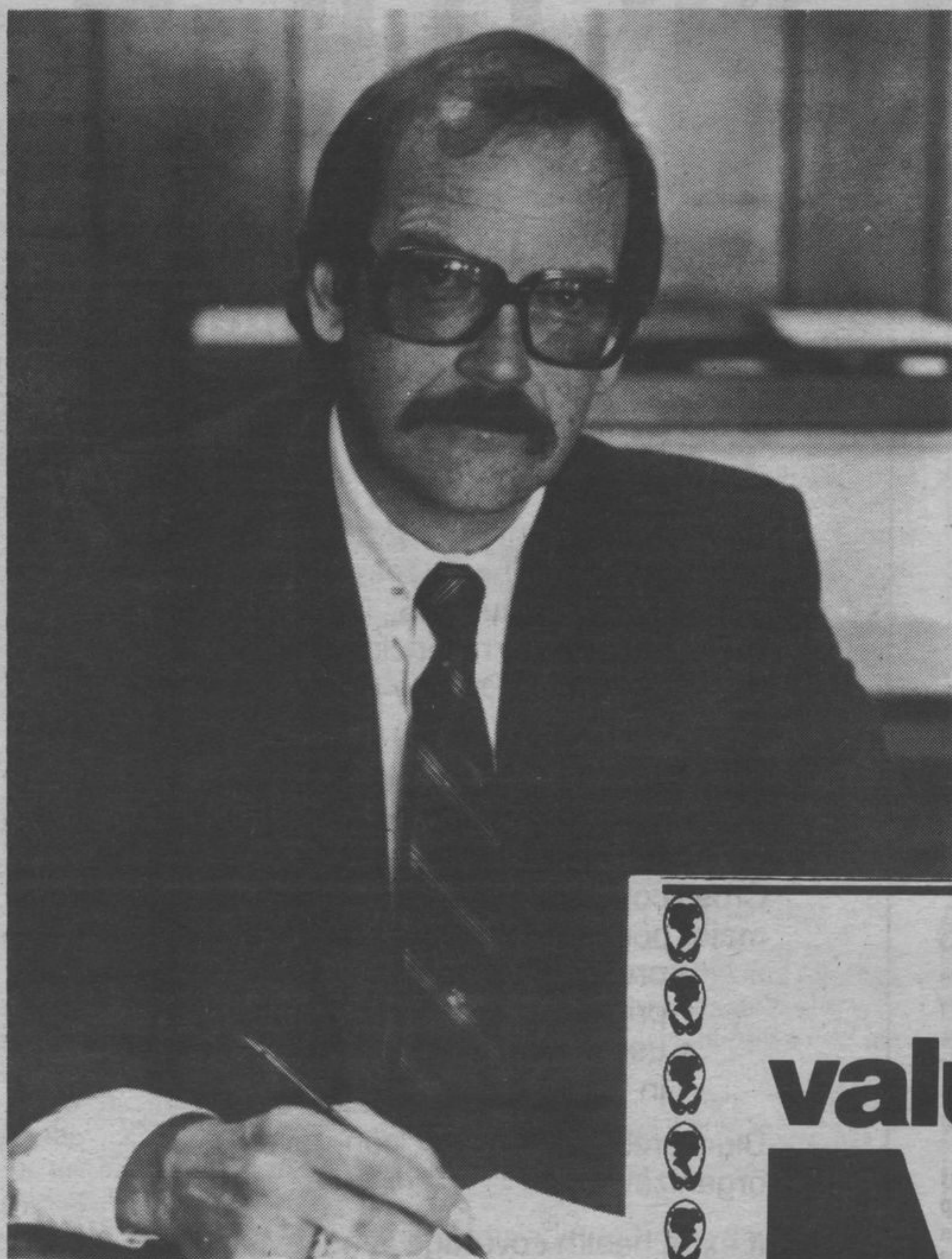


Cook of the Week



Juros Zdanovskis

Spring delite

by Irene Folz

Our cook this week is Juros Zdanovskis, who besides being one of Terrace Bay's most eligible bachelors, is also our local real estate agent for Belluz.

He came to this area in 1978 and lives in Rosspoint where he operates Mac's Service and the Post Office. He also ran a Charter business and smoked fish commercially but he finds that real estate takes up most of his time, so that business is now in the background. He still likes to smoke fish for his own use and says if anyone would like to try it themselves, just give him a call and he will gladly pass on some hints.

When he finds time for leisure, he likes to fish, dive, and hunt, and when the weather gets cold, he tries to get to Florida as often as possible. This is probably why Juros has a tan all year long.

His recipe this week comes from Mom. It is a Latvian recipe and comes

to us at just the right time of the year.

Marinated Smelts
2 lbs. cleaned smelts - heads and tails on
1 cup fine dry bread crumbs
2 eggs
flour for drenching
¾ lb. onions - sliced
equal amounts of Crisco oil and butter for frying
large can of tomato juice
3 tbsp. ketchup
1 tbsp. sugar

Heat oil and butter in frying pan. Dip smelts in flour, then egg, and bread-crumbs. Fry until crispy. Put smelts aside to cool.

Slice onions and fry until soft. Add salt and pepper to taste, add tomato juice, ketchup and sugar. Bring to a boil, remove onions. Layer smelts and onions in casserole dish, and pour over the juice mixture. Refrigerate for 24 hours and serve cold with dark rye bread and baked potatoes. This casserole will keep in the refrigerator for up to one week.

Annual Arthritis Meeting

Over 60 volunteers attended the annual Northwestern Region Meeting of the Arthritis Society that was held in Thunder Bay this past weekend. The Region includes 22 communities from Kenora through to White River.

Principal speakers were Mr. J. Ross Morrison, Executive Vice-President of the Ontario Division, Sally Prystanski and Deborah Brittain, physiotherapists employed by the Arthritis Society for Northwestern Ontario and Sister Gail McDonald, Director of Fund Raising and Public Relations, St. Joseph's Heritage in Thunder Bay.

Ross Morrison reported that volunteers had conducted campaigns in 463 communities, producing more than \$2,720,000, an increase of 15 per cent over 1984. Bequests and

Memorials were the second major source of revenue, at \$727,000, an increase of 23 per cent over 1984. Total funds raised from the public from these and other sources exceeded \$4,178,000 and 76 per cent of that revenue, or

\$3,177,000, was directed to support the Society's Research and Manpower Programmes. Ontario Division's patient service programme, funded by the Ministry of Health, provided physiotherapy, occupational therapy and social

work support to more than 6,000 patients. This service is available throughout Ontario and the new service locations will be established in 1985 in Kenora, Huntsville and Pembroke. In 1985 Ontario Division

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TERRACE BAY HORTICULTURAL SOCIETY



We will be bringing in plants at the end of May and orders will be taken up to and including **May 16, 1985.**

Order forms are available as follows:

THE PRINT SHOP

Monday to Friday 9:30 a.m. - 5:00 p.m.

Marjorie Graham 825-3685

Daphne or Peter Monks (evenings) 825-9361

PLANTS WILL BE BROUGHT IN TO ORDER ONLY

Delivery date will be advised later

the Bay values specially for MOM

Ladies Dresses

Assorted spring fashions

30% off reg. price

Ladies Fleece Tops

Sizes S,M,L. Reg. \$18.98

\$12.99

Ladies Nightgowns

Assorted styles. Reg. to 22.98

\$6.99

Ladies Purses

Assorted spring colours and styles

30% off reg. price

Curling Iron

Reg. \$8.98

\$6.99

Blowdryer

Reg. 20.98

\$14.99

Ladies Wallet with Calculator

Burgundy or Grey. Reg. 39.98

\$34.99

Gold Earrings and Chains

Selected Styles

50% off reg. price

Ladies Timex Quartz Watch

With suede wallet. Reg. 120.00

\$69.99

Pentax K100 Camera Outfit

With lens, flash and bag. Reg. 349.98

\$279.00

Ladies Timex Watches

Assorted styles

25% off reg. price

Black Magic Chocolates

1 lb. size

\$5.99

Ladies Adidas Runners

Malibu style. Reg. 32.98

\$24.99

Ladies Adidas Runners

Monica style. Reg. 24.98

\$18.99

Coffee Mugs

Assorted colours. Reg. 1.79

4/*4.99

Crystal Accessories

Assorted styles. Reg. 4.98

\$2.99



PROCLAMATION

The Council of the Township of Terrace Bay at their last meeting resolved to observe **NURSES' WEEK, MAY 5 - 11th, 1985.** Citizens of Terrace Bay are asked to recognize the many services rendered by nurses to alleviate suffering and promote health.



Reeve and Council
Township of
Terrace Bay

Mother's Day Draw

With every purchase during the week of May 7-11, enter your Mom's name in our Mother's Day Draw. The lucky winning Mom will receive a crystal bowl valued at \$60.00. Draw will be made Saturday, May 11, at 5:00 p.m. No refunds or exchanges.



We will not be undersold on our advertised items - we guarantee it



Hudson's Bay Company

Schreiber
Sale ends May 11