



• Auto Upholstery • Sunroofs • Windshields
 • Truck Caps & Lids • Tonneau Covers
 • Boxliners • Step Bars - Black, Chrome & Stainless
 • Grill Inserts - Stainless
 781 Main Street, Units 1 & 2, Milton
 905-876-4785



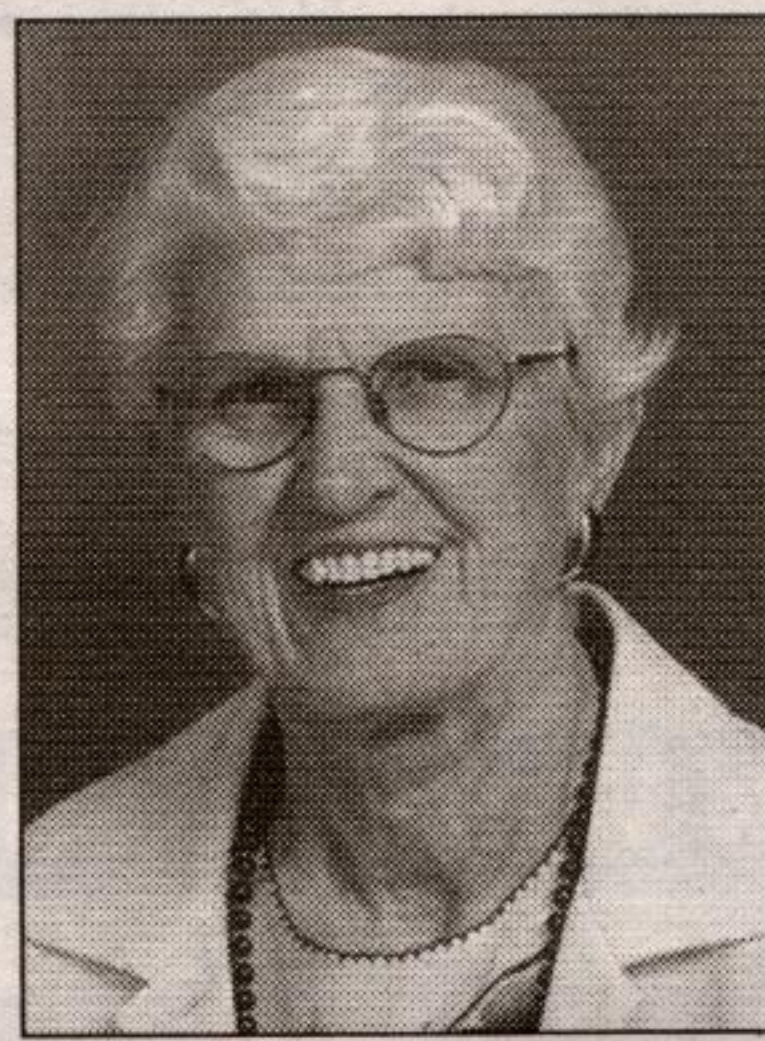
BOB'S AUTO SERVICE

Think Spring
 and have your
 vehicle checked
 by our licensed
 technicians

18 Commercial St., Milton
 Tel: 905-878-7926
 Fax: 905-878-7295
 24 HOUR TOWING
 1-800-363-2209



Kith & Kin



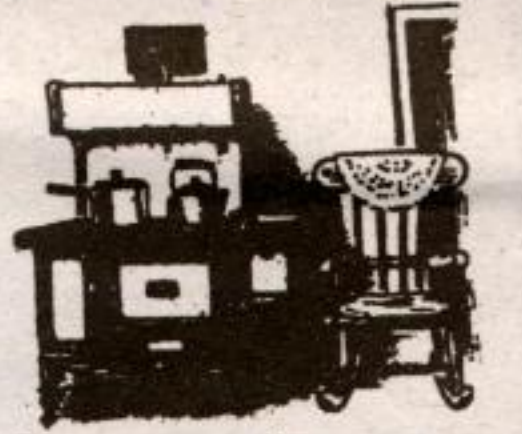
The family of
Wilda MacDougall
 invite you to an
Open House
 in celebration of her
80th birthday
Saturday, May 24
2-4 p.m.
 Eden Mills Presbyterian
 Church, Eden Mills
Best wishes only!



Don Buchanon
 is FORTY!

Glenda's Kitchen Kapers

BY GLENDA BENTON



When I serve meat with my Sweet and Sour Sauce, I nearly always get asked for the recipe. Now I will share it with our readers. I use it on meatballs, chicken, stewing beef - your choice.

SWEET and SOUR SAUCE
 3/4 cup brown sugar
 1/2 cup vinegar
 1 tablespoon prepared mustard
 3 teaspoons cornstarch
 1/2 cup ketchup
 1 medium finely chopped onion
 1/2 chopped green pepper
 Stir constantly and cook. Pour over your meat. I use this on chicken and meatballs a lot. Bake in the oven.

Since I had leftover turkey in the fridge, we had Rice Casserole for supper. It's easy and quick, can be made ahead and just popped in the oven.

RICE CASSEROLE
 1 cup Minute Rice (not cooked)
 1 tin celery or mushroom soup
 1 tin water
 2 cups mixed frozen vegetables
 2 cups cooked turkey (you can use chicken, tuna, ham, beef, pork - just anything that might be left over)

Topping
 1/2 cup fine bread crumbs
 1/4 cup melted butter
 1/4 cup grated cheese
 1 teaspoon paprika
 Mix and spread on top of the first mixture. Bake at 350°F for 20 minutes or until the vegetables are cooked. Sometimes I skip the butter and use a little more cheese.

MAPLE SYRUP PUDDING
 4 or 5 large ripe apples sliced into pieces in an 8" square pan
 1/4 cup maple syrup poured over the apples
 2 eggs, beaten
 2 tablespoons melted butter
 1 tablespoon freshly squeezed lemon or Realemon
 1/4 cup of milk
 1/4 cup of maple syrup
 Beat eggs, butter, lemon juice, milk and syrup.

1/2 cup all purpose flour
 2 teaspoons baking powder
 1/4 teaspoon salt
 Stir the three dry ingredients into the egg mixture until smooth. Fold in 1/4 cup raisins. Spoon evenly over the apples. Bake at 375°F for about 30-35 minutes.

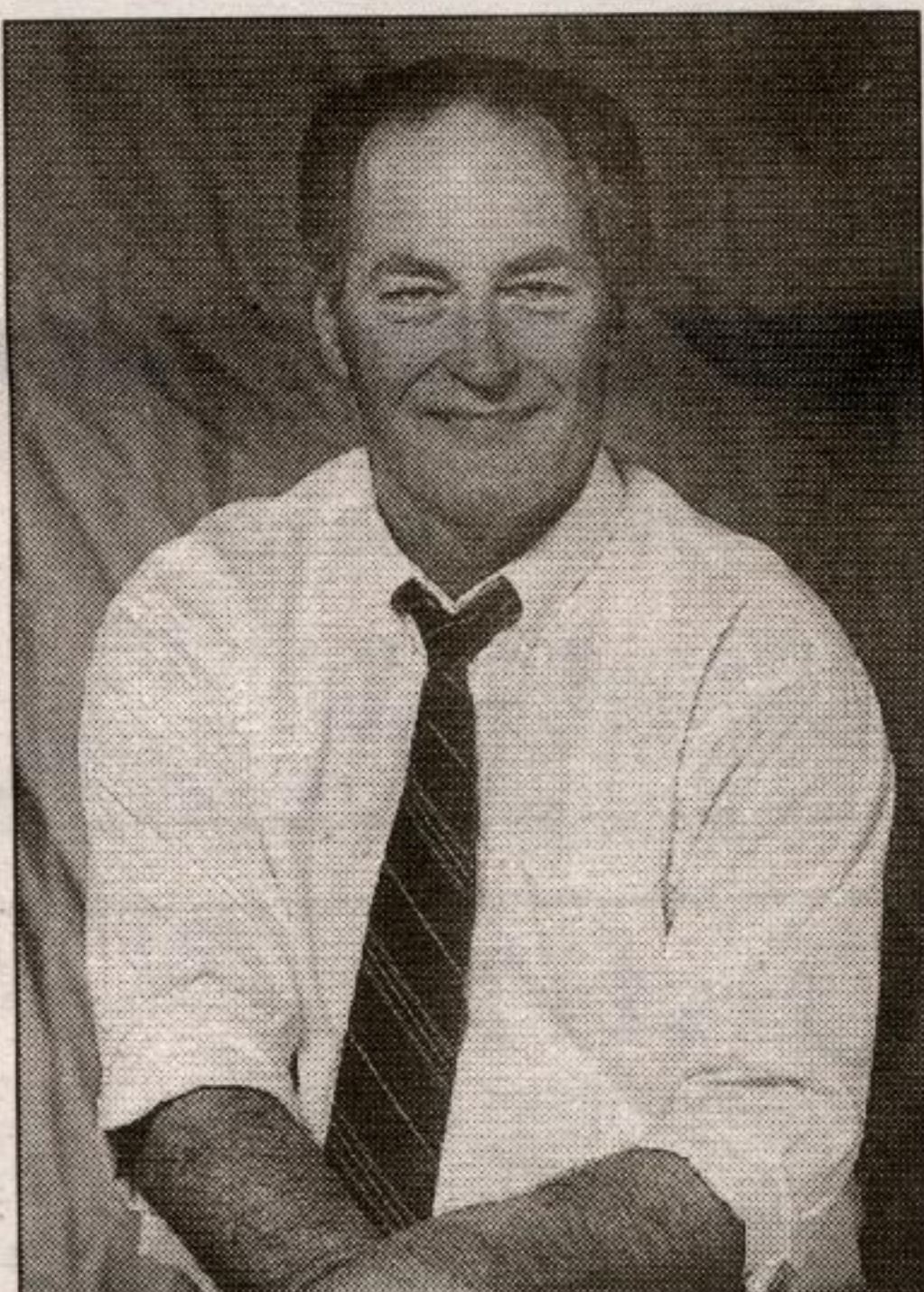
*People who don't
 stand for anything
 will fall for
 anything.*

Encouraging all
 Halton
 4-H members ...



"Learn to do by doing"
 during all of your
 2003

projects and opportunities.



Ted
 Chudleigh,
 MPP Halton



CONSTITUENCY OFFICE

192 Main St., Suite 100,
 Milton, ON L9T 1N8
 Tel. (905) 878-1729, Fax (905) 878-5144
 email: ted_chudleigh@ontla.ola.org

BILL'S AUTO BODY SHOP



Ries Boers

- Collision Repairs
- Computerized Paint Matching
- Complete Auto Body & Refinishing Services



Working harder to stay # 1

155 Nipissing Rd., Milton 905-878-2721

AUCTION SALES HUME'S AUCTION FARM

9313 4TH Line, Milton, Ontario

May 4 (10 a.m.)

A 25 year collection of toys & more, 90% of collection in Original Boxes. Pocher 1/8 scale model of 1932 Rolls Royce Phantom II, drop head Sedan Coupe, 2199 pcs. Assembled.

May 10 (10 a.m.)

Antique Tractors, Gas Engines, Farm Machinery, Service Station Memorabilia, Modelers Machine Shop Equipment, and hand tools, Woodworking Machinery, Model Steam Railroad 2-6-0 Engine, Bull Pit and Sons Ltd. Ship's Lantern dated 1916, Leclerc 6 treadle 4 frame loom, Anvil, Horse drawn cutter & buggy, Mobile sign boards, Reinell west coast fishing boat w trailer, 1993 GMC w 14' Grumman Van Body, 1990 Chev w 16' Unicef Van Body.

May 31 (10 a.m.) & June 1 (Noon)

Costumes - Costumes - Costumes - from Costumes & More by Robin. Many Stratford Festival Quality Costumes.

Contact: Sherwood Hume Auctions
 Telephone 905-878-4878

web site www.auctionsfind.com/sherwoodhume

Terms: Cash, Interac, Credit Cards, Cheques w/ I.D.

LUNCH AVAILABLE

Riverfest celebrates fifth year

BY GLORIA HILDEBRANDT

Norval hosts the fifth annual Riverfest on Saturday, May 24 from 8 a.m. to 4 p.m. This celebration of life on the Credit River takes place throughout the village.

Norval Park will offer a pancake breakfast, a barbecue, a market for earth-friendly products, demonstrations of fly tying, fly fishing, water studies and live music including performances by Dave Hadfield. The Bruce Trail will conduct a guided morning hike along the Credit Valley Footpath from River Road to Willow Park Ecology Centre. The Halton Hills Volunteer Fire Department will demonstrate a cold-water rescue at the Norval Bridge near Canoe Country. Willow Park Ecology Centre will be the site of animal explorations with electro-fishing; studies of river insects; afternoon visits by birds of prey - two owls, a hawk and a falcon; and butterfly releases for children. The second Paddle-to-the-Sea race of miniature boats will take place in a stretch of Silver Creek.

New this year is a sponsorship program, with levels of donations named Guide (\$100), Tripper (\$250), Voyageur (\$500) and Master (\$1000). The suggested donations for Riverfest are \$4 an adult, \$2 a child and \$10 a family. Call 905-877-3883 or visit www.canoe-country.com.