

# letters

## Meal leaves him hungry

I was absent from York University for a year.

This morning, I came in to register and get the usual "beginning-of-the-year" mess straightened out, when I decided to have a pleasant tasting bacon and egg breakfast. Remembering that the usual downtown "greasy joint" prices for this bill of fare is \$1.25-\$1.50, for two-three slices bacon,

two eggs, home fries, two slices of toast (brown or white), and coffee, I decided to try our (as I remembered a year ago) cheap, economical, student-run (sic) venture.

The first thing I noticed was a professional "MacDonald Land" atmosphere. The next thing I noticed was that the prices were not very low! \$1.75 was the price for the breakfast, but I was hungry!

What was now in front of me was two eggs (done too well), two strips of bacon (so crisp that they would disintegrate when touched), and two slices of white toast (I asked for brown!). No garnishes!

The 25c coffee makes the breakfast an even \$2. Now 75c may not seem like much in an inflated world, but it is the price of daily parking and it is the amount I allow myself for a daily coffee break.

If "students" are going to be worse than corporations from the U.S., give me back the big companies!

P.S.: I went to the manager, who was walking around doing nothing except ordering people around, and asked him why his prices were generally so high. He answered "I don't depend on you for business."

Bernie Merten  
Winters

## Your name in print

Excalibur's letters page is an open forum for members of the York community to comment about anything, and everything.

All letters should be addressed to the Editor, Excalibur, room III Central Square.

Please triple or double space the letters, and keep them to around 250 words. Lots of people have things to say.

Excalibur reserves the right to edit for length and grammar, but we'll try to keep it pretty much as is.

Name and address must be included for legal purposes, but the name will be withheld upon request. Deadline: Monday at 4 pm. No exceptions.



Ted Munford photos

## First week of first year

During orientation week Excalibur's Eric Starkman visited some debutante York students in their abodes in Winters and Vanier residences and asked for their first impressions of the greatest university in Downsview.

Paul Salmon (lower right) is from the nation's capital. A fine arts major and photo buff, Paul came to York to receive "good criticism of his work" and because his brother is an old hand at the York game.

Sault Ste. Marie native Susie Suen (lower left) is happy at York but is disturbed that no one ever seems to answer the residence floor phone.

Kathryne Alexander (upper left) is a dance major from Montreal who chose York, "because I know one of the teachers and she told me about the program."

John Archibald of Guelph (upper right) enjoys the co-ed arrangement in his residence because, "It makes it feel that you're not in a reformatory." John is an English and theatre major who hopes to make his Excalibur writing debut in the weeks to come.

Excalibur wishes good luck and few all-night essays to these and all of York's first year students.

## You are what you eat

by Susan Grant



## Pick your apples and presto! - a pie

Cooking is good for the psyche, to say nothing of your health.

Many people will find themselves in the position of having to cook and fend for themselves for the first time when they come to university. This column is for you, the men and women who were never really taught how to cook, but do not wish to spend the next year eating T.V. dinners.

Cooking can also be a good source of relaxation, as a break in studying and essay typing. One must guard against falling into the "undernourished-student" rut, grabbing junk food between classes. The better you eat, the less likely you are to come down with the flu or a cold in the middle of exams.

This column is dedicated to finding cheap, nutritious

and easy recipes for the inexperienced cook. And for those who are new to Toronto, inexpensive stores and markets will be listed, along with directions.

This week's recipe is not of great nutritional value, but is featured now as apples are in season and free. You may have already noticed that the southern end of the campus is littered with old apple trees, part of a former farm. The best trees, least wormy and tastiest, are three MacIntosh trees. To get to them, look for a row of pine trees running east-west, south-west of the four graduate residences. Beside this row of pines is an old dirt road, which you follow west for a very short distance. Immediately past the row of pines, on your right, are these apple trees, with many long sticks, etc. about for knocking the apples down with. Since these apples are organic, you will have to cut around the old wormy-bit, but the price is right.

### APPLE PIE, for beginners

**CRUST** - 1/3 cup of shortening  
(easier to use at room temperature)  
1/2 tsp. salt  
1 1/2 cup all-purpose flour

Blend these ingredients with a fork, then add a few tablespoons of cold water, and continue mixing it until it looks like pie pastry (it won't take long). Sprinkle some flour on your counter and roll out two crusts, a broom handle or a 26-ounce liquor bottle will do if you're desperate. Line the bottom of your pie pan with one and save the other for the top.

**APPLE FILLING** - Cut up as many apples as your size of pie pan can take, and add a few raisins if you have them. When you have enough apples in there, mix together 2/3 cup brown sugar, less if you don't have a sweet-tooth, 4 tbsp. flour, 1 tsp. cinnamon, 1/2 tsp. nutmeg, and a dash of cloves if you like them. Sprinkle this mixture over the apples and top this with a few (four or five) small chunks of butter or margarine. Squeeze about a tbsp. of lemon juice on top. This is not crucial, but it takes the edge off the sweetness of the sugar. Put on the top crust and press down the edges firmly with a fork, trimming off the excess (don't throw this stuff out, make jam tarts with it). Make a few cuts in the top of the pie to let out the steam and sprinkle the top with a little white sugar. Bake at 400° F. for 10 minutes, and then lower the oven to 350° F. and bake for 20 to 30 minutes, until the crust is a nice, light, golden brown. Eat.

You can also make dried apples with these freebies, to use the rest of the year. Simply peel the apples and cut them into thin rings or pieces. Then either dry them on racks in the sun or in a warm oven, leaving the oven door open a little to prevent scorching. You may also string them up, using a needle and thread, to dry. When properly dried, soft and rubbery to the touch, store them in a dry place. If using plastic, make sure it's vacuum packed to prevent mould. These can be eaten or cooked with as they are, or soaked the night before for cooking. If anyone gets heavily into this and would like a few recipes specifically for dried apples, just leave a message and phone number for Susan Grant in the Excalibur office in Central Square.

## World news at a glance

by James Brennan



## Panama to get canal by end of century

**Panama** - On Wednesday, Sept. 7th, General Torrijos of Panama and US President Carter signed the new Panama Canal Treaties, ending fourteen years of tough negotiations. Under the terms of the agreement the strategically important canal, which has been US property since 1914, will revert to Panamanian control Dec. 31st, 1999. In the meantime, the US will have responsibility for operating and defending it.

Although the treaties were signed ceremoniously in front of 24 western leaders, this was largely a political move by Carter to gain them public support. They must still be ratified by the Senate where they face strong opposition.

**Canada** - Agreement in principle was announced last week by Carter and Trudeau for a trans-Canada gas pipeline running from Prudhoe Bay, along the Alaska highway to Alberta where it is to split into two. Both legs would then join existing pipelines in the US. According to Alcan, the company which proposed this route, the pipeline, which is the largest private energy project in history, is to cost over \$7.7 billion.

Both Canada and the US are claiming to have made a good deal, and Carter praised what he called the "tough Canadian negotiators". The Yukon in particular is to gain considerable revenue from taxes and employment.

**Ethiopia** - The Ethiopian-Somali war continued to escalate this week, as the Somali-backed Western Somali Liberation Front pushed forward to gain almost complete control of Ethiopia's Ogaden region. This war is currently the largest military conflict in the world.

During the week end Somalia and Ethiopia broke off all diplomatic ties with one another suggesting that full-scale war will develop. Meanwhile President Sadat of Egypt has accused Libya of transporting Soviet arms to Ethiopia.

**United Kingdom** - In a somewhat unexpected move, Britain's Trades Union Congress has voted to support the so-called "12 month rule", whereby unions will be unable to negotiate more than one contract every 12 months. The Labour Government, aware that continuation of the two year old wage and price controls known as the Social Contract was impossible, were understandably pleased with this more gradual return to free bargaining. However, observers feel that rank-and-file members may not be so conciliatory as their leaders.

**Israel** - Ariel Sharon, Israel's Minister of Agriculture, this week announced that more Jewish settlements had been secretly established on the occupied West Bank (of the Jordan River). Arab leaders were quick to condemn the settlements as obstructions to any Middle East solution. US President Carter agreed, terming the settlements "illegal". Sharon however, argued that they had been planned by the previous government.

**Spain** - There was much celebration in the streets of Barcelona Sunday as Catalans rejoiced in the declaration made by King Juan Carlos that Catalonia is to be granted its own autonomous government.

**Soviet Union** - US Chief Justice Burger on a visit to the Soviet Union to study the justice system there, has had talks with Soviet President Leonid Brezhnev. Although Burger protested that he has no input into US foreign affairs, Brezhnev insisted on lecturing him on US attempts to escalate the arms race, and of violations of the Vladivostok Accords.

**Netherlands** - In scenes reminiscent of last May, Assen, Netherlands was once again the scene of violence this week, as eight South Moluccans, charged with seizing a school and train and holding 170 persons hostage, continued their trial. Unrest in the Moluccan community and demonstrations outside the courthouse led to clashes with the police. In an arms raid on the Moluccan community, police came under sniper fire and began shooting in "self-defense". The South Moluccans are seeking independence for their Indonesian island.