

From the kitchens of Weight Watchers

POT ROAST

- | | |
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| 15 ounces (450g) boneless chuck steak | 1 bay leaf |
| 2 teaspoons (10ml) vegetable oil | 1 cup (250ml) mixed vegetable juice |
| 1 teaspoon (5ml) firmly packed light brown sugar | 1 packet instant onion broth and seasoning mix |
| 1/2 teaspoon (2ml) thyme leaves | 6 medium carrots, cut into 2-inch (8cm) pieces |
| 1/2 teaspoon (2ml) salt | 2 cups (500ml) small white onions |
| 1/4 teaspoon (1ml) pepper | 1 tablespoon (15ml) cornstarch |

- On rack in broiling pan broil steak, turning once until well browned but rare, 3 to 4 minutes on each side.
- In Dutch oven, heat oil. Add steak and cook over medium-high heat, until thoroughly browned on both sides, 4 to 5 minutes. Add sugar, thyme, salt, pepper, and bay leaf. Add mixed vegetable juice, 1/2 cup (125ml) water, and broth mix; bring to a boil. Reduce heat to low; cover and simmer 1 hour. Add carrots and onions; cover and simmer 45 minutes to 1 hour until meat is tender. Transfer meat (reserve liquid) to carving board and vegetables to a bowl; keep warm.
- Bring reserved liquid in Dutch oven to a boil. In small bowl mix cornstarch with 2 tablespoons (30ml) water; stir into boiling liquid. Cook, stirring constantly, until liquid thickens slightly. Remove and discard bay leaf before serving.
- Slice meat and arrange on serving platter with gravy and vegetables.

Makes 4 servings
Each serving provides: 1/2 Fat; 3 Proteins; 4 1/2 Vegetables; 15 Optional Calories

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Vaudeville show promises si

By Wendy Long

Chances are, you need a good, belly-jiggling-oh-I-can't-stand-it-hee-hee-tee-hee laugh right about now to ward off the winter blahs, blues and bla-yucks.

The Spectacular New Age Vaudeville Show will give you every reason to chuckle next month, Valentine weekend, at the John Elliott Theatre in Georgetown. A double bonus is that the net proceeds from the show go to the Georgetown unit of the Canadian Cancer Society.

The humble stars are zany musicians Edgar Thatcher and Victor Hanson, aka Men Without Hairs. The pair masterminded the show in late 1990.

For Thatcher, the creation of the vaudeville show was partially a reaction to a personal and painful event in his own life -- the death of his mother to cancer.

"I was having a really hard time trying to help her deal with what she had," Thatcher said quietly. "No one teaches you how to deal with someone who's dying or has cancer. The medical profession doesn't say anything about that. What do you do when their hair falls out and they want a wig? How do you help them cope? ...But I would never trade the time I spent being with Mom while she was dying for anything."

Mrs. Thatcher battled courageously for a year and a half before her death in the fall of 1990. Thatcher and Hanson jolted the Spectacular New Age Vaudeville show to life only six months later, in February 1991, as a fundraiser for the Cancer Society.

"Research is an expensive thing," said Thatcher. "I wanted to do something for the Cancer Society. I was interested in patient services - the human side of it. We thought, what can we do that will be human based, affect humans and entertain them - by people for people. That's when the vaudeville show started to emerge

in our minds."

Thatcher and Hanson began researching vaudeville and drawing on their creative energies to pull a show together. The pair joined as full-time comedic musicians and partners in late 1988, although they have known each other since birth. Legend has it that Hanson walked his sister and Thatcher to their first day of kindergarten in Toronto.

"There's way too many things in this world that are negative," Thatcher said. "This is a positive one. It's a chance to pull yourself away from your TV and watch performers that have spent years evolving their craft. It's not electronics entertaining you, it's people. And remember that there are less fortunate who can't get up and go see something."

This year's shows feature:

- °Hosts Men Without Hairs, high-tech vaudevillians Victor Hanson and Edgar Thatcher
- °Freddie Wonder - escape artist, juggler and Wonder-man!

- °Dave Bootle - acclaimed singer/songwriter


- °Doug Reansbury - accomplished musical performer

- °Ann Thatcher - lovely stage assistant!

- °Lots of local talented acts that will surprise and entertain you

Performances are Friday, February 12 and Saturday, February 13 at 8 p.m. at the John Elliott Theatre. There is also a children's matinee at 3 p.m. on Saturday. Tickets are \$15 per person, \$8 for the children's matinee.

They are available at Hallmark Cards in the Georgetown Marketplace Mall, Young's Pharmacy in downtown Georgetown or from the Cancer Society office at 164 Guelph Street, 877-1124.




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