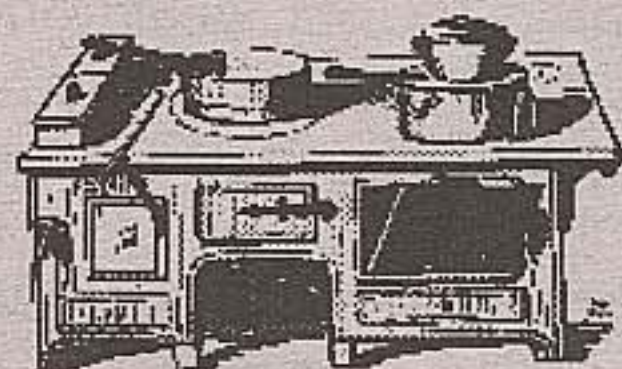


# BOARD & BATTEN

Keeping the home fires burning

## Glenda's Kitchen Kapers

BY GLENDA BENTON



For some reason our old apple tree has produced the best apples this season in years and years. I even managed to get a first prize for my apple pie and applesauce at Georgetown Fair. I can't tell you the name of the apple but the tree has been there for ages. It was old when we moved here nearly 40 years ago. Thought I'd share an apple recipe or two. I had a request for a Candy Apple recipe and I'm including one that was published in the annual Apple Cookbook, printed each year by the Meaford Express and Thornbury Courier Herald (great apple country!) This recipe was printed in the 1992 book.

### Candy Apples

Mix 3 cups white sugar, 1/2 cup corn syrup, 2/3 cup water, a pinch of cinnamon and a drop or two of red food colouring. Cook to hardcrack stage. Poke sticks into 12 apples (or more, if necessary) and dip the apples into the candy mixture, swirling until coated. Set on waxed paper-lined trays and let harden.

(I will confess that I haven't used this recipe; when I did candy apples I did them with the bag of caramels. The person requesting the recipe didn't want that, so I hope this is okay, Jean!)

### Fresh Apple Cake

1 1/2 cups sifted all-purpose flour  
2 tsp. baking soda  
1 tsp. cinnamon  
1 tsp. nutmeg  
1/2 tsp. salt  
1/2 cup butter

1 1/2 cups sugar  
2 eggs, well beaten  
4 cups finely cut up apples  
1 cup whole bran cereal  
Sift together first five ingredients. Blend butter and sugar. Add eggs and beat well. Stir in apples, cereal and dry ingredients. Bake in well greased 9x13 pan for 40 min. at 350°F. When cool, spread with fluffy frosting.

### Fluffy Frosting

2 1/2 tbs. flour  
1/2 cup milk  
1/2 cup butter  
1/2 cup sugar  
Chopped walnuts  
Cook milk and flour until mixture is thick. COOL. Blend butter and sugar until fluffy. Add flour mixture, beat until light and of spreading consistency. Spread on cake and sprinkle with chopped walnuts.

*We need some clouds in our life to have a beautiful sunset.*

## Dr. Bug's "Bugbytes" Cluster flies

As many people living in the country have learned, flies that gather in windows, buzz around the lights and fall spinning to the floor are cluster flies. Their presence solicits anything from mild annoyance to putting a "for sale" sign on the front lawn!

To understand the problem, it helps to know a little bit about the habits of these flies. Cluster flies are different from most of the other flies that we encounter. First, they are parasitic on earthworms, their life cycle taking place in the soil of fields and lawns. Second, they are long lived, overwintering in various places or structures such as homes and emerging in the spring. Females lay their eggs in the soil and the larvae (maggots) seek out and penetrate earthworms. After 15 to 20 days the maggots leave the worm, move near the soil surface and pupate. The cycle can be completed three or four times in a season. The adult flies feed on the nectar of flowers.

To answer some of the most common questions, cluster flies do not breed inside homes, feed inside homes, lay eggs inside homes, present a health hazard in the same way that house flies and other flies do, or enter through the windows (in most cases).

They simply enter structures in the fall in order to try and overwinter. Once inside, while it is cold they remain dormant. Unfortunately, on sunny days, even in winter, they will become active and emerge inside the house. They are often found at windows because they are attracted to the outside light. Late fall and early spring are when the flies tend to be most numerous in homes. If you think your problem is bad, one structure was reported to have a quarter of a million flies. That's a lot of vacuuming!

I've treated all styles of homes - old log cabins, brick Victorian farm houses and century stone homes with brand new vinyl sided Cape Cod construction - and have found equally heavy infestations in all of them. Cluster fly problems are not confined to older homes.

The most important question is how to get rid of these flies, or better yet, prevent them from entering your home or building. The main areas that cluster flies enter are often up high. These include soffits and fascia, gable ends, dormers, vents and flashing. They will also enter through cracks and crevices between bricks, stones, wood siding, around windows and doors, under battens or other tiny openings in the structure. Sealing and caulking these areas will help to reduce the number of entry points.

The only proven chemical treatment for cluster flies is carried out with a residual insecticide called permethrin. Permethrin has a low toxicity rating for people and animals but is highly effective against a wide variety of insects and also spiders. It has proven to be very effective in the elimination and prevention of cluster fly infestations.

Treatments can be done in either the fall or spring. Fall treatments are preventative, stopping flies from entering the house so that you won't have them coming out on sunny winter days or the following spring. Fall applications are carried out between the end of August and late October. The procedure involves treating the outside of the house, concentrating on areas where the flies enter. As well, attics are fogged. Spring treatments eliminate overwintering flies from the house and reduce the population size for the next fall.

I have successfully treated such diverse structures as churches, schools, museum buildings, country inns, offices and farm buildings. Cluster flies are one of the 'joys of country living' that you don't have to live with.

"If Noah truly was so wise, he would have swatted those two flies."

SUBMITTED BY ROBERT CAMERON

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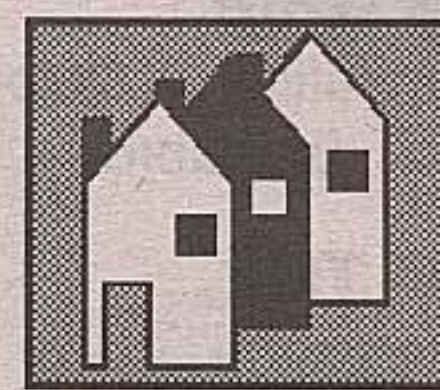
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