



The last in our series resembles a comparison we ran a few weeks ago looking south on Yonge from Hunt Avenue. In the first set we referred to the White Rose and B-A gasoline signs, but when the photos came out in the paper, the signs had vir-

tually disappeared. They're a little clearer in the above picture (top). The Liberal would like to thank Ontario Hydro's Len Taylor for supplying the shots taken in 1952.

(Photos by Ontario Hydro and Bruce Hogg)



anne wanstall

Fish market is growing

By ANNE WANSTALL

One prediction that hasn't been made for this brand new year is that we'll probably all eat better in 1979.

Instead, there's been much gloom and doom about the prices of foods we will not be able to afford, making many people wonder whether they'll be able to eat at all!

We will, of course, continue to eat, but with prices of what might be called "better foods" — and those that are generally the easiest to prepare — spiralling out of sight, the inevitable should, and surely will, happen.

It's astonishing how we've nurtured a generation of non-cooks and put it all down to the working mother. From what many readers say, learning at mother's knee has contributed only one thing to culinary knowledge — how to open a package and mix its contents.

Of course there are exceptions, but it's a fairly safe bet to suggest that the next time you're waiting in the supermarket checkout line, the person in front of you or the one behind you will have a basket filled with processed meals.

They'll wonder where the money went, forgetting that wages for labor are incorporated in the food costs. Ask them why they don't slice the price by doing the cooking themselves and you may be told they don't know how.

Frequently in 1979, this column is going to slip off its gourmet pedestal and present a cooking lesson. We're going to begin with fish because it has a growing market in Ontario. It's also good for us and offers more taste variety than the popular meats.

Ready processed (breaded or battered) fish incorporate labor costs that could be avoided. What could be more simple than slipping a fish fillet through flour, then through an egg beaten with a few drops of water and finally through bread crumbs?

26 killed on roads

As far as Police Chief Bruce Crawford is concerned, 1973 was a bad year for York Region.

In that year, 53 people were killed in traffic accidents on the road patrolled by York Regional Police.

However, the news has been good ever since.

Last week, the chief reported to the police commission that fatalities for 1978 were less than 50 per cent of the 1973 total — a mere 26.

That is the same total as 1978, and the fifth

consecutive year that the totals have been below the 1973 figure.

"I wouldn't want to speculate on why the totals are down," the chief said in an interview Friday. "It's a combination of things — spot checks, speed enforcement, seat belt legislation and good roads."

He also credited the co-operation of the people in the region with the low fatality rates.

"We're doing extremely well," he said.

Chief's salary up

The Anti-Inflation Board made it official last week.

In a letter to the York Regional Police Commission, the AIB approved a 1978 salary increase of \$2,084 for police chief Bruce Crawford. That brings his yearly salary to \$45,509, an increase of 4.8 per cent.

Other salaries approved by the AIB include those of the two deputy chiefs — \$36,741 and superintendent — \$30,340. The 1977 salary for the deputy chiefs was \$34,925 and \$28,840 for the force's superintendent.

The increases are retroactive to Jan. 1, 1978.

The breaded fish needs only a few minutes in the frying pan, cooked in butter, margarine or a little cooking oil, and it's ready for the table.

But, you say, what about the traditional french fries? Easy. Peel enough potatoes, then slice into batons (smaller ones cook more quickly). Put the batons into cold water and swish around with your hand to remove excess starch.

Remove the potatoes and throw out the milk colored water. Return the potatoes and cover with more cold water. Leave for a few minutes.

Put about half to three-quarters of an inch of cooking oil (sunflower oil is perfect) in a frying pan and heat only until a drop of water spilled into the pan splatters quietly.

Place the french fries on paper towelling and dry. Put them into the oil over medium-low heat and cook, turning them from time to time, only until a knife point slips into one easily. Do not brown the french fries yet. Remove them with a spatula and drain them on a paper towel.

Turn the heat to medium-high under the oil. When the fish is nearly cooked, return the french fries to the oil and they'll crisp brown within minutes. Drain again (you use a fair amount of paper towelling!), salt lightly and serve.

So much for the traditional ways of serving fish; now for the variations.

FISH CASSEROLE

2 pounds halibut fillets
2 cups milk
½ cup flour
2 eggs, beaten
½ cup butter
salt and pepper
two-thirds cup breadcrumbs

Season the fish and steam it until you can remove the bones. Flake. Make a sauce of milk beaten with flour and cooked until smooth. Cool, then add the eggs and all but one tablespoon of butter. Alternate layers of fish and sauce in a baking dish. Season with salt and pepper. Top with bread crumbs and dot with remaining butter. Bake in a preheated 375-degree oven for 30 minutes. Serves four.

FISH FILLETS WITH ANCHOVY

6 or 8 fillets of sole or flounder
one-third cup sweet butter
3 tbs. anchovy paste
¼ cup dry white wine
fine cracker crumbs
chopped fresh parsley

Clean and wipe the fillets dry. Mix the butter with the anchovy paste, spread on the fillets, roll them and fasten with toothpicks. Set them on one end in a well-buttered baking dish. Pour over the wine and bake nine minutes in a 350-degree oven.

Remove and sprinkle with crumbs; then bake another nine minutes. Sprinkle with chopped parsley. Serves six.

BROILED SCALLOPS AND MUSHROOMS

1 pound scallops
½ pound mushrooms
bacon

Marinade
½ cup olive oil
1 lemon, juice only
salt and pepper
1 tsp. garlic, crushed
1 clove, thyme

Get good sized scallops for this recipe, and mushrooms that are much the same size (use only the caps).

Mix the marinade ingredients and marinate the scallops and mushrooms for one hour. Cut two or three slices of bacon into 1½-inch pieces.

Thread the scallops and mushrooms on skewers with a piece of bacon between each.

Preheat the broiler and lay the skewers across a shallow pan five inches below the flame. Broil, basting with the marinade for three to five minutes, turning the skewers frequently. Recipe serves four.

TRAVEL

Young state of Israel attracts million visitors

By DICK SINGER

JERUSALEM — The State of Israel is barely 30 years old, but the land is ageless and few parts of the world have witnessed as much history and change.

It offers visitors exciting contrasts for Elait's sandy Red Sea beaches to Haifa's Mediterranean Sea vista, Tel Aviv's throbbing nightlife to old Jerusalem.

The lure of the land is known. In 1978 more than one million visitors flooded in to explore and savor its unique charm and by 1985 that figure is expected to double.

Part of the appeal is religious. Three major religions, Judaism, Christianity and Islam, consider Jerusalem a sacred city.

But a large number of tourists, who spend an average \$550 (U.S.) during an average 16-day stay have discovered the four main regions comprising Israel's 82,461 square kilometres (1971 agreement) offer plenty more.

English is widely spoken and U.S. and Canadian dollars are readily accepted all over Israel.

Of the four areas, Tel Aviv, Elait, the Sea of Galilee and Jerusalem, it is the latter that draws the greatest number of visitors.

Focal point in this more than 3,000-year-old capital is the old walled city of biblical times that has known the tread of great and meek alike and changed little through the centuries.

In Israel's most expensive city, five-star hotel's still range from a lowly \$22 to \$29 U.S. per person, double occupancy, including breakfast, and there are low-cost youth hostels and hospices run by religious orders.

Jerusalem comes to life early, as does all of Israel, with the pre-dawn voice of the muezzin calling Muslims to prayer. This is soon joined by Christian church bells and by 8 a.m. the city hums with commerce.

Divided into four sections, Jewish, Armenian, Christian and Muslim, the 1.6-kilometre-square old city's walls are generally entered by the main Jaffa Gate. This leads the Christian stroller to the street market where you rub shoulders with costumed natives and both make way for donkeys laden with produce. There are souvenirs in the market, but the sellers prefer dollars to Israeli pounds.

For the religious the old city is a shrine. All 14 Stations of the Cross are there with the last five being within the Church of the Holy Sepulchre.

At Easter, countless Christian pilgrims crowd the Via Dolorosa and church which is believed to contain Christ's tomb.

In the Jewish section, a short walk away the famed Western (Wailing) Wall, all that remains of Solomon's great temple and the holiest of places for Jews is found.

Divided into sections, the men on one side and women on the other. The walls lower thinkers are filled with written messages inserted by supplicants who pray there for peace, better times and the future.

The Muslim section has the fabled Dome of the Rock, a magnificent mosque built around the rock from which Mohammed is said to

have flown to heaven. Modern and filled with shopping centres, cultural exhibits theatre and diverse activities, Tel Aviv has excellent sand beaches and a marina.

Cost of staying in one of its new five-star hotels varies between \$20 and \$26.50 (U.S.) per person, including breakfast, based on double occupancy.

Further up the coast (97 km) is Haifa, the seaport of Israel, which includes in its attractions the Bahai Shrine, Japanese Art Museum and a recently opened National Maritime Museum which traces more than 4,000 years of marine trade.

To the east and inland (70 km) lies the Sea of Galilee and the hot springs of Tiberias. A noted health resort and holiday centre built along the shores of the sea, Tiberias is rich in mineral waters.

Nearby is the Mount of Beatitudes, traditional site of Jesus' Sermon on the Mount.

Offering a superb panoramic view of the sea stretching beneath it and across to Jordan, the mount and church are popular with visitors to the area.

But if sight-seeing is not your style and you prefer soaking in the sun while lazing on sandy shores, Elait on the Red Sea is just the answer.

A year-round holiday resort for Israel and tourist alike, Elait offers

skindiving, boating, with a choice of four- or five-star accommodation.

Cost, including some meals, depending on the two week package selected, ranges from \$929 to \$1,509. Selection of the third week option raises the price to between \$1,469 and \$1,749.

Skylark Holidays Limited two-week package tours begin at \$799 per person. This includes return flight, accommodation and some ground transportation but no meals, as is the case with all their Israel tours.

Additional packages, ranging from \$919 to \$1,019, as in the case of the budget tour, offer four- and five-star hotel accommodation.

In all cases an optional third week package sells at \$120 and features seven days accommodation and breakfast in Netanya.

Skylark also offers a \$125 eight-day motor coach discovery tour of interest spots including the Dead Sea, Haifa, Bethlehem and Sea of Galilee.

Both Wardair and Skylark tours can be arranged through local travel agents or by phoning Intervac Reservations.

Direct flights from Montreal may be also arranged through El Al Airlines, which offers a six-day-to-60-day flight-only stay for \$685.

How to Get There: From April 29, 1979, tourists to Israel will be able to take advantage of package tours being introduced for the first time by Wardair Canada Limited and Skylark Holidays Limited.

Scheduled to begin at once weekly flights leaving Sundays from Toronto International Airport both companies will fly a Wardair DC-10 to Tel Aviv's neighboring Ben Gurion Airport via Montreal.

Wardair has five two-week packages with price depending on option selected. Three of the five offer a choice of seven day stays in Jerusalem, Tel Aviv or Herzliya.

All accommodation is either four- or five-star rated and a third week option is available at Herzliya.

The two remaining packages offer a combination of bus tours and stop overs at major cities

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Built in the seventh century, The Dome of the Rock is a remarkable achievement and still serves as a religious centre for Muslims who pray there and at the nearby El Aqsa Mosque

daily. Open to visitors, the Dome of the Rock is found in the Muslim section of Old Jerusalem. There is no admission fee but you must remove your shoes to enter.



TRAVELCHAT
By Anne Wanstall
Travel Editor

Weekenders solve room problems

Trying to find occupants for all the rooms that convention-goers, vacationers and commercial travellers leave vacant over the weekends is a problem faced by most city hotels.

The Inn on the Park in Don Mills may have found an answer — one that many people will enjoy.

Throughout January, the inn will hold weekend sessions on special interests. Package prices include accommodation, an arrival gift, refreshments during seminar sessions and Saturday afternoon jazz without cover charge.

This coming weekend (Jan. 12 to 14), Distressing Stress will be the theme. The following weekend, there'll be lessons on gourmet cooking and wine tasting. From Jan. 26 to 28, there'll be cross-country skiing for the novice, with skis and boots supplied.

Cost of each weekend is \$105 double occupancy and \$85 single occupancy for two nights. There's no extra charge for one or two children sharing their parents' room.

Parking is free and guests may use the indoor swimming pool, tennis and health club, and skating facilities. Babysitting services are available for a nominal fee.

Visitors to London can now buy a three day "go-as-you-please" ticket giving them freedom of travel on the capital's buses and underground railway system for \$18 (\$8 for children).

The new ticket, designed for the short-stay visitor to London, is sold in exchange for a voucher obtainable from BritRail Travel, 55 Eglinton Avenue East, Toronto.

Calladine and Baldry is one travel agent who cares about the special needs of the handicapped.

The agency offers a series of tours specially designed with the handicapped in mind. Facilities are examined prior to the tour leaving Canada. Where help is needed it can be provided.

Lawson, McKay Tours Limited is offering Minitreks and Overlanders to Asia, Africa and North, Central and South America.

A sample Minitrek is eight days "instant Everest" and a sample Overlander would be 14 days from London, England to Sydney, Australia.

Costs range from \$360 to \$2,560.