

Dear Neighbours

STEAMED CARROT PUDDING for the holidays is a tradition born of hard times, when carrot pudding was more economical and less fuss than a prize plum pudding. For all its modern glamour, the holiday season does seem a fitting time to honour humble origins. Perhaps especially this year.

Carrot Christmas Pudding

Five Roses Cookbook circa 1950 - From the Collection of Margaret Dye

INGREDIENTS

1 cup grated raw carrot
1 cup grated raw potato (divided into 1/2 cups)
1/2 cup butter
1 cup granulated sugar
3/4 cup seeded (Thompson) raisins
1/2 cup currants
Dusting of flour
1 cup all-purpose flour
1/2 tsp each of ground cloves, cinnamon, and nutmeg
1 tsp soda

HOW TO MAKE IT

GRATE carrot and potato. Measure and set aside.
CREAM the butter; add sugar and blend well.
ADD grated carrot and 1/2 cup of grated potato. Mix well.
SPRINKLE raisins and currants with dusting of flour. Add to first mixture.
SIFT together the flour and spices, and stir in.
DISSOLVE the soda in remaining 1/2 cup of potato and add it last.
MIX lightly together; pour into buttered stoneware bowl.
COVER well with redoubled cheesecloth tied down with kitchen string.
STEAM for 3 hours (ask your elders—they'll know how :)
SERVE with hard sauce, lemon sauce, brandy sauce or custard.

Visit [Foodstuffs.ca](https://www.foodstuffs.ca) for our curated collection of **contemporary and nostalgic recipes** for the holidays and always.

From there it's a quick click to our **Facebook, Twitter and Instagram** feeds where we'll keep you up-to-date on the latest **goodies and gadgets**.

Your support has been wonderful! Foodstuffs remains open with recommended protocols in place. We're also filling telephone and on-line orders for curb-side pickup. We look forward to seeing you soon - whether it's at the door or in the store :)



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NEWS

POLICE SAY SURGE IN SUSPECTED DRUG OVERDOSES CONTINUES

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Halton police say a recent surge of suspected drug overdoses in the region continued last week with officers responding to seven incidents, including one fatality.

While Media Relations Officer Const. Steve Elms would not say what municipalities each suspected overdose took place in he did say all four municipalities experienced at least one.

The victims included five women and two men.

One man died on Saturday, Nov. 21.

Elms described the oldest

victim as being in their mid-40s.

Based on information provided to officers and/or evidence observed/collected at the scene, Elms said the suspected substances involved include cocaine, meth and hydro-morphone.

As of early Nov. 24, police said there have been 28 suspected overdoses in Halton so far this month, including six that were fatal.

A November 2020 report by the Ontario Drug Policy Research Network, the Office of the Chief Coroner for Ontario, Public Health Ontario and the Centre on Drug Policy Evaluation suggests a provincial increase in drug-related deaths is being driven by a number of factors, including an increasingly toxic unregulated street drug supply, barriers to access

to harm reduction services and treatment (caused by the pandemic), and physical distancing requirements leading to more people using drugs alone.

Halton police are continuing to warn those who use drugs not to use alone noting there will be no one to help you if things go wrong.

They are also advising drug users to go slow and carry naloxone.

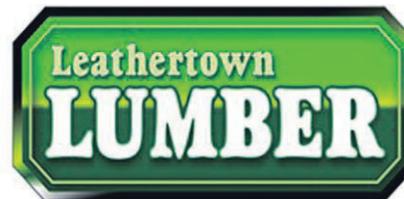
Halton police officers carry naloxone and anyone experiencing or witnessing an overdose can call 911.

Help can also be found at:

- Halton Alcohol, Drug & Gambling Assessment Prevention and Treatment Service (ADAPT) 905-847-6547 or www.haltonadapt.org
- Oakville Distress Centre 905-849-4541
- Centre for Addiction and Mental Health 1-800-463-2338 or www.camh.ca
- Narcotics Anonymous Halton 1-888-811-3887 or www.haltonpeelna.org.

YOU OPINIONS

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Annual Toy Drive - On Now!



Our annual toy drive is happening now! We are collecting unwrapped toys for all ages for the **Salvation Army** to deliver in Acton. Bring in your unwrapped toys to Leathertown Lumber and make a child's Christmas extra bright this year. We also accept gift cards in all denominations up to \$25.

Thank you for joining us to help bring a smile to a child's face this holiday season!

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