



Our Cook of the week is Martha Lavallet of Terrace Bay. Martha is from the United States and she is married to Jack L. Lavallet, president of K-C of Canada and general manager of the Terrace Bay mill. They have been married for 19 years and have two children, Paul and Jack Lavallet III.

Recipe for the week

Southern Chicken and Dumplings as prepared by Martha Lavallet.

One chicken- 3 to 3½-pounds
2 quarts of water
¾ teaspoon of salt

Place whole chicken in 4-quart sauce pan and add water and salt.

Bring to a boil then reduce heat. Cook until chicken falls off the bones easily.

Remove chicken from broth and pick the chicken from the bones and set aside. Remove the skin.

Dumplings

1 cup broth
1 teaspoon baking powder
dash of pepper
2 cups all-purpose flour
1 teaspoon salt

Mix all the above ingredients together until soft dough is formed. Roll out on a floured surface to about one-eighth thickness.

Cut into 1-inch by 4-inch strips. Bring broth to a rolling boil. Drop dumplings into broth one at a time.

Add chicken pieces and cover. Cook about 15 to 20 minutes or until dumplings are tender. Stir occasionally.



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Summer Help

3 ways Ontario is helping youth this summer

The Ontario Ministry of Skills Development, as part of its comprehensive mandate to provide skills training and work experience for young people, provides these opportunities to work and earn money this summer.

1. Working with Business

The Ontario Summer Employment Program is directed toward employers and encourages them to hire young people for newly created summer jobs. The Ministry of Skills Development will provide \$1.25 per hour towards the salary cost of the person hired. Young

people gain invaluable work experience while Ontario companies receive the benefit of these willing, eager workers.

Employers who could do more to provide young people with summer jobs should call 1-800-387-1290 (in Toronto 585-7399) for further information.

2. Be your own Boss

START-UP provides students with an excellent opportunity to learn how to run their own summer businesses. In co-operation with The Ontario Chamber of Commerce and The Royal Bank of Canada students who want to start a summer business may apply for an

interest free loan of up to \$3,000 from START-UP.

It's an opportunity for young people to learn valuable entrepreneurial skills.

Interested students can get more information by calling 1-800-387-0777.

3. Working with Ontario

The Government of Ontario through its ministries and associated community agencies offers young people the opportunity to gain valuable career related experience on the job through

Experience '87.

Interested young people can get more information and applications by calling 1-800-387-0777.



Ministry of Skills Development
Gregory Sorbara
Minister

Ontario Ministry of Skills Development