

Cookery Corner

SUMMERTIME

EASY LIVING--EASY ENTERTAINING

Let your guests create their own dinners with Kabobs.

Suggestions:

Beef cubes (sirloin, T-bone)
Lamb Cubes
Pork Riblets (pre-cooked)
Small cooked onions
Green pepper slices
Whole mushrooms
Quartered or small whole tomatoes
Thick slices of cucumber
Ripe olives
Pineapple chunks

1. Broil filled skewers over hot coals turning frequently. Brush vegetables often with melted butter.
2. To prevent peppers and mushrooms from splitting when skewered, dip them in boiling water for one minute.
3. If desired, meat cubes can be basted in Barbeque Sauce during broiling.

CREATE YOUR OWN SALAD

Suggestions:

Large bowl of salad greens (iceberg lettuce, endive, chard, spinach, romaine, beet greens, etc.)

Finely shredded or grated cabbage
Fresh or canned bean sprouts
Kidney beans, chick peas, etc., well drained

Sliced tomatoes, cucumber
Sliced Bermuda onions, or scallions
Sliced radishes, celery

Small whole mushrooms (raw)
Cauliflowerets (raw)

Condiments: cooked crumbled bacon, chopped hard-cooked egg, grated Parmesan, Romano, or cheddar cheese, a variety of dressings

To keep salad greens and other vegetables from wilting, place the bowls in pans or trays filled with crushed ice

FRESH FRUIT WITH SWEET CHEESE

Let cream cheese soften at room temperature. With an electric mixer beat in 1-2 Tbls. liquid honey. Beat until the mixture is smooth and the consistency of a chip dip. (Candied ginger, finely chopped, can be added for flavour. Canned fruit juice-peach, pineapple, pear, etc., can be substituted for the honey.) Place the bowl of sweet cheese in the centre of a large platter. Arrange fresh fruit around the cheese and let guests dip the fruit of their choice.

FRUIT SUGGESTIONS:

Bing cherries, with stems on
Strawberries, with stems
Watermelon, cantaloupe, honey dew melon balls or cubes on toothpicks
Apple, peach, pear wedges, dipped in lemon juice to prevent discoloration
Orange sections
Fresh pineapple chunks

Advertise in the LANTERN

To place an ad in the Lantern, just call 359-5647 or 272-2158. Or send it by mail to Box 86, Elgin. Ads must be received by the 21st of each month. Payment may accompany the ad, otherwise invoices will be sent out when the ad is published. The Lantern is distributed by the Fri. after the 4th Tue. of the month.

PLEASE NOTE: Canada Manpower Centres from Smiths Falls, Gananoque, and Brockville will be sending weekly bulletins on employment opportunities to the Newboro Office of St. Lawrence College. Feel free to visit the office and keep up-to-date!

HOME CANNING

An informative booklet on home canning is available from:
Information Branch,
OMAF

Legislative Buildings,
Queen's Park, Toronto.

The booklet, entitled "Home Canning Ontario Fruits and Vegetables," is sent free of charge. It contains much useful information including: equipment, food preparation, processing procedures and times, tests for a good seal and proper storage.

DO'S AND DON'TS OF HOME CANNING

- DO:**
- *Check jars for chips around the rim—they will prevent a proper seal.
 - *Prepare only enough food to fill jars that will fit in the canner or processor at one time. Food must be hot when put in the jars.
 - *Wipe rims carefully after filling jars, as any food or hair will prevent an airtight seal.
 - *Apply lid carefully, it must be centred for a good seal.
 - *Make sure when canning in a hot water bath processor that the water is boiling rapidly before beginning to count processing time.
 - *Similarly, in a pressure canner be sure the proper pressure is reached before counting time.

- DON'T:**
- *use jars made for commercial use such as mayonnaise, peanut butter or coffee. These jars are not tempered and are prone to cracking. Lids which come with these jars cannot be resealed.
 - *home can mushrooms. This is unpredictable and a safe processing time has not been determined.
 - *use galvanized or copper pots for preparing foods for canning. Food acids may react with the metal, causing the food to be poisonous.
 - *home can in a microwave oven. Necessary temperatures cannot be reached and jars may explode.
 - *use aspirin, salicylic acids or boric acid in canning. These compounds are drugs, not preservatives.
 - *reopen jars which have overflowed during processing. If the jars fail to seal because the contents overflowed during processing, refrigerate and use the contents within a few days.
 - *taste food that you suspect might be spoiled. If the food has an off odour or has changed extensively in colour, do not taste it. Dispose of it immediately.
- As a safety precaution, always boil home canned vegetables covered for 10 minutes, stirring occasionally, before tasting.

ELECTRIC FENCES

Use 3/4" black plastic pipe for insulators. Fold a short length in half and nail on. These insulators are strong and inexpensive. The kink holds the wire securely in place.

Are you planning a PARTY, BANQUET or WEDDING RECEPTION?



VEGETABLE WATER.

Save nutrient rich vegetable water by freezing it in ice cube trays. Use the cubes to cool down soup or stew. They're fast and nutritious.

Food Co-op Formed

About 20 area families are getting together to beat the rising cost of food. The idea of forming a food co-op arose at the appropriate technology group meetings. Lee Schuster of R.R.1, Seeleys Bay took the initiative to get the co-op off the ground last month.

The group has been christened the Leeds County Co-op and embraces members from Westport to Gananoque. The Co-op will start out with the bulk purchase of dry goods through Tara Natural Foods of Kingston. Locally produced foods will be sought as well.

Another area of common interest is a produce exchange through the summer months. Organically grown garden surpluses will be bartered between members.

Four sub-groups based on geographical location have been formed. A \$5 membership fee has been set, and members are expected to contribute their share of work as well. The following have volunteered to function as contact people for each sub-group:
Barb Alguire, Delta- 928-2850
Lee Schuster, Seeleys Bay- 387-3723
Barb Jones, Gananoque- 382-4947
Alan Dolan, Elgin- 359-5917

VILLAGE NAMES

FORFAR-Scottish origin
WESTPORT-Irish
BURRIDGE-After the plentiful burdock on a nearby ridge.
LAKE OPINICON- means "the place of potatoes"
CRANBERRY LAKE-after the wild cranberries which grew there.

HEN FRUIT

When boiling eggs add a bit of vinegar to the water. This will keep the egg in the shell should it crack. For poached eggs, 1/4 tsp. of white vinegar added to the water will keep the eggs in shape.