

THE KITCHEN WITCH



Heather McNally
Portland-on-the-Rideau


GOLDEN ALMOND LOAF
(12 servings)

- 14 dried apricots
- 1/2 cup finely diced candied pineapple
- 2 tbspc diced candied orange peel
- 1/2 cup chopped almonds, divided
- 1/2 cup almond paste
- 2 cups flour
- 3/4 cup sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 2/3 cup butter
- 1/4 tsp cinnamon
- 2 eggs
- 3/4 cup milk
- 1 tsp vanilla

Grease a 9x5 loaf pan. Line the bottom and sides with a sheet of wax paper, leaving a 2-inch overhang on each side. Plump apricots in boiling water for 2 minutes. Drain. Pat dry and chop. Mix with fruit and almonds and 1/4 cup chopped nuts. Set aside. Measure the length and width of the pan and roll the almond paste between 2 sheets of wax paper to fit the pan. Set aside.

Sift flour, baking powder and salt into large bowl. Cut in the butter until the mixture resembles coarse crumbs. Remove and set aside 1/4 cup; add cinnamon to the smaller mixture.

Stir together the eggs, milk and vanilla, and blend into the dry ingredients. Fold in the fruit and nut mixture. Pour half of the batter into the prepared pan. Place the sheet of almond paste over the batter. Pour in remaining batter. Top with cinnamon mixture. Bake 350° oven 1 hour, 10 minutes. Cool on rack in pan 10 minutes. Remove loaf from pan. Discard paper. Cool completely before cutting.



Seniors' Assistance for Independent Living

FOOT CARE

Both FOOT CARE CLINICS got off to a great start in August. The Seeley's Bay clinic operates the 2nd Monday each month at the library. We are very grateful to Carolyn Jardine for taking on the responsibility of volunteer Foot Care co-ordinator. We certainly appreciate her help. Seeley's Bay appointments can be made by calling either Carolyn or the SAIL office.

The Gananoque clinic is open the 2nd and 4th Tuesday each month in our office here on Garden St. and is already taking October appointments. Special thanks to Fran Doner for all her help on clinic days.

We have just received word that the Lansdowne clinic will start October 16th, at St. John's Anglican Church, 12:30 p.m. to 3:30 p.m. Please call now to make an appointment. Collect calls are welcome.

SEELEY'S BAY - Seniors' Assistance for Independent Living (SAIL) is now offering Meals on Wheels, Escorted Transportation, and Friendly Visiting to seniors in the Seeley's Bay - Lyndhurst area. These services will compliment the very popular Foot Care Clinics offered the 2nd Monday of each month at the Seeley's Bay Library.

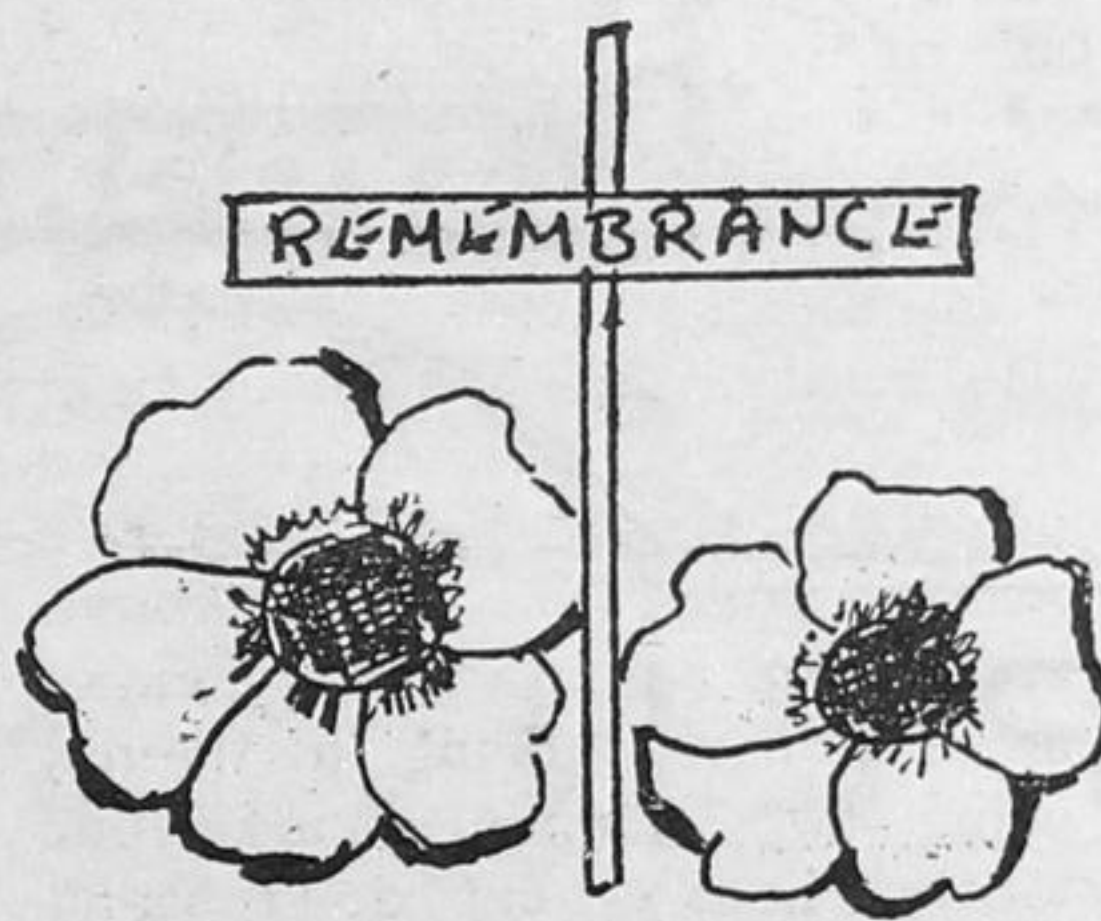
"Seniors living alone soon lose the urge to prepare well-balanced meals for themselves" said Mrs. Pat Dandelé, SAIL Co-ordinator. "A lot of the seniors' problems stem from malnutrition but they don't realize that's the cause. Many times tea and toast is all they prepare." she says. "Cooking and shopping for one is difficult, so often eating properly is the first thing they (the seniors) cut back on," adds Mrs. Dandelé. With help from caring volunteers, a nutritious meal and a friendly chat is possible Monday, Wednesday and Friday. If required, two meals can be delivered each of the three days. There is a charge of \$3.50 per meal.

As well SAIL offers an Escorted Transportation program to seniors and adult disabled who are unable to use the bus. Volunteers drive them to doctor's appointments and clinics, or perhaps into town to shop, accompanying them throughout the trip and bringing them home. There is a small fee for this service.

Friendly Visitors are a welcome sight to those whose friends and neighbours are no longer close by. Regular visits by caring volunteers are conveniently arranged. Telephone Visitors can also be arranged to make sure everything is alright with a housebound senior.

"I would particularly like to thank the members of the Seeley's Bay Legion Seniors' Club for all their assistance in getting these programs up and running," Mrs. Dandelé said. "Their support has been most welcome. I'd also like to thank the Seeley's Bay Lions Club for their donation to our foot clinic."

If you would like more information on any of the home support programs offered by SAIL or if you would like to volunteer, please call Pat Dandelé - collect - at 382-1175.



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When insurance needs arise remember to give us a call at
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ATTENTION SEELEY'S BAY

WHAT CHA DOING FOR LUNCH TODAY?

PROBABLY NOT MUCH. IN FACT, IF YOU CAN FIND THREE DAYS (MONDAY, WEDNESDAY AND FRIDAY), JUST ONCE EVERY FOUR OR FIVE WEEKS, YOU CAN DO A WHOLE LOT FOR OTHERS. AS A MEALS ON WHEELS VOLUNTEER, YOU CAN DELIVER A HOT, NUTRITIOUS MEAL AND LOTS OF HAPPINESS TO MANY GRATEFUL PEOPLE. THEN, THE NEXT TIME ANYBODY ASKS YOU ABOUT LUNCH, THINK WHAT A GREAT ANSWER YOU'LL HAVE.

FOR MORE INFORMATION CALL:
SENIORS' ASSISTANCE FOR INDEPENDENT LIVING PAT DANDELÉ 382-1175 (COLLECT)

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