

## Joys found in lives of Biblical people



### The Fearless Chef

by Helen Godwin

#### "MEMORIES ARE MADE OF THIS"

Well, I wonder how many of you have tried the sourdough? If you did and are still trying to hang on to that old pioneer spirit, then I think you will have fun with today's recipes. One of the great untruths of today is, "There is a knack to baking bread, you either have it or you don't."

NONSENSE! Bread is more dependable than a cake and less trouble than cookies. Some of you know this already, but I can hear the sceptics now. All you need to do is try it to have one of the most rewarding experiences you will ever know. Can you imagine the ecstasy of the family when they walk in and smell home baked bread? A day to remember.

#### PLAIN WHITE BREAD

- 3 cups of milk (scalded)
- 3 cups of cold water
- 6 tsp. oil
- 1/4 cup sugar
- 1 tsp. salt
- 14-15 cups of flour
- 2 pkgs. of fast rising dry yeast
- 2 tsp. sugar

Scald milk in a 2 qt. saucepan. Remove from heat and add 2 cups of water. Mix together and remove one cup of liquid from this and place in a warm bowl. This liquid should be lukewarm and usually is just the right temperature. To the cup of lukewarm liquid add 2 tsp. of sugar and stir, then sprinkle the yeast over the top and let stand for 10 minutes.

While you are waiting for the yeast to ferment, add to the pot with the rest of liquid the salt, sugar, and oil. (Shortening or any other fat may be used). Also measure 14 cups of flour into a large mixing bowl. Do not use a metal container, some people use a plastic dishpan, but you should scald it first. When yeast is ready pour both liquid mixtures into a well in the centre of the flour. Mix well with a wooden spoon, then (with floured hands) gather dough together to form a ball. Knead the dough right in the bowl, but some people prefer to use a floured board.

After you have rubbed all the dough from the sides and bottom of the bowl, sprinkle the bowl with flour and knead until the dough is smooth. To do this you fold the dough half way over and press down with the heel of your hand, then turn the bowl a quarter turn and repeat. It will take you about 5 min. to knead this if you are experienced bread maker, if not about 10 min.

After kneading, grease the inside of the bowl with a little oil and rub some on the top of the dough. Cover with a damp tea towel and then wrap in an old flannelette sheet to keep out the drafts and to keep it warm. Let rise until double in bulk, about one and a half hours.

Then you have a choice of shaping into rolls or loaves, or of punching it down and letting it rise again. If you let it rise the second time you will yield slightly more. After you have shaped your bread, let it rise again until double and bake at 375 for 40 min. for loaves and 20 min. for rolls.

#### OLD FASHIONED BROWN BREAD

- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup of all bran
- 2 tsp. salt
- 4 tsp. shortening
- 2 cups of boiling water
- 1 cup of lukewarm water
- 1 tsp. sugar
- 1 pkg. of yeast
- 7 cups of flour

Mix first six ingredients together and let stand until lukewarm (about a half hour). Do this before you make the beds or something. It is very important that this mixture is neither too hot or too cold. Mix in a bowl the lukewarm water, 1 tsp. sugar and the yeast and let stand for 10 minutes. Pour yeast over the lukewarm mixture and add the flour all at once. Proceed as in the plain white bread recipe, and bake at 350 for 45 min. This is a heavier bread and a little sweet. Delicious with baked beans or by itself with butter.

#### KLONDIKE FRENCH BREAD

This bread you will find is much heavier than we are used to today. But it does have the true sourdough taste and smell. You can improvise this recipe and add yeast to make it lighter. All you do is add 1/2 cup of boiling water to the milk, 1 tsp. sugar and a pkg. of yeast to the following recipe.

You will have to add more flour too, about 1 1/2 cups. You would prepare this bread as you would any other. With the yeast added, it will rise in a couple of hours. The method is slightly different for the Klondike way as you must make it at night.

- 1 cup of sourdough starter
- 1/2 cup milk
- 1 tsp. sugar
- 2 tsp. melted shortening
- 2 tsp. salt
- 2 1/2 cups flour

Mix ingredients in the above order, adding the flour gradually. Let dough rise overnight in a warm place. In the old days they would take it to bed with them. I don't recommend anything that drastic, but it should be in a warm place. Knead bread in the morning until smooth and shiny. If you find flouring your hands doesn't work, try rubbing them with salad oil. Shape dough into French bread form and place on greased cookie sheet (the cookie sheet can be sprinkled with corn meal if desired). Cut slits diagonally across top and let rise again, about three hours if it is warm. Bake at 325 for about 45 min. When brown, brush with melted butter and hot water and return to oven for five more minutes.

The Robertson Auxiliary W.M.S. of Knox Presbyterian Church met at the home of Miss Eva Chisholm for the February meeting with 20 members answering the roll call with "heart". The president welcomed the group followed by a prayer for those members in hospital, shut-ins, and on vacation. Get-well cards were signed by the members to be sent to members of the group. Eva Chisholm reported several quilts for the bale

had been tied at a work meeting in January, with several more to do. A date for another work meeting will be set at the next meeting. Margaret Duncan reported two parcels of empty pill bottles had been mailed to a missionary hospital in India.

World Vision received 60 educational kits which were delivered to Willowdale in January. Ruth Lockie reported on hospital and telephone visiting for the month, with Margaret Wilson taking the next month.

Allocations up  
A report was given on the Brampton Presbyterian annual meeting held in Acton in January. It was reported all allocations were met but for the year 1976, allocations would be slightly higher. Mrs. Christina Newstead, pre-

sident of the W.M.S. (W.D.) spoke to the group about what is being done by the W.M.S. ladies across Canada and abroad, and their sharing in the work of the General Board of Missions.

The ladies were reminded of the World Day of prayer to be held March 5 at Grace Anglican Church. Ladies are asked to help with the singing and to meet on March 5 at 1.15 at the church for a practice.

Joys in Bible  
Margaret Wilson read a portion of scripture taken from Luke 10, followed by a brief commentary. Ethel Currie gave the prayer. Margaret Duncan and Eva Chisholm gave an interesting Bible study on "Joy", with Margaret Duncan listing all the joys found in each individual life of each lady

present. These were found to be numerous and soul searching. Eva Chisholm then led in the reading of portions of scripture pertaining to "Jesus' Birth", "The Resurrection" and "The New Life In Christ" — the members searching in each passage for the "joy" events that occurred.

The president thanked the members who had contributed in any way to making the meeting such an interesting one. Laura Munro played for the singing of three hymns from the W.M.S. hymn book. With the closing of the meeting and forming the Friendship Circle and repeating the Mizpah benediction, a social time was enjoyed with Blanche Elliott and Mae Rusk assisting the hostess.

#### SMALL LINE-UPS

There have already been some small line-ups at the licence plate renewal counter in Clement's Paint and Wallpaper Store, Main St. This week is the deadline for renewing your 1975 licence plates for '76.

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—Scout-Guide Week was a busy one in Milton this year, culminating in the annual church parade Sunday.

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MILTON and DISTRICT HORTICULTURAL SOCIETY

Florist advises on seed planting

Mrs. W. L. McNeill, second vice-president of the Milton and District Horticultural Society presided at the Feb. 16 meeting in the Union Hall on Martin St. She introduced guest speaker Henry Gorter, florist from Kilbride.

Mr. Gorter explained the best soil mixture for sowing seeds, depth of planting the seed and the best light to use. Some seeds need light and others should be shaded with newspaper or plastic.

Water seeds  
A good fertilizer for seed is 20,20,20. Use lukewarm water but do not over-water seedlings. Do not set tomatoes out too early as a chill will set them back. They like the heat, he said.

Mrs. C. Clarke thanked Mr. Gorter for his talk on starting seeds and propagation of plants. Mrs. Grace May thanked the society for the service diploma given her for 1975.

Barbara Bussell reported on the bus trip to the flower show March 10. The bus will leave the Milton Mall at 9 a.m.

Flower show  
Results of the monthly flower show were as follows:

Class 1, Heritage Day in Canada was won by June Brayshaw. Class 2, Belated Valentine arrangement with red and white was won by June Brayshaw.

Class 3, Wall hanging decoration to include natural materials, first to Mrs. E. Colling and second to Mrs. S. May. Class 5, Forced Branches, first to Mrs. C. Wrigglesworth, second to Alan Odenbach and third to Mrs. E. Colling.

Juniors, Valentine Table Centre using fruit and dried material, first to Brenda Lockie, second to Coral Lockie and third to Mary Stout.



JOYCE BEATON

All this talk this week about the PC leadership convention reminded me of an incident in my life not too many years ago.

Anglican Church Women were holding an annual meeting in Quebec City. I was a delegate to the convention.

Arriving for the first time in my life in the beautiful old city—and inexperienced at being alone in any strange city—I made a bee-line to the nearest phone booth. Arrangements had been made from head office in Toronto for me to stay at Laval University. From the train station I phoned the campus.

"Beaton?" said the French-Canadian accent. "We have no Beaton registered."

Instead of questioning further I slumped against the side of the phone booth and began to shake. All expenses and arrangements were to have been paid by head office and I had arrived for the meeting with only \$20 in my bag. What to do!

Pulling myself together I decided to take the bull by the horns, take a cab out to Laval, and take my chances. Once I was there, surely they could find a room for me.

"The convention at Laval University," I told the cab driver in my best French. "Okay, lady," he said almost pleading I don't try the language again in his presence.

Inside the convention hall I immediately made my way to the registration desk. All this time clutching my suitcase like a lost waif. "There is no Beaton registered," I was again told.

I suppose the look on my face evoked their sympathy. I suppose my pathetic stance brought out the maternal instincts. "Don't worry, dear, if we can't put you up here we'll find something for you in Quebec City."

"But I have no money," I tried to explain. Again they checked their lists. As they were doing so I sat down and took a look around the room.

"Vote for..." the posters invited. All pictures of men. "How strange," I thought naively.

"Who are you representing at the convention?" the woman at the desk asked.

"Anglican Church Women," I replied. I can still remember the puzzled look on her face as she conferred with her worker.

"We've never had a delegate from the Anglican Church before," they told me.

And then I saw the sign. I was in the committee room of the Parti Quebecois.

Anglican Church Women had a laugh on me the rest of the weekend.

I can't help but think my vote may have changed the whole political climate of Quebec!

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