



### Helene at the fair

Terrace Bay's Birchwood Terrace had a crafts booth at the fifth annual Fall Fair held in Terrace Bay on Sept. 14, and working at the table was none other than Helene Ballard, columnist for the *News*. Handmade pillows, scarves, tablecloths, and knit goods were on sale at the booth. Recreation Co-ordinator Terry Bryson called the fair a great success, with 64 booths this year, including three from Thunder Bay, one from Wawa, and even one from Manitoulin Island.

## News letter policy

The Terrace Bay-Schreiber *News* welcomes letters to the editor. All letters should be sent to The Editor at the *News*, P.O. Box 579, Terrace Bay, Ontario, P0T 2W0, or dropped off in person at the *News* office in the basement of the Post Office building on Simcoe Plaza during office hours.

Letters should be typed, if possible, or at least legible if handwritten. The author's name, address, and telephone number should be included on the letter for verification. No anonymous letters will be accepted.

Virtually any topic can be used in a letter to the editor, though please try to keep them as brief as possible. The *News* reserves the right to edit or refuse to publish any letter.

Also, if you have a possible story idea or an interesting hobby, the

*News* might be interested in doing an article. We look forward to hearing from you. Our phone number is 825-3747.

We need  
you . . .

Please give.



# Oat and honey muffins for you

## FUN WITH FOOD

(NC) — Health conscious cooks are always on the lookout for new ways to add fibre and nutrition to the family menu. With today's focus on healthier, fitter lifestyles, it's not surprising to find more and more people interested in baking with natural grains such as wheat germ and oats.

Wheat germ, the heart of the wheat kernel from which seedlings germinate, is a good source of Vitamin B and other nutrients essential for life and growth.

Oats are among the most nutritious of processed cereals. They

have more protein and crude fibre than any other whole grain cereal and provide a good source of Vitamin A.

Combined, these versatile grains give a distinct flavour and texture to delicious baked goods. These healthy Oat and Honey Bran Muffins are a tempting example.

### Oat and Honey Bran Muffins

1 cup **ROBIN HOOD** or **OLD MILL** Oats  
3/4 cup **KRETSCHMER** Wheat Germ  
1/2 cup natural bran  
1/2 tsp. salt  
1/2 tsp. cinnamon  
1 cup buttermilk or soured milk  
3/4 cup liquid honey  
2 eggs, beaten  
1/2 cup oil  
1 cup **ROBIN HOOD** Whole Wheat

Flour\*  
2 tsp. baking powder  
1 tsp. baking soda  
1/2 cup raisins

COMBINE oats, wheat germ, bran, salt, cinnamon and buttermilk. Mix well and let stand 15 minutes.

ADD honey, eggs and oil. Mix well.

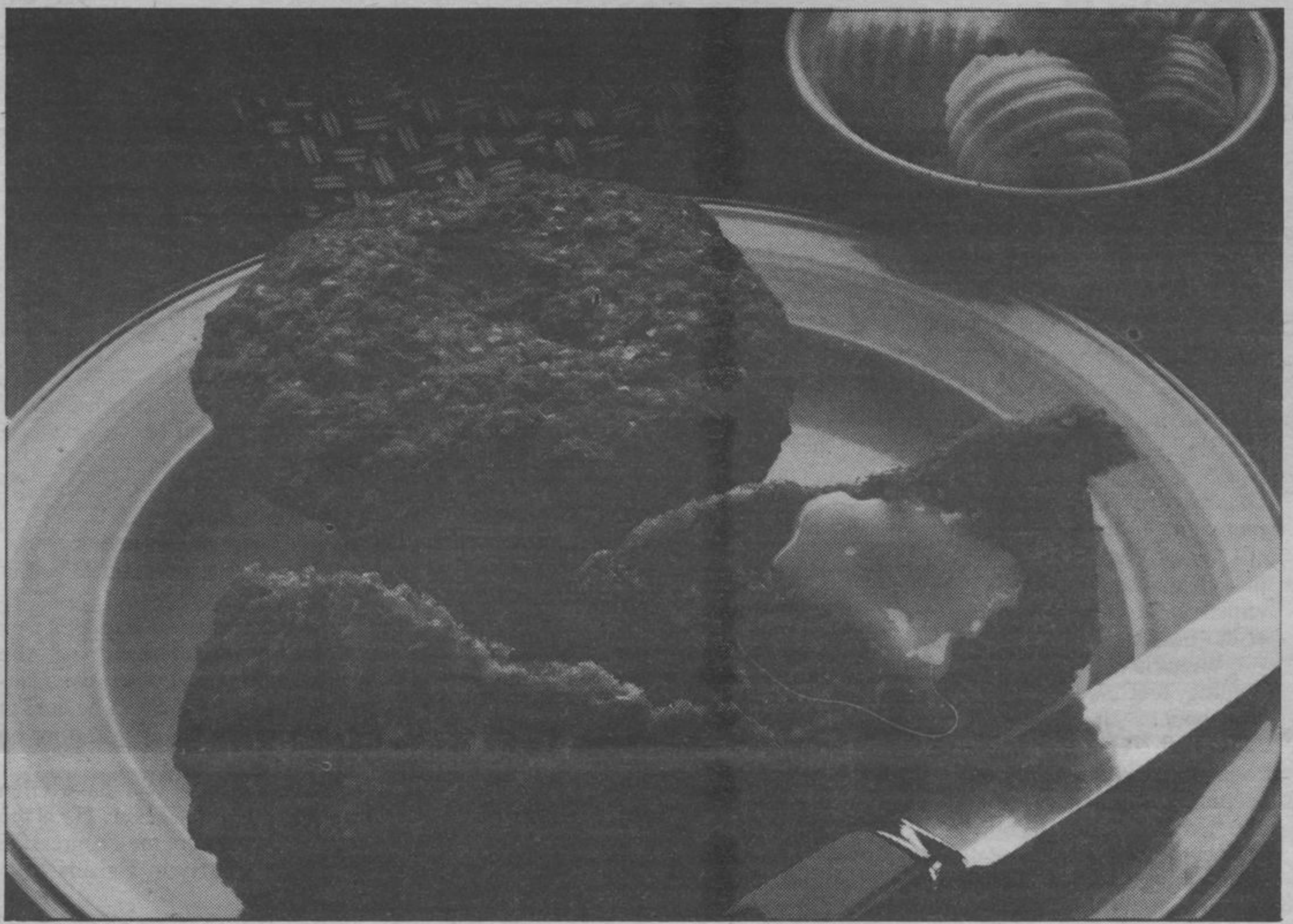
COMBINE flour, baking powder and baking soda. Add to egg mixture. Stir just until moistened. Stir in raisins.

FILL well-greased muffin cups 3/4 full.

BAKE at 375°F for 20-25 minutes. Loosen edges and turn out on wire racks to cool.

MAKES 1-1/2 dozen muffins

\*OR SUBSTITUTE 1 cup **ROBIN HOOD** All-Purpose Flour.



**Quote Of The Week:** *The press must be free; it has always been so and much evil has been corrected by it. If government finds itself annoyed by it, let it examine its own conduct and it will find the cause.* Thomas Erskine (1792)

## IN LOVING MEMORY

In loving memory of my dear husband and father "NAPOLEON LAPOINTE" who passed away September 25, 1985.

"Great love lives on"

From your wife Laurette  
Greatly missed by George, Lorraine, Norman, Joel, Paul, Louise and Johanne and grandchildren Deanna and T.J.

O'CONNOR- Mr. Roderick O'Connor Age 58 years, of Schreiber passed away in Thunder Bay hospital on September 1, 1986. He was a member of the Singlemen's Union retiring in 1985 with 40 years of service. Survived by his wife Dolores; children Donald, Neil, Lori, all of Schreiber, Nancy (Mrs. F. Bower) of Thunder Bay, Marilyn (Mrs. A. Wilkens) of Regina; sister Mamie (Mrs. V. Vergilli) of North Bay, Jackie (Mrs. D. Dell) of Sarnia. Predeceased by his parents and 1 brother. Rested at the King Funeral Home, Schreiber. Funeral mass was held September 3 at 3 p.m. from Holy Angels Roman Catholic Church. Interment Schreiber Cemetery.



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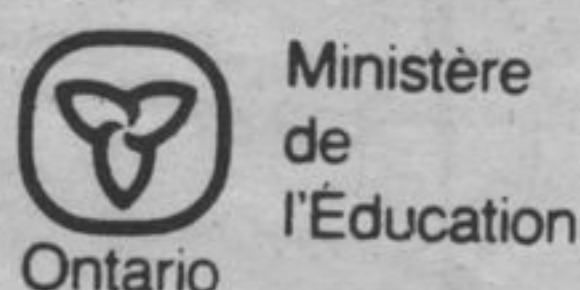
**WEDNESDAY**  
12 to 8:00 p.m. or Sportsworld  
**824-3336** or **824-2506**

## PROJET DE LOI 75: FRANCOPHONES, LA GESTION DE VOS ECOLES, C'EST VOTRE AFFAIRE!

Si vous êtes contribuable francophone, vous avez maintenant le droit d'élire des conseillers scolaires francophones à votre conseil scolaire si ce dernier administre des classes ou écoles de langue française. Vos représentants auront la responsabilité exclusive de gérer ces classes ou écoles.

Le projet de loi 75, qui accorde aux francophones le droit de gérer leurs propres classes ou écoles, entrera en vigueur le 1er octobre 1986. Il est très important que vous compreniez les repercussions de ce changement. Y a-t-il suffisamment de conseillers francophones pour vous représenter au conseil scolaire où sont versées vos cotisations scolaires? Sinon, de nouveaux conseillers devront être élus avant le 31 octobre 1986.

Le temps presse. Communiquez avec votre conseil scolaire avant le 1er octobre 1986 pour vous renseigner davantage sur le projet de loi 75 et pour savoir s'il y a lieu d'élire de nouveaux conseillers scolaires francophones.



Sean Conway, ministre  
Bernard J. Shapiro, sous-ministre