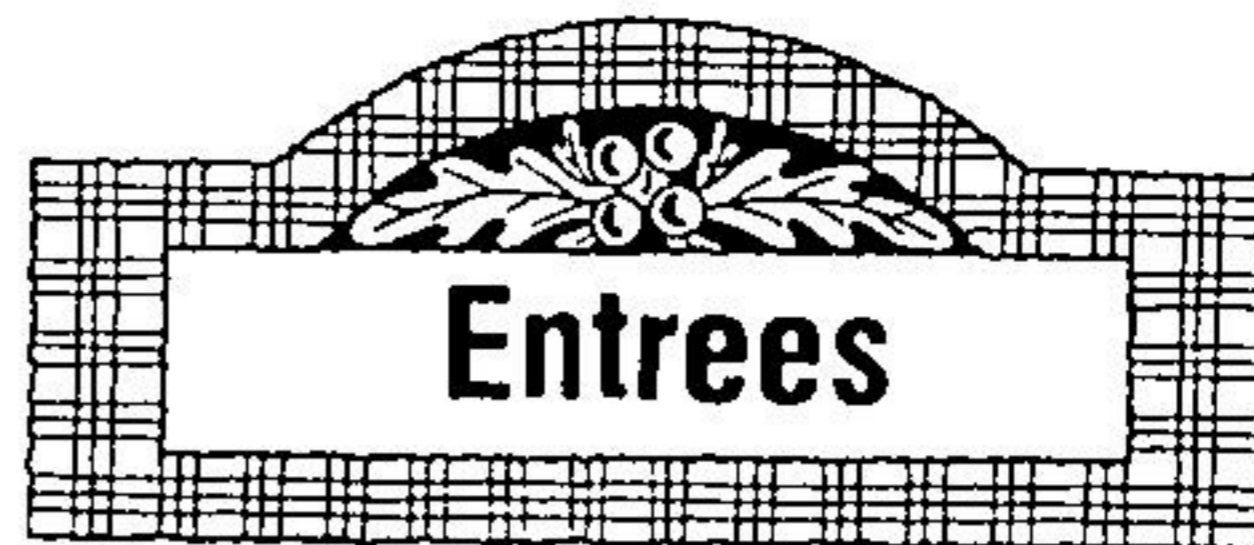
Mix flour with salt and pepper and dredge meat with mixture. Brown meat and onion in fat. Add cloves and a small amount of boiling water. Cover and simmer for about 3 hours or until meat is tender, adding more water as needed. One half hour before meat is tender, potatoes may be added.

Serves 6.

GRANDAD'S FAVORITE CASSEROLE

- 1 lb. ground beef
- ½ cup chopped onion
- 1 can mushroom soup
- ½ cup milk
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. thyme
- 2 cups cooked noodles
- 2 cups grated cheddar cheese

In a frying pan, brown meat. Add onion and cook until soft. Stir in soup, milk and seasonings. In a greased 6 cup casserole, place ½ noodles, ½ meat mixture and 1 cup cheese. Add 2 more layers of noodles and meat. Bake in 350 degree F oven for 20 minutes. Top with remaining cheese and bake another 10 minutes.



Entrees

CANTONESE SWEET-SOUR PORK

- 2 lb. lean pork shoulder, cut into strips
- 1 green pepper, seeded, cut into strips
- ½ medium onion, thinly sliced
- ¼ cup brown sugar packed
- 2 tbsp. cornstarch
- 2 cups pineapple chunks (reserve juice)
- ¼ cup cider vinegar
- ¼ cup water
- 1 tbsp. soy sauce
- ½ tsp. salt
- chow mein noodles

Place pork strips in crock-pot. Add green pepper and sliced onion. In a bowl, mix brown sugar and cornstarch. Add 1 cup reserved pineapple juice, the vinegar, water, soy sauce, and salt. Blend until smooth. Pour over meat and vegetables. Cover and cook on low setting for 5-7 hours.

One hour before serving, add pineapple chunks, stir into meat and sauce.

Serve over chow mein noodles.

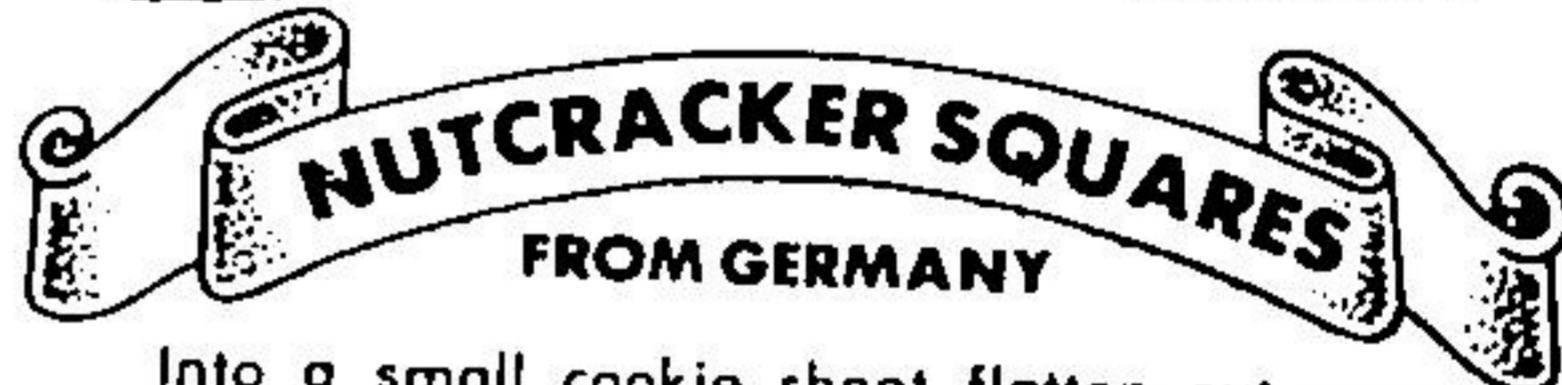
4 to 6 servings (about 2½ quarts).

C. Gemmel, Georgetown.



A HOLIDAY RECIPE
FROM

MELINA BAKERY



- Into a small cookie sheet flatten out your favourite recipe for shortbread - or
- ½ lb. butter at room temperature
- 2 oz. Crisco shortening
- 8 oz. white sugar
- 18 Oz. pastry flour

Bake in preheat 220° C (425° F) oven until light brown (about 5 minutes). Cool.

Into a large saucepan mix

- 12 egg whites
- 350 gr. (12.3 oz.) white sugar
- 60 gr. (2.1 oz.) liquid honey

Heat slowly on stove top, stirring constantly to 70° C (155° F). Candy thermometer helpful.

Add 150 gr. (5.2 oz.) white cake crumbs
275 gr. (9.7 oz.) sliced hazel nuts
and mix quickly. Do not overmix

Spread hot mixture on cooled shortbread. Bake at 220° C (425° F) for 15 minutes, until golden brown. Self glazed. Slice when cold. Chocolate shavings may be sprinkled on top. (This is optional).

Bakery & Pastry Chefs: Michael & Kirsten Lörchner

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