

Starvin' student

by Graeme Whamond

Well, I'm still starvin'. Don't send me bouncing cheques or MONOPOLY money — just send me a recipe for anything nutritious cheap, and quick to prepare.

I really appreciate all the support and encouragement many of you offered since my first article last week.

So, I have for you another couple recipes to tide you over till the next time I write. I won't however, poison you with my Peanut Butter Cookie Recipe because they're still coming out black (that's CARCINOGENIC for all you medical types!).

By the way — I'd really like to get hold of a good turkey recipe. So if you have one — dig it up this weekend and maybe it will be published next week.

In any case, here are some recipes that work:

Macaroni Salad (revised from *The Joy of Cooking*)

TIME: 20 minutes

COST: \$1

DEGREE OF DIFFICULTY: ABC

Note: makes enough for 2-3 days

1C no-name cooked elbow macaroni

(drain, rinse in cold H₂O)

1½T lemon juice

1T 10w30 oil (just kidding!)

1T vegetable oil

2T chopped onion

1C diced celery

½C minced parsely

½C sour cream

mayo — don't add this until you need it

— adjust to taste

OPTIONAL: ½C chopped stuffed onions

1 can tuna

¾t salt and pepper

Mix all ingredients.



Granola Cereal

TIME: 1½ hours (but lasts 1-2 weeks)

COST: not much per serving

DEGREE OF DIFFICULTY: Kindergarten

Note: this keeps well in airtight containers so don't worry about doubling recipe.

3C regular rolled oats (NOT quick-cooking)

½C sesame seeds

½C sunflower seeds

½C skim milk powder

½C wheat germ

¼C oil

1T cinnamon

1T vanilla extract

1/3C honey

OPTIONAL

chopped almonds, raisins, dates, bran, peanuts, graham crumbs.

PREHEAT to 300°F

Mix dry ingredients. Pour in baking pans or cookie sheets. Mix liquid ingredients in sauce pan — heat. Stir liquid into dry. Bake until golden (1 - 1¼ hours), stirring every 15 minutes.

20 Minute Tacos

TIME: 20 minutes from scratch

COST: \$1.25 - \$1.75

Degree of Difficulty: Really easy

Makes 3 Tacos

2-3 oz. lean beef

3 Taco shells

Your favourite taco sauce

Grated No-Name mozzarella (as much as you like)

1 tomato

lettuce (small amount)

1t margarine

1. Put meat portion in plastic bag. Thaw in hot water (5 mins)

2. Get ingredients ready while warming taco shells in oven (low heat)

3. Cook meat in margarine on medium heat. Meanwhile grate cheese, lettuce. Slice tomato.

4. Put meat in shell, spoon on sauce, cover with vegetables and cheese.

Last Word:

You use up proteins every second of the day—they're your main source of daily energy. But unfortunately, they're usually expensive (i.e. milk, eggs, meat, fish, nuts). So, with winter just around the corner, your body is going to be craving proteins more than fats — SPLURGE — give it what it wants. But your food isn't much good if your meat is dry, milk curdled, and cheese stringy — so cook with caution!



Photo Bill St. John

Feds rush education cost study

OTTAWA (CUP) — The federal government has given a *Study Team on Education and Research* until Nov. 8 to decide whether its \$4.4 billion is being well-spent.

The terms of reference for the team tells them to examine universities, and "recommend to ministers any measures which would increase the effectiveness of federal support, bearing in mind the federal government's general commitment to fiscal restraint."

Programs which get only federal money are to be looked at much more closely. Terms like "eliminate, reorganize, reduce in scope or consolidate" are very much part of the teams' mandate.

The team will be travelling the

country, touring the Maritimes first with the West, Ontario and Quebec to follow.

"We don't want to start out with a bias towards Central Canada," said team leader Ben Wilson, who was appointed by Deputy Prime Minister Eric Neilsen.

Wilson wasn't planning on very many meetings because of the time element and any meetings scheduled would be by appointment only, with the invited group being instructed not to bring a brief.

Wilson isn't saying what will be in his report, and it will not be made public.

However, Barb Donaldson, chairperson of the Canadian Federation of Students (CFS), said they were

very interested in the voucher system proposed by the MacDonald Commission.

In its report issued earlier this year, the commission called for a series of vouchers of \$1,850 to be issued to each student, along with much higher tuition.

"They seem to feel higher tuition fees are necessary," Donaldson said.

Wilson also mentioned proposals injecting federal money into specific research areas and creating some teaching and some research universities.

"I went to Western (University of Western Ontario) when it was a cattle ranch," he said, "and I was still prepared for Oxford."

Coming in October...

October 9 to 12:

Fall Sidewalk Sale

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Watch

HUB's Fashion Event '85, 11:00 a.m., Wednesday October 23rd.

Sign Up...

for HUB's November seminars on CAREER PLANNING, WINTER CAR MAINTENANCE and IMAGE AWARENESS. Details at HUB Office, 9106.

And thank you...

to all the entrants in HUB's September Mammoth Draw, and congratulations to winner, Nancy Colbert. Keep an eye out for more mammoth draws for Saturday shoppers!

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