

The time has come for the many for the Mindre fiber on the Mindre fiber of the Mindre fiber on the Mindre fiber of the Mindre fiber on the Mindre fiber of the Mindre

present Musical Director we simply wouldn't have a show and that year and the show realize the work that part in the show realize the work that same the same the suggested by the willingness of the Musical Director we simply wouldn't have a show and that year and the same the same that find a continue to be amazed by the willingness of the Musical Director we simply wouldn't have a show realize the work that same the work that same the same that find favor with the audience. In the overall picture our feelings of mention of the show, we key in the same that the of the hand according to the show when we think of the hand was a contributions to the show. We know it is not easy for the cast members to present themselves in rormal avocations and we think their sincere efforts in other words, we have and we think their sincere state them that the same time the state of the more than the same time the same time the same of the community can be considered at a future date.

It is a family setting if given the subport, training and employment. In the suggested by Mrs. K. N. Heinz, North Cayuga, that the director said show that the same time the same time that same time to the show. It is not easy for the cast members to present themselves in rove to the show. As we said at the beginning the show has become something of an in the same time that the same time that the same time to the show we will be made into the same time that the general co-operation of the states of the community can be considered at a future date. We had and Lind and Will and All dilling and the continuent of the continuence of further than the status of some Haldimand County as the continuence of further than the didness of the state of the s

CHILDRENS AID SOCIETY MEETINGS

to family life in Haldimand County during February were described at the monthly meeting of the County Children's Aid Society in Cayuga

IN THE The nine most destructive factors family life in Haldimand County ORBIT OF By C. D. CLARKE **OUR EYE!** of "family wreckers" in the report of Richard Priestman, Local Direc-

You are cordially invited to attend THE ANNUAL MEETING OF THE

CHILDREN'S AID SOCIETY OF THE COUNTY OF HALDIMAND

open water as possible. TABLE TALKS

How & dane Andrews eating fish and shellfish is that they are delicious. But, if you puff a little as you go upstairs, or have difficulty in getting into last year's clothes, you have another reason for eating fishery

if you

are on

thin ice

Approaching spring brings

skaters. A chapter of the Red

Cross suggests these rescue

methods if someone breaks

through the ice. Above, a stick

is extended to the foundering pair, right. The first man is fol-

lowed out by his companion

who hangs onto his legs. Right

rescuer uses a hockey stick to

haul out the ice victim. If you do fall through the ice, the Red

Cross recommends you lie

to roll onto solid ice rather than climb out. Rescuers are cau-

tioned to stay as far from the

prone, kick vigorously and try

warmer weather, a menace to

products. All shellfish and many varieties of fish, while high in nourishing protein, are low in calories. However, it is wise to keep in mind that cooking additions will make a difference to the final calorie count of a dish.

The following recipe makes a delicious family style dish which a weight watcher can enjoy, provided the crunchy, buttered BAKED FILLETS CREOLE

Salt and pepper 1/2 cup chopped celery or green pepper I small onion, sliced

1 can (20 ounces) toma ½ teaspoon salt ⅓ teaspoon oregano (optio

1/8 teaspoon pepper 1 tablespoon cornstarch 2 cups soft bread crumbs

deep. Brush lightly with cooking oil and season with salt and pepgrees F.) until fish is cooked, allowing about 10 minutes cook ing time per inch thickness for fresh fillets and double that time for frozen fillet blocks. Meanwhile cook celery green pepper and onion in

tomatoes and seasonings. Bring

3 tablespoons melted butter Place fillets in a shallow greased baking dish, single layer tablespoons fat until tender. Add stir into sauce. Cook and stir until sauce becomes clear and thickened. Pour over cooked fish and top dish with crumbs tossed in butter. Bake or broil until crumbs are golden. Makes 6

servings. * * *
Here is a recipe for an unusu ally good fish chowder which is easy-to-eat and also easy-tomake. Old and young alike will enjoy the combination of tender fillets and minced clams, ovensimmered in a creamy broth. This soup can be served as the introductory course of a meal or it can be the main dish.

OVEN FISH CHOWDER 2 pounds cod or haddock fillets

1 teaspoon salt 1/8 teaspoon pepper
1 tablespoon butter, melted
2 tablespoons chopped green

2 cups rich milk

2 cans (71/2 ounces each) 2 cups table cream

Sizzling broiled fish steaks,

delicately tinged with brown.

and just out of the oven, make

you are fishing for dinner ideas

these days, here is an answer to

The following guide tells how to Choose the Steaks: For broiling, select steaks which are 3/4 to 1 inch thick. Steaks which are Separate fillets and cut into thinner have a tendency to dry good-sized chunks. Place in the bottom of a 2-quart casserole.

out during the broiling process.

Prepare for Action: Preheat Fry onion in butter for about both sides with salt and pepper, place on a greased rack in broil-5 minutes and add to the fish. Add clams, clam liquid, cream, and milk. Cook soup for 30 minutes in a moderate oven (350 Into the Oven: For broiling degrees F.). Serve in heated soup bowls, topped with a sprinkling of crisp, golden brown croutons.

have the surface of the fish about 3 inches from the source of heat. Frozen steaks are frequently thawed before they are broiled, however, they can be broiled from the frozen state Place them 6 to 8 inches from the source of heat to prevent the surface from becoming overcooked before the center of the steaks is thawed.

CHECKOV - Russia has issued

these stamps to mark the 100th

anniversary of Anton Checkov's

birth. They depict the famed

writer as a young man. top, and

tom. Checkov died in 1904.

easiest methods of fish cookery.

Now Broil: Time of broiling will depend on the thickness of the steaks and whether or not they are frozen. As a general rule, for fresh or thawed steaks allow 10 minutes total broiling time per inch of thickness, turning the steaks at half time and basting with melted fat. Frozen steaks will require about double the cooking time of fresh or

The Fish is Cooked: When the juices are milky coloured, and when the flesh has lost its watery look, is opaque to the centre of the steaks and will separate Call the Family: Remove steaks to a heated platter, gar

Plain broiled lish is delicious. For added flavour interest try one of the following broiled fish GOLDEN BROILED FISH

nish, and serve.

STEAKS 2 pounds cod or salmon steaks 1 tablespoon grated onion 2 tablespoons lemon juice 14 cup butter, melted

1 teaspoon salt Dash pepper 14 teaspoon thyme or tarragon Paprika and parsley Place steaks on greased broiler pan. Combine the next six in

antic the herring has received fewer accolades than it deserves, for it is a tasty, nourishing, food fish, modestly priced, and available in a variety of

Canned herring packed in pound-oval and half-oval tine is an especially thrifty buy. It only salt added, and it is canned in tomato sauce. The tomato sauce product, combined with hard-cooked eggs, makes an easily prepared, delicious casserole dish - as you will discover

HERRING SCALLOP 14 cup fine dry bread crumbs

2 tablespoons flour

1 cup milk 1 can (13 or 14 ounces) herring in tomato sauce

2 hard-cooked eggs, sliced Melt butter. Combine 2 tablespoons of butter with dry bread rumbs and set aside to use later as a topping. Make a white sauce by blending flour and sait milk gradually, and cooking gently with constant stirring ungreased 1-quart casserole arrange alternate layers of herring with tomato sauce, sliced eggs, and white sauce. Top with buttered crumbs. Bake in a moderate oven (350 degrees F.) for about 20 minutes, or until the contents of the casserole show of the dish. Makes 4 servings.

Fifteen Miles Of Wine-Tasting!

ter sauce. Baste steaks with half

of the sauce. Broil 4 to 5 minutes, turn, baste with remaining

sauce and continue broiling until

cooked. Remove to a heated plat-

garnish platter wih parsley

* * *

SCHOONER STEAKS

FLAMINGO

cup butter or other fat

pounds halibut steaks

cup grated cheese

1 tablespoon prepared

2 tablespoons prepared horseradish

2 tablespoons chili sauce

Season steaks with salt and

pepper, and place on greased

broiler pan. Baste with half or

the melted butter and broil

with remaining butter and broil

until cooked. Meanwhile com-

bine cheese, mustard, horsera-

dish and chili sauce. Spread this

mixture over the cooked steaks

melts and browns. Makes 4 to

The Scotch people are great

bestowed on this humble little

fanciers of herring. They have

and return to the broiler for

6 servings. * *

1 teaspoon salt Dash pepper

melted

mustard

Makes 4 to 6 servings.

ter, sprinkle with paprika and

visitors to Budafok, a rich vinegrowing area, just outside Budavield 12,000,000 gallons of wine a year, 8,800,000 gallons of which barrelled, the remainder being sold bottled.

Connoisseurs will revel in their names: Tokay Aszu, Balatoni Furmint, Balatoni Riesling and Bull's Blood of Eger.

Tokay, perhaps the best known of Hungary dessert wines, is matured in comparatively small barrels, each of about forty-four gallons capacity. But they are never more than three-quarters

On the wine's surface, a head or "flor" sprouts. This peculiar top helps to provoke the royal Tokay flavour.

The walls, too, play a part in this fermenting process. They are draped with a black velvety spores of these natural wall curtains get into the wine and imor 5 minutes. Turn steaks, baste

Equally precious is the Bull's Blood of Eger. This dry red wine Back in 1509, when Turkish forces burst into Hungary, the garrison of the little town of overwhelming odds.

The defenders, says legend,

had superhuman powers, which local red wine. Drinking this. fish the title of "king of the | they fought like mad bulls, much popular song as "bonnie fish and tastes.



FOR FAST EVACUATION - Research toward making modern airliners the safest method of transportation goes on continually. But when it is necessary to ditch a plane, this plastic evacuation chute is a life-saver. Inflatable in nine seconds, the chute is used on both land and water.

Master-work of imagination... BRILLIANTLY ENGINEERED!

THE PURE FLOW OF CLEAN-THRUST STYLING ... THE SHEER LUXURY OF SUPERB FABRICS AND APPOINTMENTS ... THE TRADITIONAL QUALITY OF OLDS ENGINEERING ... ALL COMBINE TO GIVE YOU AN AUTOMOBILE WITHOUT PEER—OLDSMOBILE FOR '60.

Never has a car in Oldsmobile's class offered you such dazzling returns on your investment. New unbeatable Rocket engines flash you surely ahead, yet coast you thriftily over the miles. Exclusive Quadri-

The state of the s

Balanced ride—incredibly smooth, quiet and stable -was created especially for your comfort. Unsurpassed Body-by-Fisher protection, extra-efficient Air-Scoop brakes at all four wheels, real roominess -these are just some of the reasons why Olds is the finest new car you can buy. Your Oldsmobile Quality Dealer can prove it. See him today. Guesttest the car that's setting the sales pace in the



medium-priced class.

Phone 95 Lundy & Henderson JARVIS A GENERAL MOTORS VALUE

EVERY WEDN

Waterford Hickory or Jarvis and District Co GORDON JOHNSO Phone 617r13 for Prompt

AUCTION SAL

CENTRE

BOSTON

SHAY'S LIVEST

PROFESSIONAL BARRISTERS AND SO ARRELL & ARRE BARRISTERS - SOLICALEDONIA Solicitors for the Cou

Haldimand. Harriosn Arrell, Q.C. Alex H. Arrell, Q.C. Caledonia Office, Argyle at ness streets.
Cayuga Office, Court Hoss days and Fridays

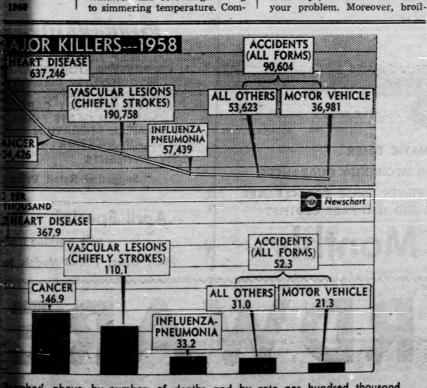
VICTOR B. COLLINS BRANCH LAW OFF SELKIRK Mowat's Egg Grading S

JOHN W. SHEPPA BARRISTER & SOLICE Simcoe Office—92 Court & 190. Residence 911M. PHYSICIANS DR. E. M. JON

PHYSICIAN & SURGO fice Hours—2. - 4. P.M. 7. - 9. P.M. Thursdays and Sunda appointment only
PHONE 74
PFICE—MAIN STREET, VETERINARY DR. W. E. AUST

ETERINARY HOS DE. R. G. THOMSON DR. KARL HARTWIG Phone 42

JARVIS, Ont. Phone 199



ed, above, by numbers of deaths and by rate per hundred thousan s major killers, as determined by final data for the year 1958. Added our"—heart disease, cancer, strokes and accidents—for '58 was influenza-of '57-'58 epidemic.