

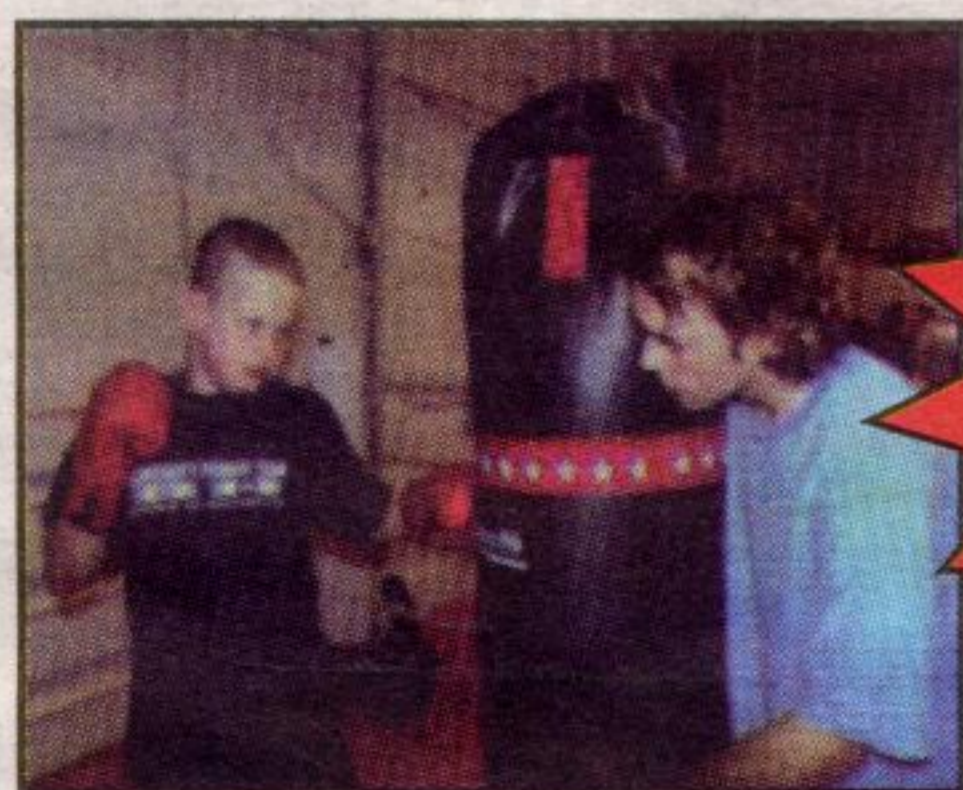


Give your child an extra edge in confidence, self esteem and self protection skills.

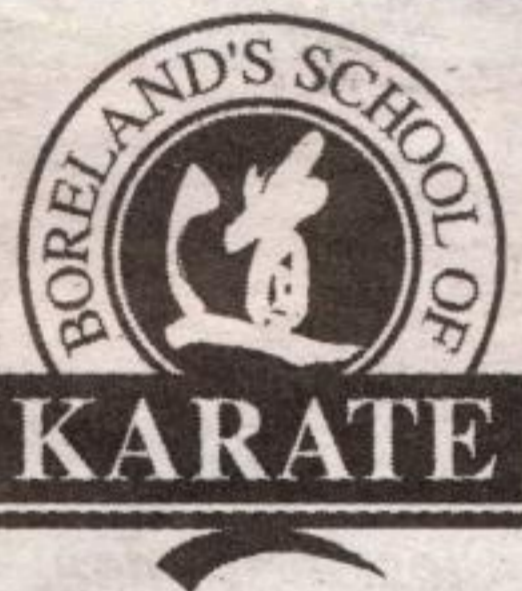
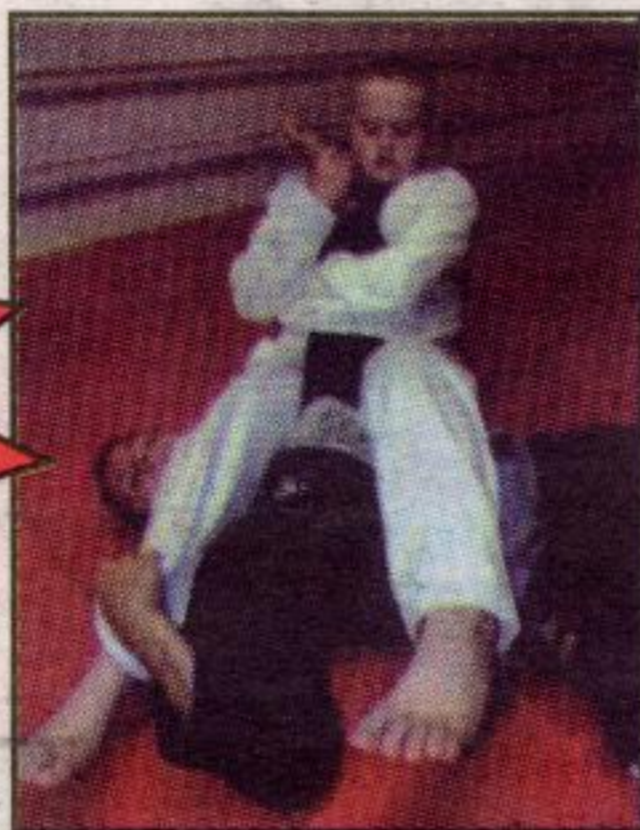
Boreland's Youth and Little Warrior karate programs redirect your child's natural enthusiasm for the Martial Arts. Helping them develop self-esteem, confidence, self discipline, physical and mental growth. Our youth programs offer top-notch instruction in Brazilian Jiu-jitsu and Boxing.

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Happy Halloween Cupcakes

Easy and kid approved

Kids will love helping out in the kitchen with this fun project – decorate these delicious cupcakes together, and then be sure to try one!

Cupcakes

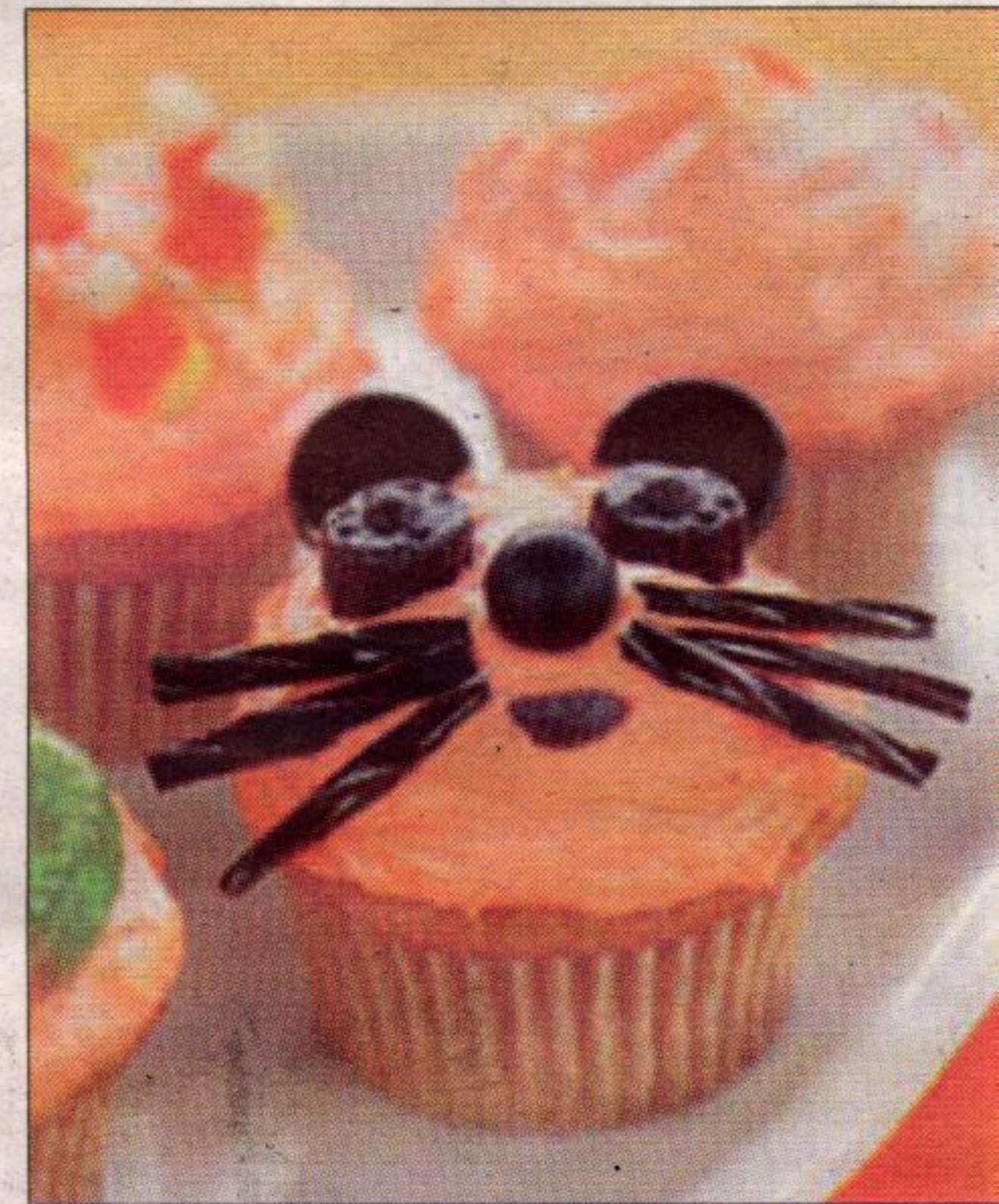
- 2 1/4 cups all purpose flour
- 1 tbsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/2 cup butter, softened
- 1 1/3 cups granulated sugar
- 2 eggs
- 1 cup pumpkin purée
- 3/4 cup milk

Frosting

- 1 container (450g) ready-to-spread vanilla frosting
- Orange food colouring, optional
- Candies to decorate

Cupcakes Method

1. Preheat oven to 375°F. Line muffin cups with muffin papers.
2. Combine first seven ingredients.
3. Cream butter and sugar in large mixer bowl until light and creamy. Add eggs and pumpkin; mix well. Add dry ingredients alternating with milk, mixing lightly after each addition. Spoon into muffin cups.
4. Bake in centre of preheated oven for 20 to 25 minutes or until toothpick



inserted in centre comes out clean. Cool completely before frosting.

Frosting Method

5. Colour the vanilla frosting orange if desired. Spread on top of cupcakes. Decorate attractively with your favourite candies.

Preparation Time: 20 minutes

Baking Time: 25 minutes

Makes: 18 cupcakes

Freezing: excellent

Tip: If orange food colouring isn't available use a combination of red and yellow.

—News Canada

Toronto's Fall Golf Expo & Sale

November 4-6, 2005
International Centre
Entrance 6D, Mississauga

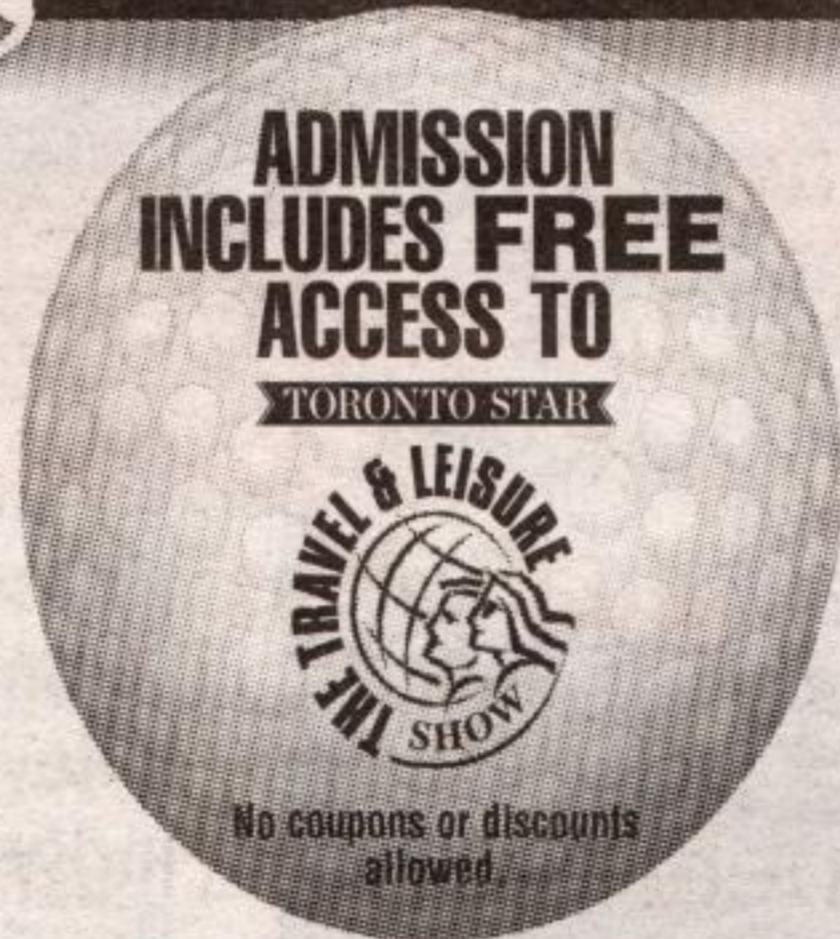
- Great deals on equipment & golf merchandise
- End of season specials
- Exciting winter golf holidays
- 200' driving range hosted by Callaway, Adams, Topflight, Hogan & TNT
- Free PGA lessons on the range
- Free Wind-Shirts to first

15 attendees daily courtesy of **DiMarcoGolf**

- Closest to the pin contest, prizes and much more!
 - Win a fantastic trip for two to Scotland, the home of golf
- Including: - Roundtrip flights from Toronto to Glasgow on Air Canada
 - 6 nights accommodation based on double occupancy
 - 6 rounds of golf
 - Ground transportation

Trip courtesy of Air Canada and Ultimate Golf Vacations. Complete details at the show.

Visit www.torontogolfshow.com



FREE PARKING

FRIDAY, NOV. 410am-8pm
 SATURDAY, NOV. 510am-6pm
 SUNDAY, NOV. 610am-5pm

ADMISSION \$10.00
 Seniors 50+ & youth 13-18 \$7.00
 Kids under 12 free

Sponsored by

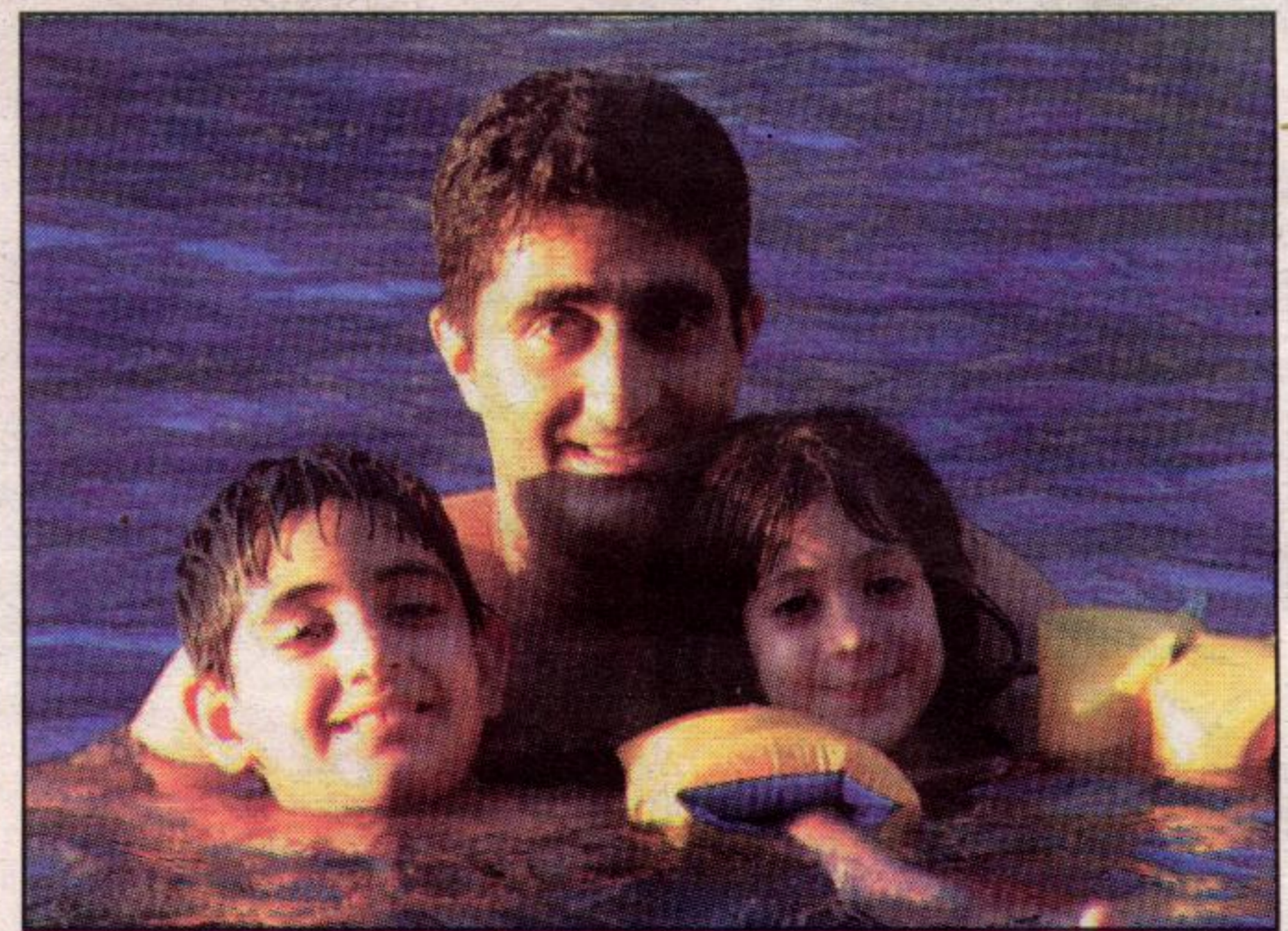


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 Saturday 8:00 am - 3:00 pm



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