

Best talkers

These Grade 4 and 5 students at Limehouse School were finalists in the recent public speaking competition held at the school. Back (from left) are Corey Carlton, Matthew Reid, Matt Locke and Rena Chadwick. Front (from left) are Shannon Williamson, Anna Burnett and Brendon Pezzack.

Photo by Lisa Tallyn

Enter our Mother's Day cookbook contest

Give Mom something she will really like for Mother's Day on May 11—the latest Jean Paré's Company's Coming cookbook. Called Meatless Cooking, it has lots of great tasting recipes for the health-conscious cook.

All you have to do to win one of 10 free copies is answer the following 10 questions correctly, attach your name, address and telephone number and mail it to the Independent & Free Press office, 211 Armstrong Ave., L7G 4X5 or drop it off at the office (we do have a mail slot), drop it off at the newspaper's drop box in the ASSIC office on Willow St. in Acton, or fax it to us at 873-0398. Deadline is May 5 at 5 p.m.

The Independent & Free Press will draw 10 lucky names from the submissions with all the correct answers.

1. What is tofu?

- a. A rap star from California

b. A soy milk product also known as bean curd
c. A deadly martial art using your toes

2. How do you have your eggs and reduce your cholesterol too?

- a. Substitute 2 egg whites for 1 whole egg
b. Juggle a dozen in the air for 5 minutes
c. Hatch them.

3. What main ingredient gives guacamole its green color?

- a. Grass clippings
b. Mashed avocados
c. Crushed crayons

4. What's bulgar?

- a. A sport where the team shouts "Bulgar!" after scoring
b. Swearing in public
c. Wheat kernels commonly used in Tabbouleh *(Ta-BOO-lay)

5. Tahini is...

- a. A Hawaiian dance
b. A spread made with sesame seeds
c. A teeny weeny swimsuit

6. Which of the following are varieties of legumes?

- a. Beans
b. Peas
c. Lentils
d. All of the above

7. What ingredient is commonly used in vegetarian cooking because of its nutritional value?

- a. Nuts
b. Bubblegum
c. Beeswax

8. Which is not a rice?

- a. Arborio
b. Basmati
c. Confetti

9. If you were a vegetarian, which of these would you most likely prepare?

- a. Black Bean Soup
b. Lentil Soup
c. Minestrone* Soup
d. All of the above

10. What do pinto, lima and kidney have in common? They are...

- a. Models of cars
b. The names of Columbus' ships
c. Varieties of beans
d. Breeds of horses

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Tooth Chatter



by
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QUESTIONS & ANSWERS

Q: Do I need a referral from my dentist?
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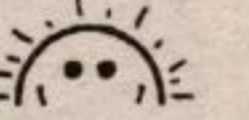
Q: Do denturists do lab work for dentists?
A: No - Commercial dental labs do work for dentists - denturists have their own patients that they work on directly - so, if you didn't come to our office, we didn't make or fix your denture.

Q: If my denture breaks, what should I do?
A: Our office has a fully functional lab right on the premises. We do everything right here, so your denture can be repaired quickly, easily and affordably.

Q: If I need some or all of my natural teeth extracted, who do I call?
A: Call us! We can co-ordinate all your extractions from here.

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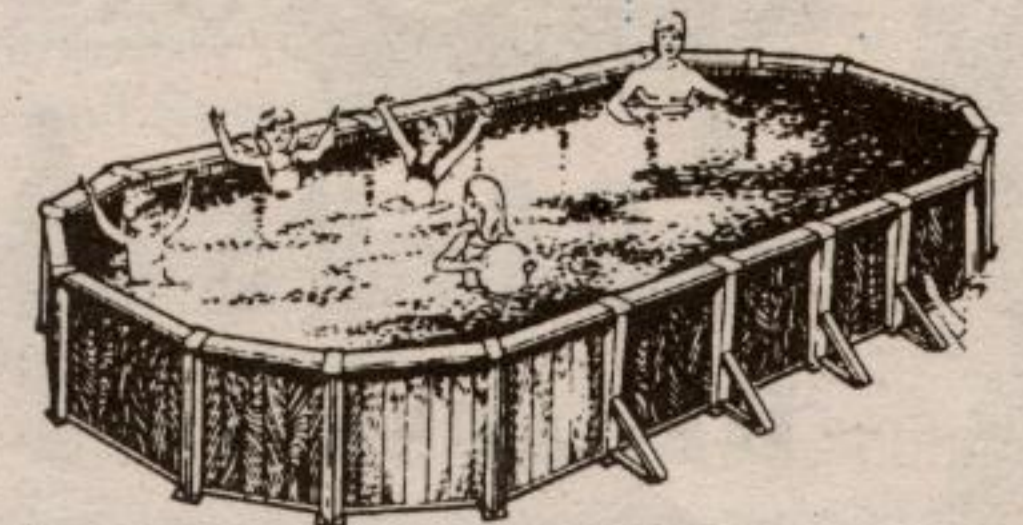
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