North Halton Happenings

FEBRUARY 7

How Safe are our Skies? "Airplanes and their pilots" topic by Cam Bailey, 7:30 p.m., Nassagaweya Community Centre, Guelph Line. Sponsored by the Nassagaweya Women's Institute. Admission free; refreshments served.

FEBRUARY 10_

St. Valentine's Day Masseur, an evening of professional Murder Mystery Dinner Theatre, presented by Big Sisters of North Halton. Optimist Centre, 311 Commercial St. Cocktails 6 p.m.; dinner and show 6:45 p.m. Draws & door prizes! \$35, all proceeds to Big Sisters. Tickets at M&M Meats, Milton and by calling 905-854-9953.

FEBRUARY 15_

Gardening from a Natural Perspective, The University of Guelph Arboretum Course runs from 9 a.m. to 12 noon OR 1 to 4 p.m. A practical lecture using slides and a tour. Designed to help participants understand "nature's gardens." Insights to restoration or development of your site and reduce the effort. Part of program is outside; please dress accordingly. \$20 fee; registration by Thurs. Feb. 1. 519-824-4120, ext. 4110.

FEBRUARY 25_

Family History Research: The Halton-Peel Branch of the Ontario Genealogical Society regular meeting will be held at Chinguacousy Branch Library, lower level, 150 Central Park Dr., Bramalea at 2:00 p.m. Guest speaker will be Frances Hoffman. Topic: "Using Diaries and the Immigrant" Experience." Visitors are welcome.

UNTIL MARCH 25_

Colours of War, an exhibit of works of art from the Canadian War Museum, Ottawa spanning the years 1914 to 1945. Wellington County Museum & Archives, County Rd. 18 (between Fergus & Elora). Call 519-846-0916 for more information and hours.



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BY GLENDA BENTON

Tthink I might have said before that January and February are casserole months at Lour table. Because the cook stove is on, I often like to cook a casserole in it. I like to experiment and have a variety although we do have our favourites that I find I'm

repeating often. One is the Seven Layer Casserole, which I think most people have. The one I wish to share this month is called Meat and Rice, and I will give some ideas for variations. Happy experimenting!

Meat & Rice Casserole

- 1 10-ounce can condensed cream soup
- ½ cup dairy sour cream
- ½ cup milk
- 1½ cups chopped meat
- 11/2 cups cooked rice
- 1 cup canned or cooked peas
- 1 2-ounce can chopped mushrooms, drained

Seasonings

Crumbs 1 tbsp. butter, melted

In a bowl, stir together soup, sour cream, and milk until smooth. Stir in meat, rice, peas, mushrooms and seasoning. Turn mixture into a 11/2 quart casserole. Combine crumbs and melted butter. Sprinkle over casserole. Bake uncovered at 350°F until heated through, about an hour.

Variations

Soup Suggestions: Cream of mushroom, celery, chicken or cheddar cheese.

Meat Suggestions: Beef, pork, ham, chicken or turkey, cooked ground beef.

Seasoning Suggestions: 1 tbsp. snipped parsley (with any meat); 1/4 or 1/2 tsp. chili powder (with beef or ground beef); 1/4 tsp. caraway seed (with pork or

ham).

Crumb Suggestions: 3/4 cup soft bread crumbs; 1/2 cup crushed crackers (14 crackers); 1/2 cup crushed pretzels (omit butter).

The variations can be anything you feel like adding. A little brown sugar, a little prepared mustard, a pinch of nutmeg, pickle juice, and of course you can't go wrong adding ketchup. You can start with the same ingredients and have a different tasting casserole every night of the month if you want!

Seven Layer Casserole

- 1 lb. browned ground beef
- 1 or 2 onions, sliced
- 3 or 4 carrots, sliced
- 2 or 3 stalks celery, sliced
- 1 cup Minit Rice
- 3 or 4 potatoes, sliced 1 can peas, drained
- 1 can tomato soup
- A little water to keep moist (or juice from peas)

Layer in the order given in a small roaster or large casserole dish. Bake at 375°F for 11/2 to 2 hours. I always add garlic powder to ground beef dishes or fresh garlic if I have it. Salt and pepper is used to taste.

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