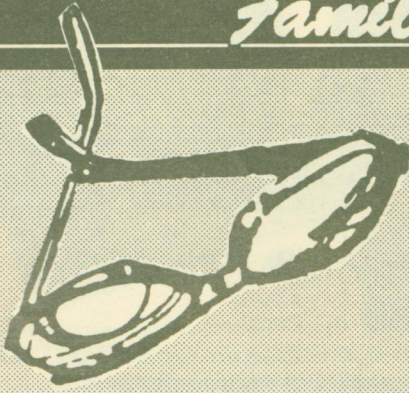


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A group of Fourth Georgetown scouts and their leader were invested at a recent ceremony at St. Andrews United Church. The group (front row, left to right) Trevor McBain, John Aubin, Danny Cookson, A.S., M. Peter Drake, Chad Clarke and Evan LAcKey. (Back Row) John Rothwell, Deputy District Commissioner Steve Thompson and Barb Rothwell enjoyed the impressive ceremony. Photo submit-

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From the kitchens of Weight Watchers

HOT AND SPICY TOFU WITH PASTA

MAKES 2 SERVINGS

<p>1 3/4 teaspoons peanut or vegetable oil</p> <p>1/2 cup each red bell pepper strips and sliced onion or scallions (green onions)</p> <p>1 small garlic clove, minced</p> <p>1/2 cup canned ready-to-serve low-sodium chicken broth</p> <p>2 tablespoons reduced-sodium soy sauce</p>	<p>1 tablespoon dry sherry</p> <p>1 teaspoon cornstarch</p> <p>1/4 teaspoon hot chili oil</p> <p>1/2 pound firm-style tofu, cut into 1-inch cubes</p> <p>1 cup cooked Japanese buckwheat pasta (soba) or thin egg noodles (hot)</p> <p>1 tablespoon finely chopped cilantro (Chinese parsley) or Italian (flat-leaf) parsley</p>
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We recommend you prepare this dish using Japanese buckwheat pasta, known as soba. Look for it in your supermarket or in an Oriental specialty store. Thin egg noodles can be used as an alternative.

- In 9-inch nonstick skillet heat peanut oil; add pepper, onion, and garlic and cook over medium-high heat, stirring occasionally, until tender-crisp, about 3 minutes.
- In 1-cup liquid measure combine broth, soy sauce, sherry, cornstarch, and chili oil, stirring to dissolve cornstarch. Stir into vegetable mixture and cook, stirring constantly, until mixture comes to a boil. Reduce heat to low; add tofu, stir to combine and cook until heated through, about 2 minutes.
- To serve, on serving platter arrange pasta, top with vegetable-tofu mixture, and sprinkle with cilantro.

Each serving provides: 1 Fat; 2 Proteins; 1 Vegetable; 1 Bread; 20 Optional Calories. Per serving with pasta: 331 calories; 23 g protein; 15 g fat; 29 g carbohydrate; 258 mg calcium; 800 mg sodium; 0 mg cholesterol; 1 g dietary fiber (this figure does not include tofu and pasta; nutrition analyses not available)
 With noodles: 366 calories; 24 g. protein; 16 g fat; 33 g carbohydrate; 260 mg calcium; 637 mg sodium; 26 mg cholesterol; 3 g dietary fiber (this figure does not include tofu; 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.

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.

Craft sale
 Nov. 7 — The Optimists will be holding a Craft and Bake Sale Nov. 7 (today) 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.

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 (today).

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 tick-

ets and information call 877-3235 or 877-9714.

First Aid courses
 November 9 — St. John Ambulance is offering Standard First Aid and CPR courses on the following dates. Standard First Aid: November 9, 11, 16, 18 from 6:30 p.m. to 9:30 p.m. CPR: November 21, 22 from 9 a.m. to 4 p.m. For more information please call Yvon Essiembre 853-4889, David Burke 877-1045, Carol Merten 873-1425.

Music meeting
 Nov. 10 — The Halton Hills Music Teachers' Association's next meeting will be held Nov. 10, 1 p.m. at St. George's Anglican Church, Georgetown. We will discuss the Spring Festival and Concert. All music teachers are encouraged to participate.

Parent-Aid
 Nov. 11 — Parent-Aid meets every second Wednesday of the month at 7:30 p.m. at Acton High School, teachers lounge. The next

meeting is Nov. 11. Everyone is welcome.

It is always open to discussion and offers support and stimulating conversation on how to deal with concerns when parenting teens.

At this upcoming meeting Harvey Lemon, school social worker will offer ideas on "how to communicate to your teen."

Amnesty meeting
 Nov. 11— Amnesty International Group 196 of Halton Hills welcomes everyone to the next meeting on Nov. 11 at 7:30 p.m. at St. Francis School, Duncan Dr. Georgetown. Special guest will be Garth Turner MP.

Newcomers welcome at 7 p.m. Christmas cards will be available for sale at the meeting or by calling 873-0633.

Historical Society meeting
 Nov. 11 — The Esquesing Historical Society will meet at the Knox Presbyterian Church, Acton, 7:30 p.m. Nov. 11.

Mac Sprowl, the last sheriff of Halton County will be the speaker. He is a well known farmer and local historian. All are welcome.

Harvest Moon Hoedown
 Nov. 14 -- Pine Valley Squares present a Harvest Moon Hoedown and Pie Dance from 8 to 10:30 p.m. Nov. 14 at St Andrew's United Church, 89 Mountainview Rd. Georgetown.

For more information call Gord and Cathy Hunt at 877-6264.

Gingerbread Frolic
 Nov. 14 — St. George's Anglican Church on Guelph Line north of Lowville will be hosting a Gingerbread Frolic from 10 a.m. to 3 p.m. Nov. 14.

The show will feature 22 craft tables, Christmas ornaments pies, tarts, preserves and much more.

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