

FROM THE KITCHEN WITCH
Heather McNally
Portland-on-the-Rideau

Back to school but still barbeque weather. I would like to share a Sunday dinner we had frequently when our children were young. They never left a vegetable cooked this way.

Campfire Pot Roast

4 pounds blade pot roast (1½ inches thick)

1-2 branches celery, sliced on the bias

6 small whole carrots

1 green pepper cut in rings

2 medium onions, quartered

2 firm tomatoes, in wedges

Any spice to your liking or possibly a bit of dry onion soup.

Brown roast on greased grill over HOT coals (again use your own seasoning). To brown the meat first is important because you want your barbeque flavouring, so assemble and have prepared your veggies before you do this. Tear off 5 foot length of aluminum foil; fold double. Place meat in centre and cover with vegetables. Fold foil over and seal securely; bake over slow coals 1½-2 hours or till tender.

I have thrown in corn, lima beans, cauliflower, olives and anything else on hand. It is absolutely delicious.

Our JUNIOR COOKS always participated in somewhat the following manner:

Barbeque French Fries

Put a bag of frozen fries in a popcorn popper and shake over fire until crisp and sizzling.

Donut Holes

Cut refrigerated biscuits (from a tube) in thirds and roll each piece into a ball. String on skewers, leaving ½ inch between balls. "Bake" over hot coals, turning constantly until browned and completely done, about 7 minutes. At once, push off skewers into melted butter or margarine; roll in cinnamon-sugar. One tube makes about 30

Our Big Chocolate Cake

1 cup unsweetened Dutch process cocoa

1 cup boiling water

1 cup unsalted butter

1 cup granulated sugar

1 cup brown sugar

4 eggs

2 tsp vanilla

2 ¾ cups cake flour (there is a difference)

2 tsp baking soda

1 tsp salt

1 tsp baking powder

¾ cup buttermilk

In a small bowl combine cocoa with boiling water. Let cool. With electric mixer blend butter with white and brown sugar until creamy. Add eggs, one at a time. Stir in cooled cocoa mixture and vanilla.

In a medium bowl combine flour, soda, salt and baking powder. Add creamed mixture, alternating with buttermilk, beginning and ending with dry ingredients. Pour batter into 2 greased and floured 9-inch cake pans. Bake 30 minutes at 350 degrees.

Frosting

¾ cup sour cream

½ cup butter softened

3 ounces unsweetened melted chocolate

2 tsp vanilla
5 cups confectioners sugar, sifted
Beat everything together until smooth. Enough for frosting and filling.

LOMBARDY FAIR HOSTS 4-H ACHIEVEMENT DAYS

The Leeds 4-H Sheep Club held their Achievement Day classes on Friday, July 31 at the Lombardy Fair. The top senior showman was Neil Carkner, RR1 Athens, and the top junior showman was Shannon Hunter of RR4 Smiths Falls who also captured the Champion Showman title. Showing the top lamb in the small breeds class was Sarah Locke from RR1 Athens and Shannon Hunter exhibited the top large breed lamb.

On Sat. August 1, the Lombardy 4-H Dairy Club held their Achievement Day classes with Steven Visser, RR2 Portland receiving Champion Showman and Champion Dairy Heifer honours. Danny Drummond, RR1 Smiths Falls was the top junior showman and also exhibited the top Holstein heifer.

Leeds 4-H Beef Club

Three guests from the Nova Scotia 4-H Exchange attended the 4-H Beef Meeting on July 8th at the Emmenegger farm at Portland. Our host showed us around the barn, describing the different types of steers. Maureen Beaton presented her project on implants and the equipment used.

A discussion was held concerning our Achievement Day held at the Delta Fair on July 29th.

Ontario Hydro's Backgrounder

Happy 75th anniversary

After 50 years most people celebrate their anniversary with gold, but after 75 years — it's high voltage electricity robots.

At least, that's how Ontario Hydro staff celebrated the 75th anniversary of Hydro's research facility in Etobicoke. Over 1,600 people attended an open house June 16 to 18 to see the latest developments in electrical research — including a high-voltage lab that tests conductors for electrical arcing and lightning, a shake, rattle and roll model that simulates the effects of earthquakes on nuclear safety equipment and a robot that can dilute low level PCBs in oil.

Tracking energy savings

Three industries will get help tracking their energy costs and losses this year as part of an energy monitoring program sponsored by Ontario Hydro and the Ministry of Energy.

Falconbridge Ltd. near Sudbury, Molson Breweries in Toronto and Volkswagen Canada Inc. in Barrie are taking part in the \$1 million program. The system measures the use of natural gas, electricity, steam and hot water during key stages of production, locating where energy savings could be made.

A test survey found there could be fuel savings of about 16 per cent, with a typical payback period of just over a year.

The Ministry of Energy and Hydro will each contribute 25 per cent toward the cost of installing the systems, with participating companies providing the rest.

Repairs for Toronto Power

Ontario Hydro will refurbish the roof and exterior of Toronto Power generating station in September to prevent serious deterioration to the building from weather damage.

The 80-year-old heritage building, located upstream from Niagara Falls, has been closed since 1974 when shifting rock damaged a turbine shaft. The need for costly repairs and modifications made the station uneconomical for electrical generation.

Ontario Hydro has been working with the Ministry of Citizenship and Culture, local citizens and the Niagara Parks Commission to find an economical use for the building that will ensure its heritage features are protected.

Peaks are peaked

All-time records for electricity demand have been the order of the season this summer.

A new summer peak of almost 18 million kilowatts was reached June 25, up 11 per cent from the month's peak last year. The unusually hot and humid weather has resulted in a marked increase in air-conditioning load.

Ontario customers used 9.4 billion kilowatt-hours of electricity in June, up 6.8 per cent from the same month last year.

Export Revenues

Ontario Hydro sold an estimated 524 million kilowatt-hours of electricity to the United States in June, earning Ontario consumers over \$6 million in revenues.

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