

Teatime Topics

By JEAN SHARP
Canadian Press
Women's Editor

Call it beef fondue or beef bourguignon, it is a fashionable dinner that is easy to organize but expensive to serve.

When you buy the meat for it, you must buy a tender cut with no excess fat because the only cooking it gets is a quick deep fry when guests dip bits in hot oil.

If you have any doubts about the tenderness of the meat, sprinkle it with meat tenderizer for an hour or so before you serve it, or cover it with a marinade.

You need about six ounces of beef per person, cut in one-inch cubes.

Heat cooking oil, preferably peanut oil. You may want to heat it on the stove in a saucepan and then transfer it to a fondue pot to be kept hot over methylated spirits or canned heat.

Spoon sauces into small bowls so guests may help themselves, placing some of each on their own plates. Give each guest a heated fondue plate, a long fondue fork and a dinner fork.

Meat is cooked on the fondue fork in the oil for 5 to 10 seconds for rare, 10 to 15 seconds for medium and 15 to 25 seconds for well done.

Crisp French bread or rolls, either red or white wine and a tossed salad complete the first course.

For a fondue sauce with curry, you combine: 1/2 cup mayonnaise, 1/4 cup dairy sour cream, 1 teaspoon curry powder, and 2 teaspoons tarragon vinegar. Makes about 3/4 cup.

For a sesame seed sauce combine: 2/3 cup soy sauce, 2 tablespoons lemon juice and 2 tablespoons toasted sesame seeds. Makes about 3/4 cup.

You can make a plum sauce by combining: 1 1/2 teaspoons dry mustard, 1 tablespoon cooking oil, 1/8 teaspoon garlic salt, 2 teaspoons vinegar and 1/2 cup plum jam. Makes about 2/3 cup.

A horseradish sauce combines: 1/3 cup mayonnaise, 1/3 cup bottled horseradish and 1/8 teaspoon paprika.

Curry powder is a blend of spices. An Indian curry powder is mild and a Madras is hot and to be used with discretion.

Dry mustard is a mixture of two varieties of seed, the yellow and the brown.

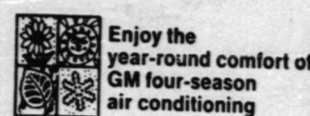
Sesame seeds are sometimes called benne seeds. They have a delicate flavor and may be used in unmeasured amounts. If

they are toasted lightly they take on an almond-like flavor.

Paprika adds an attractive color to food. If you want something stronger than the mild variety, you may add an extra zip to a sauce with a pinch of cayenne.

RETURN TO DEPOT

EDMONTON (CP)—Liquor, beer and wine can all be purchased in the same government stores in Alberta. There are no separate beer outlets except those of individual brewers. However, empty beer bottles, on which there is a 30-cents-a-dozen refund, cannot be returned to the stores. They must be returned to bottle depots or be picked up by brewers.



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Belle River

Purchase Makes

UCO Basic In
Seed Corn

WESTON, April 10 — United Co-Operatives of Ontario has purchased Belle River Grain and Seeds, Limited, a seed corn processing plant at Chatham, it has been announced by Russ Duckworth, UCO's crop products department manager.

"The acquisition makes co-operatives in this province totally basic, and completely independent, in seed corn production", says Mr. Duckworth.

UCO has a complete seed corn breeding program, developed under the direction of Dr. Ramsis Giris, a graduate geneticist who is UCO's staff plant breeder.

There are two nurseries involved in the program,

one in Thamesville and one in Floriday. The seed corn produced has been formerly processed through the Belle River plant on a contract basis.

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Thursday, April 23, 1970

Editorial Comment

Trade Board Slacking

The Jarvis Board of Trade is slacking in its job to promote the Village.

One major job it should be doing is trying to promote small industry into settling in the Village. Some should be purchased — on option to hold it if necessary — with the assistance of council.

Brochures and information about the expected growth of the area should be sent out to prospects.

The aim should be to get small industry with up to 50 employees, which would help to take up the economic slack caused by many farms going out of business to the north after being purchased by Ontario Hydro, The Steel of Canada and Texaco.

The idea of holding land for industry wouldn't be as bad as it might sound.

With the co-operation of the businessmen in the area, who would benefit from the program, possibly the property could be found and held for the purpose of little money involved — especially on an option basis.

Getting information to prospects is the most vital factor. Get material prepared and tell them what we have to offer.

Remember for every new working individual we bring to the area it will mean an increase in population of about four people.

Food For Thought

If you're getting tired of the meat-and-potatoes diet everyday living, you might consider some of the outlandish fancies of a few food fanatics recently reviewed in Toronto.

One hardy 68-year-old went on a three-week fast recovering from an abdominal operation in 1933, then started on what he calls "a natural diet."

He doesn't eat meat at all, although occasionally he eats fresh fish from the lake. The rest is "nature's contaminated bounty." One of his favorite dishes is spaghetti cooked in maple sap.

For breakfast he has a tablespoon each of natural maple, maple or birch sap, ground carob, sesame, pumpkin and sunflower seeds, topped off with brewer's yeast with a teaspoon of ground rosehips. "That gives me energy for the day and I never feel hungry."

A Toronto nutritionist commented that this dietitian had "unusual food habits." This probably applies as one of the understatements of the week.

Another man in his late 60s enjoys more prosaic fare, but with an unexpected twist. Understandably, he's concerned about the danger of food contamination by pesticides and some fertilizers, and refuses to use them in the four-acre garden in which he grows his own vegetable supplies.

But just in case some pollution from the outside world finds its way into his plot, he has enlisted the aid of two crows on the ground that they will not eat food contaminated by man. "They know by instinct what they can eat."

This paid off in at least one occasion, he recalls, when crows fainted when he fed them some raw beef.

And then there's the housewife who uses such things as soy flour, whole wheat noodles and brown rice, and concedes that she has some difficulty selling these items to her children.

In one attempt to win them over, she concocted a chocolate made up of health foods.

The nutritionist points out that there are no known nutrients in the so-called health foods that aren't available in regular vegetables. In fact, she says, the former are "an expensive way" of getting vitamins that are available on any grocery shelf.

And she has a word of cheer about the danger from pesticides and additives, since under government regulations "the quality of foods of all kinds is protected... to keep additives and pesticides at a safe level, according to the latest research."

She also recommends the Canada Food Guide, available from local health units and milk foundations, giving "lots of leeway" for those who want nutrition and taste as well.

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Post Office To Issue New Stamp Booklets

A new style of stamp booklet will be released shortly, replacing the model now issued by Post Office vending machines. The new 25 cent booklet will contain four 6c black definitive stamps and will be lightly sealed at the open to afford greater protection of the contents.

The change comes primarily as a result of increasing costs to produce the booklets. A statement to this effect will appear on the booklet as follows: "Due to the printing and service costs, this booklet now contains four 6c stamps."

There will be no recall of the present booklet containing the four 6c stamps and one 1c stamp.

When all existing supplies of this booklet have been sold, the new model will be issued.

As with the present stamp booklet, the new model will be manufactured by the British American Bank Note Company of Ottawa.

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Science At HSS

Thousands waited in line for several hours to see these films at Expo 67.

Now, through the co-operation of the H.S.S. Student Council, the H.S.S. Bible Club, and a group of interested adults, "Sermons from Science" are being seen at Hagersville Secondary School. These 28 minute full colour films, produced by the Moody Institute of Science, show the wonders of God's creation and His infinite love and provision. With the aid of experiments, telescope, microscope, and time lapse photography, new light is cast on the field of science. Subjects once looked upon with mystery and misunderstanding are now discovered and discussed openly in such films as: "City of Bees", "God of the Atom", "Red River of Life", "Mystery of the Three Clocks", and "Hidden Treasures." These titles are an introduction to exciting scientific demonstrations — electricity passing through the human body at a fantastic rate, the world within a drop of water, and an interview with John Glenn in "Signposts Aloft."

All this and more awaits you at the showing of the final four films in the Large Group Instruction Room at 3:15 p.m. Students and teachers, come and see...

"Signposts Aloft" — Friday, April 24.

"Professor and the Prophets" — Wednesday, May 13.

"Time and Eternity" — Friday, May 22.

"Windows of the Soul" — Tuesday, June 9.

Keep this schedule in mind and plan to attend these films that thrilled thousands at the New York World's Fair and Expo 67. Don't miss another chance to explore the world around you!



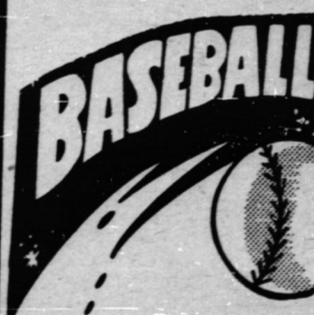
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