

**Consumer**

**Matters**

By Judy Flaherty



Either you're a coffee lover or you're not. All some people ask of their coffee is that it be hot and black. Others dislike instant coffee and demand perked coffee. If you're a perked coffee fan, read on.

Canadian Consumer just did a rating of 10 automatic coffee percolators. It's not easy to determine exactly what qualifies for a 'good' cup of coffee — the ultimate decision is personal and opinion and taste do vary. But, in order to be able to measure the quality of the coffee made by the percolators, Canadian Consumer used for their tests the criteria of the Coffee Brewing Centre — a coffee industry group. The Coffee Centre has defined, in terms that can be measured, the strength and flavour of coffee that pleases most people.

**FACTORS**

To test for a 'good' cup of coffee, many factors must be considered — blend of coffee, type of roast and grind used, temperature of water during brewing, brewing time, proportion of coffee to water, and how clean the coffee equipment is. You have your choice, with any percolator, of blend and roast of coffee and proportion of water to coffee — these you can vary depending on your own taste. What you can't vary in automatic percolators is perking (brewing) time and brewing temperatures. Brewing time is important; coffee brewed too long will be bitter — that boiled shoe-leather taste. Coffee brewed too short a time will have under-developed flavour — that palid dishwater taste.

Ease of cleaning was a big consideration in the tests — a really clean pot is necessary to make a good cup of coffee. A pot that can be immersed in water is easier to clean than a pot that can't. A spoutless pot is easy to clean. A pot with a long, graceful spout is so pretty but so hard to clean. Other things being equal, the easiest pot to clean is the best pot.

**RATINGS**

The ratings show the Corning Ware perc (P80-3P) to be the best in overall quality. Guess it's no surprise, it's also the most expensive — \$40. The pot is spoutless and found to be the easiest to clean. The pot is immersible after the heating element is removed. No coffee strength control; heavy pot — 4½ pounds; not quiet when perking. Rated next best in the Westinghouse (HP-37-1) at \$34. Pot is immersible, stainless steel pot and lid. Cool grip on coffee basket to allow removal while basket is hot. Quiet when perking.

**BREW**

Next is General Electric (P-406) at \$27. Pot is not immersible, aluminum pot. Best clarity of brew of the tested models. Can be used as an electric kettle.

Next is Hoover (8802) at \$31.50. Immersible, spoutless. Brewing time least of models tested — nine minutes. Noisy and hisses when perking.

Viking (70556) at \$20. Examiners found some grounds got into the coffee. Spoutless, has removable glass bracket. Base of pot not immersible but glass body easy to clean. Whines when perking.

These are the top five. The following five, in descending order of their ratings, are: Proctor-Silex (70553) at \$18; Kenmore (67016) at \$22; McGraw-Edison (43122) at \$16.44; Sunbeam (AP-80) at \$25; and last Panasonic (NC32000C) at \$30.

**dear SUSANNE..**

Dear Susanne:  
I'm a 17 year old girl and I live at home with my parents. I attend school, but I also work part time to help pay for my keep. My parents and I get along fairly well, but every time I go out they want to know where I am going, who I am going with and when I expect to be home. If I say I don't know they get mad. Sometimes I really don't know where I am going, and even if I do think I am going one place, sometimes our plans change. Then if they think I am at a friend's house and I'm not and they find out, they get mad over that. I'm not a child, and I don't think I should have to explain every move I make. My school grades are good and I have never done anything they or I could be ashamed of. I think my parents should have enough faith in me to know that I won't do anything wrong. Please tell your parents who read your column that if they believe in their children their children will live up to their expectations, and if they think their children are going to do something wrong their kids might just do that to spite them.

Mary Jane

evenings with her and it's driving me crazy. When I ask him what he is working on he tells me I wouldn't understand what it is, and he has become very quiet and undemonstrative the last little while. I'm afraid we are growing apart and I don't know what to do about it. I can't mention this to any of my friends and I would appreciate some advice.

Unhappy L.S.

Dear Unhappy:  
I have always felt that it is best to bring things out into the open. Your husband may indeed be working very hard on some special project and your suspicions may be groundless. Pick the right moment when he is home and relaxed to tell him how you feel and ask him to help you set your mind at rest. Once he knows what is on your mind he won't be so evasive and you will know for certain what he does with his evenings. If he is up to no good at least he will know that you know and he will know that he can't keep pulling the wool over your eyes. Don't accuse, just give him the opportunity to explain and you'll probably find that he has been wanting to talk it out with you.

Dear Mary Jane:

You have told them, and I agree with you. But you should understand that parents who care for their children are concerned about them and their safety and are not prying for the sake of being nosy. Why not set up a curfew time with your parents that will satisfy everyone. Keep the time you establish so your parents won't have cause to worry. That's what it's all about.

Dear Susanne:  
My husband works in an advertising agency and enjoys his work very much, maybe too much. Lately he has been working at least three nights every week, but a few times when I called his office he wasn't there. He claims he was there but didn't answer the phone because he was too busy and didn't want to be interrupted. One of the people in his office is a very attractive girl he used to tell me about, but lately he hasn't mentioned her name although I know she still works there. Maybe I'm overly suspicious but I have a feeling he spends his



Nicole, one, isn't much help in the kitchen but she does give her mother moral support when Dianne Hyles prepares ingredients for a new West Indian dish. Times photo by Ray Sattz.

**International food is featured at doctor's home in Clarkson**

Eating is an international experience at the Clarkson home of Dianne and Rudolph Hyles.

The Hyles are from Port-of-Spain in Trinidad and enjoy West Indian food. Their babysitter, Trees Nieuwstad, is from Barneveld, Holland, and cooks Dutch food. And Nicole, just turned one, likes Canadian food and anything squishy she can smear on the floor. The day we came to visit it was an orange all over her forehead and in the front hair.

Nicole thinks eating should be fun. She finds it a culinary adventure around her house.

The Hyles moved to Clarkson last summer and Dr. Hyles, a general practitioner, opened his own medical office here in October.

When Dianne, who has her masters degree in social work from Dalhousie University, isn't studying social planning at the University of Toronto, she cooks well seasoned curries and other Trinidadian food. When Dianne is at school, Trees, who is here for a year to learn English before she returns to study nursing in Holland, will cook a Dutch meal. And sometimes they'll both compromise and try something Canadian.

Once every two weeks, the Hyles go shopping at Kensington Market in Toronto to stock up on ground provisions, tropical vegetables like eddoes and yams and casavas, dasheen and plantain. They'll also

**What's cooking**

buy fresh fish and goat to curry and interesting condiments like creamed coconut.

Dianne likes West Indian cooking because recipes are never exact. Seasonings are only suggested and should be added according to individual taste. In the following recipes, some or all the seasonings can be used depending on what is available and the mood of the cook.

**WEST INDIAN STYLE SHRIMP**

1 lb. shrimp or fish (any white fish, halibut, haddock etc., cut into serving portions).  
1 lemon or lime

seasonings (salt, pepper, onion salt, garlic, etc.)  
1 to 2 tbsp. butter or margarine  
1 onion (large)  
2 blades chive  
½ green pepper  
3 tomatoes (sliced thinly or chopped small)  
1 clove garlic  
1 bay leaf  
1 sprig thyme  
1 sprig parsley

Season fish or shrimp overnight or several hours before with lemon or lime juice and seasonings. Melt margarine or butter in pan. Cook onions, chives and green pepper until tender. Add tomatoes — cook for five to 10 minutes. Place

seasoned fish or shrimps in pan for five to 10 minutes or until cooked. Add water, if necessary, to make sauce. Add a touch of pepper sauce or lemon juice to taste if needed.

If a broth is desired, add more water. More butter, may also be added. Just before serving, add some sherry if desired, warm and serve.

This dish can be a soup, when more water is added, to serve about six people, or it can be a main course to serve about four.

**STEWED CHICKEN**  
2 lbs. chicken cut up  
1 onion (large)  
1 bundle chives  
seasonings (garlic, onion powder, paprika, salt and pepper)  
1 to 2 tps. brown sugar  
2 tsp. oil

Wash and season chicken overnight or for several hours. Heat oil. Add sugar and fry until it bubbles. Add meat and fry until golden brown. Add seasonings. Add two cups of water, heat to boiling then let simmer for 30 minutes. Season to taste with catsup or West Indian sauce (creole sauce) or Worcestershire sauce.

To make West Indian Pelau:

Follow the recipe for stewed chicken but when you add the boiling water, also add two cups of rice and one to one and one half cups of mixed vegetables or peas or green pigeon peas. Let simmer for 20 to 30 min. until the rice is cooked.

**Books**

Following is a list of books added to the Port Credit Library this week. The new books will be on display one week and will then be available for loan to Library members.

**FICTION**

The Red House — Derek Lambert  
As On A Darkling Plain — Ben Bova

Escape At Sunrise — Michael Cronin

The Street Of The Small Steps — Ruth Willock

The Golden Days — Robert Neill

**NON-FICTION**

Science Against Crime — Stuart Kind and Michael Overman  
George S. Kaufman: An Intimate Portrait — Howard Teichman  
Pruning Handbook — Sunset Books

Miss Elizabeth Arden — Alfred Lewis and Constance Woodworth

Photoplay Treasury edited by Barbara Gelman  
The Port Credit Mineral and Gem Club have an interesting collection of rocks and gems on display in the cabinet.

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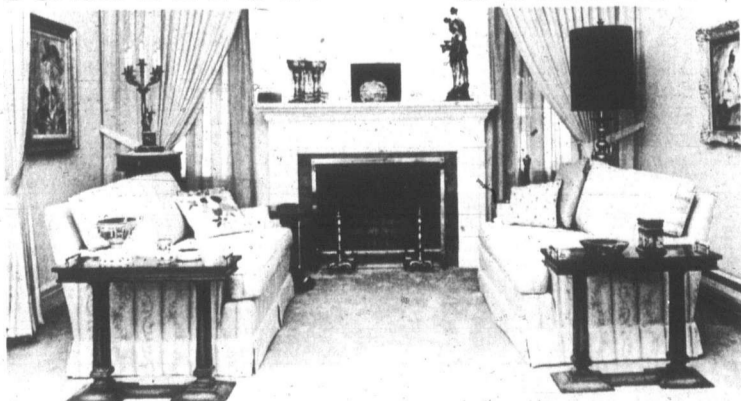
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● DUFFERIN PLAZA Dufferin St. South of Bloor  
● DIXIE PLAZA Q.E. Service & Dixie Rd.  
● GOLDEN MILE PLAZA Eglinton Ave. E. - Victoria Pk.

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