

NOW WE'RE COOKING

Needing to recharge our batteries, we took to the road on Monday the 7th.

A little late for fall colours we headed off down the Harlem road, across to Phillipsville and on into Delta. While most leaves were down, we did see patches of colour and ones heart warmed to the beauty of nature.

The winding road from Lyndhurst down to Landsdowne had many hunters in their red caps and plaid jackets. All seemed to be enjoying their outing without cold and snow.

The Ivy Lea Bridge, Customs and Immigration posed no problems and we sailed along the unremarkable I 81 without a hitch.

To avoid the temptation of stopping and shopping at the Salmon Run Mall, we turned east on highway 3 stopping for gas almost immediately.

The young attendant was on the job with, nice to see, enthusiasm. "Check the oil" he asked, anxious to please. "Sure thing - thanks" was our reply. The hood opened and he disappeared into the engine cavity.

The gas pump snapped off often. Awhile, but there was no sign of the nice young man. We got out to check and found him draped over the fender, head and hands out of sight.

"Can't find the oil rod - sorry" he said, "and what's this thing here" he asked pointing to a carefully wrapped foil package wired to the manifold. "Something you've smuggled across the border?"

When we explained that it was our supper cooking, he looked very skeptical and seemed happier with the thought that it was illegal booze, contraband or drugs.

We pointed out that the oil tester was under the "package" and with padded ski gloves, lifted the precious item so that he could withdraw the rod, replace it, and add a quart (no litres here) of needed 10W30.

With the attendant still unconvinced of our supper story (he thought super story) we pulled out onto the highway with "Bob" wondering if he shouldn't call the border patrol, or maybe a local institution would be more appropriate.

The road was narrow and interesting. Not much colour, especially as the sky greyed with the threat of rain. Encountering a large shopping Plaza with a major JC Penny store and a full parking lot, we decided to take a break and stretch our legs.

When we came out a few minutes later we couldn't locate our car. Having locked it with the engine running to maintain engine heat, we were anxious to find it A.S.A.P. After a while wandering the aisles of cars, we got downwind of our car and caught a whiff of supper cooking. Our noses led us right to the car.

Off we go again, now with a light snow. As we climb through lake and then mountain areas we notice a lot of tree damage. Limbs broken and trees down beside the road. The damage got more severe until we reached Mirror Lake at Lake Placid. Here great piles of broken limbs covered lawns everywhere.

We were to learn later that the snow storm that Portland got a week ago dumped 18" of snow on this region. Then they got the rain and wind that we did. The damage everywhere was the result.

Stopping at our first set of stop lights we caused some confusion and were the centre of a sight to remember by all who witnessed it. Four large dogs "attacked" our car, jumping up and trying to get in. While startled bystanders didn't know what was causing all the "interest" in the car from Ontario, we did. Our cooked supper was drawing the dogs far better than Dr. Ballards even would.

Escaping the dogs when the lights went green, we headed straight for the Lakeside and a picnic table. Out of the car, up with the hood, and with ski mitts and pliers - voila- a feast fit for a king and his court.

As we happily ate our meal some tourists from Alabama came over to chat and ask what we were eating. We explained what it was and how we'd cooked it on the manifold of the car, driving down from Canada.

They hadn't met Canadians before and were unsure of their neighbours to the north. We may have set free trade back a good deal as while they acknowledged the food smelled great, "those Canadians sure are strange" was the overheard parting remark.

Recipe: 4 pounds, lean roast beef tenderloin, 3 whole peeled carrots, 1 whole peeled parsnip, 6 small scrubbed potatoes, 1 garlic clove, seasoning - celery salt, pepper, oregano, dill, 1/2 cup butter, 1/2 cup dry red wine.

Method: wrap tightly in 3 layers of heavy duty aluminum foil. Must be completely sealed. Place an additional tripple layer of foil and secure to top of exposed manifold.

Cooking time: 4-5 hours at 55 mph.

Serve hot - serves 4 adults.

SEASON'S GREETINGS



FACT OR FALLACY?

Smoking and Your Heart

People give all kinds of reasons for quitting smoking, but the most important reason is to help reduce your risk of heart disease.

FACT: Reducing your risk of heart disease and stroke should be one of the first reasons for quitting smoking. Smokers have a much higher risk of dying from heart disease and stroke than non-smokers. And smokers who quit benefit quickly. Their risk drops to normal levels within a few years. Quitting smoking is one of the first steps you can take to improve your odds against Canada's number one killer, heart disease and stroke.



FACT OR FALLACY?

Exercise and Health

No one has proven that regular exercise actually improves your health and reduces your risk of cardiovascular disease. This statement is a fallacy!

FACT: Recent long-term studies have shown that regular exercise does reduce the risk of heart attack and stroke. Other important factors in improving your odds against Canada's number one killer are controlling your blood pressure, reducing fat and salt in your diet and avoiding smoking.

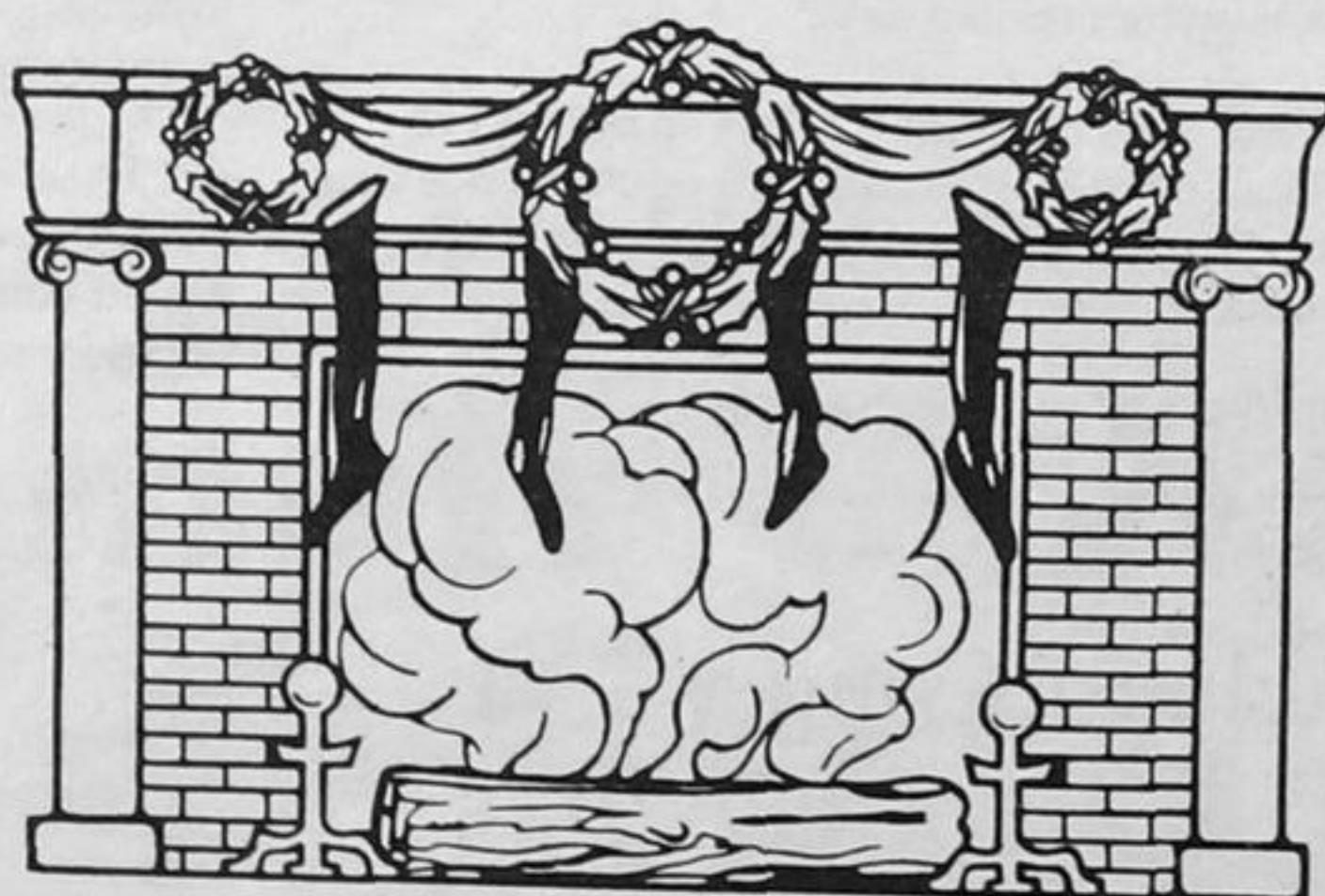


FACT OR FALLACY?

Fish Oil Prevents Heart Disease

Do fish oil tablets prevent heart disease?

FACT: No one knows for certain about the effects of fish oil on heart disease, but it's a question worth investigating. Research is underway to determine if eating fish or fish oil capsules will have an effect. Everyone agrees, however, that what you eat is important to your cardiovascular health. Reducing the amount of fat, salt and alcohol in your diet while increasing the amount of fibre, vitamins and minerals will reduce your risk of heart disease.



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