



We have had many readers ask about the disappearance of the "Great Cooks" column. Before introducing our new cooking column, an explanation is in order. Mrs. June Greenhorn, of Delta, gave many of her recipes and much time to select others for the earlier years of the cooking column. We appreciated her commitment but the demands on people's time changes and June could no longer continue.

The Lantern staff, mainly Helen Sweet, tried to take over the column on a regular basis. This involved begging, borrowing and occasionally 'stealing' recipes from friends and acquaintances. With the heavy work load that the staff carries, this became almost impossible to do on an ongoing basis.

As usual, when something needs to be done at the Lantern, "someone" shows up at the nick of time, and offers to help out. Our new "Helper", a good cook & busy community worker, wishes to remain anonymous to our readers. She has offered to co-ordinate and collect recipes from various sources and deliver them to us on a monthly basis. We hope you enjoy them. The new column title is;

Country Catcher Cookbook.

The Harvest time is here,
Its produce is our prize,
Time to make our fruitbreads,
And our Festive cakes and pies.

In this day and age, we are lucky to have freezers to store our goodies. This is an excellent time to begin making some of those time-consuming items, so here are some quick bread recipes to put in the freezer before the busy pre-Christmas baking period is upon us.

Some may be familiar to you, as we all have borrowed or loaned recipes. However, we all like to add our own personal touch and for myself, I substitute (when possible) some artificial sweetener for sugar. (some of us do have to watch our "avoirdupois.")

PLUMBING & HEATING

by

GAMBLES

272.2809. free est.

ZUCCHINI BREAD

Heat oven to 325 deg.
3 eggs $1\frac{1}{2}$ c. sugar
2 tsps vanilla
1 tsp. each of salt, soda, & cinnamon
 $\frac{1}{4}$ tsp. baking powder
 $\frac{1}{2}$ c. chopped nuts
3 c. flour
1 c. cooking oil
2 c. grated zucchini
Grease & flour 2 loaf pans.
Beat eggs, add oil, zucchini & vanilla. Cream these well.
Sift and measure the remaining dry ingredients, then add nuts.
Add to first mixture and mix well.
Pour into loaf pans and drop them gently on counter to remove air bubbles. Bake for $1\frac{1}{2}$ hours.

PUMPKIN OR SQUASH BREAD

Heat oven to 325 deg.
 $2\frac{3}{4}$ c. sugar
 $\frac{3}{4}$ c. margarine
3 eggs
1 tsp each of, vanilla, cloves, cinnamon. (pumpkin spice can be added also)
2 tsp baking powder
1 tsp salt
 $3\frac{1}{2}$ c. flour
 $\frac{2}{3}$ c. nuts.
Cream together margarine & sugar.

Add 1 egg at a time and beat. Add vanilla. Mix all dry ingredients together and add alternately with pumpkin. Add nuts
Grease and flour 2 small loaf pans.
Pour mix into pans and bake for 1 hr. (May be iced or decorated.)

RHUBARB BREAD

Heat oven to 350 deg.
Mix $1\frac{1}{2}$ c. brown sugar (packed) with $\frac{2}{3}$ c. vegetable oil & 1 egg.
In another bowl combine:
1 c. sour cream
1 tsp. salt
1 tsp. soda
1 tsp. vanilla
Measure $2\frac{1}{2}$ c. flour and add to sugar mixture, alternating with sour cream mixture. Fold in $1\frac{1}{2}$ c. of raw rhubarb, cut into small pieces.
(If rhubarb is from freezer, allow to thaw fully and make sure it is well dried.)
Put dough in 1 large or 2 small loaf tins that have been greased and floured. (I also use wax paper as a lining)
Sprinkle dough with 1 tsp. melted butter mixed with $\frac{1}{3}$ c. sugar.
Bake for 1 hr. 15 mins.
Test with toothpick for doneness.

LEMON BREAD

Cream together $\frac{1}{2}$ c. shortening
1 c. sugar &
2 eggs (one at a time)
Sift together and add to the first mixture; $1\frac{1}{2}$ c. all purpose flour
1 tsp. baking powder
pinch of salt
Add $\frac{1}{2}$ c. milk & $\frac{1}{2}$ c. nuts.
1 grated lemon rind.
Pour into greased loaf tin and bake in preheated oven for 45 mins.
Mix $\frac{1}{4}$ c. sugar and juice of 1 lemon and pour over cake while it is still hot.

Good luck in your culinary dept. Some of us must shy away from these goodies but it can be just as much fun baking them for our families.
In December, we will have some recipes for squares and fancy cookies.
JKS

Rideau Lakes

Horticultural Society

Since the Ontario Horticultural Association is marking its 75th year, some recognition of this event seemed desirable.

The Rideau Lakes Horticultural Society, as a member of this Association, has set up a long-term contest among its members. Membership covers a wide area. Members are divided into teams, according to the geographical locations, as follows: Portland, with Winona Barker as captain; Westport, captained by Ileana Blair; and the remaining small communities, and areas with fewer members, including Newboro, Elgin, Phillipville, Chaffey's Lock, Etc., under the captaincy of Leonard Pritchard of Newboro.

The handsome prize for this annual contest is a plaque, made of black walnut, ornamented with a beautifully carved replica of a trillium blossom. This was made by Earl Kimmerly, a former president of the Society.

At the November meeting of the Society, captains will report on their TEAM SCORES. If you are a member of the Society, and have done any community work associated with horticulture, make a report on this to your team captain, so he can turn in his report at the meeting on Tuesday, Nov. 3rd.

The Rideau Lakes Horticultural Society will receive a government subsidy, based on the number of hours of work its members report, and on its total membership. This has grown from 90 in 1981, to 140 for 1982.

Rideau Lakes Horticultural Society

On the evening of Oct. 6, the Society met in the Newboro Municipal Hall with 49 members present. Just as the meeting was ready to get underway, the hydro went off. A strong wind had broken a pine tree which had taken down our power lines as it fell. I wonder if any other organization held its meeting by flashlight that evening? The minutes of the Sept. meeting, the last executive meeting and a report concerning our bus trip on the last day of Sept. were read. Treasurer's report showed an income of \$2462.80; expenses of \$1524.99 and balance of \$940.87.
Rev. B. Heywood explained how we earn our Provincial Grant. We are credited according to; number of members, hours of voluntary work done by members directly toward Horticultural projects and money spent on Horticultural projects.
Mr. Kimmerly held the plant sale by flashlight. I hope no one got a surprise when they saw what they had bought in stronger light. \$30.00 was realized from this sale. Mr. A.M. Ross unveiled our Trillium Plaque and expressed our appreciation to Mr. Kimmerly for volunteering so much of his time and the skill of a talented craftsman to make our plaque. Mr. Kimmerly achieved a beautiful contrast in his use of our native woods. The Trillium is pine and is placed on a walnut shield. The inscription reads, "R.L.H.S. President's Award Commemorating the 75th Anniversary of the O.H.S. 1981."

Several of the Westport ladies treated us to sandwiches, cookies and doughnuts. Every one enjoyed the lunch.

NEXT MEETING will be NOV 3, 1981.