

JAPANESE FILM SERIES

CO-SPONSORED BY

EAST ASIAN STUDIES PROGRAMME

&

FOUNDERS COLLEGE

FILM	DATE	TIME	PLACE
Double Suicide	Sep. 28 (Wed.)	7-9 p.m.	202A Founders
Harakiri	Oct. 12	7-9	"
Ikiru	Oct. 26	7-9	"
Yojimbo	Nov. 9	7-9	"
Ugetsu	Nov. 23	7-9	"
House of Sleeping Virgins	Dec. 7	7-9	"
Seven Samurai	Jan. 4	7-9	"
Red Beard	Jan. 18	7-9	"
Rebellion	Feb. 1	7-9	"
Hymn to a Tired Old Man	Feb. 22	7-9	Curtis L.
Woman of the Dunes	March 8	7-9	202A Founders
Bushido	Mar. 22	7-9	Curtis L.

ADMISSION FREE

Student dining: health without wealth



By Susan Grant

Chinese food is a good alternative for most student cooks.

It requires a very short cooking time, uses little oil and is usually very nutritious and inexpensive. A wok (a Chinese cooking dish) isn't absolutely necessary, but you can buy one for only a few dollars at Honest Ed's.

There are many Chinese stores on Dundas Street West, where you can buy fresh ginger root, soy sauce and fresh veggies very cheaply. Timing is of the utmost importance in Chinese cooking, so be sure to do things in the correct order.

This week I shall start with a very basic recipe, stir-fried vegetables. When cooking more than one vegetable, be sure not to combine more than two or three of them as it will not turn out as well. You will need:

- 1 lb. of fresh veggies (your choice)
- 3 slices of fresh ginger root
- ¼-½ c. stock
- 1 clove of garlic (optional)
- 1 tbsp. soy sauce
- ½ tsp. sugar
- 2 tbsp. cooking oil
- ½ tsp. salt

Cut up your vegetables and mince your ginger and garlic. Combine the stock, soy sauce and sugar. You can make your stock with an Oxo cube, left-over soup, or with miso and water.

Heat the oil and add the salt, ginger and garlic. Stir-fry a few times and then add the vegetables. Adjust the heat to prevent scorching and stir-fry them until coated by the oil and heated through.

Add the stock-soy combination and heat quickly. Then simmer, covered over medium heat until the vegetables are done to your specification. Be careful not to overcook them. Almost any vegetable can be cooked in this fashion.

Cornstarch mixed with water to form a paste may be added just before serving if a thicker sauce is required. Serve with rice or noodles.



Graduate Assistants' Association

GENERAL MEETING

**OCT 11th.,
4 P.M.**

RM. S173 ROSS

1. Breakdown of conciliation; plans for further negotiations.
2. Discussion and vote on motion on dues.
3. Executive Committee elections.

G.A.A.

**129 McLaughlin College
667-6341**

Earn some high credits this semester.

17

COMMERCE STUDENT SERVICES

Available at the Canadian Imperial Bank of Commerce on or near most college and university campuses throughout Canada.

Commerce Student Services are designed to help the student successfully manage the financial aspects of his or her education.

OPEN TO FIRST-, SECOND-, THIRD-, FOURTH-, FIFTH-, SIXTH-, SEVENTH-, EIGHTH- AND HIGHER-YEAR STUDENTS.

- COMM 101 Introduction to General Banking.**
Supervisor of Service: The Commerce.
 A service that emphasizes saving money. It covers such necessary information as setting up a bank account, making deposits, making withdrawals, bringing your passbook up to date, cashing cheques, etc. Unlimited enrolment.
Prerequisite: Money to open an account.
 Offered Summer Fall Winter Spring
- COMM 102 How to Manage your Money.**
Supervisor of Service: The Commerce.
 Different ways to earn higher interest on your money. Making ends meet: budgeting and money handling (paying bills and meeting financial commitments, balancing your cheque book, affording a night out, etc.) Unlimited enrolment.
Prerequisite: Money to manage.
 Offered Summer Fall Winter Spring
- COMM 103 Principles of Student Loans.**
Supervisor of Service: The Commerce.
 Check with the Supervisor of Service for full description and prerequisites for enrolment.
 Offered Summer Fall Winter Spring.


 CANADIAN IMPERIAL
 BANK OF COMMERCE

RENT A TV ONE MONTH MINIMUM

from \$10 per month

7 DAY - 24 HOURS

phone: 630-8521

DIAL-A-TV LTD.

636 Sheppard Avenue West

Vacations

**Ski Mont. Ste Anne
Dec. 27 - Jan. 1**

6 days/5 nights/charter bus and hotel

from **\$85** pp. quad.

Christmas Vacations

flights to all southern destinations

from **\$299.**

**Conquest Travel
3333 Bayview Avenue
226-5040**



**ONE FLIGHT HIGH
46 BLOOR WEST
TORONTO, CANADA
921-6555**