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Correction

Sideroads recipe missing ingredients

In the Fall Sideroads magazine, due to a production error, part of the ingredients list for the Apple, Cranberry and Walnut Strudel was not published.

The full Ingredients list should read:

- 3 apples, peeled, seeded and chopped
- 1/2 cup dried cranberries
- 1/3 cup brown sugar
- 1/4 cup walnut pieces, toasted

- 2 tsp lemon juice, fresh squeezed
- 1/4 tsp ground cinnamon
- 6 phyllo sheets
- 1/4 cup butter, melted
- 1/4 cup bread crumbs
- * icing sugar to dust over strudel (*optional)

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- Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.
- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum

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