

Celebrate summer with lite, refreshing orange delights

Maintaining a slim, trim figure need not mean abstaining from the glories of eyepleasing, delicious sweets.

Valencia oranges, famous for their exquisite and abundant juice, and freshly plucked from Outspan orchards south of the equator, are currently in good supply throughout Canada.

Unlike the North American-grown varieties, Outspan Valencia oranges, harvested in the southern hemisphere, are at the peak of their growing season right now. They're bursting with sweet juice - perfect for eating "au naturel", but also ideal for adding that special fresh quality to a multitude of recipes, especially refreshing desserts.

Cut in wedges and eaten out of hand, these delicious oranges are the perfect answer to summer's cravings for sweets and extra energy. But the versatile summer fresh Valencia also is great used in these new, slim and trim summer recipes from Outspan.

Although it appears to be loaded with calories, this gloriously delicious cheesecake is as light as a cloud and marvelously flavoured by the fresh oranges. It's of the no-bake variety, so you won't have to heat up your kitchen to make this always-popular

dessert. Preparation takes less than 30 minutes and the cake will set up in your refrigerator and be ready-to-serve in about 2 hours, so keep it in mind for those days when you're short of time.

Cheesecake

5 large Outspan oranges
 1/2 cup butter, melted
 1 1/2 cups graham cracker crumbs
 2 envelopes unflavoured gelatine
 250 g cream cheese
 1 cup plain yogurt
 1/2 cup sugar OR spoon-for-spoon low calorie sweetener
 1 packet whipped topping mix
 1/2 cup cold 2% milk
 1/2 teaspoon vanilla

Reserve 1 orange for garnish. Grate peel to measure 1 tablespoon and 1/2 teaspoon, and squeeze juice from remaining 4 oranges. Set orange peel and juice aside.

Combine 1/2 teaspoon grated orange peel, 1 tablespoon orange juice and melted butter in a mixing bowl. Add graham cracker crumbs, mixing until well blended. Place crumb mixture in a lightly greased 8 1/2-inch (22 cm) spring-form pan and press onto sides (to top) and on bottom of pan. Place in freezer.

Sprinkle gelatine over 1/2 cup orange juice; let stand 1 minute. Stir over low

heat until granules are completely dissolved - about 3 minutes. (OR, microwave on HIGH (100% power) 15 seconds; stir; and heat an additional 25 seconds on high).

In a large bowl, combine gelatine mixture with remaining orange juice and grated orange peel, cream cheese, yogurt and sugar. Beat until smooth. Combine whipped topping mix, milk and vanilla; beat until soft peaks form. Rebeat cream cheese mixture; fold in whipped topping. Pour into prepared crust; cover loosely and refrigerate until set about 2 hours.

To serve, peel and segment reserved orange. Arrange segments on top of cheesecake. Loosen around side of pan with sharp knife, release spring-form and remove side of pan. Transfer cheesecake onto serving platter.

Makes one cheesecake; 8 to 10 servings.

Lite Cocktails

Along with desserts, cocktails have begun to follow the "lite" food trend. And what better way to provide refreshment during the cocktail hour than via the use of freshly squeezed Outspan Valencia oranges, famous for their incomparable sweetness and juice content. You'll want to prepare this beverage about an hour ahead of time, to allow it



to partially freeze. Serve it in tall frosted wine goblets, garnished with thin orange slices and a colourful straw.

Summer Orange Wine Cooler

3 Outspan oranges
 1 cup white wine
 Icing sugar

Grate peel from 1 orange. Cut oranges in half. Wrap and reserve one half of an ungrated orange in refrigerator. Squeeze juice from remaining oranges.

Dip top edges of 2 wine glasses in orange juice then

in icing sugar. Place in freezer.

Combine juice, including pulp, grated peel and wine in blender. Process at high speed 1 minute. Pour into frosted glasses. Place in freezer 1 hour or until partially frozen. To serve, cut reserved, unpeeled half orange into paper-thin slices. Stir partially-frozen beverage, being careful not to disturb frosted glass. Add orange slices. Serve immediately.

Makes 2 servings.

Tips for summer comfort

Summer is here, and with it comes cookouts at the lake, warm nights, bronzed skin, and tennis tournaments. But it also brings searing temperatures, high humidity, and increasingly high energy bills for air conditioning. To help you stay cool and comfortable during these hot summer months and to defeat those shockingly high energy bills, just follow these "Tips for summer comfort":

- * during intense hours of afternoon sunshine, draw curtains and close windows and doors
- * hang laundry on a line outside to avoid using your clothes dryer; take advantage of that warm summer air
- * barbecue outdoors to avoid using the oven
- * shade windows with southern exposure with an overhang or awning - an especially effective way to reduce heat gain
- * set air conditioner thermostat at the highest comfortable level and avoid turning up or down - each degree a thermostat is raised in the summer can reduce fuel consumption by about three per cent
- * add insulation to the attic or basement of your home to help reduce energy bills year round
- * caulk and weatherstrip around doors and windows to avoid any air leakage
- * lower hot water thermostat to 45°C during warm weather - this temperature provides a sufficient amount of hot water

for summer usage
 * wrap hot water tank with insulation - keep the heat where you need it

Ron Galbraith of Fiberglas Canada explains: "Insulation is an extremely effective energy-saving device in hot summer months. In summer, insulation also works to keep warm air outside and cool air inside, therefore, lessening the need for air conditioning."

Smoking . . .

continued from page 5
 the proportion of regular smokers in Canada decreased from approximately 40.6 per cent to 31.1 per cent. Accordingly, the proportion of non-smokers increased from 52.9 per cent to 64 per cent.

Men were more likely to smoke than women in all age groups except those ages 15-19 and 20-24. For these age groups, the proportion of female smokers was identical to the proportion of male smokers, 20.3 per cent and 37.3 per cent respectively.

The report also suggests there may be an increase in the number of cigarettes smoked by regular smokers. Between 1970 and 1983, the proportion smoking over 25 cigarettes a day increased for both men and women. The relative increases were 31.1 per cent and 57.1 per cent. In 1983, approximately 16 per cent of males smoked over a pack a day compared to 8.8 per cent of females.

Almost 40 per cent of smokers surveyed said they had tried to quit smoking within the previous year.



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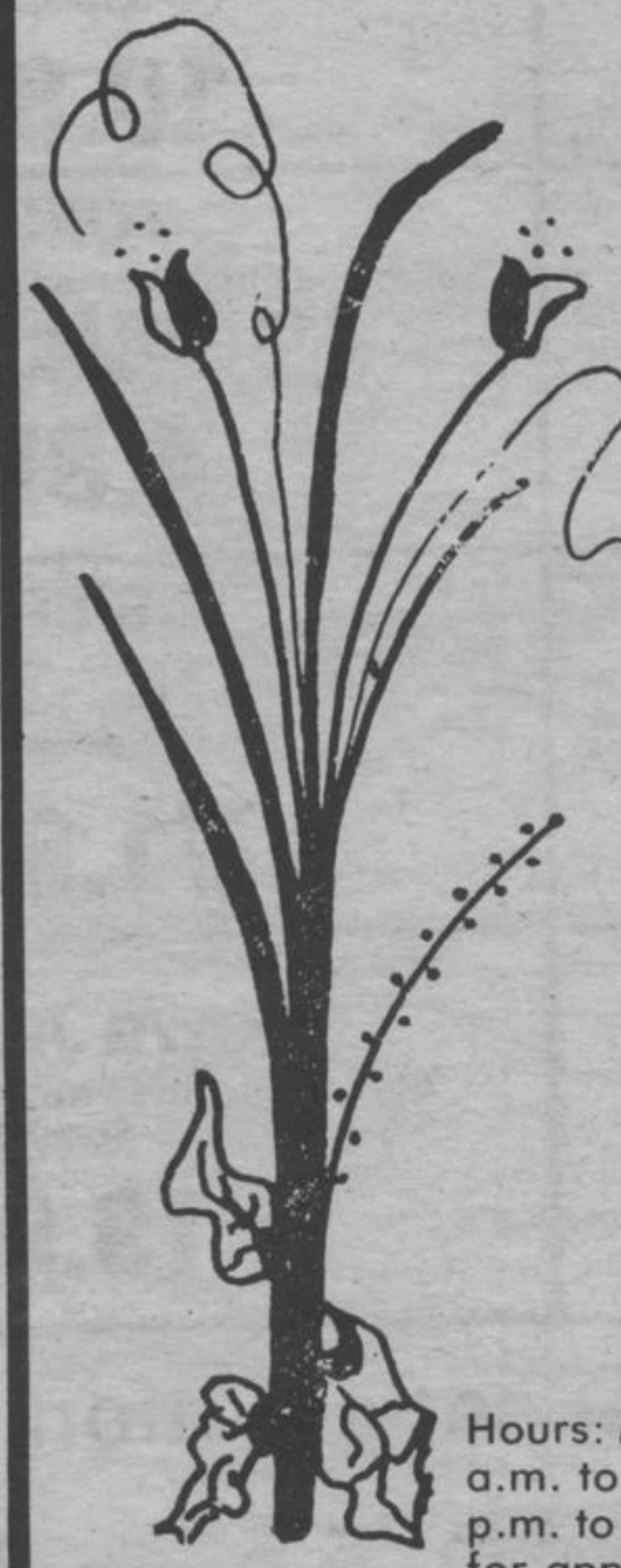
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