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CHESTNUT PARK
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Ghoulish tips for a bewitching Halloween

It's almost Halloween time and assuming that some of you might be having a Halloween party, here are a couple of suggestions to help with your bewitching plans:

Use pumpkins as candy or dip dishes. Carve a hole in the top of the pumpkin to a size that will allow you to set a bowl inside the pumpkin. Then remove all the guts and seeds of the pumpkin. Now you can dress

What's cookin'

Lori Gysel
Gerry Kentner



up your pumpkin by painting it or by using candies (pinned on, be careful of the pins if kids are helping). String licorice makes great hair. Eyeballs made out of olives pointing in opposite directions are good. Thick black licorice cut in half (so it lies flat) makes cool eyebrows. You get the idea. Then make yourself a witch's hat out of black construction paper. Now set your bowl of candy or dip or whatever inside the pumpkin and gently place your hat on top—very cool! (You can also use this hollowed out pumpkin as a punch bowl. Particularly effective at adult parties if you pull off a doll's arm and throw it in the pumpkin with the punch— watch your guests as they help themselves (should be good for a laugh)!

A big hit with kids is the dark room where they have to stick their hands into bowls full of stuff and guess what it is. Cooked, cold spaghetti is brains; big green olives are eyeballs, rubbery jello is guts and so on. Use your imagination or better yet, use your kids' imagination!

You can make Halloween cookies easily by following a regular sugar cookie recipe, then when it is made, split the dough in half. Work some cocoa powder into one half to make it brown (or blackish) and then work some orange food colouring into the other half. Now use cookie cutters to make witches, goblins, pumpkins and more!

For older kids, get out the anatomy book! You'll need construc-

Stuffed Peppers



Fills 10-12 half peppers
Ingredients

- 5-6 peppers, halved and seeded (any colour)
- 1 lb ground beef
- 1/2 green pepper, diced
- 1/2 medium Spanish onion, diced
- 2 cups cooked rice, any kind (For the photo we used a mix of wild and long grain rice)
- 2 (14 oz) can tomato sauce
- 1 tsp savory
- salt and pepper to taste

Method

1. Blanch peppers for five minutes. Drain and set aside.
2. Sauté ground beef, onions and peppers until beef is browned and vegetables are soft.
3. Add rice, one can of tomato sauce and spices. Simmer for approximately 10 minutes.
4. Stuff peppers with beef filling. Pour second can of tomato sauce over them. You may top these with grated cheese at this point if you wish.
5. Cover with foil and bake at 350 F degrees for 45-60 minutes.

tion paper, glue, lots of different shapes and sizes of dry pasta noodles and away you go. Use the anatomy book for guidance to create a skeleton of pasta. Glue different shapes of pasta noodles on to the construction paper until you have made your skeleton.

For drinks, you can freeze spooky figures or candies into ice cubes and plop into unsuspecting guests drinks! Just make sure nobody chokes! But little spiders and worms come to mind.

Have a spooky Halloween and keep cooking!

www.kentnerscatering.com

Guide to the Outdoors



Julie Pomeroy

We are bird and animal lovers here at Canoe Country. The staff keep telling me "remember Julie, we're not a pet shop". We have many items for pets and wildlife both outdoors and indoors. We have discovered the best entertainment for an indoor cat is a birdfeeder. The Ontario SPCA (www.ospca.ca) and the Ontario Veterinary Medical Association (www.ovma.org) recommend that cats be kept indoors and we do too. Studies have estimated that pet cats alone kill nearly a BILLION wild birds each year in North America! Your indoor cat never needs to become bored. Window feeders in particular will provide endless hours of amusement.



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