

22 **Ruffin's holding Adopt Plush Puppy Campaign in May**

Throughout the month of May, Ruffin's stores across Ontario including the one in Georgetown will be selling the Adopt Plush Puppy toy to help raise money for local animal shelters/charities. Adopt toys will be sold for \$5 per toy and all of the proceeds from the sale will benefit local pet shelters to help find pets new homes. These plush toys are seven inches



and wear either a blue or white t-shirt with Adopt written on it as a reminder of the pets being helped from your purchase. These toys are soft and cuddly, with a squeaker inside for hours of enjoyment. Ruffins will donate the proceeds to Cats Anonymous and Upper Credit Humane Society. Ruffins is located at 140 Guelph St. Visit <http://www.ruffinspet.com> for store information and locations.



The IFP- Halton Hills • Thursday, May 24, 2012



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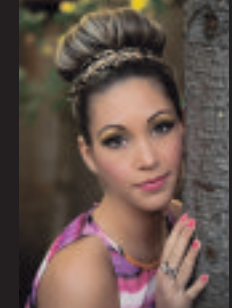
Acton's Got Talent

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Big Bad Wolf on trial at M-SB

Demanding a little order in the court, Hogney Dangerfield (Josiah Chang), Propriety Pig (Leah Holms), Prudence Pig (Taleish Stec-Marksman) and Patience Pig (Raychel Thornhill) were the wronged parties in *The Trial of the Big Bad Wolf*, which played at McKenzie-Smith Bennett School recently. Left: Hypochondriac Judge Malady (Ashley Houlston) kept Bailiff (Ken Byers) hopping as she produced all the medications she was taking for her various problems.
Photo by Ted Brown



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What's Cookin': Tabbouleh is great as a side dish or as a main meal

Today's tabbouleh salad recipe comes from my good friend and wonderful cook, Angela Dadd. Traditionally, tabbouleh salad is made with bulgur wheat, however, I like Angela's version with the couscous better—sometimes I even use some of each.

Mom served this for Easter lunch—with a scoop of the tabbouleh sitting on top of a nice ripe slice of tomato and a piece of Boston lettuce. For this version though, mom opted to skip the feta cheese, as there was cheese in other parts of the meal and she didn't want to overkill in the dairy dept.!

Tabbouleh is an excellent side dish, but also great served as a main dish on a warm pita bread with some tatziki sauce drizzled over top. And for those of

Lori Gysel & Gerry Kentner



you that are meat eaters, adding some souvlaki on that pita as well is a really delicious meal.

If you want to mix things up a bit, then try adding some cooked chick peas, black beans or roasted corn to the recipe. Tabbouleh is great hot or cold and is yummy served in an avocado half or used to stuff a whole tomato.

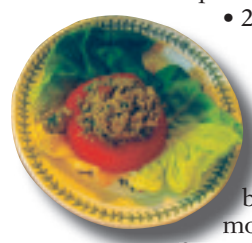
Have fun and keep cooking!
Email questions and comments to Lori and Gerry at whatscooking@theifp.ca

Tabbouleh Greek Style

Ingredients

- 3 cups couscous
- 3 cups chicken or vegetable stock
- 1/2 cup chopped red onion
- 1 cup chopped cucumber
- 1 1/2 cup chopped tomato
- 4 green onions, chopped
- 1/2 cup pitted black olives or colossal green, chopped
- 4 oz feta cheese

- 8 tbsp oil
- 1 tsp chopped garlic
- 2 tbsp dried basil
- 2 tbsp dried oregano
- salt, pepper to taste



Method

Boil stock. While at a boil, stir in couscous, remove from heat and let stand for 5 minutes. Fluff with a fork and cool.

Dressing

- 1/2 cup chopped parsley
- 1/2 cup fresh mint, chopped
- 8 tbsp lemon juice

Add in onions, cucumber, diced tomato, green onions, olives and feta cheese. Mix well. Add dressing, mix well.

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