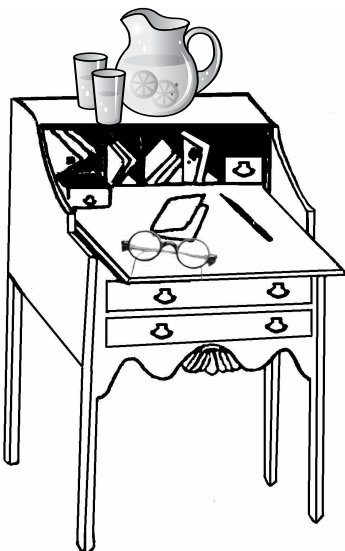


From: Her Desk Drawer

Chili Sauce With A Twist

What better way to use all those big, juicy, red tomatoes than in a chili sauce! The addition of apples gives this traditional recipe a bit of a twist.

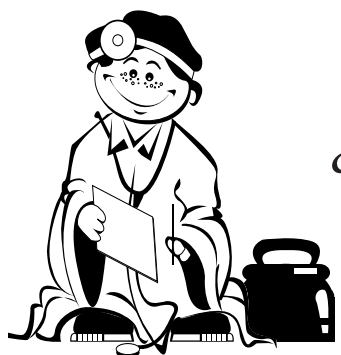


- 15large Ontario Tomatoes, peeled and chopped
- 5medium Ontario Onions, chopped
- 4Ontario Green or Red Peppers
- 2Ontario Apples, peeled and chopped
- 2Ontario Hot Peppers, chopped
- 3 cups ...brown sugar
- 2 cups ...cider vinegar
- 1/4 cup ...pickling salt
- 1-1/2 tsp ...each pepper and ground allspice
- 1/2 tsp ...ground cloves



Combine all ingredients in large heavy saucepan. Bring to boil. Simmer, uncovered, over low heat, for 1-1/2 to 2 hours. Stir frequently. Ladle into hot sterilized jars and seal.

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Ask The Chiropractor

What is better for you, butter or margarine?

I recently had this conversation with one of my patients and, since chiropractors also address nutritional concerns, I thought you'd find this both interesting and informative.

One of the most healthy whole foods you can include in your diet is butter. "What?" I can hear many of you saying, "Isn't butter bad for you? I thought margarine and spreads were better because they're low in saturated fat and cholesterol?"

Be not deceived folks!

Butter is truly better than margarine or other vegetable spreads. The list of butter's benefits is impressive indeed

VITAMINS - Butter is a rich source of easily absorbed vitamin A, needed for a wide range of functions in the body, from maintaining good vision, to keeping the endocrine system in top shape. Butter also contains all the other fat-soluble vitamins (E, K, and D).

MINERALS - Butter is rich in trace minerals, especially selenium, a powerful antioxidant. Ounce for ounce, butter has more selenium per gram than either whole wheat or garlic. Butter also supplies iodine, needed by the thyroid gland.

FATTY ACIDS - Butter has appreciable amounts of

butyric acid, used by the colon as an energy source. This fatty acid is also a known anti-carcinogen. Butter also contains linoleic acid, which gives excellent protection against cancer. Butter also has small, but equal amounts of omega 3 and 6 fatty acids, the so-called essential fatty acids.



DR. KRISTA CARTER

GLYCOSPINGOLIPIDS - These are a special category of fatty acids that protect against gastrointestinal infections, especially in the very young and the elderly. Children, therefore, should not drink skim or low fat milk. Those that do, have higher rates of diarrhea than those that drink whole milk.

CHOLESTEROL - Despite all of the misinformation you may have heard, cholesterol is needed to maintain intestinal health, and is also needed for brain and nervous system development in

the young. Again, this emphasizes the need for cholesterol-rich foods for children.

Standing in direct opposition to all of these healthful qualities stands margarine and vegetable oil spreads. While these may be cheaper, you'd never eat them again if you knew how they were made. All margarines are made from vegetable oils that have been heated to extremely high temperatures. This insures that the oils will have become rancid. After that, a nickel catalyst is added to solidify it. Nickel is a toxic heavy metal and amounts always remain in the finished product. Finally, deodorants and colourings are added to remove margarine's horrible smell (from the rancid oils) and unappetizing grey colour.

And, if that is not enough, in the solidification process, harmful trans-fatty acids are created which are carcinogenic (cancer-causing). What would you rather have: a real food with an abundance of healthful qualities or a stick of carcinogenic, bleached, and deodorized slop?

Very simply, butter is better.

New candidates join hopefuls

CONTINUED FROM PAGE 1

"One of the biggest concerns of any tax payer is fiscal responsibility," Augerman said. "As a local, certified financial planner, my background will be an asset. I am accustomed to managing money."

Augerman spent 10 years as an officer in the Canadian Forces Army Reserve. He considers his time with the Royal Highland Fusiliers and the Essex and Kent Scottish Regiment to have taught him "how to work together to get things done." He lives in the Millbrook Subdivision near Division Road North in Kingsville and said his main motivation for running for council is to continue to become more involved in the community.

Bill Arps, a resident who has been vocal about the decisions of Essex's council, has also decided to run for election. Arps, 60, filed

nomination papers for Ward 1 councillor on Aug. 30. He is a long-time resident of Essex and has been a licensed mechanic for 30 years.

Arps said he decided to run for the position after "years of trying to get council to fix some of the problems in the community."

"I never got the right answers I was looking for," Arps said. "Now, I think it's about time that I try and run for council myself."

Arps, a former executive member with the Royal Canadian Legion in Essex, considers one of the major issues surrounding the election to be the final design of the new arena project.

"Residents should have the final say as to how the arena is constructed," he said. "I'd like a lot more things out in the open ... full disclosure from our council."

"I want to be able to say to people, 'I'll bring your issues forward,'" Arps

added. Another council hopeful, Daniel Inverarity, is looking to "turn the Colchester area around."

Inverarity filed Aug. 24 for Ward 3.

The 46-year-old Lypps Beach resident considers Colchester to be a "stagnant community."

"There is a beautiful beach and marina, but there's nothing else to do in the town," Inverarity said. "Being so close to the water - there is huge potential."

Inverarity, a realtor with Deerbrook Realty specializing in waterfront properties, said he's currently working with developers to help build up Colchester's downtown.

He'd like to see Jackson Street and County Road 50 outfitted with some trendy shops or bed and breakfasts to draw more tourism to the area and compliment the winery industry.

"Colchester is ripe for change," he said.