

A herbaceous hairy annual plant of the old

continued from page 7

My friend from India, Nancy Mathew, taught me several ways to incorporate okra into every-day Canadian cooking, and I have invented a few- because Brian and Cynthia sent me (by express bus) more than I needed for the chicken gumbo soup. The extra supply was blanched and frozen.

Now, what do we do with it? Add six or seven pods (cap and tail removed, and sliced cross-wise) to your next pot of chili con carne. Toss a few slices into your

stir-fried oriental-type meal- you probably won't need the soy-and-starch sauce. Use leftover beef roast in Beef Creole, where you cut the beef into strips and toss it with sauteed garlic, onion, green or red pepper and okra, seasoned with salt, allspice and cayenne. Serve over rice.

There is a little of this herbaceous hairy annual plant left in my freezer- give me a call with your suggestions. If there's enough interest, I'm sure our supermarket would try to bring it in, in season. How about it?

Winnie Campbell

By Winnie Campbell

Mr. and Mrs. Condie from Dorcestire are visiting relations and friends here.

Mrs. Irene Macadam from Winnipeg is visiting the Macadams here.

Mr. and Mrs. Houghton from St. Catharines are visitinh the A. Gordons.

Mrs. Mary Sparks has returned from Stony Creek from visiting her relations.

Sister E. Jay from Heron Bay visited the sisters here.

The U.C.W. held their regular meeting in the church hall on Oct. 7 with 12 members present and opened by President Margie Smith.

Gwen Hadley gave the devotions; also the treasurer's report. Marlene Doig gave the minutes

of the last meeting and cards were sent to the sick.

The bazaar will be on the 14th. New tablecloths will be ordered. The meeting closed with lunch.

Past area Captain, Helen LeBlanc, was honoured at the TOPS meeting on Wednesday, October 7.

Helen has retired from her position as area captain for the North Shore area.

She was presented with many gifts and congratulations from her TOPS friends of ON 2587, Schreiber and #ON 1586, Terrace Bay.

Helen still plans on being an active member and although she will be missed as area captain, her newly-appointed successor, Edythe Cosgrove, will be a very welcome addition to the TOPS Field Staff.

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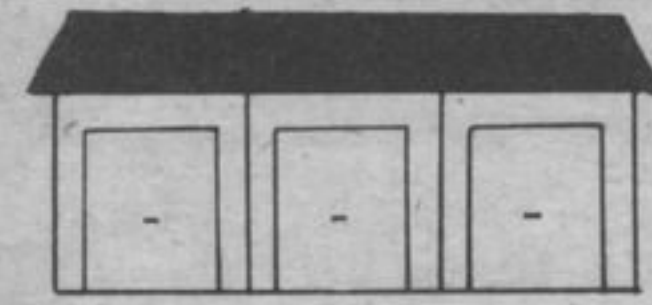


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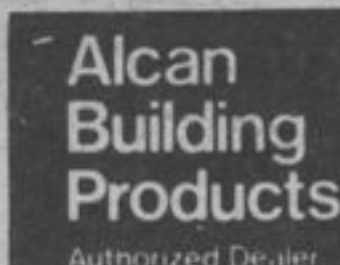
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Terrace Bay Library News

Your card is the key

The Terrace Bay Public Library would like to invite everyone to visit during Ontario Public Library Week, October 19-25.

The theme this year is "Your Card is the Key" and we hope to attract many new library patrons.

Many activities have been planned including our annual Library Book Sale, Friday, October 23 and Saturday October 24.

There will be games and contests for young people to participate in when they visit us. The prize winners will be announced on Friday, October 23.

Plan to visit us this week and see what we have for you.

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