

Cupboards

The flexible pumpkin From soup to nuts.



(Illustration by Jude McGann)

Autumn's pumpkin harvest can be used in a variety of ways — from pumpkin soup (delicious cold) to pumpkin seeds. In between there is pumpkin bread, pumpkin pie... and lots, lots more — and, of course, there's always the Jack-o-lantern.

by Margot McCallum
Kids are excited — Hallowe'en is near, there's a nip in the air, and the frost is on the pumpkin. It's time to bring in the beautiful orange vegetable. Cut or split through the rind (use a knife and hammer if you have to) exposing the pulp or meat and seeds. Scoop out seeds and set aside for the moment. Discard the rind and slice or cube the firm meat. Cook down to a smooth mass in a heavy pot (15-20 minutes) with a very little water. Now your backyard pumpkin is ready to replace canned pumpkin in your favourite

recipe, and may be frozen for later use.

Soup from Jamaica

1 lb. pumpkin, peeled and cubed (approx. 4 cups)
1 onion
1/2 cup split peas, soaked
pepper and salt to taste
1/2 lb. salt meat and bones (ham bone will do)
2-3 cabbage leaves, finely cut
1/2 tsp. thyme
1 tblsp. butter
Slice and lightly fry onion in butter. Add all ingredients, cover with water and simmer about 1 hour. Strain before serving. May be served cold.

Pumpkin Bread

Note: Good for diabetics and weight watchers. Freezes very well.
1 cup white sugar or 4 tsp. sucaryl
3/4 cup cooking oil
2 eggs
1 cup canned pumpkin
1/2 cup raisins
1 1/2 cups flour
1 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
Combine sugar and oil, add eggs one at a time beating after each addition. Add dry ingredients, beat smooth. Add pumpkin and raisins. Blend well. Bake in a greased or wax papered loaf pan, 9x5x3, or three 20 oz. vegetable tins.

Pumpkin Pie Delite

Note: This Milk Marketing Board recipe will fill two 9" pie shells and at least 6 tart shells, not one shell, as indicated.

1 9" unbaked pie shell
1 lge. pkg. cream cheese (250 g)
1/2 cup sugar
1 egg
1 tsp. vanilla
2 cups pumpkin
1/2 cup sugar
1 tsp. cinnamon
1/2 tsp. ginger
1 cup milk
2 eggs, beaten

Cream cheese until light and fluffy; blend in the egg, 1/2 cup sugar and the vanilla. Spread the cheese mixture in bottom of unbaked pie shell. Blend together remaining ingredients; pour carefully over cream cheese to form a second layer. Bake at 425° F. for 10 minutes; reduce temperature to 350°. Bake 30-35 minutes longer or until set. Garnish cooled pie with whipped cream and crushed peanut brittle.

Pumpkin Seeds

Dried in your just warm oven or on a sunny windowsill, the green inside of the seed makes delicious nibbling and can be used like nuts in cookies. They retail at health food stores for \$3.25 per pound.

That's for the Birds

Pumpkin seeds really are for birds, put them out as they come from the shell; they contain a very desirable oil.

Jack-O-lanterns for Hallowe'en are the year's highlight for many children. If you cut the pumpkin top off carefully you can scoop out the seeds and meat and still have a sturdy shell.

The best pie I tasted this Thanksgiving was for Sunday brunch at Nostalia Restaurant in Ottawa.

Note: Our columnist took first prizes at this year's Metcalfe Fair

for the special 125th Anniversary Cake and the Child's Birthday Cake categories. If you are interested in this white cake recipe or any other information call 445-5635.

For kids

Ants on a log

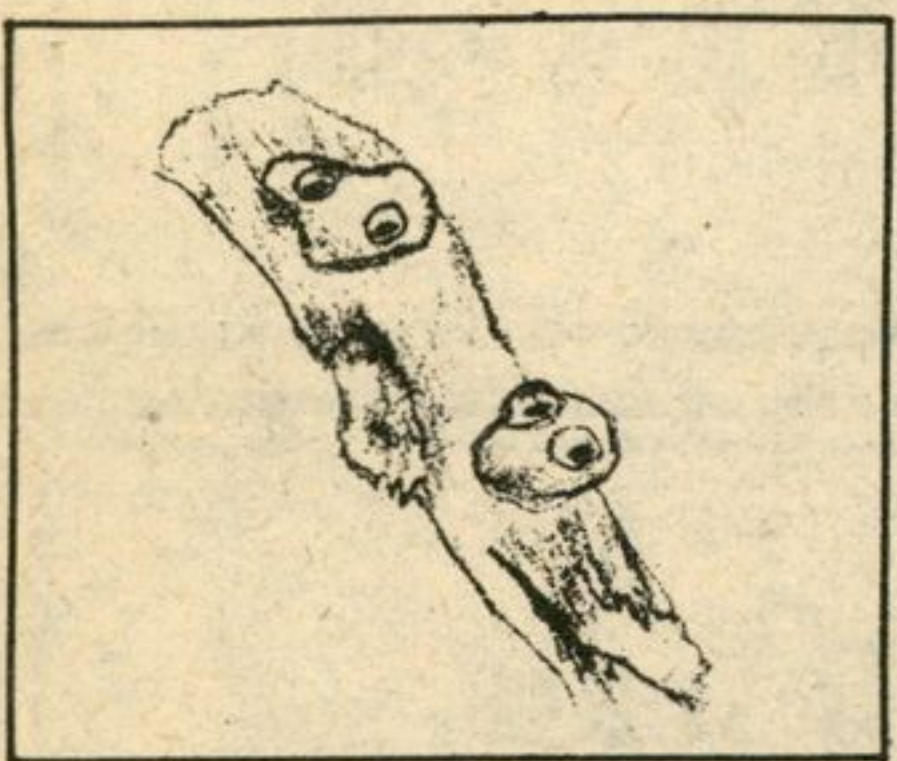
by Donna Nordenstrom

Use celery that has been cut into pieces two to three inches long. Fill with peanut butter or cheeze whiz. Dot with raisins, peanuts or chocolate chips.

(Song: Ants Go Marching)

Boys and girls: Send in your favourite peanut butter concoction to the Castor Review, Box 359, Russell, Ont.

Rock critters



- You need paste-on eyes, stones, sticks, white glue.
 - Collect sticks and stones. Paste stones on stick or a heavy piece of cardboard. Paste on eyes.
 - Bits of pipe cleaner, feathers, or a dab of paint might be added for extra appeal.
- Rock critters are on display at Maria Bianca's. Paste-on eyes can be bought at any craft store for 55 cents for 14 pairs.

Metcalfe playgroups begin

Metcalfe Co-operative Nursery School's three playgroups begin the week of September 8. Wednesday, September 9, has been set aside for a 'parent orientation' meeting with the school's director and teacher.

The annual fund-raising Harvest Dance will be held at the Metcalfe Community Centre in early November.



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Carole Tougas 445-5457

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