

From the kitchens of Weight Watchers

B RAISED VEGETABLES WITH COUSCOUS

MAKES 2 SERVINGS

- 2 teaspoons vegetable oil
- 1 cup sliced onions
- 1/2 cup sliced carrot
- 1/2 cup sliced celery
- 1/2 cup sliced zucchini
- 1/2 pound rinsed drained canned chick-peas

- 1 tablespoon dried currants
- 1 packet instant vegetable broth and seasoning mix
- 1/4 teaspoon paprika
- 1/4 teaspoon ground cumin
- Dash pepper
- 2 ounces uncooked couscous (dry precooked semolina)

1. In three-quart saucepan heat oil; add onions, carrot, celery, and zucchini and cook over high heat, stirring frequently, until onions are lightly browned, about three minutes.
2. Add 1 3/4 cups water, the chick-peas, currants, broth mix, paprika, cumin, and pepper. Reduce heat to low, cover, and let simmer until carrot is tender, about 10 minutes.
3. Remove 1/2 cup of broth from chick-pea mixture and pour into small saucepan. Cook broth over high heat until mixture comes to a boil stir in couscous. Cover saucepan and remove from heat, Let stand for five minutes.

To serve, on serving platter arrange couscous; top with chick-pea mixture.

EACH SERVING PROVIDES: 1 FAT; 2 PROTEINS; 2 1/2 VEGETABLES; 1 BREAD; 1/4 FRUIT; 5 OPTIONAL CALORIES

PER SERVING: 353 CALORIES; 13 g PROTEIN; 8 g FAT; 57 g CARBOHYDRATE; 97 mg CALCIUM; 649 mg SODIUM; 0 mg CHOLESTEROL; 8 g DIETARY FIBER (THIS FIGURE DOES NOT INCLUDE COUSCOUS; NUTRITION ANALYSIS NOT AVAILABLE).

Recipe from "Healthy Life-Style Cookbook", ©1992 Weight Watchers International, Inc.

Return to basics. For information on a meeting location near you, call 1-800-387-8227.

Halton Hills This Week
873-2254

You Were Asking:



With Don Hearn* **ARTHUR F. JOHNSON & ASSOCIATES LTD., REALTOR**

Is home restoration right for you?

Q My husband and I prefer the quality of pre-drywall or plaster homes. With so much new construction in our area, are older homes a good investment?

A Almost every home is a good investment. In fact, purchasers of older homes have many advantages in the marketplace. Older neighborhoods often have larger, mature lots with room for expansion of the existing home. Expansion and renovation can give you all the amenities of the newer home while maintaining the character of an older home.

Some neighborhoods are ripe for re-vitalization. All you need is a creative outlook. When you look at an older, run-down house, what do you see? Do you see the paint peeling or can you picture a family room at the side or rear? Do you see the sagging roof, or can you imagine an alcove with bay windows on the second floor? Are you deterred by the outdated decor, or do you appreciate the craftsmanship hidden behind layers of old paint? If you see the positive side, you could be a good candi-

date for home restoration. Buying an older home to restore may be more affordable than other properties. Consult a REALTOR who is familiar with the area and who understands market trends. With vision and professional guidance, you could be on your way to restoring your own home.

Before you buy the particular property you have selected, it is time to determine the amount of restoration needed. Hire a contractor to inspect the basic systems to make sure you understand the costs involved. Remember, restoration is a time-consuming process. Your objective should be to hold down costs without sacrificing a quality finished product. Try to arrange for low down payment on the home so that all your money will not be tied up in the purchase price; leave some for restoration work.

An old home in need of restoration can be the beginning of a great adventure. With "sweat equity" and a little luck, your dream home can be realized at an affordable price and with a great deal of satisfaction and personal pride.

For more information on this series of articles or help with your own real estate needs, please call Don Hearn Sales Rep at the office 877-5165 or at home 853-4244.*



Municipal Trust on Main St., in Georgetown held a recent raffle with all proceeds going to Love in Christ Foodbank. Dr. Gabor Madarasz (left) received the cheque from Municipal's Assistant manager Jane Maiss as (from left) Milred Symons, Kathryn Dancey and Meredith Hamp look on.

Community Calendar

Does your non-profit community organization have an upcoming meeting or event, or do you want to raise your organization's profile, then Community Calendar can work for you. Drop by Halton Hills This Week at 232 Guelph St., Georgetown or fax us at 873-3918 with all the information about your event. Remember to include your organization's contact person's name and telephone number. Items will be run free of charge for as long as is appropriate.

Fall Bazaar

October 31 — Knox Presbyterian Church, Acton, will be the scene of a Fall Bazaar from 10 a.m. to 2 p.m. October 31 (today). A lunch of homemade soup and sandwich, pie and tea or coffee will be available. A quilt draw will be held, crafts, baking and other goodies will be sold.

Authors night

November 3 — On November 3, The Canadian Federation of University Women — Georgetown, invites the public to an authors night at Harrison Public School Library. Featured authors include Mary Rubio, co-editor of "The Selected Journals of L.M. Montgomery", David Taylor, internationally pub-

lished wildlife photographer and author and Jill Metcalf, newly published romance novelist.

This program is subsidized by the Writers Union of Canada. The program will begin at 7:45 p.m. for more information call 873-4065.

Craft sale

Nov. 7 — The Optimrs will be holding a Craft and Bake Sale Nov. 7 from 10 a.m. to 4 p.m. at the Optimist Hall on Highway 7 just north of Georgetown. As well as free admission and coffee the event will feature a penny sale.

Turkey supper

November 7 — The Ballinafad United Church turkey supper will be held Nov. 7. There will be three sittings: 5 p.m., 6:15 p.m. and 7:30 p.m. For tickets call Alma Sinclair 877-6050, Eileen McEnery 877-3721 or Helen Brown 833-2649.

Christmas Bazaar

November 7 — Knox Presbyterian Church will be holding a Christmas Bazaar between 10:30 a.m. and 1:30 p.m. November 7.

The church is located on Main St. Georgetown and the bazaar will feature cookie trays, gifts, home baking, crafts and a quilt draw at 1 p.m.

Roast beef dinner

Nov. 8 — The Georgetown and District Seniors' Association will be hosting a Family Roast Beef Dinner at 6 p.m. November 8. The dinner will be held at the Holy Cross Church Parish Hall, Maple Ave. Georgetown. For tickets and information call 877-3235 or 877-9714.

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