

**RECIPE FILE**

**Renaissance of Sunday dinner**

That family favourite -- Sunday dinner -- is making a comeback but, this time with a different twist.

Today's wise cooks take the best of the old and combine it with new tastes and lighter, healthier cooking methods for an update on an old favourite. At this time of year, with a rich array of Ontario carrots, onions and cabbage in the stores, it's easy to create delicious, nutritious meals which echo the traditions of the past.

The balance is tipping away from those heavy Sunday dinners of yesteryear to smaller portions of meat or poultry served with generous quantities of healthy vegetables.

And what better way to spend that time than in preparing and enjoying a delicious Sunday dinner? The whole family can help out -- the younger ones setting the table; the older children assisting the cook. If time and space permit, why not let each member of the family prepare one dish for your special Sunday meal together? One way or another your dinner will be special.

**Savory Onion Flatbread**

Onions star as the flavouring for this Italian-style snack bread. Serve as an appetizer before a light Sunday dinner or as an accompaniment to a main course soup.

- Pinch, granulated sugar;
- 2/3 cup (150 ml), warm water;
- 2 tsp (10 ml), active dry yeast;
- 1 1/2 cups (375 ml), all-purpose flour;
- 1/2 tsp (2 ml) salt;
- 1/4 cup (50 ml) vegetable oil;
- 2 Ontario cooking onions very thinly sliced;
- 1/4 cup (50 ml) red wine vinegar;
- 2 tbsp (50 ml) honey;
- 3/4 cup (175 ml) freshly grated



Combining the flavours of onion and cheese, Savoury Onion Flatbread makes a great appetizer for Sunday dinner.

**Parmesan cheese;**  
**cornmeal**  
**1 tsp (5 ml) dried thyme;**

**Directions:** In a measuring bowl, combine flour and salt. Make well in centre and pour in 2 Tbsp. (25 ml) oil. Stir yeast mixture briskly and pour into well. With fork, gradually blend flour into liquid mixture to form dough; gather into ball.

Turn out onto lightly floured surface, and knead about 5 minutes, adding just enough extra flour to make soft, slightly sticky dough. Place in greased clean bowl, turning to grease all over. Cover with greased waxed paper, then tea towel. Let rise in warm draft-free place until tripled in size, about 90 minutes. (Dough can be left to rise up to 3 hours.)

In small bowl, combine onions, vinegar and honey; let stand at

least one hour, stirring occasionally.

On lightly floured surface punch down dough, knead in 1/4 cup (50 ml) cheese. Form into ball and cover with bowl; let stand for 10 minutes.

On lightly floured surface, roll out dough to 10-inch (25 cm) circle. Lightly sprinkle baking sheet with cornmeal; place dough on top. Make indentations all over top with fingertips. Drain onions and scatter over dough. Sprinkle with remaining 1/2 cup (125 ml) cheese, then thyme and remaining 2 Tbsp. (25 ml) oil. Sprinkle all over with 1 tsp. (5 ml) cold water and bake at 425 F (220 C) for 20 to 25 minutes or until golden. Cut in wedges; serve warm. Makes 4 servings.

**Preparation Time:** 5 minutes

**Cooking Time:** 20 to 25 minutes.

Photo courtesy Ontario Foodland

**Lifestyle**

**Babysitters find themselves easy marks for homeowners**

**DEAR ABBY:** The letter from the mother of the girl who had been taken advantage of by people for whom she baby-sat reminded me of a job I had in college.

A young couple got my name from a friend of mine and asked me to sit with their two children until midnight. They picked me up at my dorm, and when we got to their house I was informed I would be spending the night there so they wouldn't have to drive me home in the middle of the night!

Being the polite person I was taught to be, and needing the money I was in a nightgown the lady loaned me and spent the night there. The next morning the husband drove me back to my dorm where I found a dozen messages from my boyfriend back home. He was livid because I had been out all night. (He never did believe my story.)

**Also Taken Advantage of**

**DEAR ALSO:** It may not help you much to be told now what you should have done, but for others who may find themselves in a similar predicament: Do not allow yourself to be manipulated. Speak up. Say, "I'm sorry. This isn't what I agreed to do, and I am unable to accommodate you." Period.

Learning assertiveness early in life may not be easy, but it will be a valuable lifelong asset.

**DEAR ABBY:** I have a beard, which I keep nicely trimmed and well-groomed. When I recently applied for a job as a salesperson in a large retail store, I was told that if I wanted to work there, I would have to shave off my beard. (I didn't like the idea, but I agreed to shave off my beard if they decided to hire me.)

Abby, this company is saying

**Dear Abby**

with ABIGAIL VAN BUREN.



bearded salesmen are not acceptable, but if bearded men want to shop there, they will be glad to take their money. I think companies which practise this kind of discrimination should be boycotted. What is your opinion?

*Irked*

**DEAR IRKED:** I think nicely trimmed, well-groomed beards are attractive, but I am not setting policy for employees in a place of business.

To refuse to hire a man because he has a beard is a form of discrimination, but it is the employer's right to hire salespeople who best represent the company's image.

The ball is in your court now. If you want the job, shave your beard. And if you don't want to shop there, it's your right to shop elsewhere.

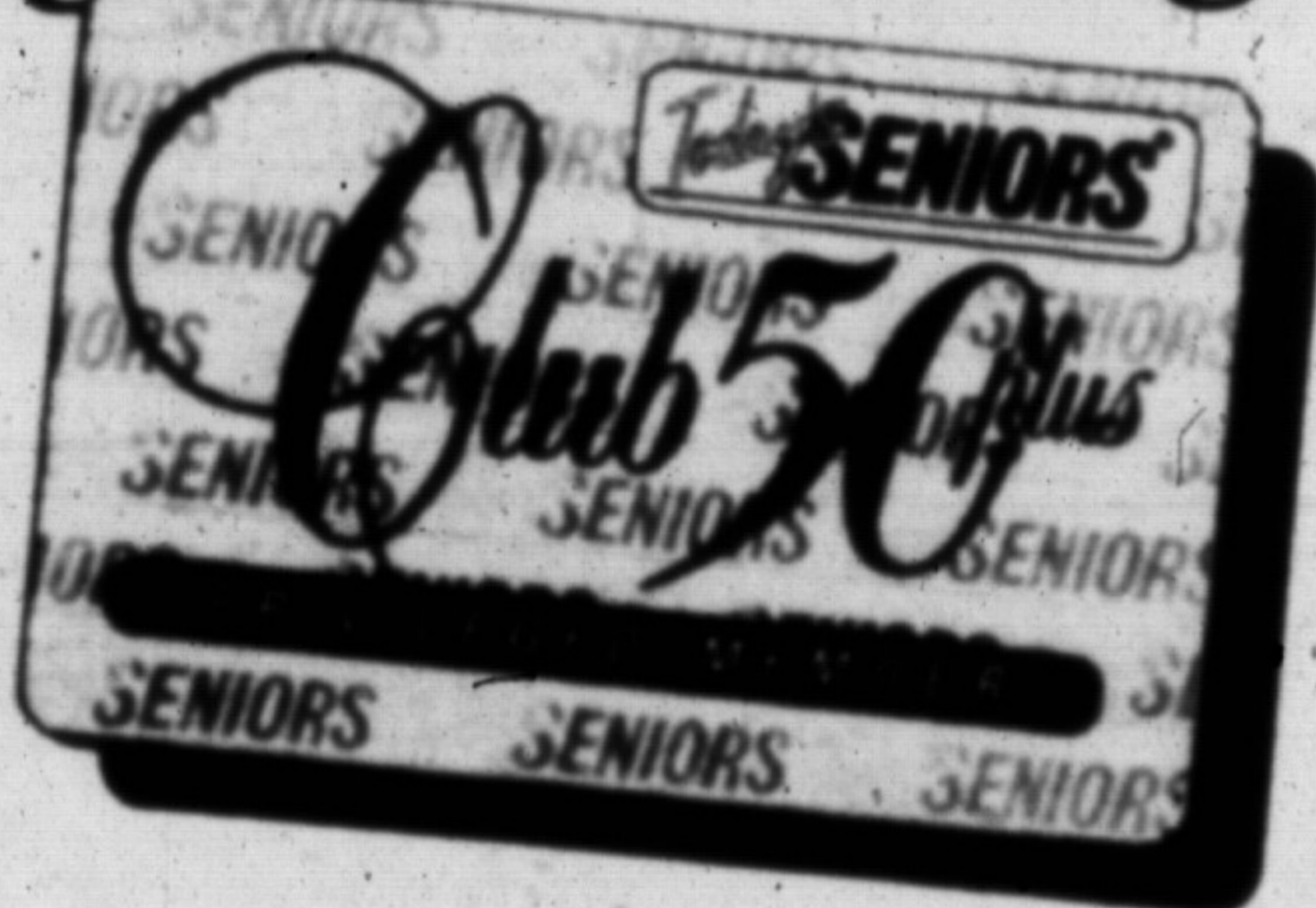
**DEAR ABBY:** I must disagree with those who think applauding in a house of worship is disrespectful and unacceptable behaviour. Hogwash!

When my son was married, half an hour before the wedding we had a violent rainstorm which cut off all the electricity at our church. Of course, that meant there would be no organ music, so our priest instructed the guests to applaud the bridal couple as they entered and walked down the aisle.

I don't believe God was offended.

Claire in Ontario

**Today's SENIORS**<sup>®</sup>  
introduces **Club 50 Plus**  
A winning combination of  
**exceptional savings and great reading!**



**Club 50 Plus** is all about value and savings -- and it's easy for you and your friends to become privileged members instantly. Simply fill out the coupon below, and for \$17.95 you'll get **TODAY'S SENIORS** mailed to your home every month for a year, along with your own personal Club 50 Plus Membership Card.

If you're already a home delivery subscriber, your \$17.95 will get you a membership card and extend your subscription another full year! (Additional cards are \$9 each)

Privileged membership entitles you to special discounts and preferred service from outlets such as P. Lawson Travel, IGA, Food City, White Rose Nurseries & Crafts, Tiden Car Rental and many more!



And when you're not saving money, you can relax and read Ontario's largest monthly newspaper for people 50 years of age and better. If it's interesting, entertaining, controversial... if it affects your lifestyle, you'll find it in **TODAY'S SENIORS**. There are so many features to enjoy.

- Annual "Trip for Two" contest
- Other fabulous contests
- Travel & leisure features
- Money management advice
- Health care articles
- Successful retirement features
- Companion Corner column
- Senior's Events Calendar
- Housing alternative news
- Political issues & opinions
- And much, much more.

And, we're still growing! We're now available in Hamilton & Burlington, the Niagara region, and Ottawa and London as well as Toronto and suburbs.

**Club 50 Plus**

**Club 50 Plus MEMBERSHIP APPLICATION**

MAIL TO:  
**TODAY'S SENIORS, c/o Club 50 Plus,**  
 10 Tempe Ave., North York, Ontario  
 M2H 2N6 Telephone: (416) 493-4400  
 or call toll-free 1-800-263-4025

Phone orders accepted with VISA or MASTERCARD

Please send me my Club 50 Plus Membership Card and 12 issues of TODAY'S SENIORS. I'm enclosing \$17.95 to cover the cost of mailing and handling. (Please allow 6-8 weeks for order processing).

—OR—

I am currently a home delivery subscriber. I'm enclosing \$17.95. Please send me my membership card and EXTEND my subscription one full year.

—OR—

Send me \_\_\_\_\_ additional cards per household (is \$9 each).

Name \_\_\_\_\_

Address \_\_\_\_\_ Code \_\_\_\_\_

City/Town \_\_\_\_\_ Province \_\_\_\_\_

Phone: Res ( ) \_\_\_\_\_ Business ( ) \_\_\_\_\_

Signature \_\_\_\_\_

**GUARANTEE**

Please keep this as your written guarantee that your request has been submitted to become a TODAY'S SENIORS Club 50 Plus member. If you have any further inquiries, please write or call TODAY'S SENIORS, c/o Club 50 Plus, 10 Tempe Avenue, North York, Ontario, M2H 2N6. Phone (416) 493-4400.

