You don't call a plumber when your car needs work done...

Don't let your safety go down the drain!

Call the professionals at DEKER for all your electrical concerns.



eLeCTRIC Itd.

905-702-0515

www.dekerelectric.ca

SALES ESA #7003060











Guelph Street Animal Hospital

July Promotion

- EXAM+DHPP+RABIES-\$66

- EXAM+FVRCP+RABIES-\$66 - CAT NEUTER \$95 only



Open all 7 days

- Spays / Neuters
- Vaccinations
- Medicine
- Surgery / Orthopedics



- COMPLIMENTARY DENTAL EXAM
- . Dental Surgery / Cleaning
- Emergencies
- Prescription Food
- In-house Lab





Guelph Street Animal Hospital/facebook.com www.guelphstreetanimalhospital.com

Behavioural Counseling

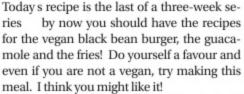
184 Guelph Street Georgetown ON. L7G 4A7 gsahvets@gmail.com Fax: 905.702.8225



COMMENT

Black bean vegan burgers with fries: part three

By Lori Gysel & Gerry Kentner whatscooking@theifp.ca



I ve suggested Yukon gold (yellow-fleshed) potatoes, but russet (baking) potatoes also make a great French fry.

The trick is to wash them, slice them, then allow them to dry thoroughly on some paper towels before coating with oil and baking. When trying to get a great oven-baked fry with good browning, water is the enemy.

I don t peel my potatoes, I just scrub them and we eat them, skin and all. Most of the nutrients are located right next to the skin if you peel, you may just be peeling away the



What s Cookin

most nutritious part. You certainly will be peeling away the most flavourful part.

The other trick is that when you lay them out on a baking sheet, they need to be really well spread out. If they are all jammed up tight together or in a pile, they will just steam (again, water being the enemy) and they will get soft, but not crispy.

And, it is difficult to make these for a crowd in a household oven. If you get more than two pans in the oven, they just don t get the same air circulation and you begin to get a steaming effect (ah, there s that water again).

So if you do have a crowd, consider a different type of potato dish or get out the deep fryer on the driveway!

Have fun and keep cooking!

Oven-Baked Fries

Serves two

INGREDIENTS

3 large yukon gold potatoes 2 tbsp olive oil kosher salt (coarse grind)

METHOD

- 1. Wash potatoes and dry well.
- 2. Slice lengthwise into thick fries.
- 3. Toss with olive oil.
- 4. Lay on a parchment-lined baking sheet.
- Sprinkle liberally with kosher salt.
- 6. Bake in a preheated 425 F oven for 20-30 minutes, flipping halfway through.



Hint: don t flip until the bottom sides are well browned. Keep in mind the cooking time will change if your fries are not as thick as mine. Spread them sparingly on pan do not pile or crowd. Use two pans if necessary.

A NEW CEMETERY

A new cemetery for the general public is taking shape for residents in Halton Hills and their families. Devereaux Cemetery is located in a quiet country setting on the 17th Side Road, just west of Trafalgar Road. It's adjacent to the Holy Redeemer Cemetery and open to

Contact us for information about available interment options,



Owned and operated by The Roman Catholic Episcopal Corporation of the Diocese of Hamilton

905-877-8500 | www.devereauxcemetery.ca

IN HALTON HILLS

people of all religious faiths.

either at time of need or in advance.



Leaky Basement? Call Us!

Crack Injection Repair Specialist

- Wise Dry Interior Drain Systems
- Lifetime Fully Transferrable Warranty
- Masonry repairs and parging

Professional, Cost Effective Solutions for Wet Basements

905-510-9739

wayne@wisecracks.com

www.HaltonWiseCracks.com