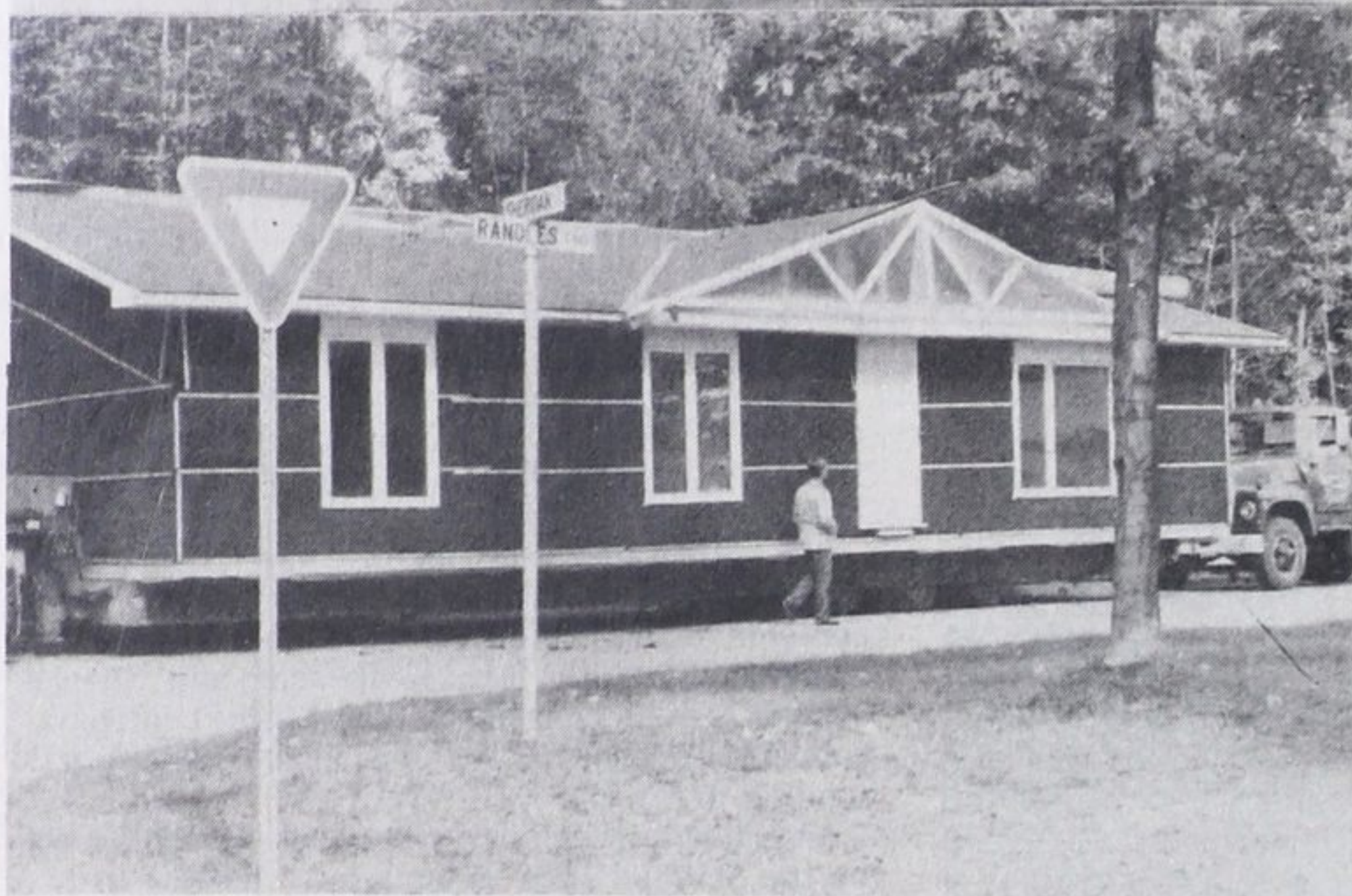




Protect yourself against cancer in two ways: know the "Seven Steps to Health" and contribute generously to the Canadian Cancer Society, which through research and public education is working to prevent cancer. There Is An Answer To Cancer...And You Are Helping Us Find It.



## Hillsdale 4-H cooks

On Monday, Oct. 3, Hillsdale 4-H club started cooking. The meeting was held at Mrs. Welch's home in Hillsdale. 4-H's guest was Dawn Cumberland. During the meeting the club members cooked Maple Baked Apples and Irish Soda Bread. The recipes are:

### Irish Soda Bread

250 ml whole wheat  
250 ml all purpose flour or 500 ml all purpose flour  
7 ml baking powder  
5 ml baking soda  
2 ml salt  
25 ml sugar  
175 ml raisins  
250 ml buttermilk  
Sour milk substitute, 250 ml milk plus 15 ml vinegar.

**Yield:** 1 round loaf

**Time:** 1 hour

### Equipment

large bowl, dry measures, rubber spatula, liquid measure, knife, straight edge, baking sheet or pie plate

1. Preheat oven to 190 degrees c (375 F) Grease baking sheet
2. Combine dry ingredients in large bowl and blend thoroughly
3. Add buttermilk stirring just enough to moisten dry ingredients
4. Turn out on flowered counter and knead about 1 min. form a round, smooth loaf.
5. Place on greased baking sheet. Cut a cross in the top about 5 mm deep. Bake 50 min.
6. Cool before slicing.

Preheating of oven is only necessary if it takes longer than 10 minutes or the broiler element comes on.

### Maple Baked Apples

125 ml maple syrup  
50 ml water  
4 ml cinnamon

4 baking apples  
250 ml milk or 10 per cent cream (optional) (Spy, Idared, McIntosh, Cortland)  
Yield 4 servings.

**Time:** 1 hour

**Equipment:** baking dish or 4 custard cups, liquid measure, small measures, apple corer, paring knife, spoon, rubber spatula

1. Preheat oven to 190 degrees C (375 F) Grease baking sheet or custard cups.
2. Combine maple syrup and water in liquid measure.
3. Core Apples with paring knife score through the skin around the middle of each apple. Sprinkle in hollow of each apple with 1 ml cinnamon.
4. Place apples in cups or baking dish. Pour syrup over apples and into hollows.
5. Bake at 190 degrees C for 45 min. or until tender, basting every 15 min.
6. If a baking dish was used carefully transfer each apple to a serving dish. Use a rubber spatula to pour all syrup over apples.
7. May be served hot or cold, with milk or cream if desired.

Preheating is only necessary if it takes longer than 10 min. or the broiler element comes on.

(Optional) if desired you could plug bottom hole in apples and you could fill middle with nuts, candies etc.

by Christie Thomas

## Neat way to have your home built

Here's a neat way to have your home built and delivered to your own lot. A Randles Cres., Midland, homeowner had a quality built pre-fab home built

for him by Royal Homes Ltd. The dwelling was trucked into Midland last week and the rest is history, as these pictures illustrate.

## Turkey comes to school

by Michael Belsey and Keith King

Honey Harbour Public School's junior room celebrated Thanksgiving at school by putting on a play, dressed as Pioneers.

After that they held a great Thanksgiving Feast for parents and students. This is the first time the school celebrated Thanksgiving by having a turkey dinner at the school.

Everybody donated enough food for the meal. The parents' group donated a 22 pound turkey.

The senior room also had a hobby show with help of Michael Belsey, Kurt Woll, Keith King, Mary Anne Cousineau, Dawn Foster, Paul Belsey Nicole Krause.

Mr. Bartosik, the principal, also invited to the school the Volly Van with two volley ball instructors.

Their names are Sue Dunton and Yvonne Camus. Sue has graduated from university to National Women's Volleyball to travelling around the country teaching schools volleyball techniques.

Sue also wants to go back to university and then go into business.

Yvonne is in Grade 13 and will be going to university of Toronto. She also teaches volleyball. Their sponsors are Frank Vetere's Pizzeria, Adida's and Wintario.



## Midland Library News

The following is a list of new books available at the Midland Public Library.

**Fiction include:** Nobody cared for Kate by Gene Thompson; The Clairvoyant Countess by Dorothy Gilman; Narcissa and other fables by Louis Auchincloss; Operation Lila by Marvin H. Albert; Bluebeard's egg by Margaret Atwood; The wicked day by Mary Stewart.

**Non-Fiction include:** A little wilderness: the natural history of Toronto by Bill Ivy; Hugging the shore by John Updike; The Pontiff by Gordon Thomas; Live, work and be healthy by Arthur S. Verdesca; High inside: memoirs of a baseball wife by Danielle Gagnon Torrez; The Klondike quest by Pierre Berton.

### FAMILY FILM NIGHT

Friday evening, Oct. 14, is "Laurel and Hardy night" with three Laurel and Hardy films scheduled.

- Liberty
- One a.m.
- The pawnshop

Films begin at 7:15 p.m. in the Children's library, admission is free.

Save with these tasty take-out

## Specials

at **JOHNNY'S PIZZA HOUSE**

Buy 1 lrg Pizza & get another for only 99¢

Order any meal & get \$1.00 off

Specials valid till October 20, 1983

358 - 8th Street At Yonge from 4 p.m. to 12 midnight  
526-8761  
526-3142

**MOVIE GUIDE**  
ROXY THEATRE MIDLAND 526-5791  
Fri., Sat., Oct. 14-15, 7 & 9  
The good news is Jonathan's having his first affair. The bad news is she's his roommate's mother.  
**CLASS** Sat. Mat. 1:30 Gary Coleman in Jimmy the Kid  
Sun., Oct. 16 to Thurs., Oct. 20, 7:15  
**CLASS PLUS** RICHARD GERE in BREATHLESS

PENTWIN PENETANG 549-2953  
Pen 1 Fri.-Sat. Oct. 14,15, 7:15  
The Original **FLASHDANCE** It's as far as you can go.  
PLUS **WONDER-VISION 3-D** Some frightening scenes  
Sat. Matinee 1:30 **WONDER-VISION 3-D** **INCREDIBLE** OF THE FOUR CROWNS  
Sun., Oct. 16 to Thurs., Oct. 20, 7:15  
PLUS Eddie Murphy in **48 HRS.**

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PLUS Eddie Murphy in **48 HRS.**  
Pen 2  
Fri., Oct. 14 to Thurs., Oct. 20, 7&9  
TREASURE OF THE FOUR CROWNS

**movie** Call 326-3338 or 326-3339  
Orillia Cinema 3 64 Colborne St. W.  
CINEMA 1 ROMANTIC COMEDY 7&9  
CINEMA 2 LA CAGE AUX FOLLIES 7&9  
CINEMA 3 THE LONELY LADY 7&9  
ADULT ACCOMPANIMENT PARENTAL GUIDANCE RESTRICTED 18 YEARS OF AGE OR OVER

**THE DRIFTWOOD Restaurant & Dining Lounge**  
847 Vinden Street, Midland  
**Inflation fighting 'All-You-Can-Eat' Specials!**  
Served from 5 p.m. to 9 p.m.  
**Tuesday \$3.95**  
Breaded Veal Cutlets  
**Wednesday \$3.95**  
Filet of Fish  
**Thursday \$3.95**  
Deep Fried Chicken  
**Fri., Sat., Sun. \$8.95**  
Hot & Cold Buffet  
**Above Specials include:**  
Salad Bar, potatoes, choice of Coffee, Tea or Soft Drinks  
Closed Mondays  
**Reservations 526-2332**  
**'Live Entertainment'**  
This weekend  
Fri. & Sat., 9 a.m. to 1 a.m.  
SHADES OF MIDNIGHT Oct. 21 & 22  
THE TEARSIL TRIO Oct. 28 & 29  
GEORGIAN COUNTRY Nov. 4 & 5  
THE TEARSIL TRIO Nov. 11 & 12  
GEORGIAN COUNTRY Nov. 18 & 19  
SHADES OF MIDNIGHT  
**THE DRIFTWOOD**  
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