



The Fearless Chef

by Helen Godwin

BON JOURNO!

I thought I would show off my very limited knowledge of the Italian language. Today, as you have probably guessed, I have some favorite Italian recipes of mine. I hope you will enjoy them as much as my family and I do.

Before the recipes though, I feel I must thank our readers for the lovely letters I have received and the wonderful response in general to this column. Thank you very much indeed. You have no idea how much I enjoy hearing from you and receiving your comments.

Many of the letters recently have been regarding the cook book I mentioned on sourdough. I am including the name of the book here today and the address of the book shop that ordered it for me. I have spoken to Brittella and they assured me they are still filling special orders. When I got mine it was in the vicinity of \$5, that was two years ago.

"The Complete Sourdough Cook Book," by Don and Myrtle Holm, Albert Brittella Book Shop, 765 Yonge Street, Toronto M4W 2G6, phone 924-3321.

SPAGHETTI SAUCE

This is the recipe my mother has handed down to us with a few minor changes. It is the very best there is for sure. This recipe should be prepared the day before.

- 2 lbs. hamburger or ground chuck
- 4-5 onions chopped
- 1 green pepper chopped
- 1/4 lb. mushrooms sliced
- 1 celery stalk (optional) chopped
- 2-3 cloves of garlic finely minced
- 128 oz. tin of tomatoes (or equivalent frozen)
- 1 14 oz. tin tomato sauce
- 1 3 oz. tin tomato paste
- 1 48 oz. tin tomato or V-8 juice
- 2 bay leaves
- crushed chilies to taste (I use 1 tsp.)
- 2 tsp. salt
- 2 tsp. sugar
- a sprinkle of oregano

Brown the hamburger over medium heat until it has lost the red color and it is separated. Then add the rest of the ingredients in the order given and bring to the boiling point. Turn burner down to simmer and cook for 2-3 hours. Let stand overnight in refrigerator. If any fat comes to the top it is easy to remove the next day. This recipe can then be divided into four or five, depending on the size of your family, then frozen for up to six months.

Heat through and serve over cooked spaghetti sprinkled with parmesan cheese. Magnifico!

LASAGNA

This can be prepared ahead of time and frozen or eaten the same day. It keeps well in the fridge for a day, too.

- 1 lb. ground chuck
- 1/2 cup minced onions
- 2 cloves garlic finely minced
- salt and pepper
- 1 tsp. basil
- 1/2 tsp. rosemary
- 3 tsp. parsley (1/2 for cheese mixture)
- 1 19 oz. can tomatoes
- 1 8 oz. can tomato sauce
- 1 sm. can of tomato paste
- 1/2 cup grated parmesan cheese
- 16 oz. cottage cheese
- 16 oz. mozzarella cheese
- 1 egg
- lasagna noodles

Cook noodles and keep in cold water until needed. To know how many noodles to cook, lay them out in your 9x13 pan (a little larger wouldn't hurt) and cook four times as many as fit in the bottom, as you will have three layers and some left over to decorate with.

Brown meat and add the next nine ingredients, using only half of the parsley. Simmer for 30 mins.

While the sauce is cooking, mix together the cottage cheese, parmesan cheese, egg, the rest of the parsley and a little salt. When the sauce is ready arrange in layers in a 9x13 pan (or two-three smaller pans) in the following order, sauce, noodles, mozzarella, and cottage cheese. Keep repeating the layers until everything is used up, and decorate with little triangles cut out of the noodles and mozzarella cheese. If there seems to be too much for the pan you can make an individual serving and freeze it. Bake 30 mins. at 375 degrees. Let stand for ten mins. before serving.

Chow (I think that's goodbye)



TRIP TO JAMAICA has been offered by Wally Crouter to the Milton District Hospital Auxiliary. Compliments of Wally Crouter Travel and Wardair, the trip is for two and will be drawn at the Auxiliary's annual Maytime Ball May 1 at

the Galaxy Club in Oakville. Arranging the details with Wally Crouter are Auxiliary president June McCuaig, past president Joan Heard, and members Dolores Melanson and Shirley McColeman.



JOYCE BEATON

A breakfast conversation... Son: I was looking at my timetable and course selections for next year and I find I can be through grade 13 a year early.

Father: That's great, son of mine. Son: Ya, I think I'll take a year off and work. Mother: I think that's wonderful, son of mine, you can put some money away for your tuition. Son: Tuition ha! I'm going to buy a car. Mother: Father, speak to your son. Son: Why, what's the matter, I thought you put the baby bonus away each month for my college education. Mother: I have never said any such thing. I squandered that baby bonus money over the years on such things as Caribbean cruises, mink coats (dreamer!) and the weekly trip to Loblaw's. Father: Oh, son of mine, I have some news for you

about your old dad. Son: What is it old dad, who will be 46 this year, what is it?

Father: I've enrolled in a course at college. Son: Ha, ha, you dad? What are you taking? Father: Sociology, son.

Son: What do you want to take sociology for? Why don't you take T.V. repairs or machine shop. Sociology is only good for improving your mind, good old dad.

Mother: Don't you think your father's mind could be improved?

Son: Well, sure, but why bother taking something so useless?

Father: Why, after all these years, I can call myself a college student. Here, look at my student card.

Son: Ha, ha, dad, I can see you now walking down the halls in your beanie, ha, ha. My dad at college.

Father: I think this student card is really great, they have booster cables for starting your car in cold weather if you have your card, and all kinds of things.

Son: Ya, dad, and you can go to the school prom and everything? What do you want to be when you graduate, dad?

Father: Oh, I don't know son, maybe I'll just be a little more broad-minded and a little wiser.

Son: Wow, dad, that's a far-out idea! Wait 'til I tell the guys, old dad of mine.

Cancer campaign underway

The April appeal for funds for the Milton Unit of the Canadian Cancer Society of officially opens April 1, although some canvassers may already have started their house-to-house calls.

This year the objective is \$14,500, up \$2,500 from last year's goal of \$12,000. But last year Milton and district exceeded its quota and \$13,581 was raised, so the 1976 goal is really less than \$1,000 more than the total raised in 1975.

Captains and canvassers are calling on homes, under the guidance of campaign chairman Mrs. K. P. Marshall. Edgar Foster is in charge of the industrial-commercial canvass.

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 Is operating his or her own little business. Please help by paying promptly when they call to collect at the end of each month. They depend on you. If you're moving please pay your carrier up-to-date.

Spring hike for Brownies this Saturday

Milton Guides and Brownies, their leaders and parents will join in a day of hiking Saturday, April 4. The April Signs of Spring hike will take place along the Bruce Trail.

They will leave from the parking lot at Hilton Falls at 1:30 p.m.

Joyce Beaton will be the guest speaker at the second annual mother-daughter banquet Tuesday, April 6 at Robert Baldwin School. Her topic will be, What Do You Want to Be When You Grow Up, Little Girl?

The dinner will be for the second, third and sixth Milton Brownie Packs.

Milton Montessori School
 Opening September 1976

Applications being accepted for Children 2½ - 4

For Information & Application

Call Gail Elstub, 878-0160

Baptized

Two children were baptized at St. Paul's United Church Sunday morning by the Rev. Lorne Brown.

Sandra Margaret, daughter of Bruce and Margaret Galbraith; and Richard George, son of Lambert and Herma Lewis were present for the service.

Think Summer

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Shamrocks decorate music social

Shamrocks and St. Patrick's Day greenery decorated the common room of Bruce St. Apartments as the tenants held their monthly social evening March 11.

A musical hour was arranged by Judy Hunter and included Lisa Wigglesworth, Anne Aikenhead and Elizabeth Phillips. Stephen Willoughby from Milton District High School band played the trombone accompanied by Mrs. Hunter on the piano.

Dawn Brodie played for Judy Hunter's solos which were enjoyed by all.

Mrs. Laking of the Senior Citizens' Band also helped entertain. A sing-song of old time tunes were enjoyed.

Birthday cake Elizabeth and Robbie Hunter each sang a solo accompanied by their mother on the piano.

President Frank Jones thanked all the people who made the program a success. The balance of the evening was spent playing progressive euchre. Fifth floor tenants served

lunch following the program. Mrs. Snelling was the convener and she also baked the birthday cake of the month.

—Try Champion classifieds if you've something to sell.

KINDERGARTEN REGISTRATION

for September, 1976
 THE HALTON ROMAN CATHOLIC SEPARATE SCHOOL BOARD

ADVANCED registration for those children who will be attending kindergarten in the Separate Schools in Burlington, Oakville, Milton and Georgetown will be held at all Catholic schools on **THURSDAY, APRIL 1st, 1976**

9:00 a.m. to 12:00 p.m.
 1:15 p.m. to 5:30 p.m.

AGE OF ADMISSION AND REQUIREMENTS
 Children are required to be 5 years of age on, or before, February 28th, 1977.

Proof of age is required.

For further information, please contact the principal of your nearest Catholic school.

L. Braida Ph. D., Chairman of the Board
 C. G. Byrnes, Director of Education

Tudor-House — Upholstering With A Difference

Generally speaking, furniture upholsterers do not have a good reputation in the public's mind. They seem to rank with high pressure salesmen, and people are wary of them.

Perhaps this image is just... there are an awful lot of people who had to sit on cushions on the floor for over a month whilst await-

ing the return of their furniture... but the trouble with an image is that once it is set, it becomes a very difficult thing to shake.

One company that is trying very hard to shake off this seedy image of upholsterers is Tudor-House. They stress the good old traditional virtues - service and quality - in their adver-

tising, and back it up with the lowest prices in town.

One of the unique features of the growing Tudor-House business is that they don't aim at the big city markets, but concentrate solely on the rural areas of King, Vaughan, Caledon, and surrounding districts.

"Our estimators drive about 150 miles a day," says Tudor-House president Alan Riding. "Some of them drive as far north as Orillia".

The Tudor-House estimators are all highly trained in the field of furniture upholstery, and can answer virtually any question you might have about your chesterfield or favourite chair. They carry with them over 700 fabric samples that you can choose from. In fact, your biggest problem with Tudor-House estimators may be that you may have to invite them for supper while you try to decide which fabric and style you want.

Once the problem of deciding is through, your furniture is sent to the company's brand new plant in Concord, where shop foreman Louie Passa and his staff gives your furniture its facelift.

Seven to ten days later, just as the advertising promises, you'll have your new look furniture back home. And you will be in for a pleasant surprise when you pay the bill - it will be exactly what the estimator said it would be, with no extras added.

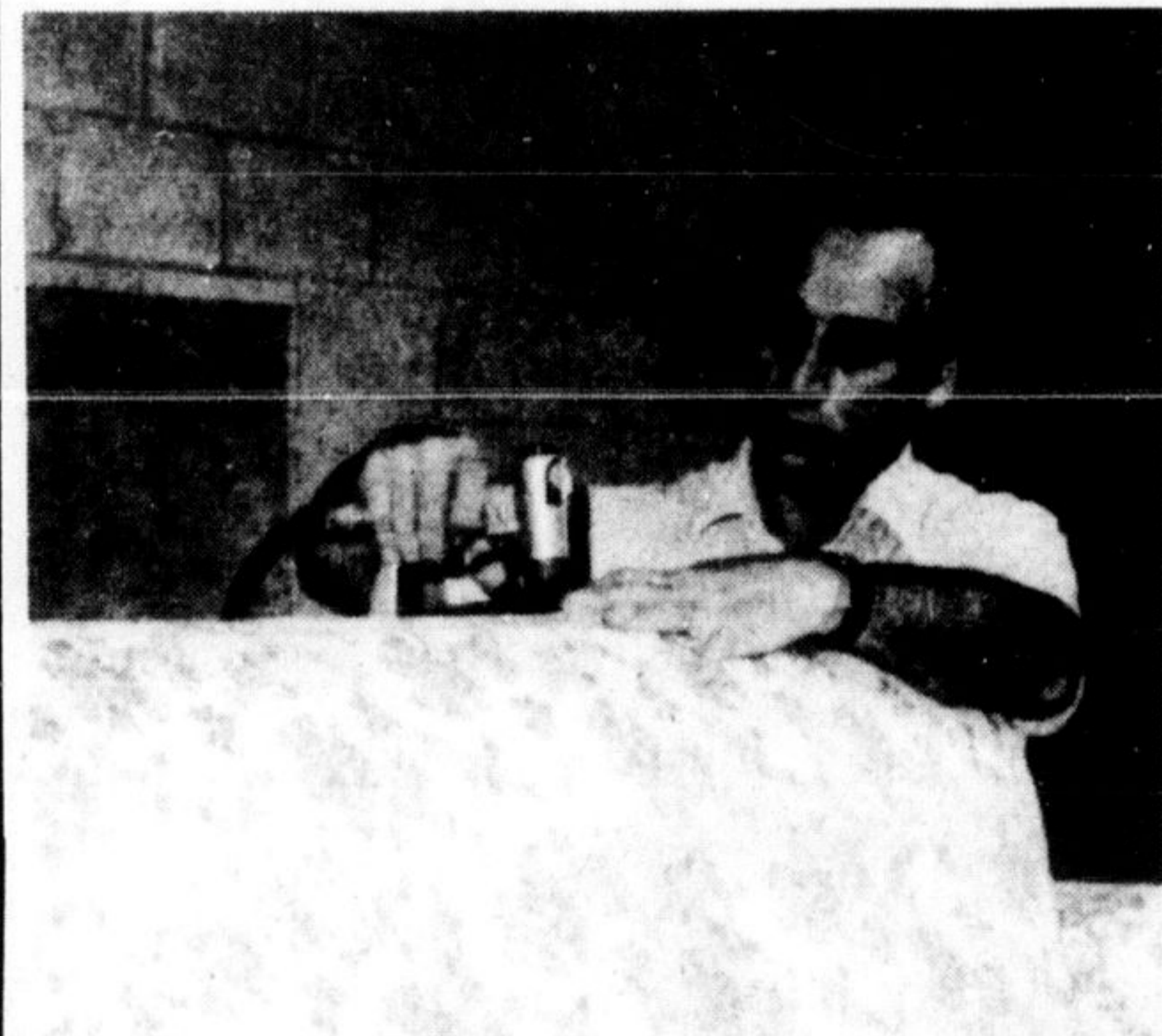
President Alan Riding says the company can charge lower prices than most of their competitors because of the volume of business that comes in from the huge rural areas they cover. Tudor-House's prices have become so popular, in fact, that they are patronized by a major hotel chain and several hospitals.

"The big thing is that we do what we say we'll do," says Mr. Riding. "If we say it will take us seven to ten days, then it will be seven to ten days. If we say it will cost \$200, then it will cost \$200."

It's all part of changing the image - and the customer will be the winner.



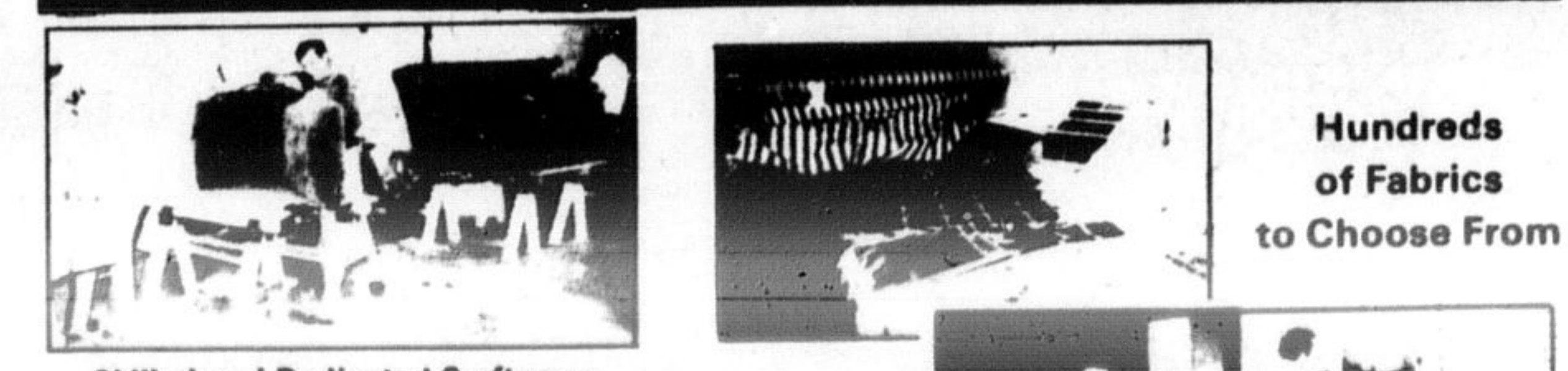
Tudor-House President, Alan Riding



Tudor-House Shop Foreman Louie Passa

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