

From the kitchens of Weight Watchers

O RANGE-YAM SOUFFLE

- 1-1/2 teaspoons (7 ml) seasoned bread crumbs
- 6 ounces (180g) cooked yams
- 1/3 cup (75 ml) plus 2 teaspoons (10 ml) canned ready-to-serve low-sodium chicken broth
- 1/8 teaspoon (0.5 ml) salt
- Dash ground nutmeg
- 2 teaspoons (10 ml) diet margarine (tub)
- 1/2 cup (125 ml) sliced thoroughly washed leeks (white portions only)
- 3/4 ounce (23g) Jarlsberg cheese, shredded
- 2 teaspoons (10 ml) grated orange peel
- 3 egg whites, at room temperature

1. Preheat oven to 350° F (180°C). Spray a 2-cup (500-ml) soufflé dish with non-stick cooking spray; sprinkle bread crumbs evenly over bottom and halfway up sides of dish.
2. In food processor or blender, combine yams, broth, salt and nutmeg and process until pureed (scraping down sides of container as necessary). Transfer mixture to large bowl and set aside.
3. In small non-stick skillet, melt margarine; add leeks and cook, stirring frequently until tender, about 3 to 4 minutes. Add leeks, cheese, and orange peel to yam mixture; stir to combine.
4. In medium mixing bowl, using mixer on high speed, beat egg whites until peaks are stiff but not dry, about 3 minutes. Using rubber scraper, fold whites into yam mixture until thoroughly combined.
5. Transfer mixture to prepared dish. Bake in middle of centre oven rack, until soufflé is slightly puffed and browned, about 20 minutes.

Makes 4 servings
 Each serving provides: 1/4 Fat; 1/2 Protein; 1/4 Vegetable; 1/2 Bread;
 5 Optional Calories

Recipe adapted from Simply Light Cooking From the Kitchens of Weight Watchers, by Weight Watchers International, Inc. © 1991, owner of registered trademark. All rights reserved. Reprinted with arrangement with New American Library, a division of Penguin Books USA, Inc.

HALF PRICE SALE Save \$16. Expires Jan 30, 1993
 For more information or to attend a meeting near you,
 call 1-800-387-8227

Police curious about odd phone calls

Halton Regional Police are reminding Halton Hills residence not to give out information about home security over the telephone.

According to Detective Sergeant Mike Kingston, police have received several inquiries about companies "soliciting business for home protection or security."

The head of Criminal Investigations in Halton Hills said the inquiries have been about a company phoning homes at random and asking about "the security of the house" — whether there is an alarm system, dog, insecure windows.

In another case an unknown female from an unknown company has been calling local phone numbers by sequence and asking homeowners to leave their name, address and phone number, "after the beep," if "they're concerned about incidents in their area."

Kingston said the "sales pitch" being used "leads the homeowner to believe the company is in some way connected with Neighborhood Watch."

Police are cautioning residents not to comply with the request and are especially concerned about seniors who might respond to the message.

"Before anyone acts on these calls or gives out any information they should check with police or Neighborhood Watch to make sure the company is legitimate," Kingston said.

He added that police are following up on complaints about the calls. Anyone wanting to report receipt of such a phone call or concerned about the issue can call the Crime Prevention Office, Halton Regional Police Service, 11 Division, Georgetown, at 878-5511, Ext. 2120.



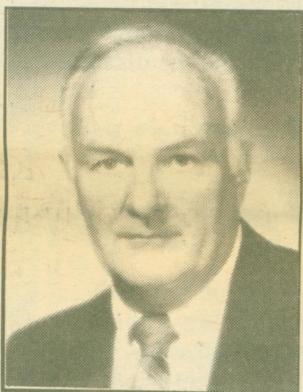
Minor injuries resulted from Thursday morning's traffic accident at the corner of Guelph Street and Mountainview Road. A car turning south onto Mountainview from Guelph was rear-ended by another vehicle. The driver of the car that rammed the rear bumper of the other vehicle was charged with careless driving. Halton Regional Police and Halton Hills Ambulance Service responded.

Photo by Dianne Cornish

Call Your Neighbourhood Specialist

ED WOOD

Associate Broker



I have more properties available- call me to view

Renting?

Consider these 5 Reasons For Home Ownership Today.

1. Price... Home Prices are Definitely Down.
2. Selection... Great Choice on Market Today.
3. Interest Rates... Still Very Attractive
4. Downpayments... As Low as 5%.
5. R.R.S.P... Use of 'Til Mar./94.

Question... Why Rent when it makes sense to own today?

Call me now, for a no obligation consultation.



GEORGETOWN

3 bedroom bungalow with in-law suite. Very clean comfortable home. Good value; vendor transferred. Call now only \$165,000. 92-2-550



3 BDRM. BUNGALOW

May be yours for only \$8,500 down to 1st time purchaser. Call now to investigate the possibilities. 92-2-536



NO MISPRINT

Only \$139,000. Own this large 4 bdrm. home, just \$6,950 down to qualified purchaser. 92-2-522

ARTHUR F. JOHNSON & ASSOCIATES LTD., REALTOR

Call...877-5165
 E.G. (Ed) Wood
 Associate Broker

Child's death being investigated

Halton Regional Police and a Hamilton coroner are investigating the death of a six-month-old Halton Hills child.

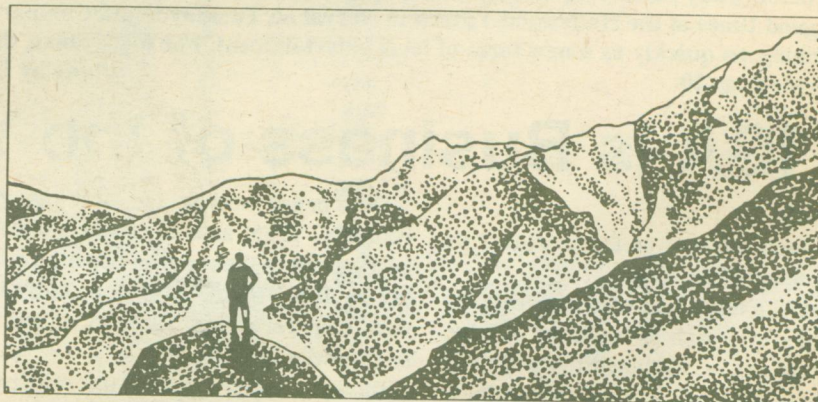
According to police media release, the male child was taken to Georgetown and District Memorial Hospital on Monday.

The child's condition worsened and he was transferred to McMaster Medical Centre in Hamilton where his condition continued to deteriorate. The child died of "unknown causes" on Tuesday, police said.

An autopsy was conducted Wednesday "but a cause of death could not be determined." Police said further forensic testing would be conducted but that it would be "several weeks" until the results were available.

Meanwhile, investigators from One District Criminal Investigation Bureau are assisting the coroner in his investigation "into the circumstance surrounding the death of the child."

HOW DO YOU MANAGE TO REACH YOUR FINANCIAL GOALS?



TRIMARK MUTUAL FUNDS

WE MANAGE TO OUTPERFORM.

TRIMARK FUND			
29%	14.2%	16.2%	15.7%
1 YEAR	3 YEARS	5 YEARS	10 YEARS
PERFORMANCE TO DECEMBER 31, 1992			

All returns, audited by Ernst & Young, Chartered Accountants, are historical annual compounded total rates of return and reflect changes in unit value and distributions reinvested. They do not take into account sales charges or administrative fees payable by unitholders which would have reduced returns. Past performance does not guarantee future results. Your unit value and investment returns will fluctuate. Important information about any mutual fund is contained in its simplified prospectus. Read your prospectus carefully before investing. You can obtain one from:



REGAL CAPITAL PLANNERS LTD.

William T. Hopkins
 20 Black Creek Court
 Georgetown, Ontario
 L7G 4S5 Phone 873-2381

Peter C. Masson
 10 Fagan Drive
 Georgetown, Ontario
 L7G 4P3 Phone 877-7216