

# Cook of the Week



## Lemon caraway cookies

Jeannie Randle is our cook of the week. She along with her husband Ken, own and operate the Print Shop in Terrace Bay, which is located on the lower level of the Post Office.

Jeannie and Ken, along with their two young sons Nathan and Shane, moved to Terrace Bay 11 months ago to purchase this business. Ken has been involved in printing for 10 years, and Jeannie has discovered her hidden talents in this field, and enjoys her work very much. She really enjoys cook-

ing but now finds her time limited so relies on fast and easy recipes. Her recipe this week is her husband's favourite cookies, given to Jeannie by her Mother-in-Law, these cookies have a fresh and unusual taste.

### Lemon Caraway Refrigerator Cookies

Cream together ½ cup margarine and 1 cup sugar. Beat in 1 egg until light. Add 2 tbs. lemon juice and 1 tsp. grated lemon peel and 1¼ tsps. caraway seeds.

Stir together 2½ cups flour and ½ tsp. baking soda and add to above mixture. Shape into a roll 2" thick and wrap and chill 1 hour

or overnight. Cut into ¼" slices and place on a greased cookie sheet.

Bake for 10 minutes at 375.

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### High School Report

## Carnival a success

By Janet Chappel

#### Sports

On February 15 and 16, the Lake Superior Voyagerus travelled to Red Rock for the NSSAA semi-finals. The Senior Girls Volleyball team and the Junior Boys Basketball team made impressive showings but they failed to qualify for the finals in Wawa. The Junior Girls Volleyball team and the Senior Boys Basketball team did qualify for the NSSAA finals in Wawa on Feb. 22 and 23. They

tried their best and a good time was had by all.

Practices for the Badminton team are currently being held. The tournament is at the end of March.

On Friday, March 1st and Saturday, March 2nd, the Lake Superior Boys Curling team hosted the high school curling tournament. At press time our boys won one game and lost one game. More information to follow next time. The team members include Kevin Regis, Ron Stortini, Dan Mikkonen and Robert

Taylor.

#### Winter Carnival

On Thursday, February 28th the Lake Superior High School held its own winter carnival. Everyone enjoyed the afternoon events such as blind volleyball, caterpillar run, obstacle course, snow soccer, road hockey and tug of war. Individual events included arm wrestling and the famous "Polar Bear Run." The winning team turned out to be team 8, with Capt. Jim Pampoukas.

The challenge tug of war competition between the Student's Council members and the teachers was won by the teachers. Just wait until next year, teachers!

The Winter Carnival Dance was held on Friday, March 1st.

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## Timmy and Tammy

The Easter Seal Society's 1985 Timmy and Tammy, 13-year-old Ronnie Hermiston and Charmaine Miller, 13 years old, were introduced at the 34th annual Conn Smythe dinner held recently in Toronto, Ontario.

Ronnie, who resides in Sault Ste. Marie, is a grade 7 student who plays hockey and tennis and is an avid fan of every sport. Scarborough resident Charmaine Miller is also in grade 7 and enjoys arts and crafts.

As the Society's Timmy and Tammy, Ronnie and Charmaine act as representatives for all children in the province with physical handicaps. The youngsters will make guest appearances at special events planned for the month-long Easter Seal Campaign which begins March 1, 1985 and will also star in Superthon which begins broadcasting at 7 p.m. on Saturday, March 30th, 1985 and concludes at 6 p.m. on Sunday, March 31, 1985.

**i.m. dodick**

R.O.

optometrist

1119 Victoria Ave.

**THUNDER BAY**

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## FREE PUBLIC IMMUNIZATION CLINIC

The Thunder Bay District Health Unit will be holding a free public immunization clinic during the month of March, 1985.

### Terrace Bay

**McCausland Hospital:** Monday March 18th - 2:00 p.m. - 4:00 p.m.  
6:00 p.m. - 8:00 p.m.

### Schreiber

**Medical Center** - Tuesday March 19th - 1:00 p.m. - 5:00 p.m.  
Adults require a booster of diphtheria, tetanus, and polio every 10 years in order to maintain protection against these diseases. If more than 10 years have elapsed since your last needle, plan to attend. Bring your immunization records with you.

the Bay **CARNIVAL OF VALUES**

<p>Ladies <b>Maternity Tops</b> Assorted styles Reg. to 19.98 <b>20%</b> off regular prices</p>	<p>Men's <b>JEANS</b> Assorted styles Reg. to 42.00 <b>20%</b> off regular prices</p>
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**Mar. 6-9  
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