

RECIPE FILE

Add broccoli and cauliflower to your grocery shopping list

As summer vacations come to an end and school and jobs go into high gear, the daily pace quickens. This doesn't leave much time for preparing nutritious and appetizing family meals. Adding broccoli to your weekly grocery list simplifies the task.

Bursting with a fresh, crisp taste, this brassica (cabbage family) is packed with vitamins, calcium and soluble fiber. A versatile vegetable, broccoli is often served raw with creamy dips but is memorable in a vinaigrette salad Italian style or partnered with cheese for a hearty entree. It is now in peak season and available through later October.

Prepared in minutes, Eight Treasure Soup demonstrates the versatility of broccoli. It is ideal for family or guests. A simplified Chinese classic, this low calorie soup combines tofu, broccoli and other seasonal vegetables in a savory broth.

Eight Treasure Soup

- 2 cups (500 ml) broccoli florets;
- 6 green onions;
- 1 tbsp (15 ml) vegetable oil;
- 4 cups (1 L) chicken stock;
- 1/2 cup (125 ml) very thinly sliced carrots;
- 1/2 cup (125 ml) fresh corn;
- 1/2 cup (125 ml) snow peas, trimmed;
- 1/2 cup (125 ml) sliced mushrooms;
- 4 tsp (20 ml) soy sauce;
- 1 tofu square (about 3 inches/8 cm) drained and cubed;
- 1/2 cup (125 ml) bean sprouts;

• 1 tbsp (15 ml) sherry (optional);

• Salt and pepper.

Directions: Break broccoli into 3/4-inch (2 cm) florets. Diagonally slice white and pale green parts of onions into 1 1/2-inch (4 cm) lengths. Set aside.

In saucepan, heat oil over high heat; cook broccoli and onions, stirring, for 1 minute or just until broccoli turns bright green. Add stock, carrots, corn, snow peas, mushrooms and soy sauce; bring to simmer. Reduce heat to medium and simmer for 2 to 5 minutes or just until vegetables are tender-crisp. Add cubed tofu, bean sprouts, and sherry (if using); cook for 1 to 2 minutes or just until tofu is heated through. Season with salt and pepper to taste. Makes 4 generous servings.

Preparation time: 15 minutes.

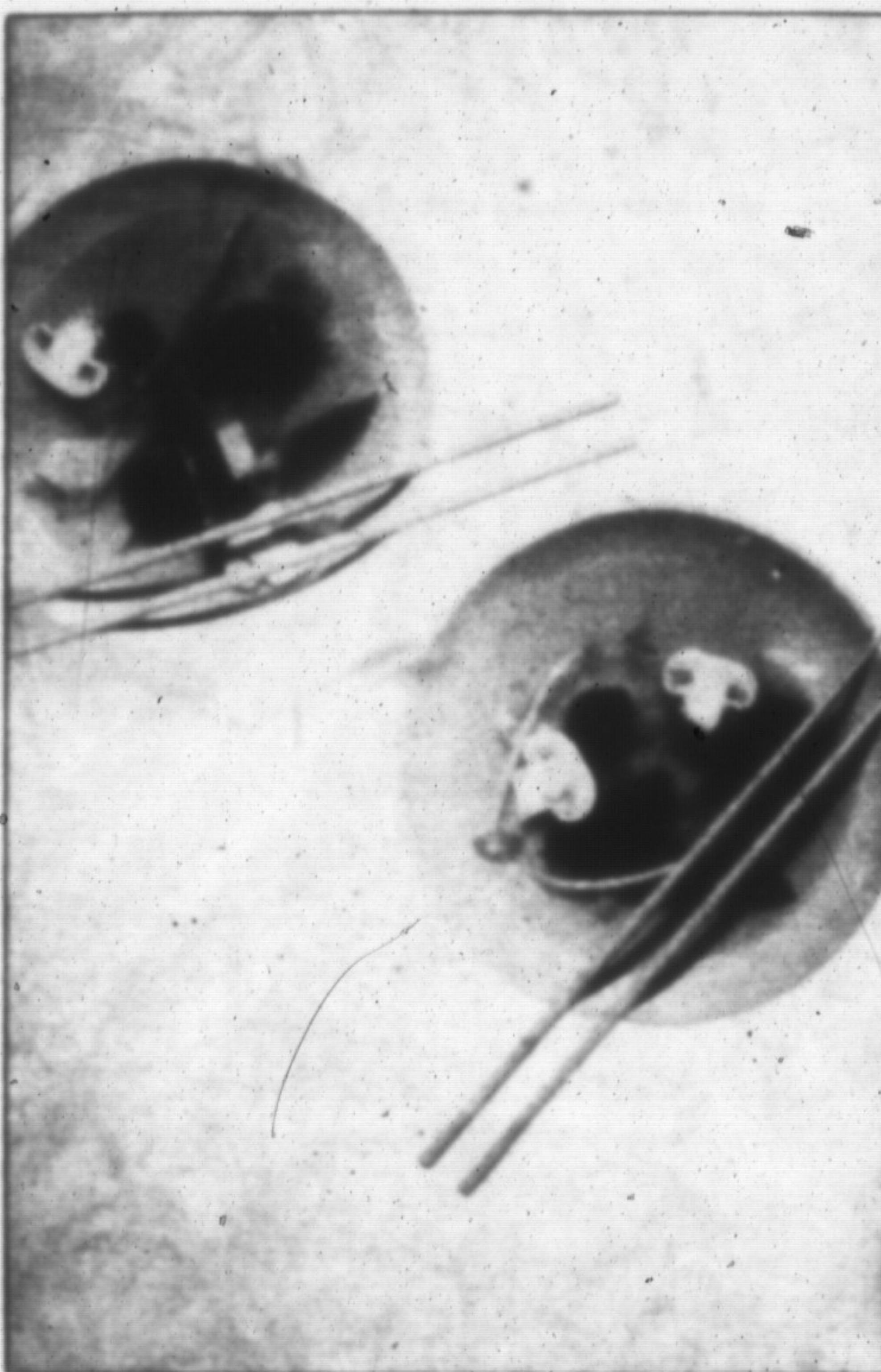
Cooking time: 6 to 8 minutes

Nutritional information: 1 Serving: Protein 6.0 grams, Fat 4.5 grams, Carbohydrate 14.5 grams, Calories 123.

Quick Idea

Make supper for one in less than 10 minutes: Pierce a well-scrubbed potato and microwave at high for 5 to 6 minutes or until tender, turning halfway through. Cut thin slice from top of potato and mash interior with fork.

Flatten slightly and cover with thin slice of cheddar cheese. Top with about 1/2 cup (125 ml) tiny cooked broccoli florets and another thin slice of cheddar. Microwave at high for 35 to 45 seconds or until cheese is melted.



Prepared in minutes, Eight Treasure Soup is delicious proof of the versatility and savory goodness of broccoli.

Submissions wanted for Trillium Book Award

Submissions are now being accepted for the fourth annual Trillium Book Award.

The \$10,000 prize will go to a book of literary excellence written by an Ontario author. The provincial Ministry of Culture and Communications is sponsoring the contest.

An additional \$2,000 will be presented to the book's publisher in recognition of their contribution and to encourage special marketing of the winning title.

Books are submitted by publishers on behalf of the author and reviewed by an independent, bilingual jury.

A book of any genre, published in 1990 in either English or French, may be submitted for consideration. Additional eligibility criteria is available from the ministry.

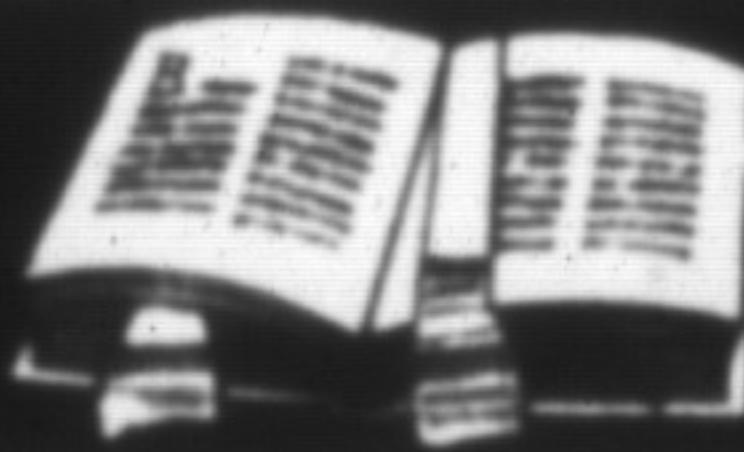
A short list of titles will be presented in February and promoted extensively throughout Ontario. The winning book will be announced at a gala reception in April.

The Trillium Book Award was established in 1987. Previous winners include Michael Ondaatje for *In the Skin of a Lion*, published by Penguin Books Canada, and last year's winner Modris Eksteins who wrote *Rites of Spring*, published by Lester and Orpen Dennys.

PITCH-IN AND RECYCLE!



RELIGIOUS SERVICE DIRECTORY



MILTON GOSPEL HALL

308 Ontario St. S.
878-2022

10:00 a.m. — Breaking Bread
11:45 a.m. — Sunday School
7:00 p.m. — Gospel Service

Wednesday 7:30 p.m.
Prayer and Bible Reading

"This man, (Christ) after he had offered one sacrifice for the sins forever sat down on the right hand of God."

Heb. 10:12



9:45 a.m. Family Sunday School
11:00 a.m. Morning Worship Service
6:30 p.m. Evening Services
Nursery Facilities at all Services

First Community Church of Milton

Sunday Services and
Church School 10 a.m.
Milton Centennial Manor
Auditorium
Corner of Childs Drive

Sunday Evening Services 7:30 P.M.
Worship and Music High Fester Hall
In a Casual Setting

Everyone Welcome
A Caring Community
Pastor: Emrys Jenkins
Church Office: 878-0354
581 McGeechies Drive Unit #5
Milton, Ontario



MILTON BAPTIST CHURCH
900 Nipissing Road
875-1626

CANADIAN BAPTIST FEDERATION

Pastor:

Rev. Terry Laing

Sunday, September 23, 1990
Church School: 9:45 a.m.
Morning Worship: 11:00 a.m.
Junior Church and Nursery

Wheelchair Accessible
A warm welcome awaits you!

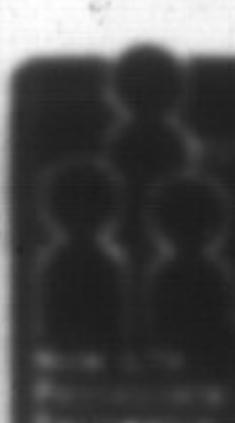


HOLY ROSARY
ROMAN
CATHOLIC PARISH
139 Martin St., Milton
878-6535

Mass Times:
Sat. - 7:15 p.m. Sun. - 9:00
a.m., 10:30 a.m., 12 noon

OUR LADY OF VICTORY
Wilson Heights
Mass at 10:30 a.m. Sunday

ST. PETER'S CHURCH
9th Line Trailiger
Mass at 9:00 a.m. Sunday
Rev. East Talbot, Donald Wilson,
Harold Bedford, S.J.



NEW LIFE
PENTECOSTAL
FELLOWSHIP
6620 THIRD LINE
(Just South of Thomson & Derry Rd.)
Phone 878-3358

Pastor: Rev. Don Forrest
Youth Pastor: Scott Couper

Sunday, September 23, 1990
9:45 a.m. — Sunday School
10:45 a.m. — Morning Worship
Nursery Provided During Service



EPIPHANY
LUTHERAN CHURCH

LUTHERAN CHURCH - CANADA

w Robert Baldwin Public School
180 Wilson Drive at Woodward

F. Schmidt: Vacancy Pastor 873-0284

9:00 a.m. — Worship Service

No Sunday School During Summer

Nursery Available

Contact: Andrew Willoughby Chairman

878-1278

For God so loved the world,
that he gave his only begotten son,

John 3:16

For God so loved the world,
that he gave his only begotten son,

GRACE ANGLICAN
CHURCH

317 Main St., Milton, Ont.
878-2411

8:00 a.m. — Holy Eucharist

10:30 a.m. — Holy Eucharist

SALVATION ARMY
MILTON

All church services held in
Royal Canadian Legion Hall
Charles Street

Services held every Sunday
at 7:00 p.m.

ST. PAUL'S
UNITED CHURCH

123 Main St. at James

878-8895

Rev. Robert Hyde

Rev. Elaine Longland

SUNDAY,

SEPTEMBER 23, 1990

"Sacrament of Baptism"

10:30 a.m. Worship Service

Sermon Title:

"It Isn't Fair"

Lessons:

Exodus 32: 1-14

Matthew 20: 1-16

Nursery up to 2 years

Supervised care for

older children available



GOD DON'T SPONSOR NO FLOPS!!

When God removes a life, it's complete! He has never made an atom, nor produced a faulty part. He is not a party to failure and does not endorse defeat.

For a lift in your spiritual life, visit OMAGH CHURCH OF CHRIST this Sunday and see firsthand some of His successes. Then, we invite you to become a part of this family of God — for some of the most meaningful relationships you'll experience here on earth.

OMAGH CHURCH OF CHRIST (Milton)

1412 Britannia Rd. (at 4th Line)

875-3345

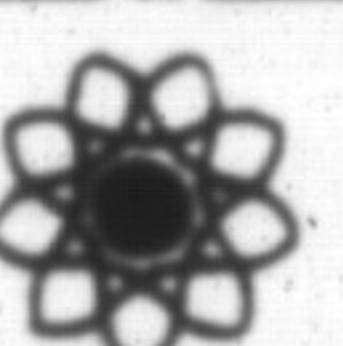
Bible Study — 9:45 a.m.

Worship — 11:00 a.m.

Mike Bolton - Minister

875-3345

"Where the Bible is preached"



BAHA'I FAITH
P.O. BOX 13
MILTON, L9T 2Y3
878-3098

The purpose underlying the revelation of every heavenly Book... is to endue all men with righteousness and understanding, so that peace and tranquility may be firmly established among them." — Abdu'l-Bahá

Come visit us at the

Lost Children Centre

at

Milton's Fall Fair

For other activities or general
enquiries on the Baha'i Faith
call 878-3098