

RECIPE FILE

Nutritious food can be disguised

Satisfying a child's palate with nutritious food isn't an easy undertaking — especially during winter when there's a smaller selection of fresh Ontario produce. Luckily, Mother Nature has provided Ontarians with a tasty solution: bountiful harvests of versatile winter vegetables like fresh, crisp Ontario cabbage, carrots and onions. Foodland Ontario has fortified a traditional family recipe with Ontario winter vegetables that even fussy children will enjoy.

Carrot oatmeal cookies

Regardless of age, everyone loves cookies and these easy peanut-studded carrot ones will disappear in no time. If you want to keep a few for another time, just place cooled cookie in a waxed paper-lined airtight container with waxed paper on top of cookies and freeze for up to 4 months.

- 3 medium Ontario Carrots, peeled and finely shredded (about 1/2 lb/250 g);
- 3/4 cups (175 ml) vegetable oil;
- 1/2 cup (125 ml) each granulated and brown sugar;
- 1 egg, beaten;
- 1 tsp (5 ml) vanilla;
- 1-1/2 (375 ml) all purpose flour;



The fresh taste of Ontario carrots in chewy carrot oatmeal cookies will tempt kids of any age.

- 1 tsp (5 ml) baking soda;
- 1/2 tsp (2 ml) grated nutmeg;
- 2 cups (500 ml) rolled oats;
- 2/3 cups (150 ml) whole salted blanched peanuts;

In large bowl, stir in carrots, oil, sugars, egg and vanilla. In separate bowl, stir or sift together flour, baking soda and nutmeg. Stir into carrot mixture with oatmeal and peanuts. Drop by teaspoon onto greased baking sheets, flatten slightly with floured fork. Bake at 350F (180C) for 10 to 12 minutes or until golden brown. Makes 5-1/2 dozen cookies. Preparation time: 10 minutes. Cooking time: 10 to 12 minutes.

Mazda

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RELIGIOUS SERVICE DIRECTORY



HOLY ROSARY ROMAN CATHOLIC PARISH
139 Main St. Milton
878-6535
Mass Times:
Sat. 7:15 p.m. Sun. 9:00 a.m.
10:30 a.m., 12 noon

OUR LADY OF VICTORY

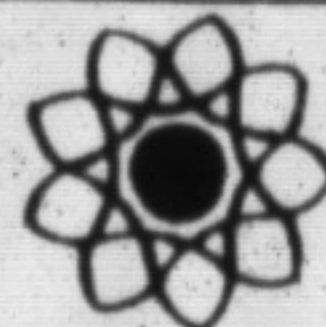
Milton Heights
Mass at 10:30 a.m. Sunday
ST. PETER'S CHURCH
9th Line Trafalgar
Mass at 9:00 a.m. Sunday
Revs. Earl Talbot, Donald Wilhelm, Harold Bedford, S.J.



MILTON ALLIANCE CHURCH

Sam Sherratt
Public School
649 Laurier Ave.
Pastor: Errol Rempel
Minister to Youth
Mark Kotchapaw
878-5664

9:45 a.m. Family Sunday School
11:00 a.m. Morning Worship Service
6:30 p.m. Evening Service
Nursery Facilities at all Services



BAHA' FAITH
P.O. BOX 13
MILTON, L9T 2Y3
878-3098

"O SON OF SPIRIT... Turn thy sight unto thyself, that thou mayest find Me standing within thee, mighty, powerful and self-subsisting."
from the Bahá'í Writings

Wed. Jan. 31 "Come Read with Us"
4:30 pm - 5:30 pm Family Storytime
Hugh Foster Hall re: life's challenges/choices

OPEN TO ALL - JOIN US!



ST. PAUL'S UNITED CHURCH
123 Main St. at James
878-8895

Rev. Robert Hyde
Rev. Elaine Longland

SUNDAY, February 4, 1990

10:30 a.m. Worship Service
Sermon Title: "Those who live on the inside"

Lessons:

Isiah 58:3-9
Matthew 5:13-16



Hot Luck Lunch & Annual Meeting following the Service
entry up to 2 years available. Wheelchair access to sanctuary from parking lot.



THE PRESBYTERIAN CHURCH IN CANADA
KNOX, MILTON

170 Main St., E. 878-6066
Minister: The Rev. Noble Dean
Deaconal Minister: Miss Terrie Lee Hamilton
878-4979

SUNDAY - Feb 4, 1990

9:30 a.m. — Adult Bible Study
9:45 a.m. — Junior, Senior High Bible Study
11:00 a.m. — Morning Worship — Church School (Ages 3-Grade 6)
— Nursery (infants up to 2 yrs.)
2:00 p.m. — Annual Congregational Meeting

ALL WELCOME
Please call 878-6066 to arrange for Wheelchair Access.

TRINITY BAPTIST CHURCH

P.O. Box 506 Burlington
4272 Appleby Line
Rev. W. E. Payne
634-4879

SUNDAY, February 4, 1990

9:45 a.m. Bible School with classes for all ages

11:00 am & 6:30 p.m.
Services of Worship, Praise and Bible Teaching

Wednesday, 7:45 p.m.
PRAYER MEETING & BIBLE STUDY
Proclaiming God's Sovereign Grace



MILTON BAPTIST CHURCH
900 Nipissing Road
875-1626

Pastor: Rev. Terry Laing

Sunday, February 4, 1990
Sunday School: 9:45 a.m.
Morning Worship: 11:00 a.m.

Junior Church and Nursery
Wheelchair Accessible

GRACEWAY BAPTIST CHURCH

Pastor: Walter H. Isaak
876-2298
We welcome you to meet with us at 407 Pine Street Next to Milton Library

10:00 a.m. — Sunday School
11:00 a.m. — Morning Worship
6:30 p.m. — Evening Service
Thursday 7:00 p.m. — Bible Study

Nursery and interpretation for the hearing impaired provided for all services
"The Church That Cares For You!"

GRACE ANGLICAN CHURCH

317 Main St. Milton, Ont.
878-2411

Sunday, February 4, 1990

8:00 a.m. Holy Eucharist
10:30 a.m. Holy Eucharist

MILTON GOSPEL HALL

306 Ontario St. S.
878-2022

10:00 a.m. — Breaking Bread
11:45 a.m. — Sunday School
7:00 p.m. — Gospel Service

Wednesday 7:30 p.m.
Prayer and Bible Reading
"Behold the Lamb of God, which taketh away the sin of the world."
JOHN 1:29