

# Life Style

We are only beginning to discover the wide scope of university life. You've all heard the "there's more to university than books" cliché, so I'll spare you. But I don't think everyone is aware of how very much more there is to university.

Besides the politics, administration, sports, issues, and arts, there's the people. How they live, what they do, and who they are all make for topics of general interest, but do not always fall under the categories of News, Entertainment, or Sports. So the Gateway has

grown. In this new section we hope to reflect the diversity of this campus and welcome submissions or new ideas. Come in and talk to me — it will be greatly appreciated.

— Sherri R.

## Emma's Bar and Grill

**D** by Emma Sadgrove  
o you find yourself making numerous trips to the grocery store, or digging things up from the depths of the cupboard when you don't have time for shopping?

A little menu planning could save time and ensure good meals at every sitting.

First of all you should already have a good supply of the basics. If you do not have flour, sugar, margarine, eggs, milk, and other commonly used ingredients, make a list of these before reading on.

Plan various meals for the week and make a list of various ingredients. Then, think of other meals that you can make to use up any leftover portions of these ingredients.

Buy meats and cut them into portions for use in different recipes, then wrap each piece well and freeze them.

If you trim any meat, save the scraps in a bag in the freezer for use in soups along with a few soup bones.

A good supply of vegetables is essential. You can add various vegetables to casseroles and soups or cook them individually to accompany a dish. They are also good for making salads to add to any meal.

Cheese is also a useful item to keep in good supply. Sliced, it makes a nice addition

or finish to a meal, or a snack at any time. You can also use cheese to make a souffle, a sauce to enhance a dish, or even a quiche along with various vegetables.

Think of creative ways to make leftovers. Add an extra ingredient or two to change the dish or to pad out insubstantial portions. Some leftovers such as casseroles are good when baked in a piecrust to make a savoury pie.

When you have rice any extras can be refrigerated and used for fried rice.

Find ways to use items which are past their prime but still edible. For example, stale bread (but not moldy!) can be used for bread pudding and very ripe bananas are good for banana loaf or muffins.

When planning menus, think of some meals which center around one main dish and others which combine smaller dishes. A light dish can be served with soup or a salad, or perhaps with fruit and cheese. Work inexpensive and nutritious desserts into your menu planning also.

As well as saving time, a good menu plan can focus on providing nutritious and well-balanced meals. Best of all, it can help to cut your food costs.

Buy a medium sized piece of an inexpensive cut of beef. Cut in half and freeze one

half. Cut a one-inch slice off the edge of the other half and store this piece in the refrigerator. Use the remaining piece in this recipe.

### Stir Fry Beef and Vegetables

thinly sliced strips of beef  
assorted vegetables thinly sliced (use mushrooms, leeks, onion, green pepper, and anything else you like)

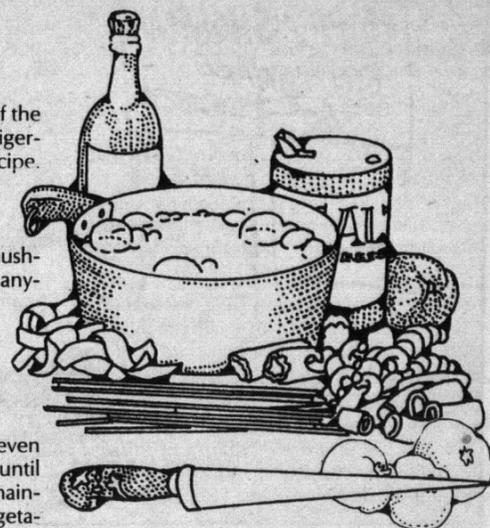
bean sprouts  
1 heaping tbsp cornstarch  
2 tbsp ketchup  
½ cup water  
soya sauce to taste

Fry meat in hot oil in a frying pan or, even better, a wok. Add vegetables and fry until cooked. Make a sauce by combining remaining ingredients, pour into meat and vegetables and stir until thickened. Add more water to this if desired. Serve over rice. Make more rice than necessary.

Use the small slice of beef to make **Beef Fried Rice** the next day.

very thinly sliced pieces of beef  
onions, mushrooms, sliced  
leftover cooked rice  
1 egg  
soya sauce

Fry meat in oil, add vegetables and fry until



cooked. Add rice and fry, while stirring, for about 10 minutes. Beat egg well, pour over rice and cook, stirring continually, for about a minute. Add soya sauce to taste and serve.

Use the last piece of meat later in the week to make a beef stew, or perhaps Hungarian Goulash (recipes from previous columns for those of you who collect).

For anybody else, the cookbook is in the works.

## WHAT U WEAR

**W** by Jerome Ryckborst  
hat's the most important thing you wear? You can bet your buns it's your hair! This is unfortunate in some respects. You can change

your clothes or your shoes, but changing hair is more difficult, and more of a risk to your appearance. In studies relating first impression and looks, the attractiveness of the head has the greatest impact.

Concern with appearance may seem superficial. It is. Everyone agrees that looks shouldn't matter. But what people say and what people do... The bottom line is that beautiful people receive more favourable ratings of their work, their skills and abilities, their personality traits, their expected professional happiness, and their sociability. In addition, while clothing has been shown to

make a difference in hiring recommendations, there's a catch.

Research on impression formation is typically conducted by changing several outfits on only one model. Other studies which change both the faces and the dress show that cute faces get better hiring recommendations, regardless of what they wear. The 'dress for success' idea may work for one individual, but when all your competition does the same, the better looking face wins.

The next obvious question is 'What can I do about my face?' Suddenly hair becomes very important since it compliments your facial features.

Your hair is with you always. Each day you get up, and there it is! What should you do with it? Most people aren't sure what type of hair would look best on them, but they do know what looks worse. Around Edmonton there are some hair stylists who give good advice. Unfortunately, these are the places that charge an arm and a leg.

Stop and think about it. Will you spend \$40 on a pair of jeans that you like? You wouldn't wear them everyday, but you'd get a \$6 haircut and wear that everyday. Of course you get what you pay for. When you pay for time, experience, atmosphere, and a professional evaluation, then that is what you get.

I talked to some stylists in town. The most interesting comment: people have been convinced that hair must be healthy.

Hair is dead. What we consider to be beautiful hair has been bleached, teased, and sprayed in place. But that's okay, because it looks good. The trick is to find a stylist who'll help you do two things: look terrific, and stay that way.

According to Ross at SWIZZLE STICKS, hair products have gradually been improving over the last eight years. New perms and dyes are buffered or 'pH balanced' so the damage is minimized. Hair can now be dyed using a cellular stain similar to what biology

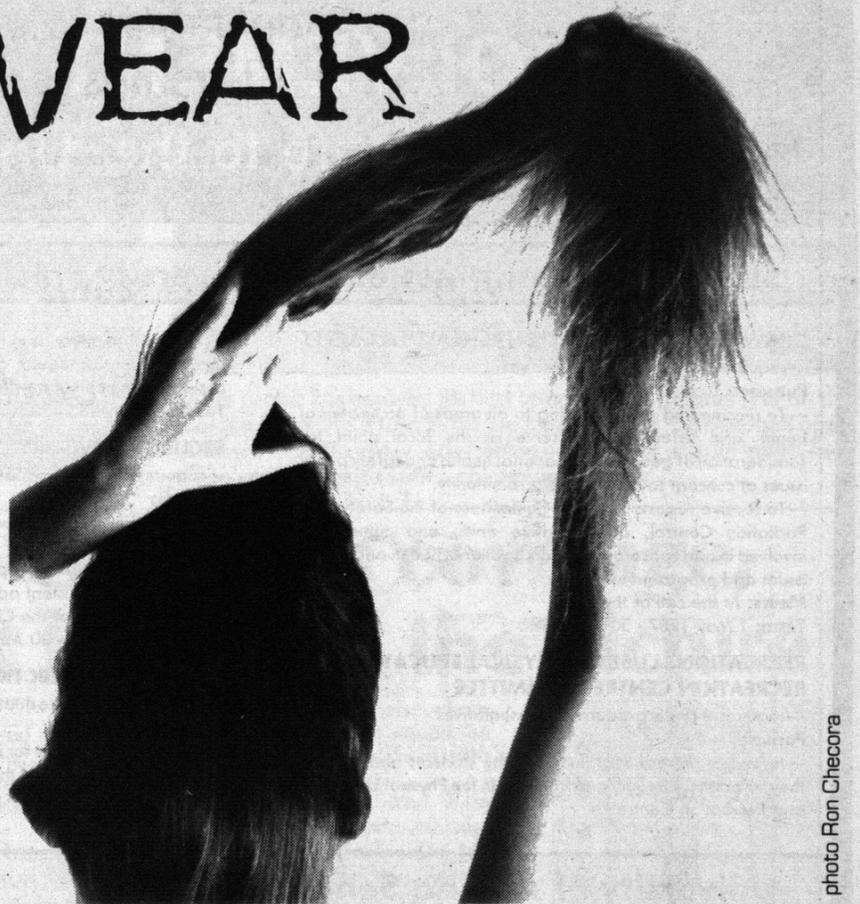


photo Ron Checora

students use to prepare microscope slides. And SWIZZLE STICKS has sent new products to the university campus to be analyzed. These people want to know what they are doing to your hair.

If you want to do-it-yourself, there is good news. You can now dye your hair for one day only or permanently. There is a range of mousses, gels, and dyes which come complete with gloves and instructions, and it really is easy. Commercial products don't have the same quality that salon products do. You also can't buy unusual dyes (green or

blue) in a drugstore.

FIELDS AND CORNHOUSE OF LONDON can help you. They'll sell you any colour of dye to take home, or do it for you. If these people don't have it, nobody will — at least not for over-the-counter sales.

Your creative juices might be dampened by the inevitable search for employment which summer brings, but at least you can have fun with temporary hair products. Wave it, spike it, or dye it. Now you can be a glamour girl or a weekend punk and still look professional at work.

Thursday, March 12, 1987

