

Recipes



Hot cross buns

Hot cross buns have long been associated with Easter celebrations and homemade buns can help make the occasion even more memorable.

These fruit filled delicacies have evolved from the ancient moon buns which Egyptians used as sacrifices to their goddesses. The cross which tops the buns represented the four quarters of the moon and was thought to have magical powers.

We can thank the English for adopting hot cross buns for Easter Sunday and Good Friday and the bakers of that time who through tough competition derived the buns we know and enjoy today.

- ¾ cup milk, scalded
- ½ cup granulated sugar (first amount)
- 1 tsp. salt
- ¼ cup butter or margarine
- 1 tsp. granulated sugar (second amount)
- ½ cup lukewarm water
- 1 envelope or Tbsp. granular yeast
- 2 large eggs, beaten (room temperature)
- 2½ tsp. cinnamon
- ¾ tsp. cloves
- ¼ tsp. nutmeg
- 4½ to 4¾ cup unsifted all-purpose flour (divided, see below)
- 1 cup fresh raisins or currants
- 1 cup mixed peel

Pour scalded milk into a large bowl, add the ½ cup sugar, salt and butter or margarine and stir until dissolved and cooled to lukewarm.

In a one-cup measure dissolve the 1 tsp. sugar in the lukewarm water. Sprinkle yeast over top and let stand for 10 to 12 minutes or until yeast has risen to top of cup, then stir it well with a fork. Add the softened yeast to the lukewarm milk mixture and stir to blend. Stir in the eggs, cinnamon, cloves and nutmeg. Beat in 2 cups of the flour and raisins or currants and mixed peel. Add another 2 cups flour and work it into the dough.

Turn out on floured surface and using the remaining ½ to ¾ cup flour knead 8 to 10 minutes or 200 to 250 times. Shape into a smooth ball and place in a large greased bowl. Rotate the dough around in the bowl so the complete surface of the dough is greased. Cover with a damp towel and top that with a plate and let rise until doubled in bulk, about 1½ hours.

When dough has risen punch it down. Place dough on flat surface and shape into an 18" roll. Cut off 18 even pieces and roll each into a ball between palms. Place on greased cookie sheets 2" apart, 9 on each. Let rise again, uncovered, until doubled in size, about 2 hours. Preheat oven to 400 degrees F. Bake buns 10 minutes.

When done place on racks to cool and immediately brush them, top and sides, with a glaze.

Glaze
In a saucepan combine 4 Tbsp icing sugar and ¾ cup water. Bring to a boil and simmer 3 minutes. This gives buns a shiny finish. Cross the buns with white icing.

When cool, store in plastic bags.

Sheridan motorcycle training course to stress safety

By Kelly Frank
Sheridan College is offering a spring motorcycle training program, at the main Oakville campus starting April 18.

The course instructor is Gerry German of Brampton. Registration is now taking place and he says if 'you want to take to the streets on a motorcycle this season,' you should enrol in the program.

In German's eyes, it could mean the difference between life and death. "Too many bikers learn how to ride from a friend. But, your friend down the street doesn't know it all. And what that trainer doesn't know is liable to kill or injure a beginner," he warned.

German feels the greatest danger period for motorcyclists is their first six months of riding. He explained that the course was first developed by the Canadian Safety Council to thwart an increasing incidence of accidents among novice riders.

"In an emergency situation, statistics show male riders rely solely on their rear brakes. They lost 70 per cent of their braking power. For women, and we're talking about untrained riders—they tend to scream a lot in a panic situation. And, that's about all they do," he said.

German apologizes for any seemingly chauvinistic remarks but, he says his comments are sadly true, based on statistics. He is afraid bikers simply aren't exposed to proper riding techniques until they take a training course.

He'll agree bikers get together and talk about the merits of various models on the market, but they never discuss various safety techniques.

"They never seem to sit down and say, how do you turn a bike sharply at

4-H garden program planned

By Bob Wilson
The Halton 4-H Horticulture Club met on Tuesday, April 7th, 1981 at the Agricultural Office with 19 members present.

The President is Carol Ann Laidlaw; Vice-President Norma Wilson; Secretary Elizabeth Bird; and the Press Reporter is Bob Wilson.

The project for 1981 will be a vegetable garden or flower garden. The vegetable garden will include tomatoes, pumpkins, carrots, Spanish onions, beets and one of the member's choice.

A flower garden will include petunias, carnations, sweet peas, snap dragons, chrysanthemums, and a flower of the member's choice. The next meeting will be May 5th, 1981.

CAS funded

Halton Region has agreed to fund the Halton Children's Aid Society to 20 per cent of the provincial budget that will be paid to the CAS.

This amount has a ceiling of \$2,820,500.

high speeds? I'll bet they don't even know there's a special technique in doing that," he said.

And while a main objective of the course is to see that beginners "live past the first six months of driving," German emphasizes the course isn't for beginners alone. He believes there is much experienced riders must also learn. He found this out firsthand, when he was enrolled in the program himself in 1976.

"I took the course with my son when he first wanted to ride. The second day of lessons I didn't know if I wanted to drive my bike to the course because I realized there was a lot I didn't know. And, I had been riding for five years, already," he confessed.

German's convinced the training has saved his son from two collisions: he himself has once been spared from a potential killer crash thanks to the course. German enjoyed the course so much, he took an instructor's program. He taught at Humber College before coordinating the 20-hour session offered at Sheridan.

He is confident the course has been successful since it was first introduced in Ontario in 1975.

"I think we do an excellent job. Since the course was developed, statistics have gone down, while the sale of motorcycles has gone up," he outlined.

Interested bikers should realize they get "the short end of the stick in any accident situation" and according to German, must therefore be the "better defensive driver."

"When I'm in my car I consider myself a fairly good driver. On a bike, I'm excellent. I have to be because my chances of injury in a motorcycle accident are far greater," he said.

It bothers German that students between the ages of 16 and 20 seem to be in short supply in most classes he teaches. He puts part of the blame on parents for not insisting that their children receive training when they're allowed to buy a motorcycle.

"Parents are buying their child a high speed, very powerful machine. They won't let them borrow the family car without training, yet they let them get on a motorcycle and take to the streets. If they learn well enough, they may stay alive. But there's a good chance that what they don't know will kill them."

The only entrance requirements for the course is that the student be 16 years old and able to ride a bicycle. German says "if the student hasn't mastered the balance required to ride a two-wheeler, I don't have time to teach them."

Motorcycles and helmets are provided in the \$80 fee.

Weekend courses begin April 18. They include two Saturday and Sunday sessions from 8 a.m. to 1 p.m. or 12 p.m. to 5 p.m.

Students successfully completing the course will surpass the licensing requirements and may benefit from reduced insurance premiums.

that the Halton Housing Authority was under the impression that it would not be able to place tenants in the Domus project under the Rent Supplement Program as originally intended.

Mr. Malloy said the Ministry had been negotiating with Domus to make sure units would be made available to families on a Milton waiting list compiled by the Halton Housing Authority.

Responding to questions by Halton-Burlington MPP Julian Reed, Mr. Malloy said Mr. Reed was "concerned

that the Halton Housing Authority was under the impression that it would not be able to place tenants in the Domus project under the Rent Supplement Program as originally intended."

In trying to "alleviate your concern," Mr. Malloy told Mr. Reed the Domus Charitable Foundation was developed under a federal province non-profit program with Canada

Mortgage and Housing Corporation providing rent reductions to reduce full recovery or project rents to market levels as well as subsidize tenants needing rent-gear-to-income assistance.

With the support of the Town of Milton, the Housing Ministry had a requirement that a "minimum of 15 units should be made available for rent-gear-to-income families... under the Provincial Rent Supplement Program."

Mr. Malloy said the five families most in need have not been included in the Domus project.

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No need to worry, housing is available

Ontario Housing Minister Claude Bennett's Executive Assistant, Larry Malloy, says he has "no doubt that the five needy families on the Housing Authority's waiting list will have access to rent-gear-to-income housing in the Domus project."

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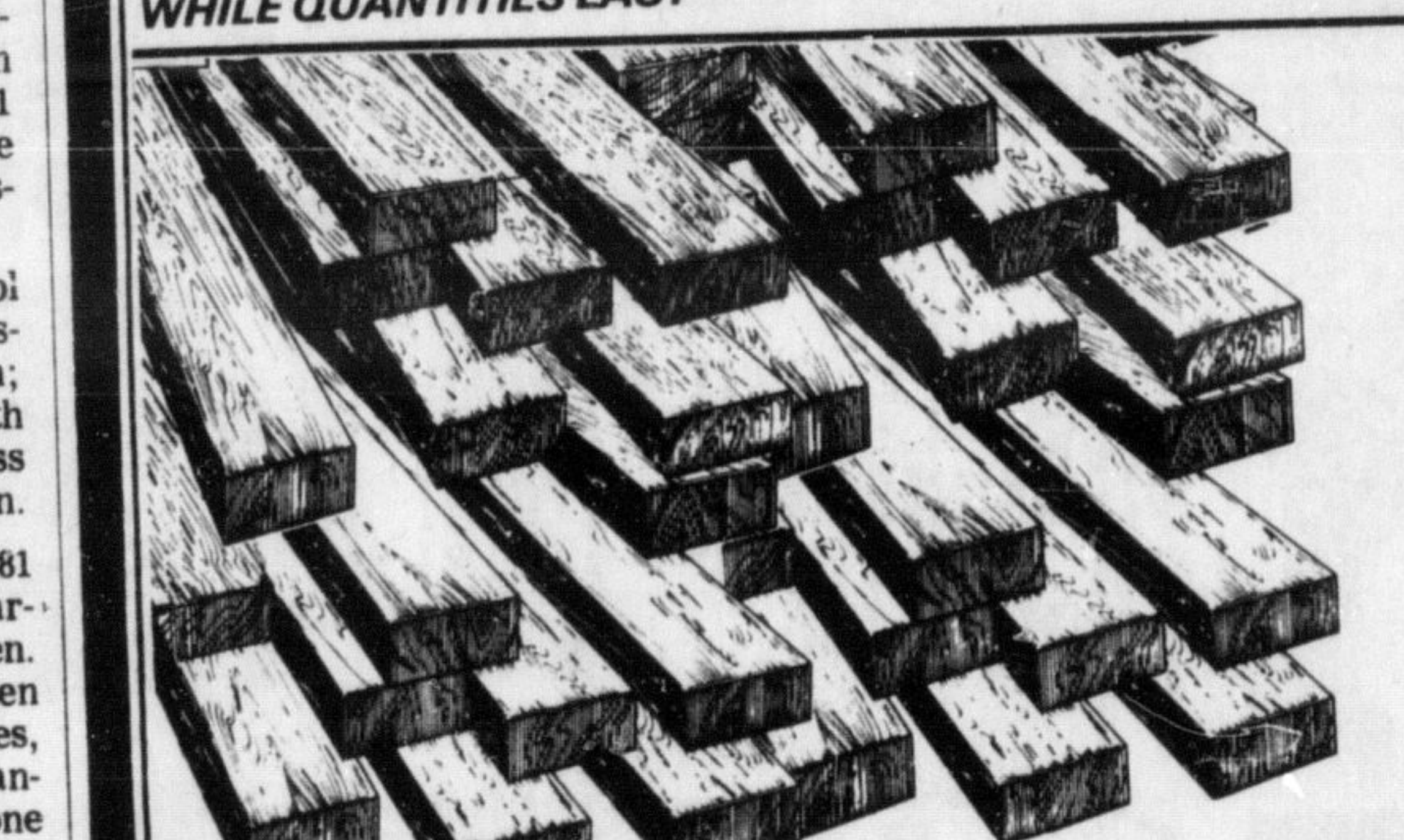
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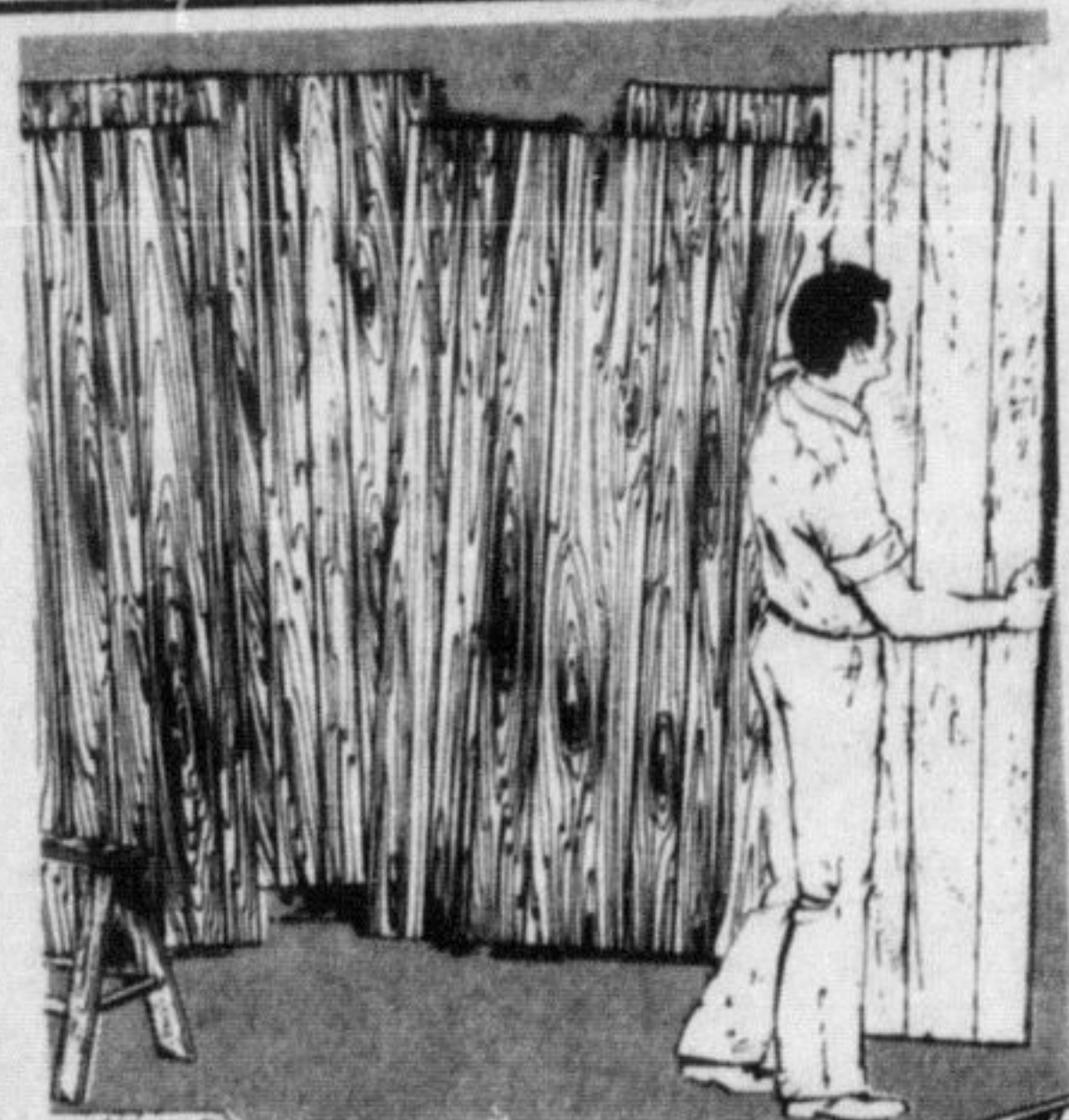
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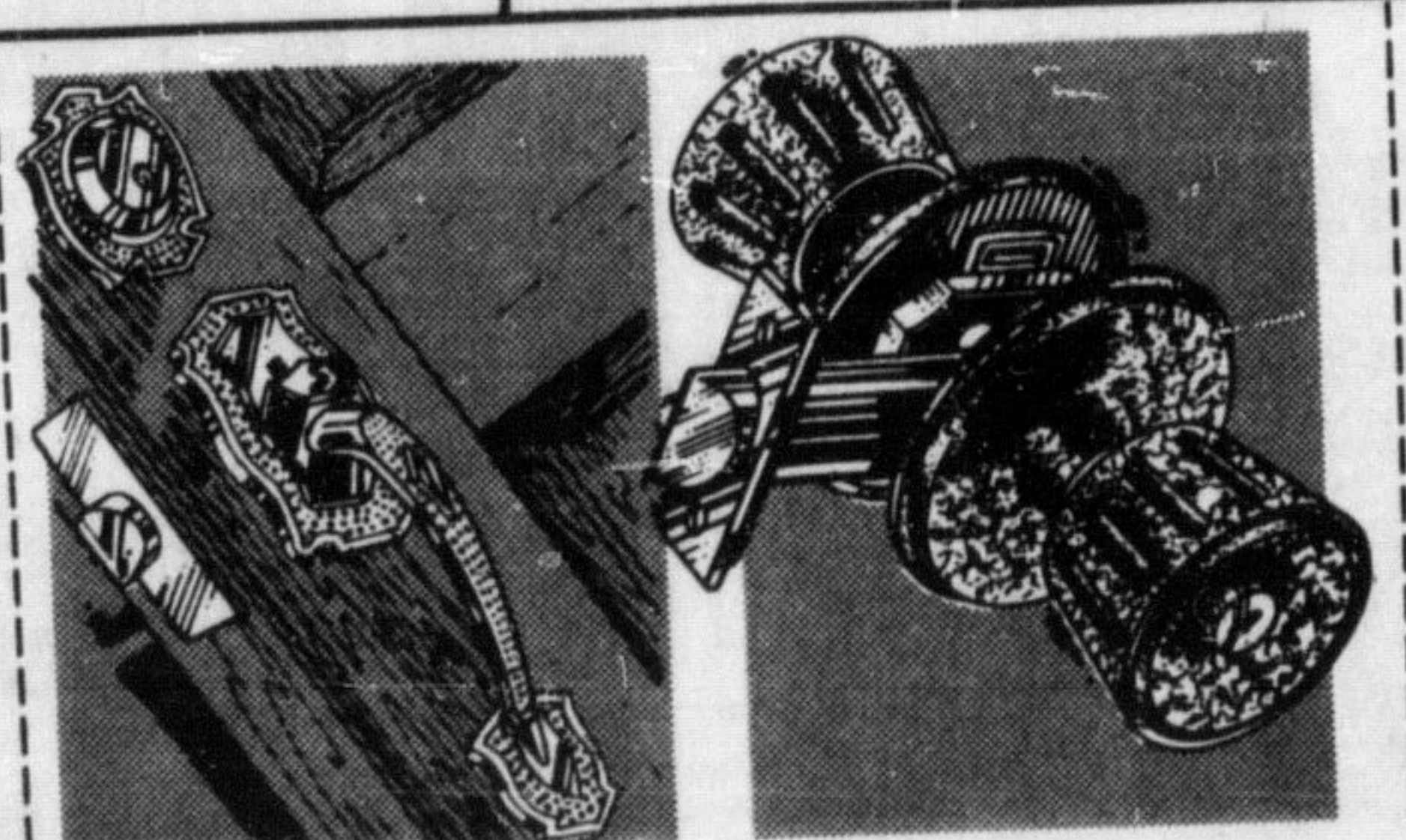
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Life Pin awarded
Mrs. David de Blauw of 20 Sideroad, Brookville received a special honor from the Nassagaweya Women's Institute Wednesday evening.
Mrs. de Blauw, a past president and convenor for many of the committees for the organization was awarded the rare life membership pin.
A member for the past 26 years, Mrs. de Blauw is now one of four life members in the area organization.
The pin presented to her comes from a former member, Mrs. Lina Padbury.
When Mrs. Padbury died two years ago, the family returned the pin to the institute to be given to another life member.
In order to qualify for a life membership pin, the applicant must be a member of good standing for 25 years.

MILTON BOY SCOUTS

Paper Drive

Saturday, April 18th, 1981

Please tie your waste newspapers securely and leave them at the curb by 8 a.m. Sat. April 18th. Sorry, NO cardboard or glossy paper (Magazines) can be accepted.

PLEASE NOTE:
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