

Freezing captures the goodness of Summer Harvest

In contrast to the pioneer days when putting up the harvest was a tedious undertaking, today home preserving is a relatively simple process. According to Statistics Canada, over 75 per cent of Canadian households own a freezer. This helps account for the fact that 80 per cent of all home preserving is by freezing.

Freezing is the simplest, safest and tastiest way to preserve the fresh taste of foods. All that's required is some basic kitchen equipment and heavy duty freezer bags. Don't neglect the importance of the latter - proper freezer packaging is essential to protect the quality of your frozen foods. Even amongst freezer bags thicknesses vary. Choose the thickest, strongest freezer bags to ensure best results.

Following are some tips and basic techniques, from the makers of Ziploc freezer bags, to help you successfully freeze the season's harvest.

* Select only fresh, good quality produce at peak maturity. Freezing will only preserve, not improve, the quality of food.

* Prepare foods for freezing as soon as possible after picking as quality

deteriorates quickly.

* Most vegetables require blanching before freezing. This process of quickly plunging vegetables in rapidly boiling water destroys enzymes, naturally present in food, which cause deterioration during storage. Follow times recommended in freezing books or government publications.

* Pack prepared fruits and vegetables into heavy duty freezer bags. Press out as much air as possible, to prevent freezer burn, and zip closed.

* Fruits, such as berries, and some vegetables, such as peas, beans, and broccoli flowerettes, can be frozen individually on cookie sheets. When frozen solid, transfer to freezer bags and return to freezer. Zippered freezer bags allow easy opening to pour out the desired amount; zip closed and return to freezer.

* Label bags with type of food, number of servings and date. Keep a freezer inventory record to ensure oldest foods get used first.

* For quickest freezing, place freezer bags against bottom and sides of freezer, in a single layer.

Leave a little space between bags so air can circulate freely around bags.

* When frozen, stack bags neatly for greatest freezer efficiency.

Peak quality fruits and vegetables properly prepared and packaged in heavy duty freezer bags can be frozen for up to one year.

Plan to restock your freezer with the fresh produce of the season. For serving, most frozen vegetables require only a quick reheating and light seasoning to capture the fresh taste of summer. Or, try the following recipes to give a new twist to your frozen vegetables.

Cauliflower Gratin

5 cups frozen cauliflower (approximately 1 regular size freezer bag)
6 tbsp. butter or margarine, divided
1 1/2 cups fresh bread crumbs (3 slices bread, crusts removed) OR 1/2 cup dry bread crumbs
Salt and pepper
1/2 cup grated Parmesan cheese

Preheat oven to 400°F. Butter a gratin dish (large flat baking dish) large enough to fit cauliflower in one layer. Place

cauliflower in dish. Season with salt and pepper and dot with 2 tbsp butter.

Melt remaining 4 tbsp butter in skillet. Toss bread crumbs in butter over low heat until golden brown, stirring constantly. Spread evenly over cauliflower. Sprinkle with Parmesan cheese. Bake 25 to 30 minutes or until cauliflower is tender and topping lightly browned. Makes 4 servings.

Variation: Try a broccoli gratin with cheddar cheese topping. Add cheese during last 10 minutes of cooking time.

Try freezing a combination of vegetables together in a regular size freezer bag (i.e. broccoli, cauliflower, carrot slices, green beans). Follow specific blanching times for each. Then combine with a tasty vinaigrette dressing for an easy and colorful Marinated

Vegetable Salad. The vegetables thaw and marinate at the same time, right in the freezer bag. Use a Ziploc freezer bag - the zipper seal prevents leakage.

Marinated Vegetable Salad

Prepare in the morning or the night before serving.
2 to 2 1/2 cups frozen vegetables (any combination)
1/2 tsp dijon mustard
1 tbsp red wine vinegar
1/2 tsp sugar
Pinch each salt and pepper
1 tbsp finely minced shallot or onion
1 small clove garlic, minced
1/2 cup vegetable oil

Make dressing by whisking together mustard, vinegar, sugar, salt, pepper, onion and garlic in a small bowl. Continue to whisk mixture while slowly pouring in oil until mix-

ture thickens. Pour over frozen vegetables in zipper type freezer bag, seal well and turn bag over several times to distribute dressing. Refrigerate until defrosted or overnight, turning occasionally to blend. Makes 4

to 5 servings.

For more helpful freezing tips, write for a free pamphlet to Ziploc Freezer Booklet, 939 Mt. Pleasant Road, Toronto, Ontario M4P 2L7.

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- Perms** **\$20⁰⁰**
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Appointments not always necessary

Opening evenings by appointment
Open 6 days a week

DEATH

SPILLANE: John Joseph Spillane passed away in Toronto, Sunday, August 19th, 1985.

John was born in Coatbridge, Scotland in 1908. He emigrated to Canada as a young man, and eventually to Schreiber in 1932. He was employed on the Trans Canada Highway during the depression, after which he was an operator at the local Hydro Plant and later as a Trainman and Conductor with the C.P.R.

He served with the Canadian Army and transferred to the R.C.A.F. in the 2nd World War. He was a member of St. Andrew's United Church, The Royal Canada Legion, U.T.U., and the Chimo Club. He was an avid sports fan, especially horse racing.

John married Margaret Handel in 1938. He was predeceased by his wife Margaret in January 1984. Surviving are sons Douglas of Stratford, and Michael of Thunder Bay, daughters Ginger and Nan-cie of Vancouver Island, 8 grandchildren and two older sisters in Toronto.

A memorial service was held at St. Andrews United Church at 3:00 p.m. on Wednesday, August 28th. Honourary pallbearers were: Ray Cook, Al Slater, Fred Harness, Walter Ballard, Ken Davis and Russ MacAdam.

Library news brief

The summer reading club held their wind-up party last Thursday. A visit from Smokey the Bear was a pleasant surprise for the children. Reading cer-

tificates and prizes were awarded to Lisamarie Cornect, Kerry Robinson, Trevor Seergobin, Jane Stewart, Lisa Sutherland and Jessica Wilkes for

reading and reporting on up to 7 books through the summer. The reading reports from all club members will be displayed

continued on page 10

carnival of values

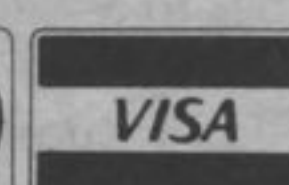


LADIES JEANS Assorted styles	25% off reg. price	SOFA & CHAIR SUITE Navy, reg. 1098.00	899⁰⁰	FREEZER Beaumont, white, 7.5 cubic feet. Reg. 429.98	349⁰⁰
WINTER PARKAS Ladies, selected styles, S,M,L	20% off reg. price	SOFA & LOVESEAT Beige, reg. 1298.00	899⁰⁰	FREEZER Beaumont, white, 12 cubic feet. Reg. 489.98	399⁰⁰
GLOVES & MITTS Ladies winter, selected styles	20% off reg. price	SOFA BED Golden Nugget, reg. 639.00	499⁰⁰	REFRIGERATOR Beaumont, white, 15 cubic feet. Reg. 969.98	899⁰⁰
WINTER COATS Children's, selected styles	20% off reg. price	SOFA & CHAIR SUITE Beige floral, reg. 1349.00	999⁰⁰	MICROWAVE Beaumont, dual cooking system. Model 2250. Reg. 519.98	449⁰⁰
MITTS & GLOVES Children's winter, assorted styles	20% off reg. price	SOFA & CHAIR SUITE Grey, reg. 799.00	599⁰⁰	CUSTOMER APPRECIATION NIGHT Thursday, September 5/85 7-9 p.m. On Thursday night, September 5, from 7-9 p.m. the Bay will be open for Customer Appreciation Night. There will be door prizes and time specials. There will be many non-advertised super specials. So be sure to come out for Customer Appreciation Night at the Bay!	
INFANT'S SLEEPERS One piece stretch, sizes S,M,L. Reg. 7.98	5.99	26" COLOUR T.V. Hitachi, manual tuner, reg. 859.98	799⁰⁰		
WINTER COATS Men's, selected styles	20% off reg. price	26" COLOR T.V. Hitachi, remote control. Reg. 1179.00	949⁰⁰		
GLOVES & MITTS Men's winter, assorted styles	20% off reg. price	20" COLOR T.V. Baycrest, remote control. Reg. 649.95	519⁰⁰	STEREO DRAW With every purchase, enter our draw for a portable Yorx AM/FM cassette stereo valued at \$99.98. Draw to be made Saturday, Sept. 7/85 at 5:00 p.m. No refunds or exchanges.	
SHOES Ladies' dress and casual, selected styles	20% off reg. price	DINETTE SET 5 piece, table, 4 chairs, 2 leaves. Reg. 698.00	599⁰⁰		
WINTER BOOTS Men's, ladies', children's, selected	20% off reg. price	WATERBED Queen size, bladder, heater, frame. Reg. 699.00	499⁰⁰		

SCHREIBER - SEPTEMBER 3rd to 7th



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