

Two choices for the human race

Jim Garrison, co-author of "The Russian Threat-It's Myths and Realities," will speak on the topic of his book in Orillia, Oct. 15.

Garrison says, despite the ideological differences of the super powers, all people share the common concern for the survival of the human race.

"Our technology has made the issue of the 'Russian threat' coterminous with the question of human survival. We are no longer faced with the question of war or peace, victory or surrender. We are faced with the question of existence or non-existence," Garrison and co-author Pyra Shivpuri write.

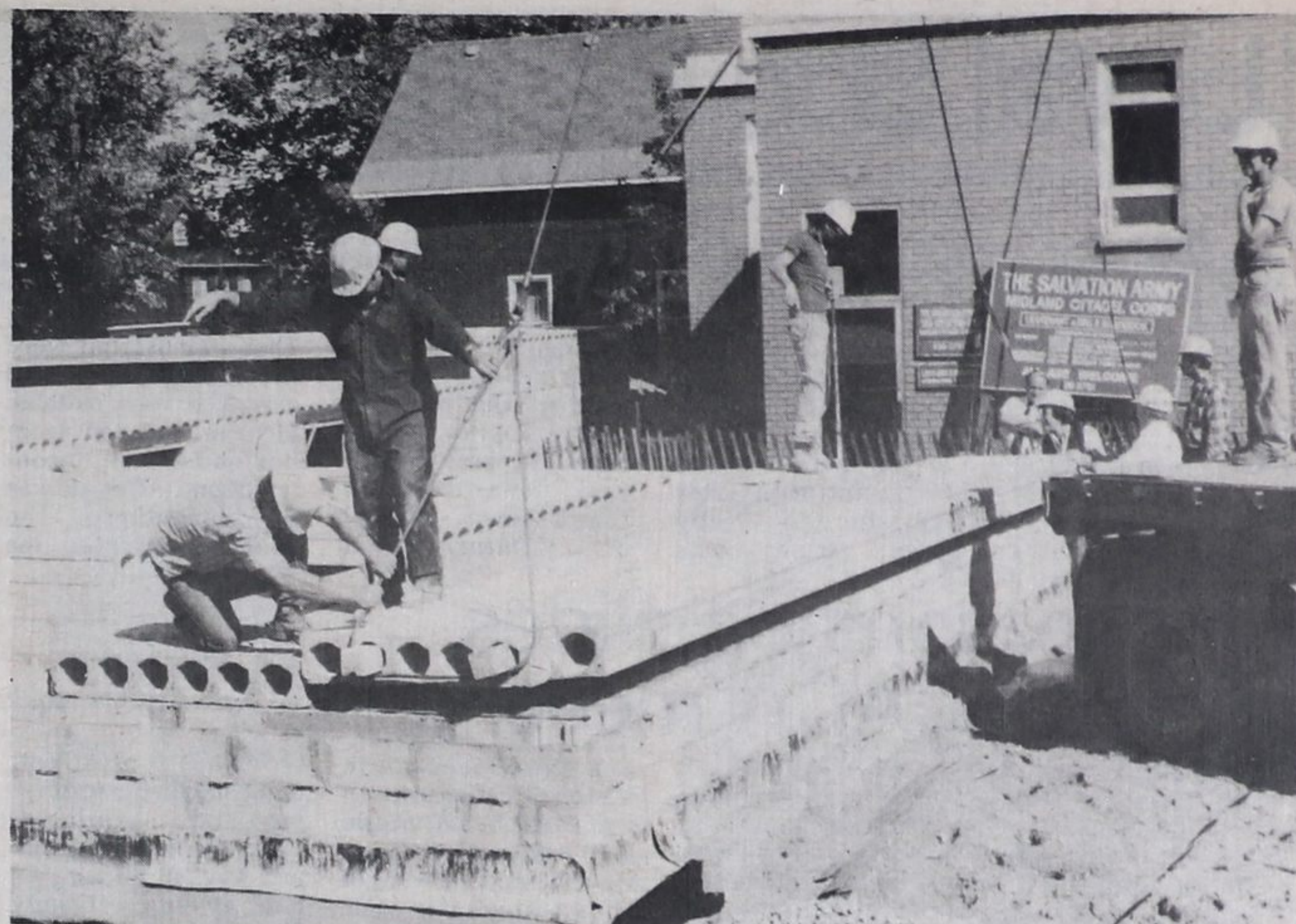
The public is invited to attend the open meeting being held by Project Ploughshares at St. Paul's United Church beginning at 8 p.m.

Garrison has made a study of the nuclear arms race between the United States and the Soviet Union. By placing the arms race in historical context and examining the characteristics and

ideologies of both super powers he attempts to provide a better understanding of the arms race.

With an understanding of the nuclear build-up, he argues, mankind has a better chance of overcoming the threat of nuclear annihilation. "Given the enormous

nuclear arsenals of the Americans, Russians, British, French and Chinese today and others tomorrow; the increased strength of the Third World; and growing equality between states, history leaves only two choices for the human race: Unity or annihilation," Garrison says.



Work continues on target

A new citadel is taking shape these days at Midland Salvation Army. With each passing day,

the new complex rises from the ground. It's expected the church will be open by Christmas.

- Bob Murray, photo

Oct. 19
Rummage sale in the Senior Citizens Building, Hugel Avenue and First Street, Midland, 10 a.m. to 4 p.m.

Nov. 3
Gift and crafts Christmas sale in

Victoria Harbour Community Centre 10 a.m. to 2 p.m. Vendors wanted. For information telephone Carol (534-7418), Judy (534-3587) or Marg (534-3426). Sponsored by Victoria Harbour Parks and Recreation Board.

Winners got point!

The Creemore team of Jean Cook, Charles Linton, Mae Gowan and Gladys Noble won the tournament. The consolation winning team was from Victoria Harbour and consisted of Kay and Ken Pelletier and June and Ted Walker.

The third Annual County of Simcoe Senior Citizens' Recreational Dart Tournament will take place at the Army, Navy and Air Force Club in Barrie this coming Tuesday, April 2, 1985.

A Senior Citizens' Recreational Dart Tournament took place at the Army, Navy and Air Force Club in Barrie on Tuesday, Oct. 2.

The tournament was hosted by the Barrie Get-Together Senior Citizens' Club and sponsored by the County of Simcoe Recreation Department in cooperation with the Senior Citizens' Advisory Committee.

Forty seniors, representing ten clubs from the various areas within Simcoe County participated.

Small Set draw winner

W. Tiessen of Wyebidge is the winner of the dinner at Bay Moorings offered in a

draw sponsored by the Midland Small Set Co-op Nursery School.

PGH births

Mr. and Mrs. Kevin Timmons of 14 Payette Dr., Penetanguishene announce the birth of

twin girls Sept. 30. Baby "A" weighed in at 5 lb. 2 1/2 oz. Baby "B" weighed in at 5 lb. 1/2 oz.

Ont. grants are reviewed by RC Board

Simcoe County Roman Catholic Separate School Board reviewed its 1983-84 school year expenditure of grants for French Language Instruction at its Oct. 3 meeting.

The grants are paid by the Ministry of Education to boards which operate schools in which French is the language of instruction.

The grants are a recognition of higher costs of purchasing books and providing cultural opportunities in the schools.

Major expenditures included \$38,000 for text and library books and \$18,000 for additional consultative staff. Plans were approved for the 1984-85 year as well. They are based on enrolment of 800 students which generates approximately \$168,000 in special grants.

The board plans to continue its development of its bank of learning materials with a planned \$37,000 expenditure.

Approximately \$75,000 will be used to employ consultative staff to assist program coordination and development.

Some \$10,000 will be applied to cultural activities for the students in the board's five French Language Units.

Cook's Corner stir-fry meals are quick, easy

Stir-frying is gaining in popularity with Canadian homemakers.

Stir-fry meals are quick and easy to prepare and require very little time at the range. Moreover, nutritionally they're probably better than many meals because stir-fry dishes usually include an assortment of crisp vegetables often neglected in family menus. And stir-fry meals are generally lower in fat as they stretch the quantity of meat over more servings. This can also help the budget.

Achieving the desired "oriental" flavor can be a problem for cooks who don't care to use too much soy sauce and who prefer to avoid MSG. This recipe for Chinese Pepper Steak has a novel approach to this problem. Coca-Cola is used as part of the cooking liquid. The unique flavor blend of Coca-Cola helps to accent the natural vegetable flavors and adds just enough sweetness to avoid the use of the other ingredients.

Chinese Pepper Steak

680 g boneless top round or sirloin steak
2 tbsp vegetable oil (25 mL)
1 clove garlic, finely chopped
1 can (10 oz / 284 mL) beef broth, undiluted
1 small green pepper, seeded and thinly sliced
1 small onion, thinly sliced
1 cup thinly sliced celery (250 mL)
3/4 cup Coca-Cola (175 mL)
3 tbsp cornstarch (45 mL)
1 tbsp soy sauce
2 medium tomatoes, peeled and cut into wedges
Hot cooked rice

Trim all fat from meat and cut into pencil-thin strips. (Meat is easier to cut if placed in freezer for 30 minutes before slicing.) In a deep frypan or wok, heat oil with garlic. Add meat and brown over high heat, about 8 minutes, stirring occasionally. Add beef broth and simmer 15 to 20 minutes or until meat is fork-tender. Stir in green pepper, onion, celery and 1/2 cup (125 mL) Coca-Cola. Cover; simmer 5 minutes. Do not overcook; vegetables are best tender-crisp. Blend cornstarch with remaining Coca-Cola and soy sauce. Stir into meat and cook until thickened, about 1 minute. Add tomato wedges, continue stir-cooking just until heated through, about 1 minute. Serve over hot rice. Makes 6 servings.

HEY KIDS!

Be sure to enter the Mountainview Mall 'HALLOWE'EN COSTUME CONTEST'

For children 3 years - 12 years of age, Saturday, October 27, 1984, 3:00 p.m.
●Pre-register at Mall Office or Lottery Centre before Friday, October 19, 1984

AGE CATEGORIES	(B) 6-9 years	(C) 10-12 years
PRIZES FOR EACH CATEGORY	2nd prize-\$10.00	3rd prize-\$5.00
1st prize-\$15.00	Judges decisions are final. Open to all children.	

or How About Our 'Create a Birthday Cake Contest' Friday, October 26, 1984

1st prize-\$50.00	YOU COULD WIN	2nd prize-\$40.00
3rd prize-\$30.00		4th prize-\$20.00
		5th prize-\$10.00

RULES

1. Contestants must be 18 years of age or over
2. Contestants must pre-register at the Mall Office or Lottery Centre before Friday, October 19, 1984
3. The cake entry must be a minimum of 9"x13"
4. The ingredients, decorations, etc., for the cake must be of an edible nature.
5. The cake entry must be delivered to the mall office before 12 noon on Friday, October 26, 1984, in order to prepare for the judging.
6. Judging will take place at 3:00 p.m. on Friday, October 26, 1984, in the main mall. Judges decisions are final.
7. All entries become the property of Mountainview Mall Merchants Association.
8. Store Managers and employees of Mountainview Mall are not eligible to enter.

Watch for our 1st Anniversary Celebration coming soon!

MOUNTAINVIEW MALL

'We've Got It All'
Hwy 93 & Hugel Ave.