



# Great Cooks

## DELTA DATA

### DELTA UNITED CHURCH WOMEN

Sixteen women attended the last meeting of Delta U.C.W. at the home of Mrs. Mildred Sweet, who opened the meeting with a poem. Mrs. Miriam Bryan led the devotional, followed by reading from the United Church publication, Mandate, explaining the Church's beliefs. Minutes were read, the treasurer gave her report, and the Fall rally planned for Sept. 27th with the speaker Rev. Lawrence Leafloor, executive director, North Frontenac Community Services. Theme - Count Your Blessings - see what God has done. Correspondence was read, and a delicious lunch was enjoyed by all.

**COMING EVENTS-**

OCT. 11 & 12 from 10 am to 4 p.m.  
Athens United Church - Course on accessories and house plants - (register by Sept. 28th)  
OCT. 10 - Thankoffering Meeting  
1.30 P.M. Delta United Church  
**HARVEST SUPPER** - planned for early in October at Delta United Church

### DELTA NEWS

The Beverly Lake Protective Association, on the recommendation of its Executive Board, has organized a Cottage Security Patrol, similar to local patrols now in operation at Charleston Lake and the Rideau Lakes at Portland.

Members of the Association were notified by mail of plans to tighten the security of their cottages, in addition to routine checks by O.P.P., with local area residents regularly patrolling members' cottages.

Non-member cottage owners may also be served by contacting the following: Mr. Henry La Forty will cover Delta area and report to Westport O.P.P. Mr. Daniel Wing of Lyndhurst and Mr. David Trick of Cedar Sands will cover Lyndhurst area, reporting to Gananoque O.P.P.

Some cottage owners have installed new electronic systems so sophisticated that a tape recorder alerts the police by telephone that a break-in is in progress.

Posting of notices offering substantial rewards for information leading to arrest and conviction of anyone found guilty of damage to cottage property is also being considered.

Such efforts by community groups reflects growing concern over alarming statistics of increased vandalism in seasonal dwellings.

**RECIPES - Elmina Simes**

**"Chocolate Yummies" - No bake**

2 cups white sugar  
1/2 cup margarine  
1/2 cup milk (I use Carnation Milk)  
3 cups quick cooking oatmeal  
1 cup coconut  
6 tablespoons cocoa (or 3 squares baking chocolate melted)  
pinch of salt  
1 teaspoon vanilla

Bring milk, sugar and margarine to a boil. Mix oatmeal, cocoa, salt, coconut and vanilla together and add to first mixture. Drop by teaspoon on to waxed paper and allow to cool. (Or may be pressed into a square cake tin.)

**PISTACHIO PIE - my version**

1 pkg. pistachio Instant Pudding Powder  
1 2/3 cups milk  
1 envelope Dream Whip

Mix pudding powder and milk together. Then fold in the Dream Whip that has been beaten stiff. Pour into a baked pie shell and let set for a few hours. Crushed pineapple (well drained) may be added if desired.

### DELTA LIBRARY

#### NEW HOURS

Beginning October 1:  
Monday 2:30-4:30  
Tuesday 2:30-4:30  
Thursday 6:00-9:00  
Saturday 10:00-1:00

### POT O' GOLD PUNCH

3 cups Pineapple juice  
2 cups Orange juice  
3 cups Ginger Ale

Chill the juices and ginger ale separately. Combine and pour over ice cubes in a punch bowl. Garnish with orange slices.

### Salmon Casserole

1 lb. tin pink salmon, broken up & bones removed.  
Bread crumbs - as many as you wish  
1 tsp. worchestershire sauce  
2 tps. lemon juice  
Salt & peper to taste  
Combine above together.  
Beat 2 eggs, 1/2 cup milk -- add to fish mixture. Place in buttered casserole or loaf pan. Top with buttered crumbs, crushed potato chips or crushed chinese noodles --(cheese slices can be used.)  
Bake at 350 deg. for 40-45 minutes uncovered until brown - serves 4-5.

### TUNA CHOW MEIN CASSEROLE

1 tablespoon butter  
1 cup celery  
1/2 cup chopped onion  
2 tablespoons green pepper (chopped)  
1/2 cup canned chow mein noodles  
1 (6 1/2 oz tin) tuna, drained or 2 cups cooked chicken

1 tin cream of mushroom soup  
1/2 cup milk  
1/2 cup water  
1 tin mushrooms  
1/8 teaspoon pepper  
3/4 cup water chestnuts, or cashew nuts

Heat oven to 350°. Melt butter in large skillet. Add celery, onions, peppers and cook until just tender. Reserve 1/2 cup noodles - and stir in the remaining ingred. Bake 30 to 40 minutes in 350 oven in covered casserole.

### "Real Good Salad"

1 pkg. lemon Jello powder, dissolved in 1 1/2 cups boiling water

add 1/2 cup catsup  
2 tablespoons vinegar  
celery (diced)  
green pepper (diced)  
onion (cut very fine).

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