

'Bridgehead' brew makes life better

Many people in Halton Hills regularly enjoy a unique brand of coffee and tea that can't be bought in stores. While drinking, they are helping make life better for people in Third World countries.

"Bridgehead" tea and coffee is sold through several local churches, and is a delicious way for people to practise "being their brother's keeper" even if they are not experts on the issues of world development.

"It's excellent," says Nora Lipp, who buys it at St. John's United Church. "We serve it after church every Sunday," says Patricia Stuart-Hagge of St. George's Anglican Church, "and everyone enjoys it."

Holy Cross Church promotes Bridgehead products at bazaars and special events, and Trinity Church in Acton sells it regularly. It was a popular item last weekend at a program sponsored by the local "Ten Days for World Development" committee, which strongly endorses these products.

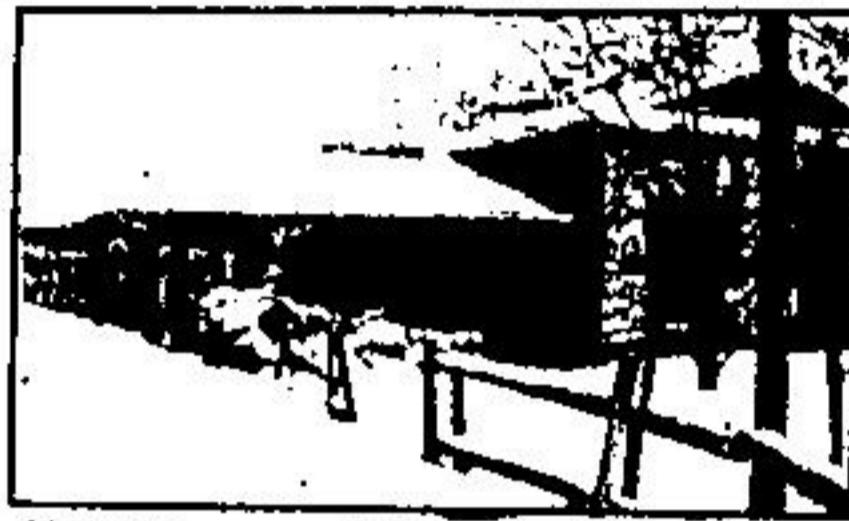
Bridgehead Trading is run by a small, not-for-profit group in Toronto who import tea and coffee products directly from the people who grow them in Nicaragua, Sri Lanka, and Tanzania. "We believe that the best way we can help Third World agricultural workers is to develop strong markets for their products in North America," say the founders. "When we started in 1981, we laughingly imagined selling \$70,000 in our first year." Instead, they sold \$120,000 worth in 1982, and well over \$200,000 worth in 1983.

Bridgehead products sell across Canada now, mainly through churches, and profits from sales are sent back for development

projects in the producing areas. This makes a big difference to the men, women and children in those countries, who originally would work long days at very low wages for the large, multi-national coffee companies.

Bridgehead is available in filter, percolator, or instant coffee, and loose or bagged tea, at prices comparable to or lower than retail products. Like to try some? Call 877-1994.

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RECIPE OF THE WEEK

BEEFSTEAK BUNDLES

With onion-flavored rice
Bakes in foil, no watching

1. Have ready four 18 x 12-inch pieces heavy aluminum foil, 3 cups cooked Rice (cook 1 cup converted long grain rice or 5-oz. pkg. pre-cooked rice), 1 pkg. Dried Onion Soup Mix, 1 lb. Round Steak, 1/2 inch thick, cut into 3 x 1-inch strips, 1/2 cup Evaporated Milk and teasp. Butter or Margarine.
2. Put 1/2 cup rice in center of each piece of foil. Sprinkle 1 tablespoon onion soup mix over each. Put steak on rice. On each - pour 2 tablespoons Milk, sprinkle 1 tablespoon onion soup mix, place 1 teaspoon butter.
3. Bring together short sides of each piece of foil; fold under twice. Fold up ends to seal tightly. Bake on cookie sheet in 350 oven (moderate) 1 hour. Serve in foil packages.

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