



The Centless Apprentice

Welcome back everyone, I hope the end of the holidays finds everyone well rested and in good cheer. My holiday included a chance to work in the restaurant again and earn some much needed Money. It was lots of fun and LOTS of pressure, but it made me realize that perhaps I should get into the actual meat and potatoes of this column asap. (Did you notice the cooking pun? I kill me)

As of now, the focus will shift from techniques and general info, to recipes and advice on how to stretch that meager food budget without having to eat greyish, unrecognizable gruel. You can drop-off written recipes and/or questions at the "Brunswickan" office in the sub; or e-mail me at gnhpk@stthomasu.ca.

Meatloaf a la Tim

- 1 lb med ground beef (best taste, best price)
- 1 lg onion
- 1 egg
- 3 slices bread (cubed)
- 1 tsp salt & pepper
- 1 tsp each; bbq sauce, ketchup, garlic powder, worcestershire, & mustard

Mix all ingredients together in a bowl, then put in a loaf pan or casserole dish. Make sure that the loaf is at least 2.5 inches thick or it won't be a loaf, but a pie. Cook in a 350 degree oven for at least 40 minutes, longer for a thicker loaf (you can microwave if you wish, it is faster). Serves 2-3 ppl, depending on how hungry you are; the leftover makes a good sandwich too. Approximate cost: \$4.50

These recipes are what the muckety-mucks at the finer restaurants would call "comfort foods"; however, I prefer to think of them as good old fashioned home cookin'. Enjoy them, I know I do.

Creamy Mashed Potatoes

- 2-3 medium sized potatoes
- 1 tbsp butter
- 1 tsp milk
- salt & pepper to taste

Boil potatoes until cooked (soft all the way through). Drain off water and mash. Add butter, milk and s & p; mash again or mix with an electric mixer. Serve immediately, as they get cold quickly. Approximate cost \$1.00

Wavy Gravy

- 3 tbsp butter
- 3 tbsp flour
- 2 Oxo cubes (beef or chicken)
- 3-4 cups water

You should be able to make about three servings. In a pot, melt butter over low heat; add flour and mix thoroughly to a paste. This mixture is called a roux (pronounced roo). Do not allow this to burn. Dissolve Oxo in 3 cups of the water (hot works best). Add this to the roux and stir. Increase heat and bring to a boil; gravy will thicken as temperature increases. If it becomes too thick, add more water. Season to taste, adding whatever herbs & spices you like. You can also add mushrooms, onions etc...., be inventive, not afraid. Serve on potatoes or meatloaf or whatever. Approximate cost .75\$

Smashing Pumpkins Contest Results

This is where I was supposed to tell you who won the CDs, but I lost the sheet of paper with the names on it. I can assure you that there was an amazing response, and that all prizes have been picked up.

I can remember two of the winning entries though, and they were:

Putting My Kittens To Sleep & 14 Songs About Dying.

The other one escapes me.

Look out for a new contest next week!



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Capital Film Society restarts

The new season at the Capital Film Society begins this Monday night with a Canadian offering from director Clement Virgo.

Rude has been nominated for 8 Genie awards, and was a hit at the Cannes Film Festival. It is a three-tiered narrative about the black community in Toronto that takes place over the Easter weekend.

It may be somewhat clumsy in places and symbolically obvious in others, but, as so many critics have said, Virgo's film is evidence of a remarkable and natural directional talent. Star quality in a director is

difficult to define, but one thing that seems to define it is palpable energy. In *Rude*, the energy just pours off the screen in this brash, sexy and in your face filmmaking. At this moment in Canada, Clement Virgo is a more interesting film maker than almost any of the other Toronto auteurs. *Rude* is a most auspicious feature film debut.

For full details of all the films being shown at the Capital Film Society, pick up next week's *Brunswickan* where the schedule will be announced.

Screenings are at 8 pm in the Alfred Bailey Auditorium, Tilley 102.

Come and write for the Entertainment Department

Get free stuff, free admission to shows and as many late nights as you want.
 Brunswickan Staff Meeting
 12:30 Friday, Rm 35 in the SUB



Charlotte Street Barber Shop

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Monday to Saturday
 10:00 A.M. to 4:00 P.M.

458-2907

UNB's Writing and Study Skills Program

Non-Credit Workshops for Winter, 1996

The Writing and Study Skills Program can help you improve your academic abilities. We provide free individual tutoring in study techniques, composition, and first year Mathematics to all full- and part-time students of UNB; call 453-4646 to book an appointment. We will also be offering the following workshops this term:

Saturday Workshops

Workshop Title	Date	Time	Cost
CALS 1404 Time Management for Students	20 Jan.	9:30 am - 12:30 pm	\$10
CALS 1410 Seminars and Oral Presentations	27 Jan.	9:30 am - 12:30 pm	\$10
CALS 1417 Essay Writing/Library Research	03 Feb.	9:30 am - 4:00 pm	\$15
CALS 1429 Critical Thinking and Reading	17 Feb.	9:30 am - 2:30 pm	\$13
CALS 1423 Improving Examination Skills	24 Feb.	9:30 am - 12:30 pm	\$10

Location: Wu Centre, Room 217

Eight-week workshop series (Wednesday evenings) Location: Tilley Hall, Room 125

CALS 1440 Principles of Effective Writing	17 Jan. - 13 March	7:00 pm - 9:00 pm	\$70
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Register for these workshops at the Department of Extension, or call 453-4646 to register by telephone (for those who CANNOT pre-register, on-site registration is available).