

Just a little different

ROSEHIP JAM
3 cups fully ripe rose hips
1 orange
1 lemon
1 cup of water
1½ cups of sugar

Remove the stiff hairs from calyx end of rosehips. Split open and scrape out seeds. Wash hips and measure 1½ cups. Cut peel from orange and lemon in thin slices. Add to the water and boil 5 minutes. Add the juice from the lemon and the orange and the rosehips. Cover and simmer for 15 minutes. Uncover and cook until hips are clear and transparent and syrup is thick. Pour into hot sterilized jars and seal. Makes about 2½ pint jars.
Clair Lott
Markham

BUTTERED DANDELION ROOTS

Peel dandelion roots with potato peeler. Slice thinly crosswise. Cover with water and bring to boil. Drain and repeat process. Serve with salt and pepper, butter, and a little parsley.
Clair Lott
Markham

DANDELION GREENS ITALIAN STYLE
1 lb. dandelion greens
1 onion, diced
1 garlic clove minced
1 small dried red pepper, crushed
¼ cup cooking oil
parmesan cheese

Wash greens thoroughly in salted water. Cut leaves into 2 inch pieces. Cook uncovered in about ½ inch of boiling salted water until tender, about 10 minutes. Saute onion, garlic, and red pepper in oil. Drain greens. Add to onion mixture and season. Heat slowly. Serve with grated cheese.
Clair Lott
Markham

DANDELION ROOT COFFEE

Roast roots in a 275 degree oven for 4 hours. They should snap easily and show a dark interior. Grind and use as you do coffee.
Clair Lott
Markham

PICKLED EGGS
Hard boil 12 eggs
Prepare a syrup of
3 cups white vinegar
2 teaspoons white sugar
1 teaspoon salt
½ teaspoon mustard seed
4 whole cloves
2 Bay Leaves
1 or 2 chili peppers

Bring vinegar to a boil with other ingredients. Let cool and pour over eggs packed in jars. Store in fridge for several days before using.
Mrs. Clifford Woodcock,
14 George St.
Markham.

Cooking terms

AU JUS, with natural gravy
ASPIC, a savory jelly made from stock or tomato juice with gelatin
AU GRATIN, means covered with cheese and or crumbs and baked
BISQUE, a white soup made of shell fish
ENTREE, A light dish served between courses
FRICASSEE, a dish of any boiled meat served in rich milk sauce
FRAPPE, partly frozen
JULIENNE, cut in fine strips or strings
CAFE AU LAIT, equal parts of coffee and milk.

COOKING WITH MICROWAVES
How does it work?

Microwaves are a form of energy similar to radio and TV waves. As they pass through the food placed in the Microwave oven, microwaves cause water molecules within the food to vibrate at extremely high speeds. This friction produces the intense heat which cooks the food. The high speed of the vibration accounts for the dramatic savings in cooking time possible with a Microwave Oven. Microwave cooking can reduce regular cooking times by up to 70 percent.

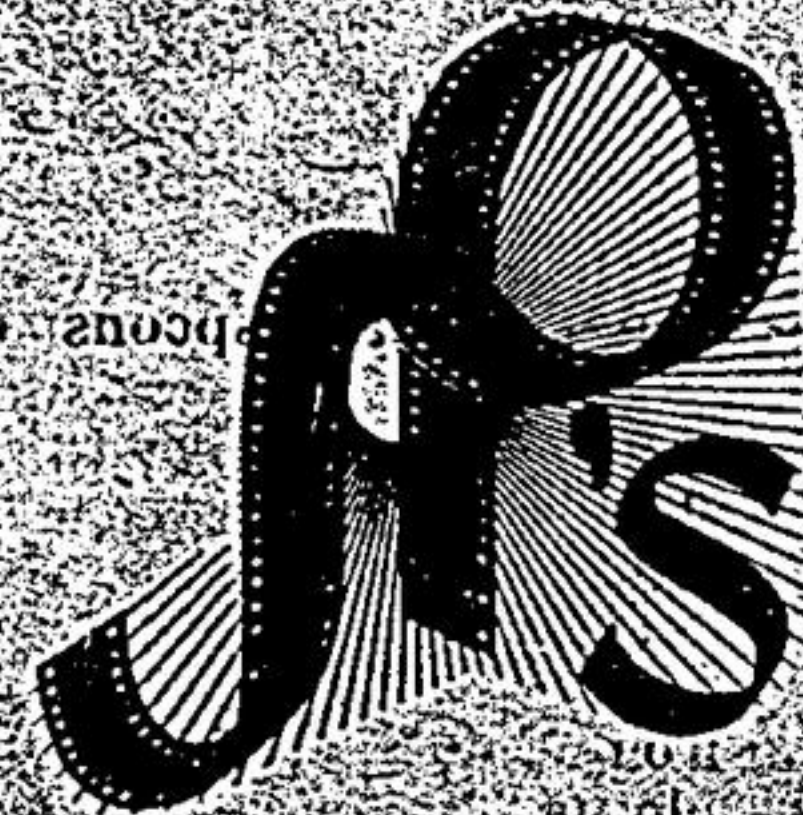
Another reason for the speed of microwave cooking is the fact that a Microwave Oven cooks by two methods: penetration and conduction. While waves penetrate food usually to a depth of 1 to 3 inches, internal cooking is done by conduction. Conventional ovens cook only by conduction. The magnetron tube and stirrer blade of a Microwave Oven circulate microwaves throughout the oven cavity to penetrate food from all sides simultaneously, so cooking is off to a faster start.

Microwaves are odorless and tasteless so they can't affect the flavour of the foods you cook. And because microwave cooking is so quick, greater vitamin and nutritive potency is retained.

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