

*Turf Tips*

Watch for this weekly Lawn Care column by Duncan and Eileen Atkinson

**WHITE GRUBS**

Dead, brown patches in your lawn during spring or fall may indicate White Grub damage. These grubs are the larvae of June Beetles and European Chafer. Beetles lay eggs which hatch in summer. Damage is very noticeable in fall, especially when skunks, raccoons and moles dig up the lawn to feed on the grubs.

In the dead patches, the weakly rooted sod can be pulled back to reveal the fat, white, C-shaped grubs. They have a brown head and three large pairs of legs.

White Grub damage can be stopped with a precise application of recommended insect control material. Ideally, the application should be applied in late summer or early fall, when the grubs are smallest and most susceptible. If the grubs are not controlled in the autumn, they will continue feeding on the grass roots in the spring. Therefore a spring application will be necessary.

**Weed Man**

WE CARE FOR YOUR LAWN

For additional information contact Duncan or Eileen

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**Enter our Mother's Day cookbook contest**

Looking for something special for mom to give on Mother's Day? We can help. The Independent & Free Press and Company's Coming Cookbooks are sponsoring a cookbook contest to help launch Company's Coming's latest recipe book, Low-fat Cooking.

Just drop off, fax, or mail your answers to these questions by Wednesday, May 6. Eight names from all the correctly answered submissions will be randomly drawn and receive the new Low-fat Cooking book before Mother's Day, May 10.

It's brimming with more than 150 delicious recipes, each containing less than 10 grams of fat per serving.

"More and more people today are looking for ways to reduce the fat in their diets," said publisher Jean Paré. "So in developing the Low-fat Cooking book, our test kitchen set out to cut the fat without sacrificing taste. The results are both creative and delicious."

Mail or drop off your submissions to Independent & Free Press, 211

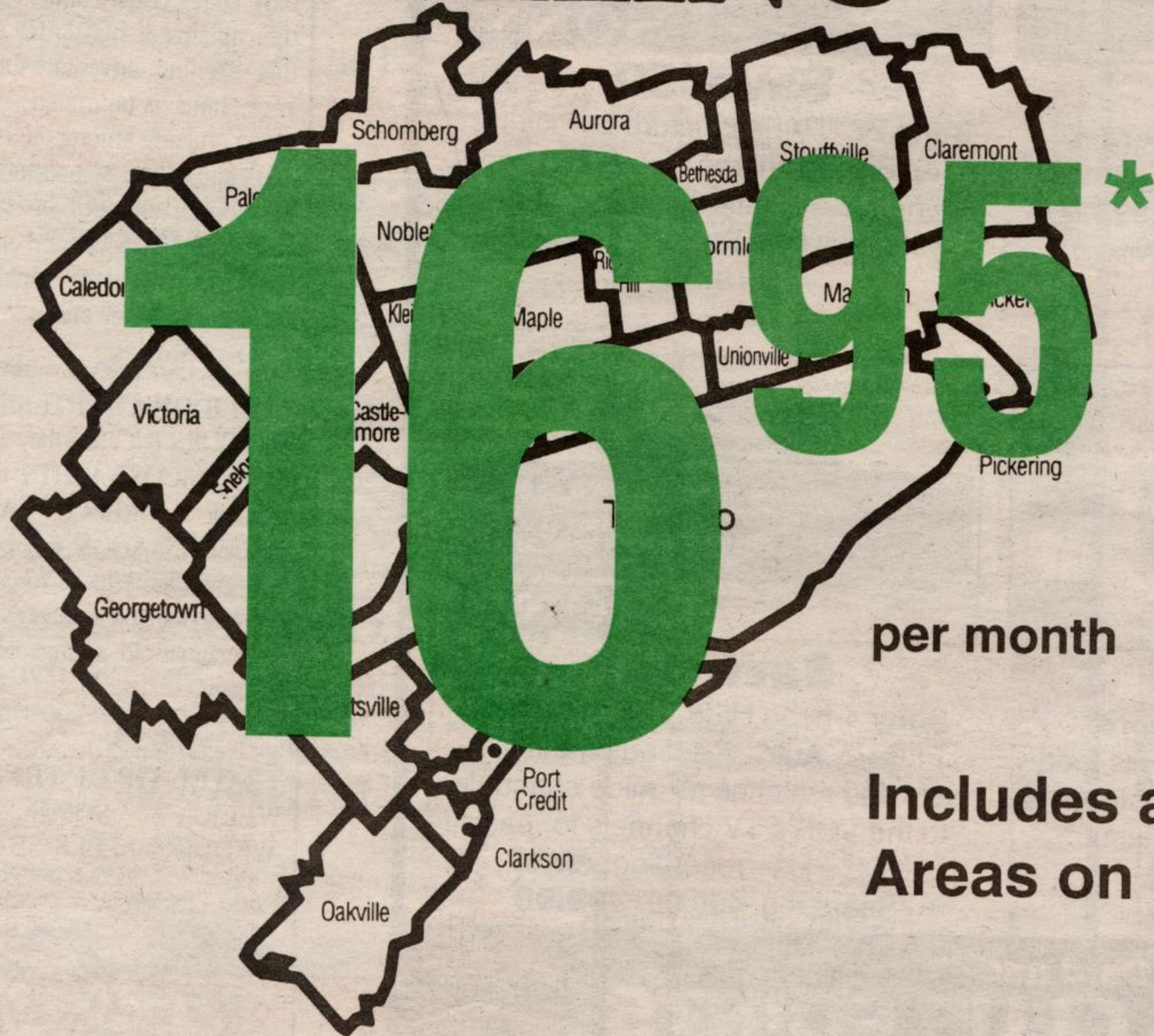
Armstrong Ave., Georgetown, Ont. L7G 4X5 or fax to 873-0398. Please include your name, daytime telephone number and address.

The low-fat cooking quiz questions are:

1. What's a calorie?
  - a. The newest fad in footwear
  - b. Something lurking in the cookie jar
  - c. A measurement of energy
2. Polenta wedges are...
  - a. Shoes from the '60s that are back in style
  - b. A low-fat dish made with cornmeal
  - c. A demonstration sport in the next Winter Olympics
3. Which of the following have no fat?
  - a. Toothpick
  - b. Jack Sprat (who could eat no fat)
  - c. Egg whites
  - d. All of the above
4. What is New Age Meatloaf?
  - a. The reincarnation of an old rock star
  - b. A recipe in step with the times because it uses extra lean ground beef and chicken
  - c. A nuclear-powered dinner

5. What is "biscotti"?
  - a. Part of Captain James Kirk's order to the Starship Enterprise (as in "Beam me up, biscotti!")
  - b. A cross between a big dog and a Scottish terrier
  - c. A crunchy Italian biscuit with no added fat
6. Don't be fooled by the "light" label on oils. This usually means ...
  - a. The oils are lighter in color, not lower in calories or fat
  - b. They only work when you turn the light switch on
  - c. They can't be used in the dark
7. Which of the following has less than 10 grams of fat per serving?
  - a. Every recipe in the Low-Fat Cooking cookbook from Company's Coming
  - b. A box of Turtles chocolates
  - c. A Sumo wrestler
8. Which of the following is not an energy nutrient?
  - a. Fat
  - b. Carbohydrates
  - c. Protein
  - d. The Energizer Bunny

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