

Cookery Corner

MEDLEY OF FRUIT FIX-UPS

FLAMING PEARS MELBA

- 6 Firm ripe pears
- ½ Cup maple syrup
- ½ Cup water
- 1 Tsp. lemon juice
- 2 Tblsp. butter

Filling:

- 1 3-oz. package cream cheese, softened
- Syrup from poached pears
- ¼ Cup finely chopped walnuts, optional

Melba Sauce:

- ¼ cup cold water
 - 1 Tblsp. cornstarch
 - 1 10-oz. package frozen raspberries, thawed
 - ¼ Cup brandy
1. To poach pears, halve pears lengthwise, peel and core. Place pear halves in a large heavy skillet.
 2. Combine syrup, water and lemon juice. Pour over pears. Dot pears with butter. Cover the skillet and heat to boiling. Reduce heat and simmer pears 10 minutes, or until just barely tender-crisp. Baste the pears with the syrup 2-3 times while poaching. Remove the pears with a slotted spoon and allow to drain on a rack, cut side down. Reserve the syrup.
 3. For the filling, combine the softened cream cheese with enough syrup for spreading. Stir in the chopped nuts, if desired. Spread the cheese filling on the flat or cut side of 6 pear halves. Top each with another pear half, pressing together lightly, making 6 whole pears. Stand the pears up in individual serving dishes.
 4. For the sauce, combine the cold water and cornstarch. Stir in thawed raspberries. Cook and stir until thick. Force sauce through a sieve.
 5. To serve, preheat the brandy; pour over warm sauce and ignite. Spoon flaming sauce over pears and serve immediately. Serves 6.

MEDLEY OF MARMALADE

CHERRY MARMALADE

- 2 Medium size oranges
 - 1 Quart Bing cherries, pitted
 - 3½ Cups sugar
 - ½ Cup lemon juice
1. Slice unpeeled oranges paper-thin, discarding any seeds.
 2. In a saucepan, barely cover oranges with cold water. Simmer until fruit is soft. Add cherries, sugar and lemon juice. Simmer until mixture is thick and clear.
 3. Skim off foam and quickly ladle marmalade in hot scalded glasses. Seal at once.
- Yields about four ½-pint glasses.

APPLE MARMALADE

- 1 Orange
 - 1½ cups water
 - 5 Cups sugar
 - 2 Tblsp. lemon juice
 - 8 Cups thinly sliced tart apples, about 3 lbs
1. Quarter the orange, discarding seeds and slice very thin.
 2. Combine the sugar and water, stirring over low heat until sugar is dissolved. Add lemon juice, orange and apple slices. Bring to a boil, and boil rapidly stirring constantly, till mixture thickens, 12-15 minutes.
 3. Remove from heat, and skim off any foam. Ladle into hot scalded glasses or pint jars. Seal at once. Let jars cool 30 minutes and then gently shake to distribute the fruit.
- Yields 3 pints.

PEACH'n PEAR MARMALADE

- 4 Oranges
 - 8 Cups diced, peeled peaches
 - 8 Cups diced, pared pears
 - 1 package (1 ounce and ¾) powdered fruit pectin
 - 9 Cups sugar
1. Slice unpeeled oranges in quarters and in ¼-inch slices, discarding any seeds.
 2. Combine orange slices with diced peaches and pears in a large kettle and mix well. Cover and bring to a boil. Simmer the fruit 5-6 minutes.
 3. Stir in fruit pectin and cook gently for 1 minute. Stir in sugar and bring the fruit to a vigorous boil, stirring constantly.
- BOIL HARD FOR 1 MINUTE.
4. Remove the kettle from heat, skim off foam and stir the marmalade for 7 - 8 minutes. Ladle into hot scalded jars and seal at once.
- Yields 8 pints.



LIBRARY QUIZ ANSWERS

1. The Townships of Bastard and South Burgess, Rear of Leeds and Lansdowne, and South Crosby and the Separated Village of Newboro make up Rideau Lakes Union Library.
2. Branch Libraries are in Delta, Elgin, Lyndhurst, Newboro, Portland and Seeley's Bay.
3. A) 12 Trustees
B) Each Township Council appointed two citizens and one Council member to serve on the Union Library Board.
- 4.-Bastard and South Burgess: Ross Bell, Council Representative, Diane Haskins and June Greenhorn;
-Rear of Leeds and Lansdowne: Murray Seaman, Council Representative, Dorothy Davies and Lorraine Trick;
-South Crosby: Greg Courneya, Council Representative, Mary Warren and Anna Charland;
-Village of Newboro: Ted Landon, Council Representative, June Boston and Reta Taylor.
5. Union Library is funded by each Township, one mill rate, as well as Government grants, Lotteries (Wintario, etc.) and public donations.
6. a) Union Library Headquarters is located at Elgin Branch.
b) Elgin library was established several years before Union Library came to be. Elgin is the largest Branch Library, and houses the Shelf Files for Union.
7. Book lending, Films, "Talking Books" Tape Cassettes.
8. Arts and Crafts demonstrations, Theatrics and the Live Arts in Union Area Schools; as well, Union Library offers seasonal, temporary employment under Government Works' Programs.
9. Rideau Lakes Union Library is affiliated with Eastern Ontario Library System, Ottawa.
10. Membership in Rideau Lakes Union Library is more than 2,000.

If you rated 70 percent or less, in the Quiz, go to your nearest Branch Library and discover "What is Happening!"

GREEN AND GOLD COMPOTE

- 8 Peaches or nectarines, peeled and sliced
 - Acidulated water (1 tblsp. fresh lemon juice to one cup water)
 - 2 Cups seedless green grapes
 - 1 Cup sweet white wine or 1 Cup white grape juice
 - 2 Tblsp. Cointreau or other orange liqueur,
 - 1 Pint orange or lemon sherbet
1. Prepare peaches or nectarines, placing sliced fruit in acidulated water for several minutes. This prevents discoloration. Drain slices and place in a serving bowl along with the grapes.
 2. Combine the wine or grape juice and liqueur. Pour over fruit mixture, stirring gently to mix. Chill until serving time.
 3. To serve, spoon the compote into sherbet glasses. Top each serving with a scoop of sherbet.
- Makes 8 servings.

By: June Greenhorn

Nutrition

NUTRITION FOR OLDER ADULTS

As body metabolism slows down, we need fewer calories (but not fewer nutrients) to keep going. Think about free time activities. If you are not as active now as you were at age 25, this could be a reason for the extra pounds. So, increase your physical activity.

FEELING TIRED? A lack of iron in the diet could be one reason for feeling tired. Good food sources of iron include dried fruits, green leafy vegetables, egg yolk, dried peas and beans, organ meats, red meats, whole grain cereals and breads.

VITAMIN AND MINERAL PILLS: Read the label and count the number of nutrients present. You'll find these supplements contain only a few of the over 50 nutrients needed daily. Good nutrition may prevent certain illnesses from developing but a single vitamin or food as a cure is not the answer.

MILK: Milk provides protein, calcium and other important nutrients. If you are not in the habit of drinking milk daily and are not willing to start now, try eating your milk - in creamed soups, custards, cheese and yogurt. For extra nutrition, add economical milk powder to casseroles or cooked cereals.

WANING APPETITE? Try these solutions: serve meals attractively, take a walk in the fresh air before dinner, invite a friend over for supper, try new foods or recipes or perhaps, switch the main meal of the day to noon.

DIETS: Diets shouldn't take the fun out of eating. Ask your physician to refer you to a hospital dietician for counseling. This is an OHIP-insured service.

POTASSIUM: Taking certain diuretic (water) pills causes you to lose potassium along with the water and sodium. Juices and dried fruits as well as whole grain cereals and breads help. Be sure to choose fruit juices, not fruit drinks!

LAXATIVES: Give your bowel muscles plenty of fibre to work on. Choose whole grain cereals and breads. Check labels; some ready-to-eat cereals now list the fibre content. Don't discard the fibre in the skin of potatoes and fruits such as apples. Eat fruits and vegetables raw. Remember to drink plenty of water every day.

HELPFUL PAMPHLETS: "Helpful Guidelines to Nutritious Meals for Senior Citizens" and "Cooking for 1 or 2" from Dominion Stores Ltd.; "Food and Your Heart", and "Iron for Vitality", and "Easy Eating With Canada's Food Guide" from the local Health Unit.