

**285 For Rent**

**THREE BEDROOM** apartment available August 1st/94. This is a bright, dry basement unit, with carpet & appliances, including dishwasher. Parking, laundry & fenced treed yard. Close to downtown & mall. Utilities and cable incl. No pets. \$850 per month. 876-2555 after 4p.m.

**THREE BEDROOM** townhouse available August 1/94. Five appliances/garage/finished basement/pool. \$950.00 per month, first and last, plus utilities. (905) 890-3677 or leave message for (905) 858-3830.

**THREE BEDROOM** townhouse for rent. One and a half bathrooms, finished rec. room. Gas heat, sun deck, cable, close to schools, excellent condition. Oct 1st. \$975/monthly. 876-2314 or 878-5019.

**THREE BEDROOM** townhouse. End unit 1 1/2 baths. Appliances. \$985/month. Available immediately. Call after 6 p.m. 878-3282.

**290 Apartments For Rent**

**1 BEDROOM APARTMENT** with balcony \$631/month. Available September 1st. Phone 878-3023

**1 BEDROOM** apartment for rent, 2 appliances, parking close to downtown. Call 632-1097 leave message.

**2 BEDROOM APARTMENT**, \$700/month including utilities. Available anytime. Phone for appointment, 854-2340.

**2 BEDROOM** 9th floor Apartment, completely renovated. Everything included. \$800. 878-6050 or 675-9194.

**ACTON - 1 BEDROOM** apartment. Phone (519) 853-5352 or (519) 853-5080.

**BURLINGTON**, clean quiet building. Renovated suites. Reasonable rent. Under new management. Limited time offer. No LMR deposit. 333-9846.

**COUNTRY GARDEN** apartment self contained 1000 square foot, 2 bedroom, living room, kitchen, 5 appliances 4th line and lower base, across from golf course. \$1100/month includes utilities. Available now. 878-1072

**LARGE THREE** bedroom apartment (2 storey). \$950/mth. Utilities not incl. Available Sept 1st. Call 878-5303 after 4p.m.

**MILLSIDE TOWERS**  
82 MILLSIDE DRIVE, MILTON  
Available, large 1 & 2 Bedroom Apartment on bus route, utilities (except phone & cable). Parking included. No pets. References required.  
905-876-1249  
Apply to Property Manager

**ONE BEDROOM** main floor, yard quiet area, near downtown. References. 844-9340.

**ROCKWOOD** one bedroom and two bedroom apartments available, starting at \$495. Storefront Hwy. exposure available. 475 sq. ft. Call Irene (519) 856-4900.

**300 Rooms Available**

**ATTENTION** - Rooms, bachelor and new 1 bedroom apartments with all furnishings (T.V., bed, and sofa), utilities and linen. \$100/week and up. For good people. 877-8866.

**BEAUTIFULLY DECORATED ROOM**, downtown Milton. \$100/week includes utilities. Unfurnished or can be furnished. 878-1134.

**325 Real Estate**

**MOVING TO B.C.** Quaint two bedroom bungalow, 66'x120' lot. Fairgrounds. Great potential. A must see. Call Tom (905) 624-6826 for appointment.

**KIDS FOLLOW THE WATER SAFETY RULES**



**RECIPE FILE**

**Chicken breasts with creamy Dijon sauce**



This super simple entree is easy enough for weeknight dinners, yet fancy enough for entertaining. Take note — a mere 3 grams fat per serving!

- No-stick cooking spray or vegetable oil;
- 4-5 boneless, skinless chicken breast halves (approx: 1 lb/500 g) (75 ml);
- 1/3 cup (75 ml) Dijon mustard;
- 1/3 cup (75 ml) chutney;
- 1 sml can (2/3 cup/160 ml) Carnation 2% Evaporated Milk;

Spray medium non-stick frypan with cooking spray or lightly coat with vegetable oil. Over medium-high heat, cook chicken 10 minutes until browned on both sides.

In small bowl, combine mustard and chutney. Pour into pan. Turn chicken to coat. Remove chicken; keep warm. Gradually stir evaporated milk into pan.

Stir over medium-high heat until sauce boils and thickens slightly. Return chicken to pan; turn heat to low, cover and simmer 5 minutes, until chicken is no longer pink inside.

To serve, place chicken on bed of rice or couscous. Stir sauce, and spoon over chicken.

Makes 4 servings.

If you're looking for a low-fat entrée which is quick enough for weeknights but fancy enough for entertaining, then this recipe is for you.

**COMMUNITY SPORTS CALENDAR**

**ATTENTION ALL SPORTS ORGANIZATIONS!**  
To Place Your Upcoming Event  
Phone 878-2341 or Fax 878-4943

**Thursday July 28  
MONARCH SUMMER BASKETBALL**

	<u>Bantam</u>	
6:30 • 7:30	Big Am's vs Big V	Bronte vs Fitness Technique
	<u>Midget</u>	
7:30 • 8:30	Action vs Milton Pro Sport	I.G.A. vs Fitness Technique

**Tuesday August 2  
MONARCH SUMMER BASKETBALL**

	<u>Bantam</u>	
6:30 • 7:30	Big V vs Bronte	Big Am's vs Fitness Technique
	<u>Midget</u>	
7:30 • 8:30	Pro Sport vs I.G.A.	Action vs Fitness Technique

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