

Dehydrate fruits for use later

At this time of year most people take full advantage of the wonderful selection of fresh fruits available. These luscious fruits can also be preserved for use later in the year by freezing, canning or dehydrating.

Dehydrating involves circulating warm air over and around thinly sliced fruits and vegetables to extract all the moisture (the major cause of spoilage in foods). Our forefathers did things the hard way - slicing by hand and

hanging the produce in a warm, dry breezy place. The modern method of dehydrating is not only more hygienic, but is simple with good results easily achieved. Fruits and vegetables can be sliced thinly in no time at all in a Cuisinart, then dried in an electric dehydrating unit.

If you're lucky enough to own a convection oven, you can also use it as a dehydrator. The portable convection oven has a heating element and a rear mounted fan to circulate warm air during the lengthy dehydration process. Fruits and vegetables are placed on special wire mesh racks which allow the air to circulate around the food. These racks can be specially purchased to fit your convection oven, or you can use your existing racks by wrapping them with fine wire mesh.

The temperature is set at approximately 60 deg. C (140 deg. F) and the fan set to run for about eight hours - the timing will vary according to the texture and moisture content of the

produce being dried. For example, apples and bananas take five to eight hours; grapes take the longest time - 10 to 20 hours depending on their size.

The oven door is positioned to allow the moisture to escape. After dehydration, the produce should be stored in airtight containers in a cool, dry place.

Fruits and vegetables preserved by dehydration retain their natural color, flavor and nutritional value. They're easy to store as they are lightweight and take up little space. To rehydrate fruits, place in a shallow non-metallic dish and add just enough water to cover. Let stand two hours until fruit has plumped and

doubled in size. Drain well and pat dry with paper towels. Dehydrated fruits may be added to many recipes calling for fresh fruit, e.g. cakes, cookies, muffins, salads, even savory dishes.

Vegetables dehydrated in a convection oven can be used in soups, stews and casseroles; these do not need to be rehydrated as they will plump up during the cooking process.

Apple Cake

Cake:
3/4 cup sugar
1 cup all-purpose flour
1 tsp. baking powder
1/4 cup unsalted butter, cut into pieces
1 tsp. vanilla
1 egg
2 cups dried apples

Topping:

3 tbsp. sugar
3 tbsp. unsalted butter, melted
1 tsp. cinnamon
1 tsp. nutmeg
1 egg

Rehydrate apples. Place fruit in a shallow non-metallic dish and add just enough hot water to cover. Let stand 2 hours until fruit has plumped and doubled in size. Drain apples well and pat dry with paper towels.

Butter a 22 cm (8 1/2 inch) springform pan. Preheat convection oven to 180 deg. C (350 deg. F).

Combine sugar, flour and baking powder in a mixing bowl. Using a pastry blender work in butter, egg and va-

nilla until mixture resembles coarse meal. Pat mixture into bottom and up the side of prepared pan.

Arrange dehydrated apples over crumb mixture. Bake in preheated oven 20 minutes. Meanwhile, combine topping ingredients and spoon mixture over apples. Reduce oven temperature to 150 deg. C (300 deg. F) and bake an additional 30 minutes or until custard tests done and apples are tender.

NOTE: an equivalent amount of dried fruit of your choice may be substituted for the dried apples. Peaches or pears would be an excellent choice.

THUNDER BAY DISTRICT HEALTH UNIT

Wish to advise the public that the Schreiber Health Unit Public Health Nurse, Heather Jesup-McGrath, will be returning to University to obtain a master in Nursing commencing September 4, 1984. The new public Health Nurse will be Brenda Asmussen, the new audio visual; immunization and pre natal nurse will be Maxine Leslie. Heather extends her thanks to the public for their support and cooperation during the last 5 years. For further information please phone

824-2413

THANK YOU

We would like to give our sincere thanks to all our relatives and friends of Schreiber, Terrace Bay and Rossport for the flowers, mass cards, donations, visits to the funeral home and attendance at the funeral of Peter Chicoine of Thunder Bay. Your kindness and thoughtfulness is greatly appreciated.

Lucie Chicoine's family
and Estelle and Warren Morrill

OPP

Drinking driver alert

An Ontario Provincial Police alert for drinking drivers this summer resulted in 1,210 persons being charged with drinking and driving offences in a 28 day period in July.

OPP officers stopped and checked more than 64,000 vehicles from July 2 to July 29. As well as alcohol-related criminal offences, 1,751 charges were laid under the provincial Liquor Licence Act as a result of stop-checks.

A.L.E.R.T. (Alcohol Level Evaluation Roadside Tester) devices are a key ingredient in the OPP's summer blitz. This portable machine measures the quantity of alcohol in a driver's body by breath analysis.

A "fail" reading on the A.L.E.R.T. results in the driver being taken for a formal breathalyzer examination.

A "warn" reading, which means a driver's blood-alcohol level is between 50 and 99 milli-

grams of alcohol per 100 millilitres of blood (50-99 mg per cent), is sufficient grounds for a police officer to issue a 12-hour suspension. In the same 28-day period, 1,874 12-hour licence suspensions were ordered. The legal impairment level is 80 mg per cent.

OPP Commissioner Archie Ferguson said, "We've had very positive results in one area where a 12-month controlled anti-drinking and driving program shows fatal accidents reduced by 36 per cent; alcohol was involved in 15 per cent of those accidents, as against 40 per cent in the same area in the previous 12 months."

Spot checks will be maintained for the remainder of the summer, with particular emphasis on the Civic Holiday and Labor Day weekends.

Commissioner Ferguson said that the provincial police will keep

up a high level of enforcement because there is a definite correlation between the quality of en-

forcement and the extent to which drivers comply with the drinking and driving laws.

Rosspport Notes...

continued from page 5

Eileen Paulmert Winters, Cyril Brassard and family. The late John Bain is represented in the village by Henry N. Bain and family. The King's early family was represented by Mr. Peter King and family, Mrs. Len King Johnson and Mrs. Tony Amadeo. Mrs. Esther Anderson Birch was the only representative of the late John Anderson one time owner of the Rosspport Inn. The Bruley family descendants of the early settler Eli Bruley were here in full force - they were Mr. and Mrs. George Bruley and family, Mr. and Mrs. Kenneth Bruley and family, Mr. and Mrs. Russell Bruley and family. Margaret Boon McKenna and Della Boon Moore were the only descendants of another early settler who fished as well as was a renowned musician, the former W. Boon. The

Gerow family has a long line of commercial fishing from the 1880's. Representatives of the family present were Mr. and Mrs. W. Gerow, Mrs. Bern Gerow Jacob, Eugene Gerow and family Peter Gerow, Cathy Gerow, Mr. and Mrs. Gilbert Gerow, Michael Gerow and family. It was great to see so many relatives and friends greeting each other. Everyone enjoyed the menu of fried and baked fish, baked beans, bannock, green salads, bread and butter, blueberry short cake, iced tea and kool-aid. (Mr. and Mrs. Andre Nicol and sons represented the Nicol family, our first CPR station agent and possibly first post office master.) (The two Boon ladies, Della and Margaret, could represent the McLeod clan as their mother was a McLeod - all originally from Scotland and Hudson Bay Co.)

Ray Brunet



THE NEW DEMOCRATS
LES NÉO-DÉMOCRATES

Now, more than ever, we need a strong voice speaking up for us in Ottawa. Ray Brunet will be that voice in Cochrane-Superior, Sept. 4th.

**VOTE NEW DEMOCRAT
VOTE RAY BRUNET**

Maintenant plus que jamais, nous avons besoin d'une voix forte qui sera notre porte-parole a Ottawa
Ray Brunet sera cette voix dans la circonscription Cochrane-Superior

**VOTEZ NEO DEMOCRATE LE
4 SEPTEMBRE
VOTEZ RAY BRUNET**



THANK YOU

I would like to express my sincere thanks to family and friends for the many acts of kindness extended to me since my accident. The flowers, fruit, reading material, food, get well cards, phone calls, visits and help around the house were very much appreciated. My thanks also to Dr. Lau and our Physiotherapists.

Edna Beddard

ANYBODY INTERESTED

in personal growth and serving the Community's greatest needs while having the time of their life. Please Contact

THE KINSMAN CLUB OF TERRACE BAY

Executive:
President - Mac Rodgerson... 825-3824
Vice President - Don Young... 825-3823
Treasurer - Rick St. Louis... 825-3763
Registrar - Tom Long... 825-9161

AFTER 5:30 p.m.

Birth Announcement

Mark and Pegg Campbell are pleased to announce the arrival of their second child, a sister for Thomas, **Megan Willow** - 8 lbs. 4 oz. was born on July 23, 1984. Proud grandparents are Ken and Ruth Eaton and Lawrence and Joy Campbell. Great-grandparents are Peter and Marcella Lapenskie. Special thanks to Dr. Wilkes and the nursing staff of The McCausland Hospital.