

PEDDLERS PUB

The Friendliest Pub & Eatery in Halifax

Annual **Octoberfest** Party
Saturday, October 16th

Featuring

Kenny, Alex & The Swell Guys
4-7pm

Performing all your Favorite German oompah
Melodies
and
Special Guest Appearance
By

Signal Hill

8pm- close

*Sausage and Saurkraut
*Footstomping Sing-A-Long Music!

B. Y. O. B. S.
(Bring Your Own Beer Stein)
ZIG-A-ZAG-A-ZIG-A-ZAG-A-HOI-HOI-HOI
Peddlers' Pub Granville St. Hfx. 423-5033

WE SHARE THE AIR

To prevent **HARM** to people
who suffer from **CHEMICAL**
SENSITIVITIES

PLEASE AVOID

SCENTED PRODUCTS



PLEASE

DO NOT USE SCENTED DEODORANT, AFTER SHAVE, HAIRSPRAY, COLOGNE,
SHAMPOO, SOAP AND OTHER SCENTED PERSONAL CARE PRODUCTS
AS THEY RELEASE CHEMICALS WHICH HARM SENSITIVE PEOPLE



For more information call the Safety Office: 494-2495

Sharp kitchen tips and a chaser

Chuck Wagon BY CHARLES LACERTE

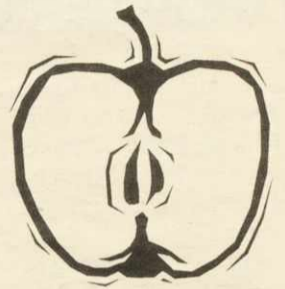
Since the Martha Stewart touch is not realistic in the real world, let alone for a student when it comes to outfitting a kitchen with equipment, affordability and practicality are a must. The infomercials and stores are awash with items one does not need. When buying kitchen items, ask yourself, will I use it more than once? Is it more than a dust-gathering, cupboard-occupying nuisance? The hot air popper, yogurt maker or Mickey mouse waffle irons are examples — depending on your lifestyle. Purchase everyday items. A cutting board, a vegetable peeler, a can opener, measuring cups and spoons, mixing bowls, tongs and stirring spoons. As for pots and pans, look for ones with a heavy bottom, they help prevent burning and make clean up a whole lot easier. Two sizes are a good start — one large one (for pasta — 8 litres is good) and a smaller one (for vegetables or pasta sauce — one and a half litres or so). The handles should be secured and not just stuck on. A Teflon-coated frying pan (10 inches)

with a rubber spatula will transfer you into a pancake flipping or stir-fry fool. If possible, knives are where you should spend the extra dollars. Top of the line ones are not necessary, but one that has balance and a good blade makes cutting much easier and results in fewer accidents. Paying attention to what you are doing also prevents

injury. A great deal can be accomplished with just a paring knife and a French knife, but if you like bagels and fresh bread, add a serrated knife. With a wide array of students and their cuisines, the two things they can share is the use of Band-Aids and opinions on the less-than-perfect moments.

Apple Crunch Muffins

- 1 1/2 cups All Purpose Flour
- 1/2 cup Sugar
- 2 1/2 teaspoons Baking Powder
- 1/4 teaspoons Salt
- 1/2 teaspoons Cinnamon
- 1 Apple Diced
- 1/4 cup Sliced Almonds
- 1 Egg
- 3/4 cup Milk
- 1/3 cup Melted Butter



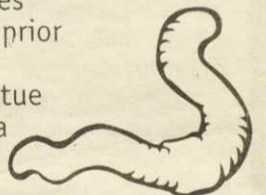
Pre-heat oven to 350 F
Grease medium muffin tin (12 muffins) or line with muffin baking paper. Combine first seven ingredients. Combine remaining ingredients in separate bowl. Add liquid ingredients to dry and stir until just blended. Place in muffin tin 2/3 full and bake 20 minutes.

"The Baron's" Tequilla Explosion

The drink that screws with your head

- 1 shot Tequilla
- 1 shot Amaretto
- 1 shot Ginger Ale
- 2 "Fizz" candies
- 1 cherry
- Crushed ice

Add all ingredients, saving the "Fizz" candies for the last, dropping them in immediately prior to consumption. The faster the drink is consumed, the bigger the explosion. Substitute Mescal for Tequilla when possible, adding a Mescal worm for an extra kick in the ass.



Emergency Contraceptive Pills

SEX, Myths & pregnancy

preventing unintended pregnancy

Myth: It's just the morning after.

Fact: For 3 days or 72 hours after a broken condom, forgotten pill, unprotected or forced sex, Emergency Contraceptive Pills (ECP) are a safe way of preventing pregnancy. They are available from clinics, doctors and emergency rooms.

1-877-327-7247
(toll free) **(ECP-72HR)**

