



Hostess Bev Hillyer serves Salade de Fruits de Mer, a shellfish salad in half pineapple shells, to guests at a monthly meeting of the Rogerswood Luncheon Club. The club, started six years ago, is divided into three groups of eight women each who get together to enjoy good company and new recipes. Times photo by Ray Saltz.

## Luncheon club meets monthly salad theme at one May meal

Luncheon clubs are catching on as one of the best ways to beat the daily soup 'n sandwich syndrome. You know, the Hey-Mom-can-we-have-chicken-noodle-soup-and-peanut-butter-sandwiches? routine.

Six years ago, a group of women in the Rogerswood area of Mississauga began meeting monthly for lunch as a way to get together with neighbours and to try new recipes.

Monica Wallace, one of the original members, is in charge of drawing up a schedule that provides for three different hostesses, three different co-hostesses and six different luncheon guests each month. The jobs, as well as the locations, all rotate so that during the year each person will be a hostess at her house and assist a hostess one time. Guest lists vary offering the opportunity for everyone in the group to meet everyone else at different luncheons.

The luncheons are usually held the third Tuesday of every month. Each hostess is responsible for planning and preparing her own menu.

The theme last Tuesday was a spring luncheon when Bev Hillyer was hostess at her Greenoaks Drive home with Jean Rumble as co-hostess.

"I was hoping it would be a nice warm day in May," Bev said. "And I thought of a light salad lunch."

These are the recipes Bev served her guests:

### What's cooking

#### BEET CONSOMME

8 fresh beets  
4 cups water  
4 envelopes gelatin  
1/2 cup sherry  
2 tsp. lemon juice  
1 jar caviar (black or red)  
dairy sour cream  
freshly ground nutmeg

Peel and dice beets; cook in 4 cups salted water for 20 to 30 minutes. Drain, reserving 2 cups liquid and heat with broth. Soak gelatin in sherry, dissolve in hot beet mixture. Cool. Add lemon juice and refrigerate until it starts to set. Place about 1 tsp. caviar in the bottom of each soup cup. Add consomme. Chill until firm. Serve with tsp. of sour cream and sprinkle lightly with nutmeg. Serves eight.

#### SALADE DE FRUITS DE MER

Salad:  
3 cups shellfish (lobster, shrimp, crab) cut up  
1 cup cubed celery  
1 cup cubed pineapple  
1 green pimento cut in cubes  
1 head lettuce

#### Salad Dressing:

juice of 1/2 lemon  
3 tsp. olive oil  
1 tsp. salt  
pepper

Mix the seafood, the celery, the pineapple, the pimento and the lettuce. Pour the sauce over the

salad and mix well. Arrange the salad on a platter and garnish with half slices of pineapple, parsley and radish. Keep the salad refrigerated until the moment of serving. Serves six. Bev served her salad in half pineapple shells.

#### CHEESE BREAD

2 tsp. sugar  
1/2 cup warm water  
2 pkg. dry yeast  
2 tsp. sugar  
1 tsp. shortening  
1/2 tsp. paprika  
1/4 cup grated strong cheddar  
2 tsp. salt  
2 cups milk (scalded)  
2 1/2 cup finely grated strong cheddar  
6 cups all-purpose flour (approx.)  
1 tsp. dry mustard  
melted butter.

Dissolve 2 tsp. sugar in water. Sprinkle yeast over and let stand 10 minutes. Stir well. Add 2 tsp. sugar, shortening and salt to hot milk and stir to dissolve. Pour into large mixing bowl. Add 2 1/2 cup cheese and cool to lukewarm. Stir in yeast mixture. Sift about half the flour with mustard and paprika and blend into cheese mixture. Beat well with wooden spoon. Add enough of remaining flour to make a soft dough. Turn out on floured board and knead firmly until smooth and elastic. Round up, put in greased bowl, cover with

towel rung out in hot water and let rise in warm place about one hour. Punch down and rise until double (30 minutes). Punch down and divide in 2 equal parts and shape into 2 loaves. Put into 2 greased loaf pans. Brush with melted butter and let rise until double (about one hour).

Bake loaves 40 to 50 minutes at 375 degrees. Remove from oven and brush tops with melted butter and grated cheese. Return to oven to melt cheese.

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### Plugged into the Mississauga Library

Harold Sonny Ladoo wrote his first novel in nine days.

He did it in an office at Erindale College where he was a student and sent it to a publisher, who accepted it, printed it, and set Ladoo on the road to becoming a full-time writer.

The book is No Pain Like This Body, which Ladoo will discuss at Mississauga Central Library at 2.30 p.m., Saturday, May 26.

He will also talk about the hazards of being a published writer while still a student. He found his marks for essays went from A and B, down to C and worse, and he almost flunked one of his English courses.

Now that he has his BA, he says: "People at university are more interested in dead writers; a living writer should not be there."

He thinks jealousy is involved, too. "People who

teach English are mostly people who at some time wanted to write themselves," he said. "And once your work has been published, people expect miracles — they evaluate you more seriously; and of course, you yourself, change."

The book is about the Caribbean — Ladoo, 28, comes from Trinidad — and is the first of a series spanning life in the West Indies and Canada. He has now completed six more books, two already in the hands of the publisher.

He came to Canada in 1968, says he lived on \$4.85 and toast and coffee for a month while trying to find a job.

He set out as a dishwasher, was instantly promoted to short-order cook because he could speak English, but inexplicably couldn't make it to waiter — the job he badly

wanted because of the tips. He started to write poetry, but no publisher would buy.

"I thought I would do better with a degree," he said.

He began his studies at Erindale and met Peter Such, author, editor and poet, and at the time, writer-in-residence at the College.

With Such as his mentor, Ladoo switched from poetry to prose; and it was in Such's office that he thrust out No Pain Like This Body.

It is here reviewed by Library staff:

**BOOK REVIEW**  
No Pain Like This Body, by Harold Sonny Ladoo, is the story of an East Indian plantation family living on Carib Island about 1906. The action takes place during the miserable rainy season of August.

Three boys and one girl between the ages of 8 and 12 are the focal point of the family. For them Ma works, plans and struggles to keep the family together in spite of Pa. Pa is the disruptive snake-like one who is always ready to in-

dulge in beating the family up, especially after he has visited the enticing rumshop.

Nanna and Nanny are the wise grandparents who are always ready to help in times of trouble, Nanny with his combination of prayers, action and good sense, and Nanny with her good advice and her drum, which she plays to keep them happy and sad.

They are all caught in a web of the natural and the supernatural. On the one hand are mud, rain, wind, dark clouds, lightning and thunder; there are also snakes, black spiders, crickets, centipedes red crabs, ants and scorpions. On the other hand are the great sky God, the minor Aryan gods and the dreaded evil spirits.

Told with pungent and powerful simplicity, the story deals with elemental themes of love and hate, life and death, and man versus his environment.

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### Consumer Matters

By Judy Flaherty



There's a new consumer show on Friday afternoons that is worth watching. The program It's Up to You, on channel 9 from 4 to 4:30 p.m., is sponsored by the Federal Department of Consumer and Corporate Affairs in conjunction with Vickers and Benson Ltd.

The format of the show is that of the popular game show. It is entertaining and seemingly light-hearted with excitement and prizes for both winners and losers. But the object of the program is serious — to educate the consumer. Each program examines specific areas of consumer interest: food, clothes, finance companies.

Host of the show, Toronto actor Alan Millar, presents two contestant couples with a fictitious consumer complaint or problem — fictitious but of ten based on real complaints.

**DISHES**  
In the screening I saw, the problem was valuable heirloom dishes broken by a moving company. The contestant confronted the 'opponent' (an actor) in this argument, the moving company's insurance agent.

The irate couple was given a check for \$4. The buzzer goes off and the contestants have to decide who is in the right — the couple who feel cheated or the moving company. A guest authority is consulted and he explains pertinent laws and legislation. In this instance, the insurance company was right.

Most moving companies' insurance covers by weight, not value. The broken dishes were weighed and the couple were paid that amount. The guest authority suggests that consumers find out just what their moving company's insurance does cover, look into extra insurance to cover the value of goods and check whether regular insurance might cover moving mishaps.

Couple number two gets a problem and the game starts over. The couple with the most correct answers gets the most points and wins.

**TV AND TOYS**  
Parents know that toy advertising on television has a great impact on young children. But until recently, no scientific attempt to measure that impact had been made in Canada.

James Frideres, assistant professor at the University of Calgary, did a study in a large, western Canadian urban area with five to eight-year-olds, representing 82 households. When asked what toys they would really like to have and where they had heard of the toy, 78 per cent of the children answered "on television". The rest of the kids had heard of the toy they wanted from a friend or schoolmate.

Children who watch a lot of television (in this study, 12 hours or more per week) get most, 80 per cent of their desire for particular toys from television. Children who watch little television get their toy desires from their friends, who watch more. The study found that parents, especially middle class ones, buy toys based on their children's desires.

What happens then is that toy ads on television create desires in young children who tell their friends and persuade their parents to buy the toys.

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