

Enter The Independent & Free Press Chocolate Everything! cookbook contest

It's time to start baking for the long holiday season ahead, and The Independent & Free Press and Company's Coming Cookbooks can help you get started.

Just correctly answer the following questions and return them to The Independent & Free Press office before 4 p.m. Oct. 13 and you could be one of eight winners of the latest Company's Coming Cookbooks, Chocolate Everything!

Drop off your entry at the newspaper office located in the Georgetown Marketplace Mall

(near Zellers), fax it, 873-0398 or mail it to: 280 Guelph St., Unit 29, Georgetown, On, L7G 4B1.

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

Cookbook Quiz

1. What is Velvet Lush?

- a) Elvis in a jump suit back in the 1970s
- b) The honeymoon suite at a popular Las Vegas Hotel
- c) A scrumptious mousse-like dessert with a cakey bottom layer

2. When do you end up with a Meringue Cloud?

- a) When your daring dessert attempt goes up in smoke
- b) When you beat egg whites, cream of tartar and sugar until stiff and glossy
- c) When you cross a lemon pie with a chocolate cream puff.

3. How do you "curl" chocolate?

- a) Use the low setting on your curling iron
- b) Throw it down the ice, and holler, "Sweep, Sweep!"
- c) Pour it on a smooth surface, let it set, then push with a

scrapper to form curls

4. The recipe Deadly Chocolate Trifle is:

- a) So good, you may get a life sentence for serving it!
- b) What James Bond serves when he has unwanted guests.
- c) A decadent brownie and chocolate mousse dessert that's great for a crowd.

5. Fat-Free Chocolate Cake is:

- a) Being developed by NASA at this very moment
- b) What pigs eat when they fly through snow in July
- c) A guilt-free treat! Find it on page 46 of Chocolate Everything!

6. Ice Cream Bombé can be remembered as:

- a) One of the battles that ended the famous banana split wars
- b) The dessert that didn't go

over well at your last dinner party

- c) A picturesque dessert featuring strawberry and chocolate ice cream

7. Who originally discovered chocolate?

- a) The Easter Bunny
- b) The Aztecs and Mayo Indians of Mexico who made a drink from cocoa beans
- c) The Choco-o-Gram delivery company, founded in 1912

8. What is Chocolate Date Cake?

- a) The very best way to charm your sweetheart
- b) A cake recognized by its sugared nut and chocolate chip topping
- c) An aphrodisiac that put you in the mood after one bite

9. Why are Chipper Muffins so irresistible?

- a) You can double the flavour by adding more chocolate chips and cocoa
- b) They are always pleasant to be around
- c) Their upbeat nature burns calories as you chew

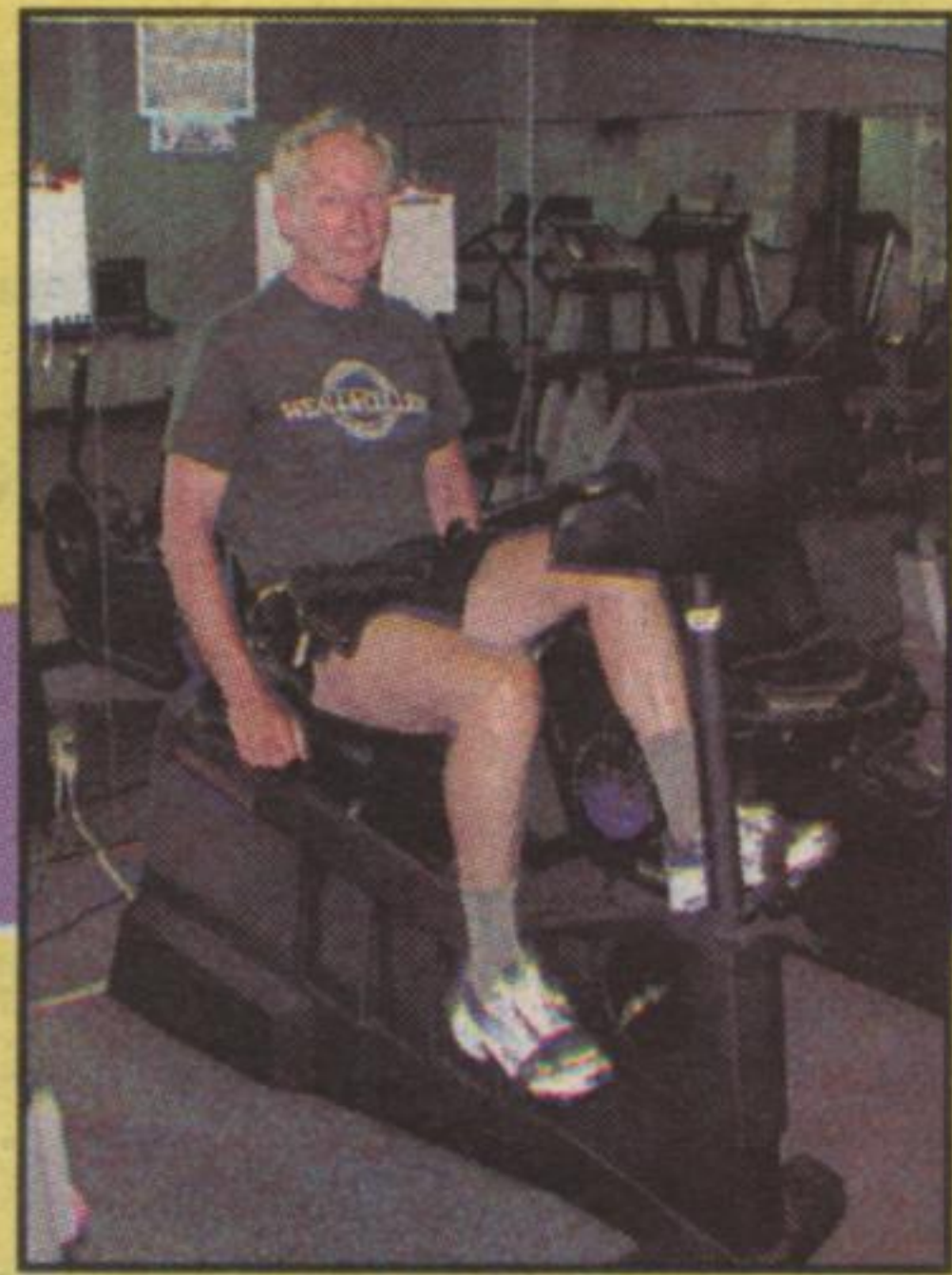
10 Which of these chocolate types really isn't chocolate at all?

- a) Bittersweet chocolate
- b) White chocolate
- c) Milk chocolate



"IT'S NOT WORK AT WORK THAT BODY!"

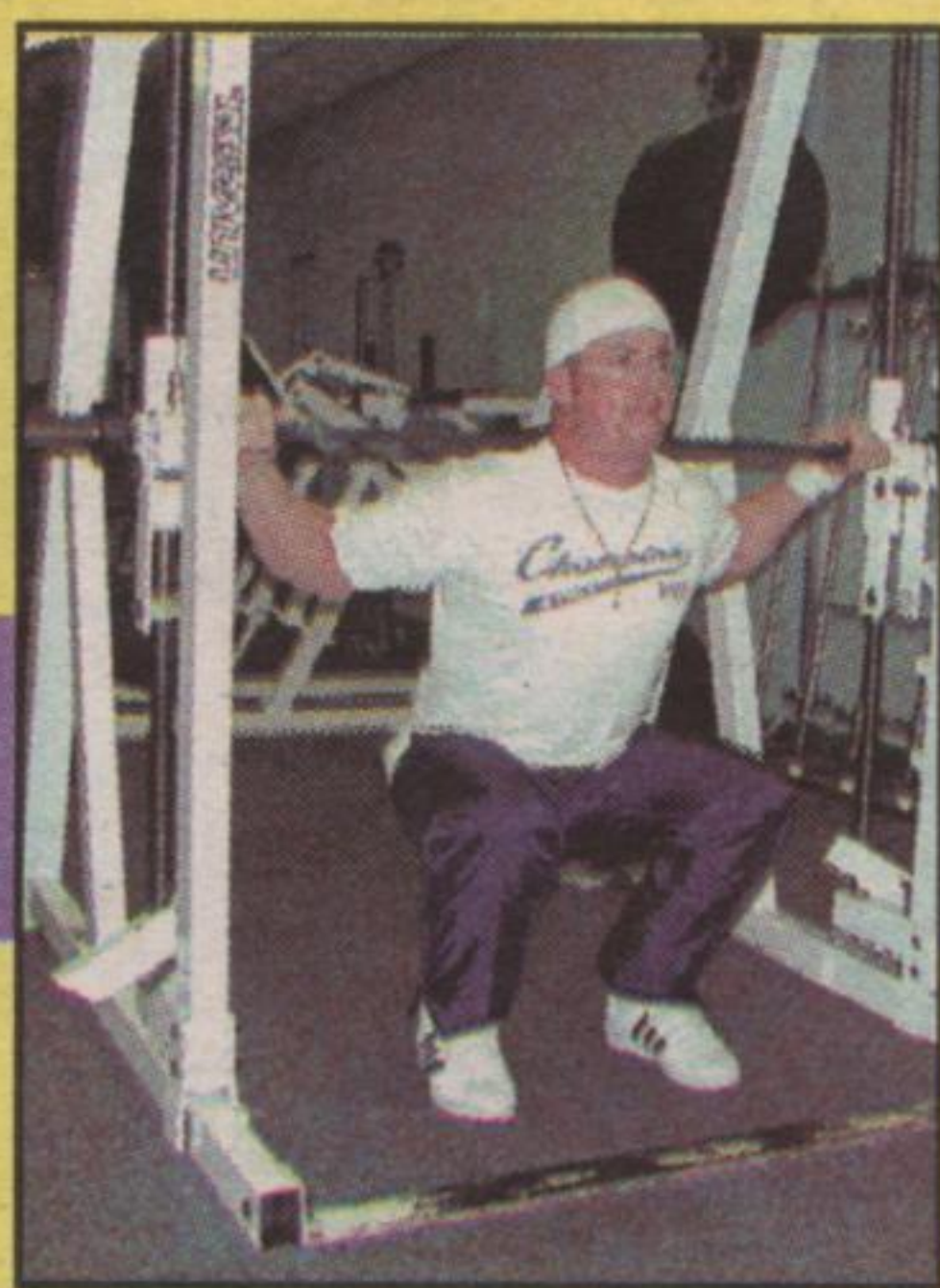
NO INITIATION FEE



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Tooth Chatter



by
**ALEX
TRENTON
DENTURIST**

LOWER DENTURES

If you are a denture wearer, you will experience some kind of discomfort during the life of your dentures. Lower dentures usually cause more trouble than uppers. Because bottom dentures have little suction to hold them in place, they are more likely to move around, therefore causing various forms of discomfort. Also, poor ridges cause dentures to move easily, because the denture has little to hold onto for stability. The tongue constantly moving as you talk and chew also interferes with the lower dentures. Because of all these factors that effect the function of the lower dentures, most people do have trouble at some point. In fact, many people don't wear their lower dentures. They divorce them from their upper denture mates by loosing them in the most unlikely places! Some seek refuge in the bottom drawers, bottom of the bed, under the bed, amongst lipsticks and combs in ladies' handbags, lunch pails, back pockets, and if they get lucky, they are left forever soaking in a denture bath or cup of water!

SOLUTIONS

There are different techniques that can be used to improve the fit of the lower denture, such as soft-liner insert. This is a permanent liner that will stay soft and give added comfort and stability. For more information, contact our office. We specialize in problem lower dentures. Consultations are always free.

You do not need a referral; simply call our office direct.

We care about your smile!

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