

**United Way
of Halton Hills**

INFORMATION BULLETIN


HALTON FAMILY SERVICES

Halton Family Services has provided a wide variety of professional counselling services to the people of Halton Hills since 1954. Programs include individual, couple and family counselling, counselling of abused women and their children, employee assistance programs, credit counselling, and bereavement counselling. Day and evening appointments are available in our offices in Georgetown, Burlington, Milton and Oakville. Thanks to United Way funding, fees for individual, couple and family counselling, credit counselling, and bereavement counselling are geared to ability to pay. There is no fee for services to abused women. Hundreds of people of all ages find hope and help at Halton Family Services each year.

Halton Family Services is accredited by the Ontario Association of Family Service agencies and by the Ontario Association of Credit Counselling Services. For more information regarding this group please call (905) 702-9165 (Georgetown Office).

Halton Family Services is one of 19 agencies funded in part by the United Way of Halton Hills. Please look for our fundraising in the fall and give generously.

The cost of the above information bulletin was kindly donated by



The Freckled Lion Children's Bookstore
56 Main Street South, Georgetown
(905) 873-1213

Canadians are crazy for corn

Corn on the cob, niblet corn, corn bread, corn chowder, roasted corn, cream corn, corn pancakes, corn salsa, corn relish, corn muffins, corn meal, corn chips, corn syrup, corn flour, corn oil, corn whiskey, corn mash, corn flakes.... we love corn!

Did you know that corn flakes were invented by Dr. Kellogg, who was one of two brothers who lived in Battlecreek, Michigan in the 1800s? Kellogg invented the flakes to help a patient who had dentures and couldn't eat traditional cereal that was made with whole grains. Kellogg invented corn flakes and his brother (also a doctor) created the cereals that later became the Post (Tony the Tiger) cereal company.

Many people had been trying to create a cereal out of corn, but the secret to Kellogg's

What's cookin'?



Lori and Gerry Kentner

success was a press he created that had steam drums which flattened and squeezed the moisture out of the corn in order to create corn flakes.

These flake cereals began a huge industry worth billions of dollars worldwide and over \$355 million a year in Australia alone.

Now where, you may ask, would a couple of cooks who live in Georgetown come across information like that? Well, my dad is fondly known around here as Mr. Trivia. He actually went to Battlecreek and read all about the infamous Dr. Kelloggs and now that information has gone to good use.

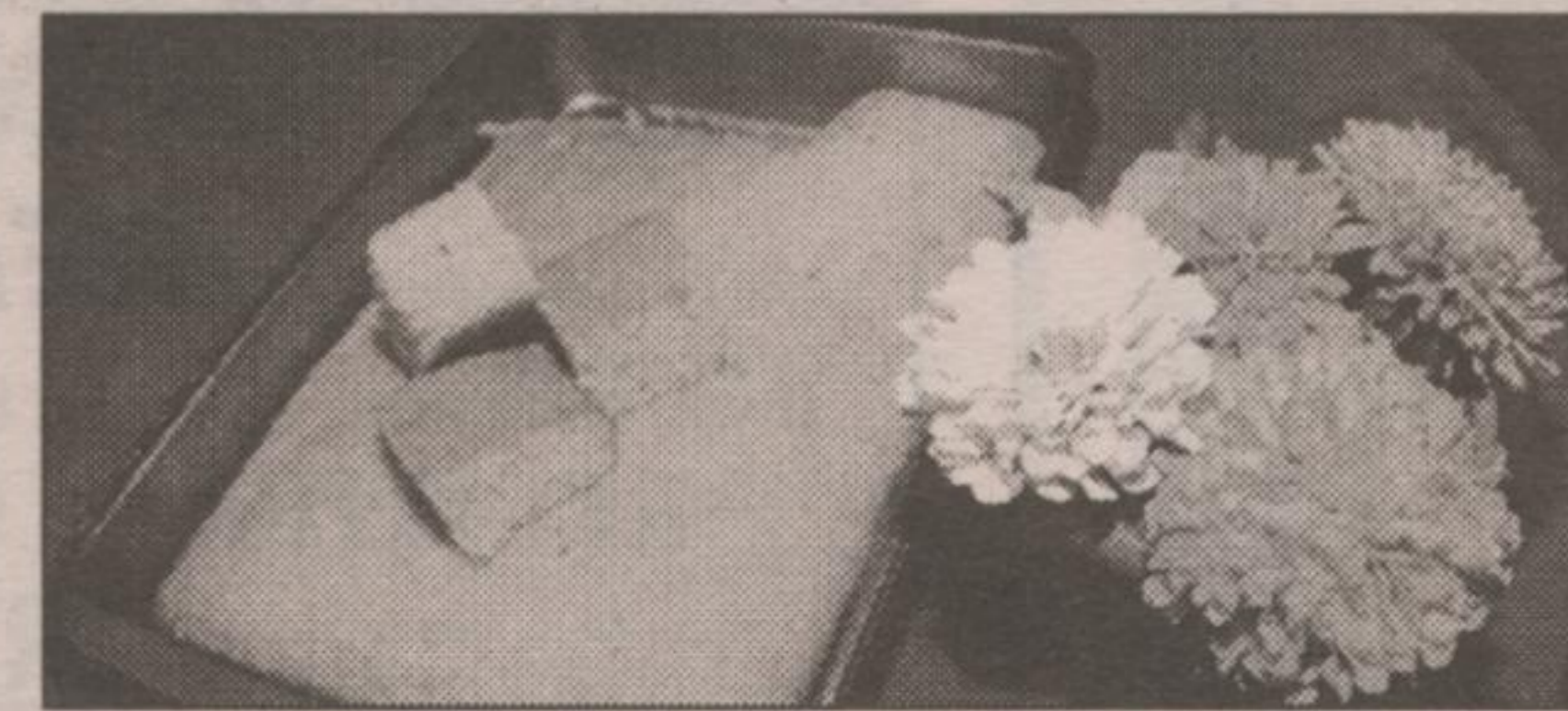
Have fun and keep cooking!

Country Style Corn Bread (makes 8 servings)

- 1 cup corn meal
- 3/4 cup bread flour
- 1 1/2 tsp baking powder
- 1/2 cup sugar
- 1 tsp salt
- 2 eggs
- 1/2 cup milk or buttermilk
- 1/4 cup vegetable oil

Method

1. Preheat oven to 350F. Lightly oil 9-inch square pan (or spray with non-stick coating).
2. Mix together the cornmeal, bread flour, baking powder, sugar and salt in a mixing



bowl.

3. Stir together the eggs, buttermilk and oil until blended.

4. Add the wet ingredients to the dry and combine until just mixed.

5. Pour the batter into the prepared pan and bake at 350F degrees for 25-30 minutes or until surface is golden brown and it springs back when lightly pressed with a fingertip.

6. Cool the bread in the pan for 10 minutes.

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Artist's Concept

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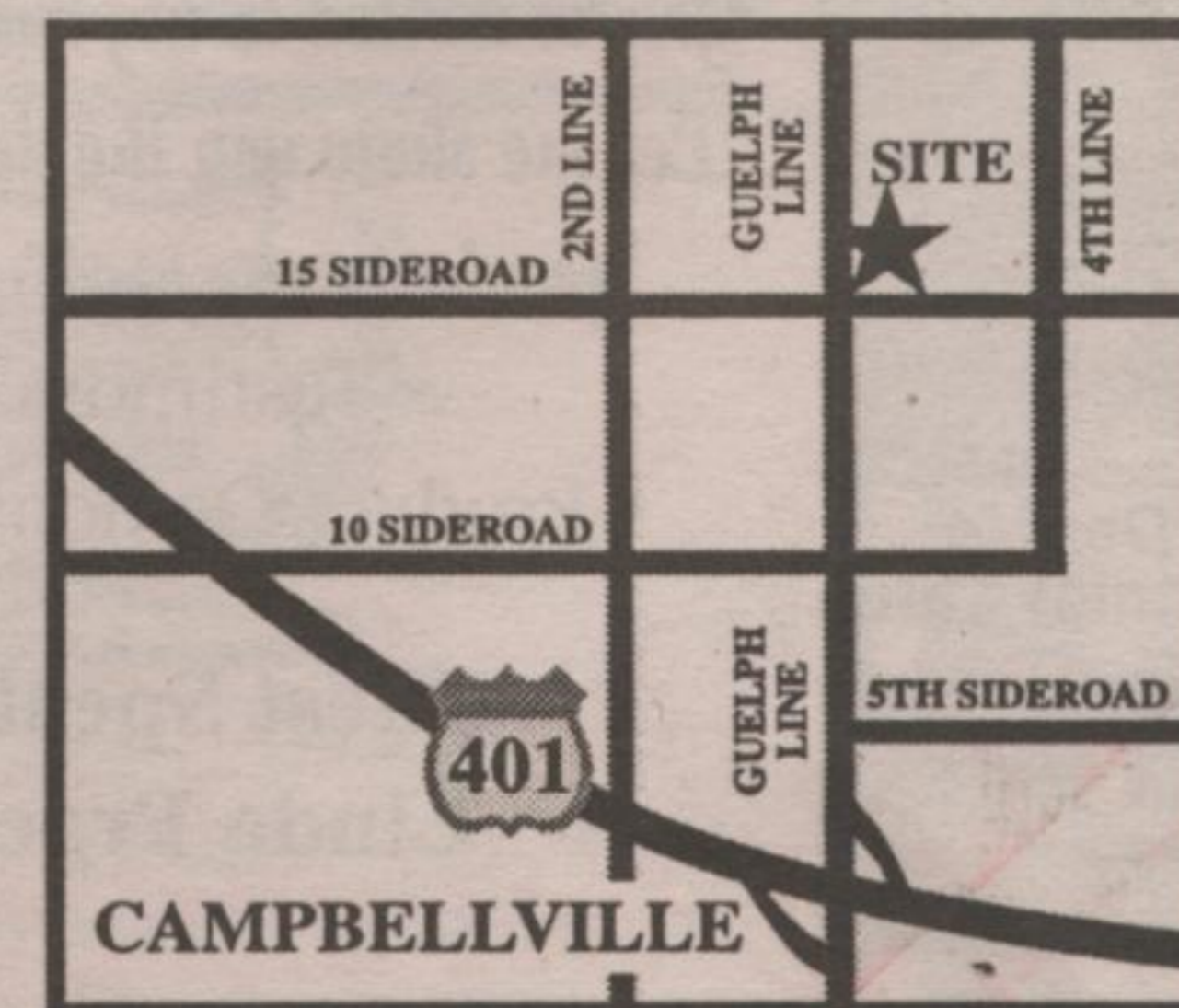


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