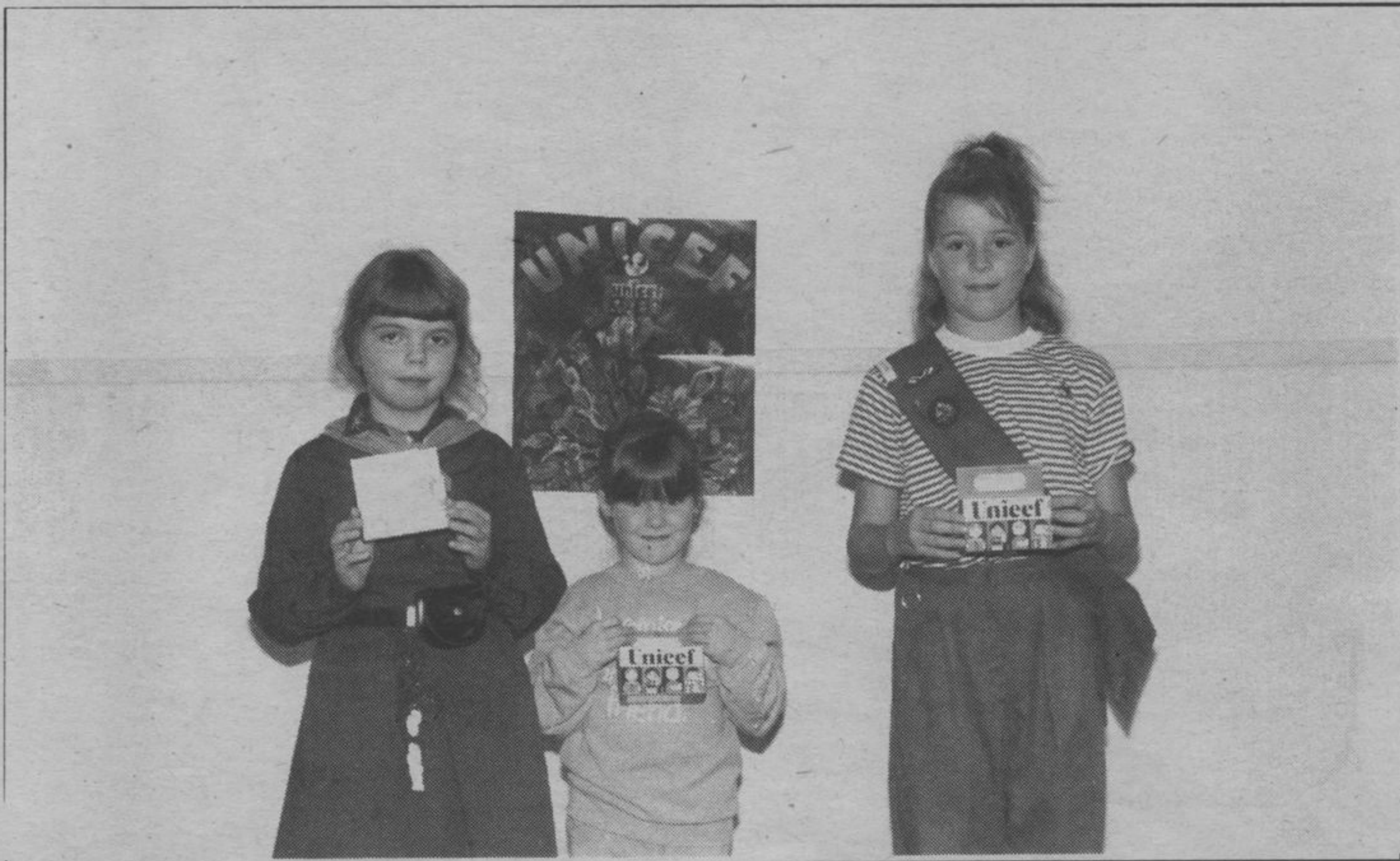


What, no cookies?



Candice Sellars (left), 7, Krystyna Ball (centre), 5, and Jennifer Tear, 9, were among the Girl Guides who canvassed door to door for UNICEF last week.

COOK OF THE WEEK



by Darren MacDonald
The News

Mary Caldwell, of Hudson Drive in Terrace Bay, has the distinction of being *The News*' first Cook of the Week in a long, long time.

Mary took me at my word when I asked for a good recipe for Haggis last week, although she says she doesn't cook it often herself.

"You can buy it frozen," she says, adding that she usually eats it on Burns night at the Masonic Lodge in January.

But she says St. Andrew's Night, on Nov. 30 each year, is also a popular time to eat Haggis

Arriving from Edinborough, Scotland, in 1955, Mrs. Caldwell had only planned to stay here for a short time.

"I only came for two years to stay with my aunt," she says. "But I married to someone from here."

Her husband Doug worked for Kimberly Clark for a number of years, and two of her five children still live here.

Unfortunately, Mrs. Caldwell is camera-shy. I hope most of the cooks will have their picture here as well.

And, of course, some good recipes.

Haggis

- the stomach bag and pluck (heart, liver and lights) of a sheep
- two onions, peeled
- eight ounce shredded suet (one and two thirds cups)
- salt and pepper
- a trussing needle and fine string.
- Wash the stomach bag in cold water, turn it out, scald it, and scrape the surface with a knife. Soak it in cold salt water overnight.
- Wash the pluck, put it in a pan, with the windpipe hanging over the side into a bowl to let out any impurities. Cover in cold water, add 1 tea sp. of salt and bring water to boil.
- Skim the surface, and let simmer 1.5 hrs.. Parboil the onions, drain, preserving the liquid, and chop the onions roughly. Also toast the pinhead oatmeal until golden brown.
- Drain the pluck when ready, and cut away the windpipe and any excess gristle. Mince half the liver with all the heart and lights, then stir in the shredded suet, the toasted oatmeal, and the onions. Season well with salt, and pepper. Moisten with as much of the onion or pluck water as necessary to make the mixture soft.
- With the rough surface of the bag outside fill it just over half-full _ the oatmeal will swell during cooking _ and sew the ends together with the trussing needle and fine string.
- Prick the bag in places with the needle. Place the Haggis on an enamel plate and put it into a pan of boiling water.
- Cover the pan and cook for about three hours, adding more boiling water when necessary.
- Serve with Tatties-an' Neeps — mashed potatoes and mashed turnips.

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TERRACE BAY BOY SCOUTS CUB REGISTRATION NIGHT

Any boys aged 8 - 10 who would like to join cubs, please come to the Scout Hall on Friday, November 1, 1991 at 7:00 p.m. for registration only.

Meetings will be on Tuesday nights, starting November 5.

For more information contact Archie Heinrich at 825-3873

MOONLITE

OCTOBER POOL CHAMPIONS

SINGLES
Chris Merkely

DOUBLES:
Pat Corrigan
Gordie Caldwell

Halloween Costume Party
October 31st

Prizes for best costume!