

Mr. Noodle Stir Fry

Ingredients:

Ground beef or chicken or pork or hot dogs or sausage. Almost anything
 1/2 diced onion (optional)
 Any vegetables you like :canned, fresh, anything growing on bottom of fridge
 (Mushrooms, green peppers, brocolli, peas, carrots optional)

Directions:

Cook meat in pan over medium heat. Add Mr. Noodles flavour packet. Follow with harder vegetables (carrots, celery); gradually blend in remainder of vegetables.
 Follow with 1/4 cup of water (Accuracy doesn't count)
 While simmering meat, cook noodles, following directions on package.
 Stir noodles in with meat vegie mixture
 Season to taste
 (Served best with CHEAP white wine!)

5 Suggestions for eating well CHEAPLY

- Attend as many functions providing free refreshments as possible.
- Bum meals off your friends.
- Keep in touch with any relatives who live near by and attend church with any of your aunts who will buy you lunch afterwards.
- Become a food critic for the Bruns.
- Ask Allan Carter.

Thank you for wasting your day at the **unb** Bookstore!



The future is in your hands

Are you:

- Caring, conscientious and self-motivated?
- Looking for professional and personal growth?

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- The third largest primary contact health profession in Canada
- A natural approach to health care

The Canadian Memorial Chiropractic College is the only chiropractic college in Canada and offers a four-year programme leading to a Doctor of Chiropractic Diploma.

Interested? Find out more by contacting:

The Registrar
 Canadian Memorial Chiropractic College
 1900 Bayview Avenue
 Toronto, Ontario, M4G 3E6
 1-(800)-463-2923

Deadline for applications is December 31, 1992

Red 'n Black 93

THERE will be a GENERAL MEETING for all those interested in participating in the 46th ANNUAL Red 'N Black REVUE ON WEDNESDAY, SEPT 23 AT 7:00p.m. in Tilley 102. THE Red 'N Black will be held on NOV 5,6 &7 this year. If you SING, DANCE, ACT, OR if you ARE INTERESTED in BACKSTAGE WORK, you ARE ASKET TO ATTEND THIS MEETING

