

North Leeds Sub-branch of the Red Cross

The executive of the North Leeds sub-branch of the Red Cross met June 20.

Joan Tallon, chairperson, conducted the meeting.

Donations have been made by two local church groups. A monetary donation from the Newboro U.C.W. will allow the purchase of a commode chair and a walker; the Westport Presbyterian Guild has donated a urinal. The pieces of equipment plus a private donation of a bedpan represent the start of the sub-branch's loan cupboard. Such items vary greatly in price. Any groups wishing to make a donation are invited to call 272-2100.

Homemaker supervisor Sharon Stedman reported a caseload of twenty-three being covered by twelve homemakers. In May an in-service session was held for the homemakers. They viewed a film on Canadian homemaking. Sharon, representing Red Cross, met with representatives of Homecare and V.O.N. As the three groups all work in the area of care of patients in the home it was decided to meet twice a month to ensure coordination of services.

All six municipalities have signed contracts in agreement with the HNSA Act to provide assistance for patients in need of the service and unable to pay the entire fee. Under the Act the province covers 80% and the municipality 20% of the fee.

There is an ever-increasing need for homemakers. Anyone interested in this line of work is invited to call Sharon Stedman at 272-2100.

Any North Leeds resident

Great Cooks

This is the first in a series on the Great Cooks of North Leeds. This month Helen Sherwood of Crosby has agreed to share with us some of the secrets that have made her cooking famous. Try these recipes and we are sure you will love them.

Tea Biscuits

2 cups flour
4 tsp Baking powder
1/4 tsp salt
1 tlbsp sugar
1/2 cup butter
1 egg beaten
2/3 cup milk
Blend flour, baking powder, sugar, salt, and butter. Then add beaten egg and milk. Knead on a floured board 20 times. Pat out to 1 inch thick. Cut. Bake 420° oven for 12 minutes.

Helen's Spagetti Sauce

Cook 1 1/2 to 2 lbs of ground meat with 2 onions, salt and pepper (onion or garlic can be used).

1 large can tomatoes
1 can tomato paste
2 cans of water
1 large can tomato juice
1 or 2 green peppers chopped
2 tlbsp sugar
1 tlbsp dry parsley
1 tsp oregano
1 tsp basil
1/2 tsp thyme
1/3 tsp savory
1 can chopped mushrooms

interested in becoming involved in the sub-branch may call 359-5514 for further information. The next regular meeting will be held in September. Date and location will be announced in August.

Bring to a boil. Reduce heat and let simmer for 2 or 3 hours until thick.

Oatmeal Muffins

1 1/4 cups rolled oats
1 cup flour
1/3 cup sugar
1 tlbsp baking powder
1/2 tsp salt
2/3 cup milk
1-4 1/2 oz jar apricot baby food
1 egg
3/4 cup raisons
Mix rolled oats, flour, sugar, baking powder, and salt. Then add beaten egg, milk, and apricot. Stir lightly. Add oil and raisons. Spoon into greased muffin pans. Fill 2/3 full. Bake in 350° oven for 20 minutes.

Peach Dessert

1 cup drained peaches (reserved syrup).
Dissolve 1 double peach jello in 2 cups boiling water and 1/2 cup peach syrup. Let chill until slightly thick. Prepare 1 dream whip according to package. Add to jello when slightly thick, also 1 small sour cream. Fold in peaches and pour over a graham cracker crust in a square pan.
Graham cracker crust: 2 cups graham crackers, 1/2 cup butter, and 1/4 cup sugar. Press in a square pan.

Cole Slaw Souffle Salad

1 cup hot water
1 pkg lemon jello
1/2 cup cold water
2 tlbsp vinegar
1/2 cups mayonnaise
1/4 tsp salt
2 cups finely shredded cabbage
2 tlbsp green pepper
1 tlbsp minced onion
1/4 cup celery
Pour hot water over jello. Add cold water and vinegar. When slightly set add mayonnaise and the rest of the ingredients. Pour into mould.

RIDEAU CRAFTS



RIDEAU
COUNTRY
CANOE
MARATHON

sponsored by the
Rideau Craft
Summer School

Saturday, July 28, 1979

- * Start and finish at Skycroft Family Camp, 3 1/2 miles west of Chaffey's Locks.
- * Two courses: novice/intermediate, (13 km); and expert, (32 km)
- * Through the beautiful Rideau Lakes country.
- * VOLUNTEERS NEEDED !!
- * For course info., entry forms, and volunteer info., phone or write:
Rideau Country Canoe Marathon,
c/o Greg Derbyshire,
Skycroft Camp, R.R. #1, Elgin,
K0G 1E0 (613) 359-5491



RED CROSS HOMEMAKERS: (back row) Amy McDonald, Lynn Myers, Beth Reed, Jenny Ubdegrove, (front row) Mary Joyce, Verna Cardinal, Cheryl Pratt, Marg Britnell. Absent: Colleen McClellan, Wendy Jackson, Theresa Green, Violet Wiltse. Ann McDonald & Jeanine Lapointe are working in the Gananoque-Lansdowne area under North Leeds Red Cross sub-branch.