

Wide selection of Ont. vegetables for holiday meals this season

Vegetables are an important part of any meal. And it's good to know that there's a wide variety of Ontario vegetables to choose from, even at this time of year. December's holiday meals can boast the freshness and delicious flavor of Ontario's many vegetables say the marketing specialists at

the Ontario Ministry of Agriculture and Food. Ontario vegetables include the winter or root vegetables—carrots, potatoes, parsnips, rutabagas and onions. Mushrooms are available all year, and there's also a wide array of Ontario canned and frozen vegetables. When cooking any of these vegetables, it's

best to choose a cooking method that will fit in with how you're cooking the rest of the meal. For instance, if the meat is to be roasted in the oven, plan to cook the vegetables there too. Baked potatoes and squash are favorites cooked this way but for a bit of elegance, try combining a couple of vegetables together in a

casserole with a favorite sauce. To oven-cook frozen vegetables, thaw them just enough to separate them, sprinkle with water and dot with butter. Cover them tightly and cook in a moderate oven for about half an hour. On top of the stove, fresh, frozen or canned vegetables can be steamed, boiled or

cooked in a skillet with a bit of butter. To serve, a seasoned butter or glaze will add a tasty touch. For a pleasant change, try a vegetable puree. Puree the

cooked, drained vegetable in a blender, food processor or press through a sieve. Pureed vegetables can be seasoned with chopped onion, butter, salt and pepper or try a bit of

brown sugar, honey or maple syrup. Purees can be made ahead of time and reheated before serving. Some vegetables are great served raw, such as carrot and rutabaga cut into sticks. When guests drop in treat them to a mixed raw vegetable, fruit and cheese tray. No matter how you serve them, choose from Ontario's fresh, canned and frozen vegetables.



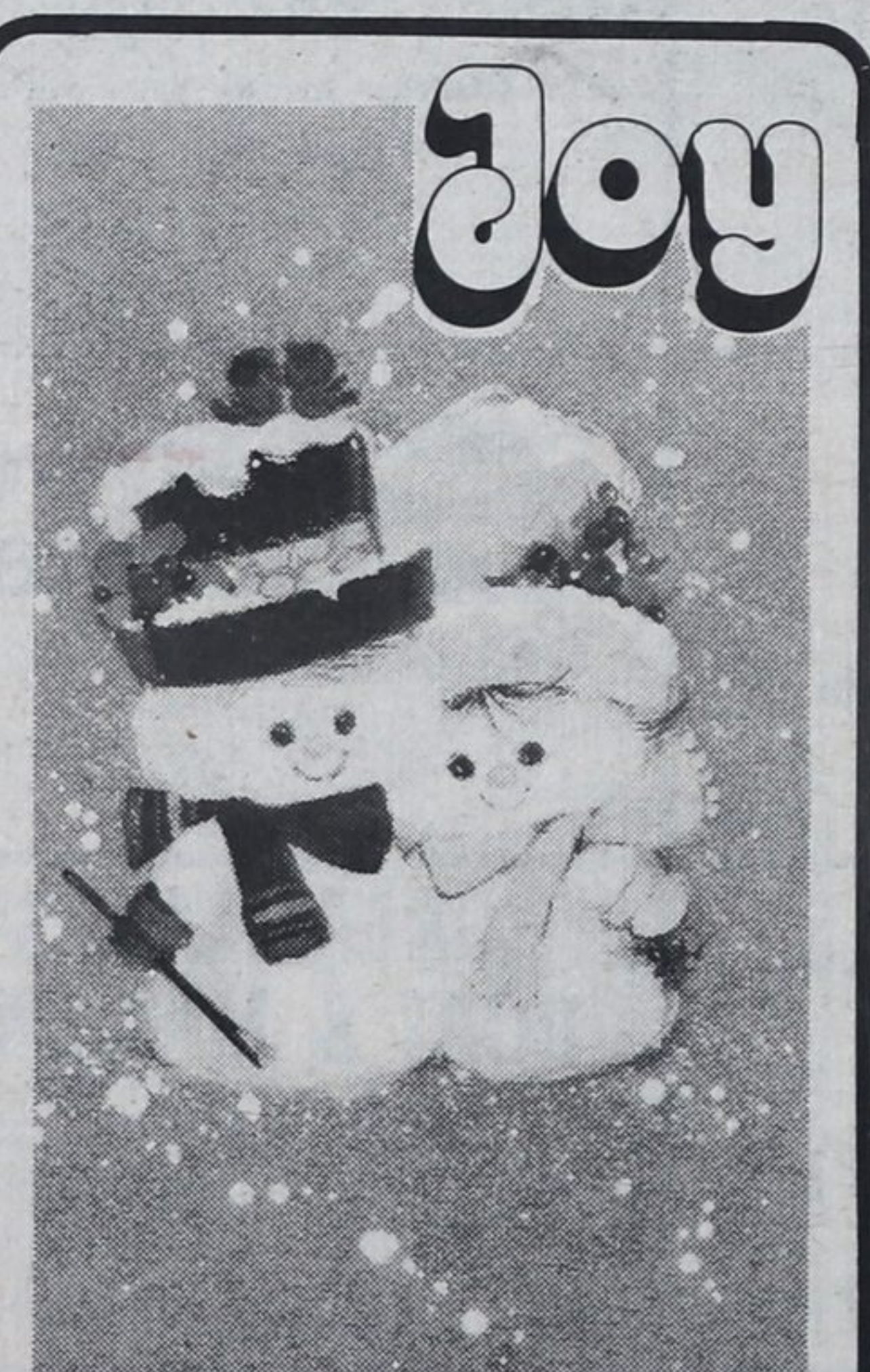
Mean John and Kid

John Nix, left and Roger Bell were two of the many staff members that took part in Midland Secondary School's Christmas Assembly, Friday. Here, Nix, alias mean John, takes a drink of Coke offered to him by Bell, alias Kid. In case you didn't recognize it, it's a take-off spoof of the Mean Joe Green Coke commercial now on television.



Christmas is that wonderful time of year when we can greet all of our friends and wish them the best of the season. We are fortunate in having so many great friends and patrons and we hope that we can continue to do business with you. Have a happy holiday!

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Obituary

Paul Moreau

Paul Moreau, of Howes Corner, Tiny Township, died suddenly on Dec. 14, 1980 in Penetanguishene General Hospital. He was 38.

The Tiny Township native lived all his life in this area. For the past 12 years he was a practical nursing assistant at the Penetanguishene Mental Health Centre. His wife, Barbara (Marchand) Moreau of Howes Corner, daughters Kimberly Anne and Melissa Anne, both at home, and mother, Mrs. Celestine Moreau, also of Howes Corner, survive him. Gerard Moreau his father, predeceased him.

Brothers John, Leo, David, Allen, Raymond (all of Penetanguishene) and sisters Prima (Mrs. Martial Marchildon) of Lafontaine, Avela (Mrs. Allen Quesnelle) of Kettleby, Lorraine (Mrs. Ralph Freeman) of Toronto, and Dolores (Mrs. Ron Hayes) of Toronto also survive him.

Fr. Louis Dignard officiated at the funeral, held Dec. 17, 1980 at St. Ann's Memorial

Church. Interment will follow in the spring in St. Ann's Cemetery, Penetanguishene.

Merry Christmas



Counting on the best Christmas ever for each of our customers! May the spirit of the season carry over and enrich your lives every day of the coming year. Here's wishing you a very joyous yuletide!

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