

**KATHRYN'S KITCHEN  
KOOKBOOK**

by K. Scott

Hope everyone had a good summer with plenty of barbecues. Thought I would favour us dieters with a dressing for our salads.

Dieter's Salad Dressing

1 c. tomato juice  
2 tbsp lemon juice  
2 green onions (finely chopped)  
2 tpsps chopped fresh parsley  
½ tsp. salt  
dash of tabasco & pepper  
Artificial sweetener  
Shake all ingredients or put in blender. Makes 1 cup (3 cal. per tbsp.)

Easy Dills

4 lbs. of small cucumbers  
sprays of fresh dill or seed (1 tbsp per quart)  
4 garlic cloves (optional)  
4 cups water  
2 cups white vinegar  
4 tbsp coarse salt  
Scrub cucumbers well. Soak overnight in water. Drain, pack cucumbers in hot sterilized jars with sprays of dill and garlic on bottom of jars and on top. Combine water, vinegar and salt. Heat to boiling, pour hot vinegar over cucumbers in jars. Seal. Store for 4 to 6 weeks before using, makes 4 qts.

Vegetable Medley

1 zucchini (8" long sliced)  
2 tomatoes peeled & sliced  
1 onion sliced  
1 can cheddar cheese soup  
1½ c. crumbs made from crackers, bread or chips

Butter a casserole dish. Spread zucchini in bottom. Top with onion then tomatoes. Spoon the soup over the top, spreading it, if necessary to cover the casserole. Top with crumbs. Bake at 325° for 15-20 minutes or until bubbly.

Trail Mix

½ c. butter or margarine  
1 tsp seasoned salt  
4½ tsp soya sauce  
6 c bite size wheat or rice cereal squares  
1 c. mixed nuts or peanuts  
¾ c. raisins  
Melt butter. Add salt and soya. Stir. Add cereal and nuts. Bake at 250° for 45 min. Remove from oven and add raisins.

Zucchini Relish

12 c. raw grated zucchini  
4 c. grated onion  
2 c. chopped green pepper  
2 c. chopped red pepper  
1/3 c. pickling salt  
Sprinkle salt over vegetables and let stand overnight. Drain well in morning. Mix:  
4½ c. sugar  
1 tsp tumeric  
½ tsp curry powder  
½ tsp pepper  
1 tsp celery salt  
1 tsp dry mustard

Add 3c. of vinegar and mix all together. Save some vinegar to mix with 1 tbsp cornstarch to be added the last few minutes of cooking. Simmer vegetables and dressing for 20 min. Then add cornstarch and stir well while mixture is simmering until vegetables are all cooked well. Seal in sterilized jars.

**"JUNGLES ALIVE" COMES TO PORTLAND**

The Rideau Lakes Union Library presents JUNGLES ALIVE! with Jim Lovisek of the Ontario Science Centre, on Tuesday, September 30 at 1:30 p.m. at the Rideau Centennial Public School, Portland.

JUNGLES ALIVE! is a dramatic "voyage" into the steaming jungles of the world, courtesy of the Ontario Science Centre. The audience will be transported to places where trees drip with bromeliads, orchids, and Spanish moss, and will encounter some of the most bizarre and impressive animals that inhabit the lush forests and turbid rivers of the jungle environment.

Our guide, Jim Lovisek, spent three years in the Amazon studying the South American alligator and the endangered manatee, an aquatic animal that gave rise to the mermaid legend. His presentation will interest the whole family - with audience participation throughout, everyone will have "hands-on" encounters with real jungle animals!

Everyone is invited to come and see Jim and his furred and feathered (and scaled!) friends. This presentation is sponsored by your public library, the Ontario Science Centre, the Ontario Library Service-Rideau, and Outreach Ontario, a programme of the Ministry of Citizenship and Culture.

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"A rare delight, a high comedy with tragic undertones, acted to passionate perfection... a major achievement." —Vincent Canby, *The New York Times*  
Set in the 19th century, *The Bostonians* is the poignant tale of one woman's struggle to choose between her passions and her political aspirations. Madeleine Potter stars as Verena, a talented young writer and orator. Vanessa Redgrave is Olive, the militant suffragette who educates Verena hoping she'll put her skills to work for "the cause." And Christopher Reeve is Basil, the Southern lawyer and chauvinist whose undying love for Verena threatens to destroy Olive's plans and Verena's political future. Riveting!

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