



**Pyrogy House**

If your idea of a good meal is a huge, steaming plate of hearty Ukrainian fare, then the "Pyrogy House" at 125 St. and 118 Ave. is the place. Not only is the food good and filling but it is also inexpensive.

The service is quite slow, at least on Sunday, due to a lack of staff and an overabundance of customers, who recognise a good thing when they taste it. As well, the restaurant doesn't take reservations so you have to take your chances on what kind of lineup there will be.

The pleasure starts after you're seated. I'd advise starting the meal with a sumptuous bowl of borscht, a thick, fragrant soup of which beets are the main ingredient.

A variety of main courses are available in different combination plates. The possibilities include Ukrainian sausage, sauerkraut, cabbage rolls and several types of pyrogies, which are a type of filled dumpling. Lots of sour cream is provided so patrons can liberally cover their portions.

The restaurant is licensed and enjoys a good selection of wine and beer at moderate prices, for those who don't stick strictly to milk and coffee.

The main courses come freshly prepared and hot. The sausage is juicy and warm, flavored with just the right

amount of garlic. The cabbage rolls are well-prepared and filled generously but I found them a bit of a disappointment. I think I have been spoiled by my Baba's, which are a little more flavorful.

The dish that earns them a reputation are the pyrogies. They are plump, perfectly flavored and as good as any mother made. I chose to have potato and cottage cheese filled ones but for the less traditional they offer cheddar cheese fillings or the more adventurous sauerkraut filled pyrogies for people with spicier tastes.

The meal is enormously filling but if you're as stalwart as I then you will manage to cram in one last thing. The strudel, in apple and cherry the night we went, is a treat to pastry lovers.

We left satisfied and happy after a steaming coffee and a bill that worked out to only four dollars a person. For this price we'll be returning often.



**China-power by swamp gas**

SAN FRANCISCO (CUP) - The Chinese People's Daily reports that Swamp gas is now the principle source of fuel for cooking and lighting purposes in a majority of Chinese rural homes.

The government is financing construction of small, germetically-sealed septic tanks in rural homes, which are filled with a combination of human and animal wastes, weeds, plant stems and contaminated water. The resulting methant - or swamp gas - given off by the brew, is used for cooking, heating and gas lighting. The processed wastes are then used for fertilizer.

**Man assaulted by cig smoke**

LOS ANGELES (ENS-CUP) - A man who claims that he is allergic to cigarettes has a \$100,200 suit charging that he was assaulted by a Union Bank official who blew cigarette smoke in his face.

Paul Noble claims he experienced "increased viscosity of mucus in the lungs, choking and difficulty in breathing... and severe headaches" as a result of the smoke attack.

According to the Los Angeles Times the case is probably the first ever in which cigarette smoke was branded as "an instrument of assault".

Earlier this year, a suit was brought against a Chicano man for spraying an air freshener on a lit cigarette. The case was dismissed when the jury ruled that he acted in self-defense.

**Student Council hired - not elected**

ST. ANN DE BELLEVUE (CUP) - The administration at John Abbott College has proposed that the student union here become a non-elective body.

According to the administration the students' union, now under trusteeship since the end of last year, would have its executive "hired" by a committee of students, faculty and administrators.

Those hired would not be paid and would perform jobs according to certain job descriptions set up by the hiring committee.

The purpose of the non-elective system would be to eliminate what has been termed as "ridiculous" elections where

few students vote.

The ties between the executive and students has not been too apparent over the last few years, as most of the executive were acclaimed at the polls.

According to the originators of the hiring idea, by reducing the number of posts from thirteen to six and hiring personnel for those posts, the council would have a keener and more competent executive.

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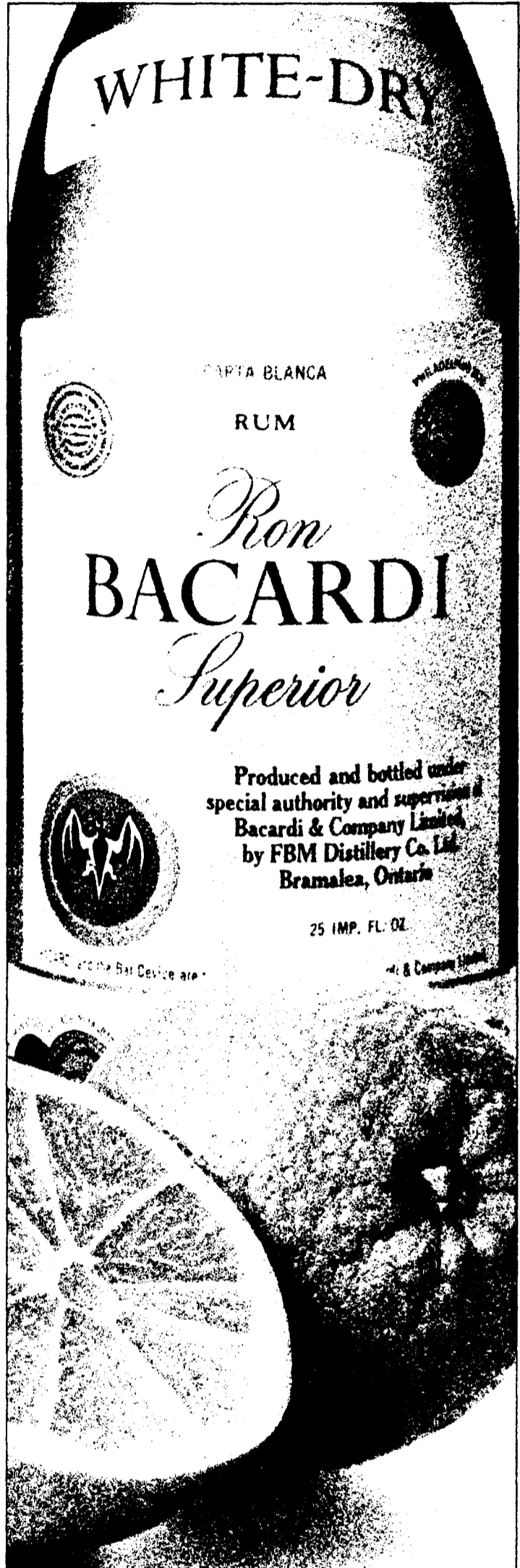
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