

Ministry of Agriculture & Food
CARE FOR YOUR FROZEN FOODS

Commercially frozen foods can offer convenience, top quality and good value when fresh, wholesome foods are properly processed, packaged, frozen, and maintained at 0 degrees F (-18 deg. C) or lower during storage, transportation distribution, and retailing.

SHOPPING FOR FROZEN FOODS

1. Pick up frozen foods just before checking out of the store. Look for the thermometer in the frozen food cabinet.
2. Choose from a clean, well organized frozen food cabinet. Packages in an open chest-type freezer cabinet should not be stacked above the load line (a visible line about 6 inches from the top of the cabinet).
3. Inspect frozen food carefully, and avoid buying: food that is discolored, packages that are torn or misshapen, packages that are soft or show signs of thawing, packages that show signs of frost on the outside.
4. Ask the clerk to place frozen foods in insulated or double bags.
5. Get frozen foods home and into your freezer without delay.

SPECIAL HANDLING REQUIRED FOR VACUUM PACKAGED FOODS

There are basically 3 types of vacuum-packaged food products.

1. Those that are commercially pre-cooked and require no further cooking but may require heating. These are primarily cooked meats such as bologna, weiners and luncheon meats.
 2. Those that are commercially pre-cooked but require further cooking. These include "boil in the bag" main dishes, vegetables, and lightly smoked or cured meats such as bacon.
 3. Those that are uncooked and require complete cooking such as poultry, roasts and steaks.
- Frozen vacuum-packed foods must be stored constantly at 0 degrees F (-18 deg. C) and should be kept frozen until used. If frozen vacuum-packaged foods must be thawed, the plastic pouch must first be opened and the food should be thawed in the refrigerator.



GOOD THINGS GROW IN ONTARIO

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TWEEDSMUIR HISTORY OF CHAFFEY'S LOCK

Stories! pictures! mementos! family histories! anything pertaining to the history of Chaffey's Lock is greatly needed to complete our Village History Book!

A year ago, as a new member of our Women's Institute, I was sitting quietly at a meeting in our Community Hall, where I was asking some of the older members about my own family history. The President said: "Would you like to be our Curator?", and, like a good Chaffey's Lock Bass, innocently eyeing a dangling bait, I answered, "Curator of what?".

They told me of Lady Tweedsmuir (wife of our Governor General of Canada) and her suggestion in 1948 to start a history of all our communities. Since then, these Histories are now recognized by the Ministry of Education and used as authentic history books, and when each is completed they are placed on film in the Toronto Archives.

Of course I was hooked! Ever since then I have been STRUGGLING to put one together, and it's shaping up very well - BUT - it will never be a complete book without all those marvelous stories floating around out there, and I have no way of knowing how or where to reach you!

If you have anything about Chaffey's Lock, particularly about the times before the canal was built (1826-32) for it was a thriving little community called Chaffey's Mills - if you have anything at all from the very beginning up to the present day, it would be greatly appreciated.

Everything used in the book will have the person's name or source, and date, and as your children and great grandchildren read about it in the years to come, they will be proud of the contributions made by their family; for these stories, letters, pictures and documents etc. should not be left shut up in boxes and trunks, to disappear with the sands of time.

I can be reached at 359-5633 or mail to: Mrs. Laurel Fleming R.R. #1, Elgin, Ont., K0G 1E0 - or any member of our Women's Institute would gladly pass along the information.

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RIDEAU
CRAFTS



RIDEAU CRAFTS NEWS

The regular monthly meeting of Rideau Crafts was held February 11th.

Brys Scovil, chairperson of a committee responsible for the Spring Market, reported that vendors and others involved in past markets agree the one should be held. Unfortunately, a location is unavailable this Spring. The committee recommended that a 1980 market not be held, but that a booking be made this Fall for the location for a 1981 market. Committee member, Mary Warren, suggested that the Rideau Craft Summer School instructors hold a show and sale in connection with the "Leeds China Painters" May sale. This suggestion will be considered at the instructors' workshop on March 13th, 10:00 a.m. at Renie Milne's home, R.R. 2, Portland. Contact Kathryn Lean 359-5244.

The program convenor announced the postponement of the slide show "Handwoven and Handspun". The slides will be shown at the April 14th meeting. Instead, Renie Milne presented a resume of a recent craft tour in England and Scotland. Included were many books and pamphlets pertaining to the subject.

Next month's meeting will be held on March 10th at 8:00 p.m. in the Forfar Hall. Next month's program will consist of slides and demonstrations related to basketry. New and old members are invited to bring examples of their own as a source for group discussion.

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