

Basketball Tigers keep on winning

by Andrew Lorimer

The Tiger's win streak this week continued with Dalhousie trouncing St. Francis Xavier X-ettes 58-49 in women's basketball action Friday.

Play was tense from the opening whistle as the X-ettes jumped to a 10-6 lead over Dal. The Tigers responded quickly, and tough defence in the key shut down the Xavier drive and gave Dal a six point lead at the half.

Although the X-ettes had a 9 point scoring drive early in the 2nd half, the Tigers were able to use a 1/2-court trap to contain them. When the final buzzer sounded Dal had won soundly by 9 points.

The Tiger's most valuable player was point guard Angela Colley who communicated well both offensively and defensively. Top scorers for Dal were Anna Pendergast, who scored 24 points despite an injured hamstring, and Heather Maclean with 13. For the X-ettes the top scorers were Adele Belli-

veau with 16 and Sue Shays with 11.

"The turning point", according to Tiger's coach Carolyn Savoy, "came when St. F.X. switched to man-to-man and we were able to capitalize."

With previous wins over Memor-

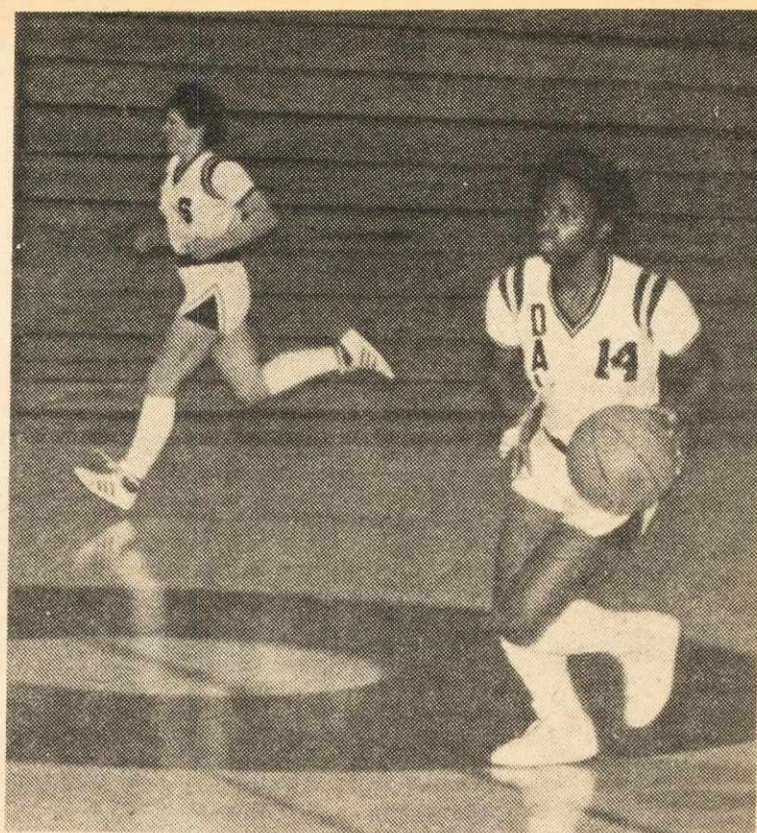
ial and St. Mary's and a loss to UNB the women Tigers now stand at four wins and a loss in AUAA action. The next league game for them will be Friday the 21st at Acadia and the following Friday when the UPEI Panthers come to town.

Dal Sports Briefs

The Dal men swimmers were not as successful at the meet, continuing their year long struggle against Memorial. But, as last weekend proved, they are getting closer. The Memorial men's team won the

meet with a score of 167 closely followed by Dal with 146. Acadia finished with 67, UNB with 24 and Mt. Allison with 8. Dalhousie swimmer Andrew Cole was a dou-

ble winner. In two very exciting races against his teammate David Sweett and Acadia swimmer Rob Harris, Cole came out on top in both the 100M and 200M BR events. David Petrie was also a first place finisher as he gained, then held, a commanding lead in the 200M BK. The Dalhousie men won the final relay against Memorial on the strength of five swims by David Berrigan and John Burns.



Brzeski/Dal Photo

Angela Colley leads Dal's Tigers to a 58-49 victory over St. FX

Bob McDonald Chev. Olds



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Food 101: Cheap and Easy Cooking

HOT STUFF - VIC'S CHILI

Everyone knows someone who makes a great chili and Vic was the fire-breathing dragon who taught me this version.

Preparation time: 20 minutes
Cooking time: 60 minutes
Serves five

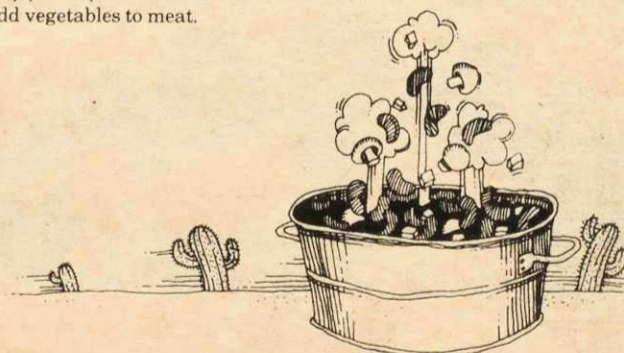
Heat in a large pot over medium heat:
1 tbsp. (15 mL) oil

Add:
1/2 lb. (0.25 kg) hamburger
Fry until brown. Drain grease.

While the hamburger is cooking, chop up:
1 stalk celery
1/2 green pepper
2 small cooking onions
1 cup (250 mL) fresh mushrooms
Add vegetables to meat.

Add:
1 can, 19 oz. (540 mL) kidney beans, undrained
1 can, 5 1/2 oz. (156 mL) tomato paste
1 can, 14 oz. (398 mL) tomatoes
2 fresh tomatoes, chopped
Cook for 30 minutes over low heat, covered.

Add:
1/2 to 2 tsp. (2 to 10 mL) chill powder
1/4 tsp. (1 mL) cayenne
1/2 tsp. (2 mL) pepper
Cook over low heat for another 30 minutes, covered.



Don't Start Without:
cutting board
knife
large pot with lid
can opener
measuring cup
measuring spoons
large spoon

Helpful Hints:
• Spices can be temperamental. The chili powder is not given in an exact amount because you may like your chili mild or spicy. The longer the spices cook, the stronger they get. Cayenne is an especially tricky character.

• Many chili connoisseurs believe it isn't the real McCoy if it doesn't cook for literally hours. I don't agree with that theory. If you have the time, though, it doesn't hurt to let the chili cook longer.

Serving Ideas:
• Chili is best with fresh bread and liquid of your choice. Have lots to drink on hand, especially if you've been heavy on the spices.
• Although this recipe makes enough for five, you won't have trouble using it up. It keeps well in the fridge or freezer.

Recipe extracted from **FOOD 101: A STUDENT GUIDE TO QUICK AND EASY COOKING** by Cathy Smith, available at your bookstore or from The Canadian Student Book Club, 46 Harbord St, Toronto Ontario M5S 1G2 for only \$7.95