

Get some get quick cook tips, by winning a Slow Cooker recipe book

Win one of nine cook-books offered by the Independent & Free Press and Company's Coming Cookbooks.

The latest in Jean Pare's cook-books is Slow Cooker Recipes, a collection of more than 190 delicious slow and easy recipes for your crockpot.

Just answer these five easy questions and drop off, mail, or fax to the Independent & Free Press, 211

Armstrong Ave., Georgetown, Ontario, L7G 4X5. Fax: 873-0398. Remember to include your name, telephone number and address.

Winners will be selected from a random draw of all correctly answered entries.

1. What's an easy way for making chicken stock?

- a. Squeeze a chicken
- b. Call your broker

c. Put chicken, water and spices

in your slow cooker and simmer on high

2. What do you do with Panic Roast?

- a. Send it to a therapist
- b. Call 911

c. Take a beef roast out of the freezer and place it in a slow cooker without defrosting

3. When cooking a meat and veggie dish in your slow cooker, you should always place raw vegetables on the bottom of the pot

because...

- a. They like to be first
 - b. In a crockpot, vegetables take longer to cook than meat
 - c. Because even vegetables know that the ones on top get eaten first
4. When making Marbled Cheesecake in your slow cooker, why do you place paper towels between the top of the pot and the lid?

a. It's good to have napkins close by in case people sneak a piece

b. To absorb the moisture during cooking

c. To hide the cheesecake because the mother-in-law still can't believe it can be made in a slow cooker

5. A slow cooker is...

- a. Someone who's baking on a beach in Puerto Vallarta
- b. An electric pot that slowly simmers your food to perfection
- c. How you feel when being grilled by a lawyer

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PUBLIC NOTICE

Public Notice CRTC 1998-101. The CRTC has received the following applications: 1. GEORGETOWN, ACTON, MILTON AND SURROUNDING AREA, Ont. PART OF METROPOLITAN TORONTO, PART OF MISSISSAUGA, PART OF THE TOWN OF MILTON, THE CITY OF BRAMPTON AND PART OF THE TOWN OF CALEDON, Ont. a) Application by HALTON CABLE SYSTEMS INC. to change the authorized service area of the cable system serving Georgetown and area, by adding a small area to the south of the Town of Milton currently licensed to Rogers Cablesystems Limited. b) Application by ROGERS CABLESYSTEMS LIMITED to change the authorized service area of the cable system serving part of Metropolitan Toronto...by deleting a small area located s.w. of the currently authorized service area being the same area referred to in (a) above. Each of the foregoing applications is conditional upon the approval of the other. It is noted that following this change of service area Rogers Cablesystems might no longer choose to carry CKCO-TV Kitchener in the Greater Toronto area. EXAMINATION OF APPLICATIONS: 333 Bloor St. E., 9th Fl., Toronto; and 21 Main St. N., Acton, Ont. This application is available through the CRTC in Hull, (819) 997-2429; or our office in Toronto: (416) 952-9096. The notice is available in alternative format, on request. If you wish to support or oppose the application, write to the Secretary General, CRTC, Ottawa, Ont., K1A 0N2 by **3 November 1998**, with proof that you sent a copy to the applicant. For full information, contact the above or CRTC Communications at (819) 997-0313, fax (819) 994-0218, TDD (819) 994-0423, <http://www.crtc.gc.ca>, or Toll-Free at 1-877-249-CRTC.

Canadian Radio-television and Telecommunications Commission

Conseil de la radiodiffusion et des télécommunications canadiennes

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