

RUSSELL HOTEL

Entertainment Friday & Saturday Nights

NOW Open Sundays

- 12 noon - 10 pm

Music by THE STARLIGHTS

Food Available

HEALTH CEREAL

14 cups coarse rolled oats	1 cup honey
2 cups wheat germ	1 cup cooking oil
1 cup sesame seeds	1 tsp. vanilla
1 cup chopped unsweetened coconut	1 cup (shelled) sunflower seeds
1/2 cup brown sugar	1 1/2 cups raisins
1 tsp. salt	1 cup hot water

In large roasting pan mix together all dry ingredients. Mix together until blended the honey and hot water; then stir this wet mixture into the dry ingredients until completely coated. Bake on centre rack of oven at 325° stirring every 10 minutes until all oats are crisp and pale gold (about 1 1/2 hours). Cool and store in bags in cool place or in freezer. Serve as you would packaged cereal but with milk only as it contains its own sweetener.

Editor's note: The above concoction is well worth the effort of making it. I don't know of a soul who'll turn it down.

—Many of the ingredients, by the way, are available at your feed store (try Ritchies) at considerably less cost than in the supermarket.

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On Nov. 1st the Atom and Pee Wee Divisions of the Russell Minor Hockey Association participated in a pumpkin carving contest. Winners were

Pee Wee Division: 1st Joey Fleming	Atom Division: 1st Peter Latimer
2nd Derek McLaren	2nd Jamie Hicks
3rd Pat Ruest	3rd Billy NyenKam

Our thanks to the judges, Chester Cherry and Fred Carscadden for a job well done. The carved pumpkins were used later that day to decorate tables for the Hallowe'en Costume dance.

Congratulations to the winners and thanks to all the boys who took part.