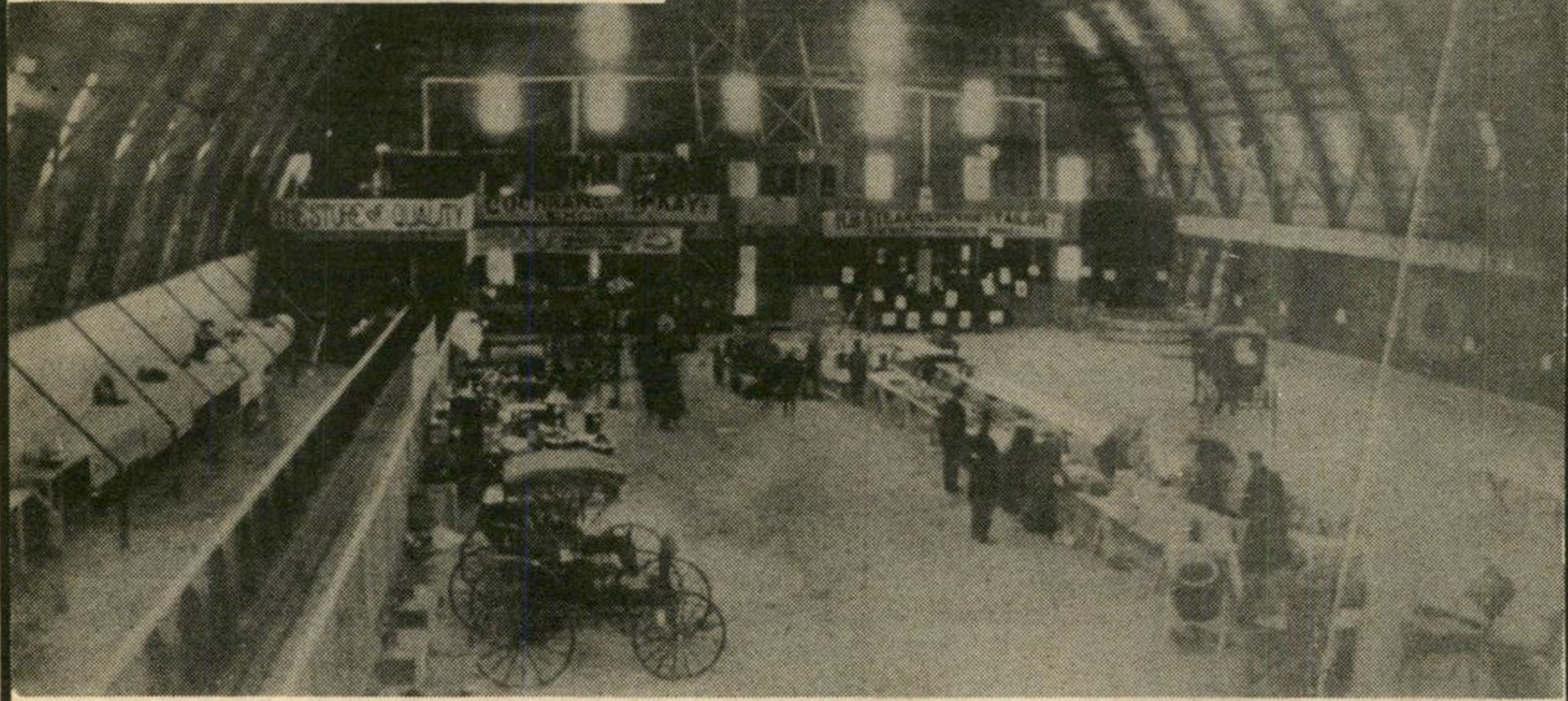


Backtrack



Fair of Old

The Russell Fair just completed another successful edition and the exhibits were again one of the central attractions. They were also popular in 1907 although, as this photo of the day shows, the emphasis was somewhat different. If you look closely, you can make out the latest in horseless carriages, wood stoves and creamery equipment. The exhibits were in the former Russell arena. (Photo courtesy of Mrs. Jessie White and Mrs. Lola Woods).

Castor Cuisine

with Katherine Durrer-Mattice

Editor's note: Mrs. Durrer-Mattice, a journalism student and secretary who enjoys sampling restaurant cuisine, has agreed to review Castor area eateries from time to time. An Ottawa resident, she's married to Michael Durrer, a former Swiss chef who now teaches cooking.

"I lost my heart in Heidelberg." So reads the front of the menu of the Old Heidelberg Restaurant, and that is the way you will feel after a visit to this fine dining room.

As you approach Greely, on Highway 31, you will spot the castle shaped building. Be ready for an evening of genuine German food and music. You can even dance a polka if you like!

Upon entering the restaurant we were greeted by a friendly, waitress dressed in a native German costume. We chose our table and ordered aperitifs from a wide range of reasonably priced drinks, including imported beers, liquors, cocktails and non-alcoholic beer. We took our time and sat around taking in the "scenery" of beautiful pictures of old Heidelberg and the attractive momentos of Germany.

We each decided to try one of the appetizers which included marinated herring for \$2.10 and Russian Eggs at \$2.95. My Russian Eggs were delicious; hard boiled eggs attractively served on a meat salad, covered with a mayonnaise sauce and garnished with pepper and tomato pieces. My husband, a chef, thoroughly enjoyed his marinated herring which was served with sour cream and a generous portion of onions.

Next came a crispy chef's salad, at \$3.95, served with a delicious house dressing, accompanied by warm rolls and butter, or 100% corn oil margarine if you preferred!

R. William Lyon

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The Old Heidelberg

For our main course, we shared the Old Heidelberg Special, which was a Veal Cutlet Cordon Bleu, priced at \$8.50, and Kasespaetzle at \$3.75. The veal cutlet stuffed with ham and cheese was accompanied by warm potato salad. The Kasespaetzle was a pasta product, described on the menu as homemade noodles, with cheese and garnished with onions and bacon. It was delicious and was accompanied by a chef's salad. Both dishes were typical German and as good, if not better, than you taste in Germany! My husband enjoyed imported German beer at \$1.60 while I settled for an 8 oz. glass of red German house wine at \$2.50 which, being a bit dry, pleased me perfectly. There was a wide selection of imported and domestic red and white wines as well as sparkling wines and champagne, all reasonably priced. Some other food menu items included Wienerschnitzel with condiments at \$9.75; several German beef dishes; a pork dish with sauerkraut at \$9.25; Gulasch at \$7.25 and homemade Bratwurst at \$4.25.

After eating such generous portions of the main course, we did not have much room left for dessert, however, my husband chose ice cream (\$.95) from a good selection of desserts, including the famous German Black Forest Cake at \$1.25 per portion. Dessert was complemented with fresh coffee and tea.

During the meal, proprietor Robert Hildenbrand made his rounds, greeting and chatting with his guests. He then resumed his place at the accordion, playing well known German and contemporary pieces, and attended to the bar when needed. (A dance floor is provided.) Meanwhile, wife Irma is back working in the kitchen making all the meals to order.

Not being rushed by staff we were able to sit back and enjoy the music and the warm, cozy atmosphere of "the castle". A visit to The Old Heidelberg is as good as a visit to a restaurant in Germany. It makes for a delightful dining experience.

Our whole meal, including an appetizer, salad, main course, aperitifs, beer, wine, dessert and coffee came to \$37.28, with the tip.

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Fair exchange

by Suzanne Schroeter

Russell's Janice Saunders and Quebec exchange student Sylvie Ste.-Croix have found out what "dual culture" really means.

The girls took part this summer in an Ontario/Quebec student exchange run by the Canadian Council of Christians and Jews.

As sports and music lovers, the girls were computer matched. They exchanged letters, photos and phone calls before Janice left in June for her two-week stay at Sylvie's home in Chibougamou, Quebec. The trip took 15 and one-half hours by train and bus, arriving at five thirty in the morning. After initial greetings, tea and some much needed sleep the visit was off to a sleepy start.

But the northern Quebec community of 15,000 and particularly Sylvie's "extended" family, showed a warmth and sincerity that made Janice quickly feel at home.

Naturally, a few things were unusual and took a little getting used to. For instance, in Chibougamou it is customary to have not a hot water tap but a **boiling** water tap. Janice almost got blisters to prove how hot that water is! And it was strange for Janice to see only lumber and mining camps all around. There was not one farm to be seen.

At the end of the busy two weeks, Sylvie accompanied Janice to Russell. Although Sylvie had visited Ottawa before, she and Janice made quite a few trips into town, visiting the capital's sights.

Sylvie was impressed by all the walking Russell's teens seem to do, and by the fact that Russell guys dance fast. It seems in Chibougamou, the boys only dance slow. After visits to notable farms in the area, the girls really loved to take cool dips in Marilyn's pool.

Sylvie is back in Chibougamou now, but the new friendship will continue to grow as the letters and phone bills mount up.

The Lion's Line

This summer has been one of the busiest for Russell Lions.

Despite threatening weather, the 17th Annual Fastball Tournament was another success. This event always requires great effort and the club wishes to thank the many local residents who participated. This year's \$2,000 profit will offset much of the cost of providing the Russell Lions Ball Park.

The draw for the Lions' "Tin Lizzie" took place during the ball tournament. Congratulations to John Lefebvre of Kapuskasing who will cruise around his neighbourhood at speeds up to 16 kilometers per hour in his miniature purple and gold Model T.

It wasn't all smooth sailing for the Castor Queen during the July 26 Vernon Centennial Parade. A blazing smokestack gave the crew a chance to prove that Russell Lions also make good firemen. A few minor repairs should make everything ship-shape for the Central Canada Exhibition Parade in Ottawa.

We sponsored a novelty fastball game July 28 between Russell A's and Four's Enough. This fantastic four-man team appeared to outscore Russell — no one's quite sure because of the unusual rules — but complimented pitcher Greg McLaren as "the best we've come up against so far."

WARD MALLETTE

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