

## Teatime Topics

by JEAN SHARP  
(CP) - There are a number of ways to use apples when you cook, to give a lift to a main course as well as to make tasty dessert.

A pork chop platter for company or family dinner is one suggestion from the Ontario department of agriculture and food.

You need: 6 thick pork loin chops, 2 tablespoons shortening, 1 medium red onion thinly sliced, 2 medium McIntosh apples cored and thickly sliced, ½ cup golden raisins, 2 tablespoons brown sugar, 1 teaspoon salt, 1/8 teaspoon pepper, ½ teaspoon basil, ¼ teaspoon nutmeg, 1/8 teaspoon cloves, 1 cup water, 4 to 5 tablespoons red apple jelly.

Brown Chops: Over medium heat melt shortening in frying pan. Add chops and onion slowly, turning once (about 5 minutes per side). Transfer to baking dish. Layer chops with onions, apples and raisins. Combine brown sugar, salt, pepper and spices. Sprinkle over fruit. Pour water into baking dish. Bake at 325 degrees for 45 to 60 minutes, depending on thickness of chops. Arrange chops and topping on serving dish. Add jelly to liquid in pan. Reheat to melt. Pour over chops. Makes 6 servings.

A puffy pancake to be served with bacon, sausage or ham calls for: 2 tablespoons butter, 2 tablespoons sugar, 1 teaspoon cinnamon, 1 large McIntosh apple pared, cored and sliced, 3 tablespoons all-purpose flour, ¼ teaspoon baking powder, dash salt, 2 eggs separated, 3

tablespoons milk, 3 tablespoons sugar, sour cream or vanilla ice cream (optional).

Cook Apples: Melt butter in a 10-inch skillet. Combine sugar and cinnamon and sprinkle evenly over butter. Arrange apple sliced over sugar-cinnamon mixture. Cook slowly for about 5 minutes.

Preheat oven to 400 degrees. Combine flour, baking powder and salt with egg yolks and milk, mixing just enough to blend. Beat egg whites until foamy. Gradually add 3 tablespoons sugar until soft peaks form. Fold into flour mixture.

Pour batter over apple slices, spreading evenly to edges of skillet. Bake at 400 for 10 minutes, or until golden and puffy. Remove from oven, loosen edges with spatula. Invert flat, round plate over skillet, then invert both, lift off skillet. Cut into wedges and serve with sour cream or vanilla ice cream. Makes 6 servings.

### CUTS COSTS

TORONTO (CP) - Fluoridated water has cut costs of dental care in half, a survey of 1,300 children in suburban North York has revealed. Dr. D.W. Lewis, a public health specialist with the University of Toronto faculty of dentistry, said that a five-year study of children before fluoride was added to drinking water in 1963 showed the costs of dental care amounted to \$63 per child. The cost was reduced to \$34 per child after fluoride was introduced, he said.

## Around And About Cayuga

by Helen Hobbs

Mr. and Mrs. Frank Wood of Collins Bay spent a few days last week with Mr. and Mrs. O.C. Strome, Talbot Road.

Mr. and Mrs. Lorne Graves and Janice of Napinee, visited with Mr. and Mrs. Strome on Sunday evening.

Mr. and Mrs. Nicki Muslake, Gavin and friend, of Hamilton, were in town last Tuesday.

Mrs. Myrtle McLaughlin spent the weekend in Toronto with her sister Mrs. Georgeena Shaw.

Mr. and Mrs. Rix Derby spent a few days last week at their summer cottage in Wasaga Beach. They also visited with Mrs. John Derby Senior at Brentwood.

Mr. and Mrs. John Derby and family spent the Victoria Day weekend at Strathroy with Mr. and Mrs. Arden Derby and family.

Miss Heather Munroe and Miss Julie Demanski both of Toronto spent the long weekend in Cayuga as guests of Miss Betty-Lou Derby.

Mrs. Hattie Dell, Talbot Road and Mrs. Annie Kenney, Decousville, spent the past weekend in Nashville Tennessee. They visited "The Grand Ole Opry", Music Hall of Fame, and toured the city.

Mr. and Mrs. John Hales and family, Scarborough visited Mrs. Bessie Zavitz and Mr. and Mrs. Brent Zavitz on Sunday.

On Wednesday, May 26th, Mrs. H.D. Simpson and Mrs. Drew Thompson were present at the ceremony at Brock University, where Mrs. Simpson's grand-daughter received her diploma. Miss Muriel Simpson graduated with a distinction in the arts course. Muriel is shortly leaving with a University group for a tour in Europe.

## Bible Society Annual Meeting

The Rev. Zeebrugg, secretary of the Hamilton District Canadian Bible Society was present for the annual meeting of the Jarvis District held in the Knox Presbyterian Church on Sunday evening last. Plans were suggested for the raising of funds for the coming year. The "In Memoriam" gifts were again recommended.

The churches were also likely to have a booth at the ploughing match (International) at Harewood Acres in October at which it was suggested that Bible

society literature be available. Noting the many foreign languages into which the Bible is translated as well as the modern versions and individual gospels, it was considered that the ploughing match would be a splendid place to present the new versions. It was noted that British Columbia was placing a religious folder in the hands of every citizen in that Province during its centennial year - in various languages.

The society in Africa is using a translation which might be called Pigeon English. It is estimated that by the year 2,000 there will be more Bibles in Africa than in North America. He spoke of the work in New Zealand, Papua and New Guinea and showed a film on the work in that region.

New prayer books were on display in the modern translations.

Mrs. Robert Vanderkooi, retiring president chaired the meeting and Mrs. Muriel Buckley presented the financial report. The Rev. G. Taylor-Munro read the scripture and led in prayer.

Total donations from Knox Presbyterian Church, Wesley United, St. Pauls Anglican, Chalmers, Christian Reformed plus book sales totalled \$350.68.

Mrs. Vanderkooi presented the nominating committee report which was adopted as follows: President, Mrs. Leslie Fess (Chalmers Presbyterian Church); Vice-president, Mrs. Emerson Phillips (Garnet United Church); Secretary-treasurer, Mrs. Muriel Buckley, St. Pauls Anglican Church. Congregational representatives are: Mr. Arthur DeBoer, Christian Reformed; Mrs. Roy Smith, Garnet United; Mrs. Hubert Lint, Chalmers Presbyterian; Mrs. Earl Stallwood, Wesley United; Mrs. Jessie Miller, Knox Presbyterian. This statement is to May 15, 1971.

Appreciation was expressed to Mrs. Vanderkooi for her year's work in this worthwhile cause.

## JARVIS MEAT MARKET

### LUNCHEON MEAT

**PREM** 12 OZ. .4

**CHEF BOYARDEE Spaghetti & Meat B**

**OR Beefaroni** 30 OZ. TIN .5

**JOHNSONS** 12 OZ.

**RAID** house & Garden Spray 1.2

**FAGO ASSORTED** 16 OZ.

**DRINKS** 2/2

**BANANAS** 2 LB. .2

**SUNSHINE POLY** 2 LBS.

**French Fries** .4

**LEGS or BREASTS**

**CHICKEN** LB. .5

**COLEMAN'S**

**BOLOGNA** LB. .3

**WAGSTAFF ASSORTED** 9 OZ.

**JAM** 4 FOR .8

**CINDY LIQUID** 32 OZ.

**Detergent** .3

**WESTONS**

**FIG BARS** LB. .4

**Cucumbers** 2 FOR .2

**TOP**

**RADISH** Bunch .1

**PO: ISH**

**SAUSAGE** LB. .7

**BLADE or SHORT RIB**

**ROAST** LB. .5

**OLD COUNTRY** 24 OZ. Had

**Fish & Chips** .6

## RED CROSS WATER SAFETY WEEK MAY 30 - JUNE 5

**RESCUE BREATHING (MOUTH-TO-MOUTH)**  
THE CANADIAN RED CROSS SOCIETY

Start immediately: The sooner you start, the greater the chance of success.

REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE.  
IF AIR PASSAGES ARE NOT OPEN: Check neck and head positions, CLEAR mouth and throat of foreign substances.  
For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.  
USE RESCUE BREATHING when persons have stopped breathing as a result of: DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.  
Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.

### A PERSONAL INVITATION TO ATTEND A

## HAYING EQUIPMENT CLINIC

\*SERVICE AND MAINTENANCE CLINIC (FOR ALL MAKES OF BALERS)

\*SEE THE LATEST IN HAYING EQUIPMENT

\*SEE HOW THE *Alt-Twine* KNOTTER WORKS

\*MOVIES

\*REFRESHMENTS SERVED

**WED. JUNE 9th**  
**8 P.M. SHARP**



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NEW ALL-TWINE BALERS:

Special Agriculture Rep. to speak on getting the most out of Hay.  
COURTESY OF YOUR

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## What Do They Mean By — ?

If you're in a hospital, either as a patient or just visiting, you may hear doctors or nurses using some terms you can't immediately understand. Like most professions, they have their jargon and they often forget that others are left wondering. Here are just a few of the terms you may run across.

O.R. - Operating Room; Two plus One Course - this refers to the nursing course some schools have introduced, a three year course in which two years are in the classroom and the third includes work in the hospital; Poison Control Centre - the federal government has co-operated with one or more hospitals in each area so that they may keep, for their entire region, detailed information on all known poisons, antidotes and so on; interne - a young doctor who has graduated from medical school and who is serving a year of practical work under supervision in a hospital before he receives his final certificate; resident - a doctor who has completed internship and is taking further education to qualify as a specialist; OB-GYN - Obstetrics and gynecology; Pap test - a simple, effective and painless test for cervical cancer which is increasingly being used routinely; elective surgery - surgery which is at the discretion of the patient or his doctor because although desirable, it is not a matter of life or death; defibrillator - the machine which is used for patients, usually those who have suffered a heart attack, whose hearts have begun the irregular beating that may lead to death; monitor - any of a number of electronic machines which measure bodily functions, most often used in coronary care units to

monitor the heart beat continuously; R.N. - Registered Nurse; I.V. - intravenous (nourishment, blood or drugs given directly into a vein).

## Selkirk

Twelve families from the Selkirk Ontario Settlers Camping Club attended the annual spring camp-out on May 24th weekend. It was held at the Elmira fairgrounds this year. 560 units registered at the gate. The SOS club won the trophy for the annual tug-of-war contest for the second year in a row.

Many residents from Selkirk and surrounding area took part in the Fisherville walkathon on Saturday.

Approximately \$9,000 was pledged toward construction of a Medical Centre.

Mr. and Mrs. Pat Quinn before he receives his final certificate; resident - a doctor who has completed internship and is taking further education to qualify as a specialist; OB-GYN - Obstetrics and gynecology; Pap test - a simple, effective and painless test for cervical cancer which is increasingly being used routinely; elective surgery - surgery which is at the discretion of the patient or his doctor because although desirable, it is not a matter of life or death; defibrillator - the machine which is used for patients, usually those who have suffered a heart attack, whose hearts have begun the irregular beating that may lead to death; monitor - any of a number of electronic machines which measure bodily functions, most often used in coronary care units to

Mr. and Mrs. Robert Phibbs and baby son Keith, moved from Selkirk to Caledonia on Saturday.

Mr. and Mrs. Keith Phibbs attended the second birthday party for the Wilscot Trailer Sales Accessories on the weekend at Shakespeare. Ninety-one camping units were present for this party.

Mr. Glenn Hoover is undergoing tests in the Dunnville War Memorial Hospital.

Mrs. Grace Busby from Fort Worth, Texas and Mr. and Mrs. Fitzpatrick from Toronto are visiting at the home of Mr. and Mrs. Ross Long this week.

## COUNTY OF HALDIMAND DEBENTURES

TO MATURE

7¾% 1980  
8% 1985  
8¼% 1990

\$1,000.00 DENOMINATIONS  
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### HALDIMAND NORFOLK STUDY

ONTARIO DEPARTMENT OF MUNICIPAL AFFAIRS

## PUBLIC MEETINGS

ON

MUNICIPAL GOVERNMENT IN THE HALDIMAND-NORFOLK AREA

The Haldimand-Norfolk Study is examining the need for changes in the present structure of municipal government in the Counties of Haldimand and Norfolk and adjacent areas.

The Study Director, Mr. N.H. Richardson, will explain the need for this review and will seek citizen opinions at a series of public meetings.

Written submissions should be sent to the Study Director at Box 601, Simcoe, or Box 159, Cayuga, by October 31st. Hearings of submissions, and further public meetings if required, will be scheduled later this year.

PLAN TO ATTEND - YOUR PARTICIPATION IS IMPORTANT

### SCHEDULE OF MEETINGS

June 15 - 2:30	JARVIS	Community Hall
8:00	WATERFORD	Council Chambers, Town Hall
June 16 - 2:30	FAIRGROUND	Houghton Fire Hall
8:00	SIMCOE	Elgin Avenue Public School
June 17 - 8:00	DUNNVILLE	Council Chambers, Town Hall
June 22 - 8:00	SCOTLAND	Masonic Hall
June 23 - 2:30	STROMNESS	Municipal Building (downstairs)
8:00	CAYUGA	Metcalfe Hall
June 24 - 8:00	DELHI	Municipal Auditorium
June 29 - 2:30	SOUTH CAYUGA	Township Hall, Wismer's Corners
8:00	CALEDONIA	Fire Hall
June 30 - 2:30	WINDHAM CENTRE	Windham Township Hall
July 13 - 2:30	PORT DOVER	Council Chambers
8:00	PORT ROWAN	Community Centre (auditorium)
July 14 - 2:30	VITTORIA	Town Hall
8:00	LANGTON	Community Centre
July 15 - 8:00	TILLSBURG	Community Centre
July 20 - 8:00	PORT BURWELL	Pt. Burwell Public School Auditorium
July 21 - 2:30	CANBOROUGH	Community Centre
8:00	SELKIRK	Centennial Community Hall
July 22 - 8:00	HAGERSVILLE	Council Chambers, Municipal Building