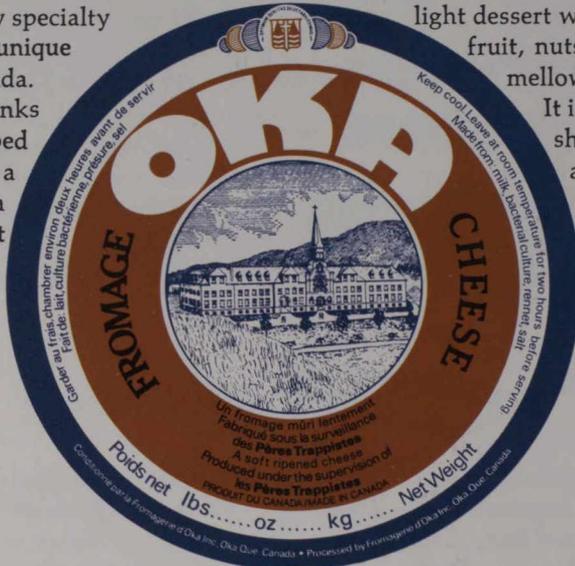


Oka Doka

When we were about to mention Oka cheese four years ago, we found that there was not enough for export sale. There is now. It was originally made by Trappist monks in Quebec but is now made in a large and growing commercial laboratory. It is the only specialty cheese unique to Canada. The monks developed it from a formula brought from

Saint Poulin, France, in 1860; since then it has been served at the monastery in place of meat. It is semisoft, mild, slightly nutty and best when it has been at room temperature for about three hours. It goes well with crackers before dinner or as a light dessert with fresh fruit, nuts or a mellow wine.

It is, or soon should be, available in stores in the US. It comes



in 7- or 14-ounce rounds or may be cut from a 5-pound loaf and sells for about \$2.80 a pound. If you cannot find it, you may wish to write OKA, 1400 Chemin d'Oka, Oka, Quebec, J0N 1E0.

Oral History

Oral history has its charms. CANADA: A Time to Remember gives a nonpolitical, detached, colourful account of the country, province by province, going back as far as possible. There are folk guitar back-grounds and, occasionally, sound effects. The 14-volume record collection was produced by Confederation Records with a partial grant from the Canada Council. It is distributed by the Book Society of Canada, Ltd., 4386 Sheppard Avenue E., P.O. Box 200, Agincourt, Ontario, M1S 3B6. The set costs \$75 and is ideal for schools and libraries and for Canada buffs.

This newsletter is published monthly except July and August. The views expressed are not necessarily those of the Canadian Government. Unless excerpted from another source, articles may be reproduced. If you have questions or comments on these or other Canadian subjects or wish to be added to our mailing list, please be in touch. Address and telephone number below. Written by Tom Kelly, designed by James True.

CANADA

Today/D' Aujourd'hui

The Canadian Embassy
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Requested



This symbol is designed to identify Canadian participation in the US Bicentennial celebrations.

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