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Valentine 2 Day gift to you from

The New Weight Watchers Program

Double Chocolate Brownies

Our easy-to-make brownies pack a double chocolate wallop: cocoa in the batter, chocolate frosting on top. Truly a chocolate-lover's dream

Makes 8 servings, 2 brownies each

2 eggs

2 tablespoons coffee liqueur

2 tablespoons unsweetened cocoa, sifted 1/4 teaspoon each baking soda, baking powder, and salt

1/4 cup granulated sugar

6 tablespoons sifted cake flour

1 ounce semi-sweet chocolate chips 1 ounce chopped walnuts

Preheat oven to 350°F. Spray an 8 x 8-inch cake pan with non-stick cooking spray and set aside. In medium mixing bowl, using electric mixer on high speed, beat eggs until custard-like consistency, about 4 minutes, until doubled in volume. Slowly add sugar, 1 tablespoon at a time, beating well after

each addition. Stir in liqueur. In small bowl, combine remaining ingredients except chocolate chips. Add to egg mixture, stirring and folding just until combined. Pour into cake pan and bake for 20 minutes (until a toothpick, inserted in center, comes out clean). Remove to wire rack and cool in pan.

In small heat-proof measuring cup combine chocolate chips and 1 tablespoon water and melt over low heat, stirring constantly until smooth, about 30 seconds. Spread over cake with spatula. While chocolate is still warm, sprinkle cake with walnuts. Cut into 16 equal brownies.

Each serving provides: 1/4 FA, 1/4 P, 1/4 B, 65 C Variations: Substitute 1 ounce peanut butter chips for the chocolate chips

(For your information, the FA, P, B, C, and FR designations in the recipes refer to fat, protein, bread, calories, and fruit components of the Weight Watchers Meal Plan. Complete nutrition information for these recipes is available upon request.)

Recipe adapted from the New Weight Watchers Program by Weight Watchers International, Inc. 1992 owner of registered trademark. All rights reserved. Reprinted with arrangement with New American Library a division of Penguin Books USA. Inc.

For more information or to attend a meeting 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? 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.

Palette & Pencil open house

Feb. 7 — The Palette & Pencil Club invites the public to meet and visit with the artists on Feb. 7 from 12 to 3 p.m. at the cottage, Cedarvale Park, Georgetown for a social tea.

While serving refreshments Shirley Brambley will demonstrate watercolor painting and Bob Law, his pen and ink sketches of the local area. Members look forward to this time with the public.

Appreciation dinner

Feb. 9 - An appreciation dinner will be held for all volunteers who helped with "Saturday Centre". 7:00 p.m., Optimists Hall, 13369 Trafalgar Rd. For more information call John Fendley 877-6901.

Learn to fly

Feb. 10 — Learn to fly sailplanes (gliders). The Erin Soaring Society has ground school classes every Tuesday evening from Feb. 10 to Apr. 28. For more information call (416) 452-3165 or (416) 853-1787.

Parent-aid

Feb. 10 - "How to Survive as a Parent of Teenagers". A parent information evening in the teachers' lounge at Acton High School, 7:30 p.m. Eric Balkind will share practical advice on how to cope followed by informal group discussion. Guest speaker Denis Walker will speak on alcohol use and abuse. Please join us.

La Leche League meeting Feb. 10 — 7:30 p.m. Mothers

who wish to breastfeed their babies will find encouragement and information at the Acton and Georgetown La Leche League. Nursing babies welcome. The League offers mother-to-mother help at its monthly meetings based on 'The Womanly Art of Breastfeeding'. For more information call 878-4732.

Valentine's Dance

Feb. 13 — Take your sweetheart to a dinner/dance and help stop the Acton dump. This fundraiser will be held starting at 6:30 p.m. Feb. 13. Tickets are \$20 and available through Wastewise, 873-8122.

First aid courses

Feb 15 - St. John Ambulance is offering courses in Standard First Aid on Feb. 15,17,22,24 from 6:30 p.m. to 9:30 p.m. CPR courses will be available Feb. 13, 14 from 9 a.m.

For more information call Yvon Essiembre 853-4889, David Burke 877-1045, Carol Merten 873-1425.

Benefit for literary guild

Feb. 18 - Treat yourself to an evening of entertainment at Georgetown Little Theatre and help the cause of literacy in North Halton at the same time. Georgetown Little Theatre is offering an unusual thriller - Dr. Cook's Garden - on Thursday, Feb. 18 at 8 p.m. at John Elliott Theatre. Tickets are \$12 and are available from Oxbow Books, Office Magic, guild members or by calling 873-2200. You may even win a door prize! Yong's Chinese Restaurant have kindly offered us a donation on certain pre-play meals so why not make it an evening to remember and help the literary cause at the same time.

Dance for Heart

Feb. 27 — Georgetown Golf and Country Club is hosting the Dance for Heart fundraising dance for the Heart and Stroke Foundation. The event takes place from 8 p.m. to 1 a.m. Feb. 27. Tickets are \$20 per person and the price includes a buffet. For more information or tickets contact Work That Body Fitness Programs 232 Guelph St., Georgetown or call 877-0771.

Appeal Spiel

Mar. 13 - Big Brothers of Halton is holding its Fifth Annual Appeal Spiel at the Oakville Curling Club Mar. 13. For more information, to register a team or to find out how to sponsor a team call Big Brothers of Halton at 847-7267 or 876-4756.

Meals-on-wheels

Do you have an hour to spare at lunch time? Georgetown Meals-onwheels needs volunteers to help with the delivery of meals in the Georgetown area. A car is not always necessary. For more information call 873-1378.

A reliable driver is required to pick up meals from the Centennial Manor in Milton. Mileage is paid. Please call 873-1378 for more information.

Seniors Drop-in

Come and join us at the Seniors Drop-in Centre, Glen Williams. Bring a brown bag lunch, tea, coffee, cookies (50¢) from noon to 3 p.m. every Wednesday, St. Albans Parish Hall in the Glen. Varied programs, talks, games, cards, darts and film shows. All are welcome. Further information, Peggy Dallimore 873-7603 (evenings) or Margot Murray 877-9428.

New in Town

The Halton Hills Newcomers' Club is open to women who have resided in Halton Hills less than three years. We are a non-profit, non-denominational social organization formed to welcome new residents and to make their transition into a new neighborhood as smooth as possible. We have a variety of events and activities to include your partner and children. Ladies meet at 8 p.m. on third Wednesday of each month at the Glen Williams Town Hall. Please call Wendy Robins at 877-1573 for more information.

TEAM education

Young mothers under the age of 23 are invited to finish their high school diplomas through the Teen Education and Motherhood Program. On-site childcare is free. For information call 877-1535 or 877-8201. You can begin anytime during the school year.

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