

Fresh Vegetables Make Slim-Trim Hors D'oeuvre

You don't have to have post-holiday horrors from jumping on the scale and finding that you have put on all those pounds! Be clever about the hors d'oeuvre you serve during the festive season, and you can save substantially on calories that often accompany "nibble" foods.

Gather together at your market a bright, zesty-fresh array of vegetables - carrots, celery, cucumber, cauliflower and mushrooms. Serve them in bite-size pieces with a lower-calorie dip made with cottage cheese, blue cheese, and fresh tomato and chives. How cherry they crunch,

and how refreshing in the midst of rich holiday dishes. Later comes another delight when the scale tells you and your guests that Slim-Trim Hors D'Oeuvre are a calorie-saving treat. Slim-Trim Vegetable Hors D'Oeuvre 2 cups (1 pound) cottage cheese; ¼ cup skimmed

milk; 1 teaspoon salt; 1 tablespoon chopped chives; 1 tomato, peeled and chopped; ½ cup (2 ounces) crumbled blue cheese; cauliflower; celery; sliced scored cucumber*; carrot curls**; sliced mushrooms. Combine cottage cheese and milk in container of

electric blender; cover and process at high speed until smooth and creamy. Transfer to mixing bowl. Add salt, chives, tomato and blue cheese; mix well. Chill until serving time. Garnish with additional chopped tomato and chives; serve with vegetables. Makes about 2½ cups dip

*Score cucumber by running tines of fork lengthwise down side of cucumber.
**To make carrot curls, use vegetable peeler to shave lengthwise strips from pared carrot. Curl each strip around finger, fasten with wooden pick and crisp in ice water for 1 or 2 hours.

Jarvis Lions Club News

by Ted Oldham.
Another successful turkey raffle has passed and all Lions and the community were thanked for their support by Lion Chief Neale Hoover. The draw was won by Mrs. Ruth Craddock, who sent a card of thanks to the club plus a

very nice donation to our club funds.
Get well wishes are sent to Jerry (Snow) Vaughn. Lions Information No. 7 was read by Lion Bill Addison. "The Life Line of Lionism."
There will be no meeting Dec. 28, due to the busy

Christmas season. But there will be a Minstrel Show practise on Jan. 4. Minstrel Show dates are set for March 4, 5, and 6.
Lion Drew Williamson introduced the speaker, our own Lion Bill Snowden, who told us of a western

tour that he took with Western Ontario Breeders Association. This tour covered Western Canada, Salt Lake City, San Diego, Tijuana Mexico, and Las Vegas. Lion Bill also told of his recent trip to Newfoundland. Lion Ray Montague thanked Bill and

presented him with a token gift, and a certificate of appreciation.
The Club was reminded that an invitation has been received to White Oaks for Christmas Morning breakfast. Several Lions and wives will be attending.
Lion Chief Neale closed

the meeting with his wishes to all for a Merry Christmas. I wish to add my greetings to all who read this and to the Jarvis Record for their co-operation through the year, except to the Gremlins, who somehow sometimes seem to change my words...

MERRY CHRISTMAS

Prices Effective December 16-17-18-19



AT ROXBURGH'S YOU

STILL SAVE MORE

Roxburgh's COUNTRY MARKET

NO. 3 HWY. E. (AT THE BLUE LINE) SIMCOE

Santa Will Be In Our Store
Saturday, Dec. 19th, 3:30 to 7:30 P.M.
Sunday, Dec. 20th 12 to 3 P.M.
And 4 to 7:30 P.M.

CHRISTMAS TREES ALL SIZES

ASSORTED POTTED PLANTS

MUMS • POINSETTIAS • MIXED POTS • ETC.

VARIOUS PRICES

See Our Large Selection!

McCAIN, FANCY PEAS

2-LB. POLY BAG **39¢**

SUPREME, FANCY WHOLE KERNEL CORN

2-LB. POLY BAG **43¢**

Stuffed Manzanilla OLIVES

12-OZ. JAR **49¢**

MAXWELL HOUSE ROASTED Coffee

1-LB. BAG **79¢**

BLUE BONNET COLORED MARGARINE

3-LB. PKG. **89¢**

Produce Specials

CANADA NO. 1. HOME GROWN "SEBAGO" Potatoes

25-LB. BAG **53¢**

NORFOLK COUNTY, HOME GROWN SQUASH

BUTTERNUT • PEPPER • HUBBARD **5¢ EA.**

OCEAN SPRAY, FRESH Cranberries

1-LB. PKG. **34¢**

SWIFT'S SAUSAGE MEAT

1-LB. PKG. **39¢ LB.**

READY-TO-EAT SMOKED HAM

Skinless • Shankless - SHANK HALF - **59¢ LB.**

Gift Basket

An Ideal Christmas Gift Suggestion

Made To Order Various Sizes & Prices

Club House Loose Pack Stuffed Manzanilla OLIVES

12-OZ. JAR **49¢**

MAXIM Freeze Dried INSTANT COFFEE

4-OZ. Jar **87¢**

BICK'S PICKLES

Dill No Garlic • Polish

32-OZ. JAR **39¢**

WONDER BREAD Christmas Fruit Cake

3-LB. **\$1.69**

ROXBURGH'S COUNTRY CHEESE HOUSE

Finest Selection In Norfolk County

DISHWASHING Detergent LIQUID JOY

32-OZ. Btl. **2:89**

OUR OUTSTANDING VARIETIES OF PRODUCE MAKE US NORFOLK COUNTY'S LEADING HOUSE OF QUALITY FRESH PRODUCE

WIN A Free Turkey

Guess the number of lights on our Christmas Tree

WE OFFER OVER 300 Assorted Ready-To-Serve Cold Cuts, Lunch Cuts, European Style Meats

ROXBURGH'S COUNTRY MARKET

No. 3 HWY. E. (AT THE BLUE LINE) SIMCOE

SUPER SAVE MARKETS

WE HAVE A LARGE SELECTION OF CHRISTMAS CANDIES AND ASSORTED NUTS

MERRY CHRISTMAS

DINNER TREATS

Our Meat Manager, Ken Alsworth, With 12 Years Experience In The Field, Will Be More Than Pleased To Give You Personalized Service On All Your Individual Requirements.

Super Save Brown 'n Serve ROLLS

3 Pkgs. \$1

CANADA GRADE "A" Oven-Ready TURKEYS

10 TO 12 LB. AVERAGE

LOWNEY'S BRIDGE MIX

12-OZ. Bag **49¢**

SWIFT'S SAUSAGE MEAT

1-LB. PKG. **39¢ LB.**

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