

Herbs are a part of the spice of life

By Sally Plackett

Now is the time to start a herb garden, to help you decide what to grow here is a list of the most common herbs and their uses:

Basil, is divine paired with tomatoes and is the essential ingredient in pesto, but try it with eggs and in potato dishes and rice salads.

Bay leaves, powerful and a bit musty, add complexity to marinades, soups, and stews and are boiled with milk for white sauces.

Borage Flowers, with their mild cucumber taste, are pretty on salads; the leaves are essential for the English cup Pimm's Cup.

Chervil, delicate and lightly anise scented, is put into omelettes, salads and sauces for white meats and fish just before serving.

Chives, add a light oniony taste to eggs, soups and vegetable dishes.

Dill, with its hints of celery and anise, is wonderful with cucumbers and carrots, in chicken soup and in bread. Use sparingly.

English Thyme, has minty undertones and is good in stews or on grilled vegetables.

Flat-Leafed Parsley, is softer in flavor and texture than the more familiar curly leaved. Use in salads and soups or as a garnish.

French Thyme, is the subtlest of the thymes. It goes in a bouquet garni or deepens flavor in a long-cooked stew.

Garlic, is best before green shoots have formed in the centre of the clove; remove to prevent bitterness. The flowers make a pretty garnish for any dish or salad in which you have used garlic.

Lavender, tastes as it smells, with a slight bitter undertone. Often infused as a soothing tea, it can also flavor jams and vinegars.

Lemon Basil, reflects its name; torn into soups, it gives an indefinable flavor. It is also good in salads and with eggplant.

Lemon Thyme, taste as strongly of lemon as of thyme, going well with fish dishes and with fruits

such as oranges and pears.

Marjoram, is milder fresh than dried. It is a natural in tomato sauce and with eggplant and beans too.

Rosemary, often paired with garlic, gives a pungent Mediterranean flavor to marinade, grilled fish and roast lamb.

Sage, goes nicely with pork as well as poultry stuffings.

Savory, Mildly sharp and salty, is classically paired with dried beans; try it with sautéed cucumbers or fresh corn.

When you have grown your own herbs here's a way of using them

Home Front

besides in cooking:

Using an old pair of panty hose, cut off a foot part, long enough to tie a knot in, fill with herbs and cedar chips and use as a closet deodorizer.

Kitchen Poem

We learn about life in our kitchen,

To measure and cook with care;

To cope with folds in our family;

To always be kind and share.

We learn about life's problems

To put in a pinch of herbs;
To sew a straight seam in life,
my dear,

To read and learn about verbs.
These things you learn from your
Mother,

To face life without a doubt,
So please take pride in your
kitchen,

That's what our life is about.

Sewing Tips:

Does your chalk smudge? Wet
the chalk before using for finer
brighter markings.

Shadows under white clothes.
When constructing garments, use

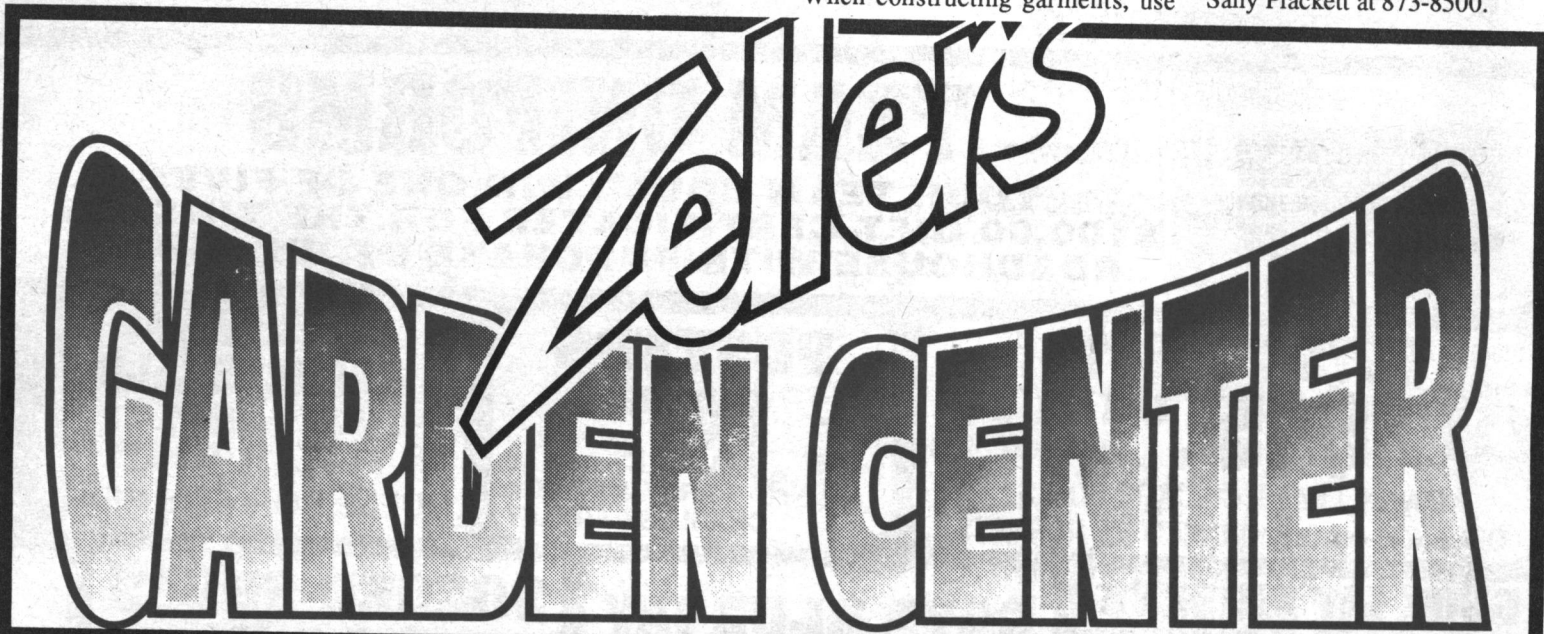
nude underlining. It hides seam
edges and undergarments better
than white.

Dramatic ruffles. Do you want to
make the ruffle stand up? Feed
mylar fishing line through your
machines narrow hemmer. The fab-
ric will roll over the fishing line
and gain the stability needed to
make the ruffle stand up.

Thought for the rest of your life:

Treat your friends like family
and your family like friends.

For information on fabrics, alter-
ations or just household hints, call
Sally Plackett at 873-8500.



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Love of Crafts

By Diane Bergamin

Arts and Crafts of Georgetown celebrated its 50th anniversary last October. This group is comprised of thirty-something talented women, whose objective is to encourage local arts and crafts.

Leading this group into the next 50 years is President Helen Chumley and her executive: 1st Vice-President Ann Balanyk; 2nd Vice-President Diana Bergamin; Recording Secretary Ann Lidbury; Social Convener Jessie Milton and Past President, Pat Beer.

The group offers craft courses, guest speakers and of course, the opportunity to develop lasting friendships.

This is not a commercialized organization, but rather a unique group of crafts people who simply enjoy doing arts and crafts.

The annual exhibition and sale is always the talk of the town. This year, the sale will be held on Saturday, November 6, from 10 a.m.-4 p.m. at North Halton Golf and Country club.

Craft lovers can purchase quality hand made products from members and guest artists. This event should not be missed! Be sure to enter this date on your calendar.

For more information, please call Helen at 853-4517 or Ann at 877-0072.

