

Boxing Club News - The Brawl of the Fall

The new Terrace Bay Mohawk Boxing Club is teaming up with the Schreiber Boxing Club in hosting a boxing show, Saturday, September 24th at the Schreiber Arena.

Visiting fighters from Thunder Bay, Timmins and Hearst know from experience that the local boys are tough competitors who come to fight. Terrace Bay fighters such as Curtis Evoy, Dan Mateeve and Wade

Cornect hope to be successful in their first local outing, as they join the Mackenzies, Rick Morgan, Mario Vasiliu, Paul Anderson and the Filanes; Hollywood and Gerry.

The line-up of visiting fighters look tough and the matches promise to be very entertaining. As expected, beautiful girls will keep track of the rounds and make going to the show a real added attraction.

The night will be action packed with the fights starting at 7 p.m. and a beer gardens and dance to take place inside the Schreiber Rec Centre. Saturday, September 24th promises to be a night of unforgettable excitement and the public is advised not to miss it.

Advance tickets are on sale at Odd's Bodkin and Terry's Sight n' Sound. Get 'em while you can!

Dual Energy Plan expanded

Ontario Hydro intends to expand its Dual Energy Programme incentives beyond the Plenum Heater Programme announced last spring, Dane MacCarthy, vice-president Marketing said today.

Customers who are considering converting to a dual electric-oil space heating system using baseboard heaters, heat pumps or hot water heating (hydronic) systems, will now be eligible for assistance, he said.

Effective immediately, customers who reduce their oil consumption by at least 50 per cent by installing a dual system will

receive:

- a taxable grant under the Canada Oil Substitution Programme (COSP), up to a maximum of \$800 or 50 per cent of the installed cost, whichever is the lesser.

- up to \$100 in services from Ontario Hydro which will cover the cost of electrical inspection as well as pre-installation and in-service checks.

- a \$100 interest-free loan from Ontario Hydro. This loan will be waived by Hydro after three years from the date of installation providing the owner retains the system as it was originally installed to avoid elec-

trical system peaks. For example, the cost to customers converting to an electric-oil plenum heater dual system will be approximately \$500 after the above incentives.

For further information, customers are invited to contact their local Hydro representatives.

Hilda's Fixins

Italian Style Porkchops

For this robust, Italian-style dish, pork chops are browned, then braised in tomato sauce along carrot strips.

2 tbsp. salad oil
4 pork loin blade, rib, loin or sirloin chops, each cut 3/4 inch thick
3 large carrots, cut into 2 inches by 1/2 inch strips
1 large onion, diced
1 16-ounce can tomato puree
1/2 cup lightly packed chopped celery leaves
1/4 cup dry or cooking red wine
1 tbsp. brown sugar
1 tsp. salt
1/4 tsp. pepper

About 1 1/4 hours before serving, in 12-inch skillet over medium-high heat, in hot salad oil, cook pork chops until well browned on both sides, remove from skillet. In drippings remaining in skillet over medium heat, cook carrots and onion 5 minutes, stirring occasionally. Stir in

tomato puree and remaining ingredients. Return pork chops to skillet, over high heat, heat to boiling. Reduce heat to low, cover and simmer 45 minutes to 1 hour til pork chops are fork tender, turning pork chops once only. Skim off fat from liquid in skillet. Makes 4 servings.

Kitchen Tips and Hints
Asparagus - Open cans from the bottom so as not to break the tips. Fresh asparagus can be cooled in a coffee pot. Use 1/2 inch of salted water and put lid on tightly.

Avocados - To ripen them quickly, place in a bowl and cover with white flour.

Beets - This vegetable can be fried just like potatoes. A nice change for your dinner table - to peel beets, dip them in boiling water, the skin will split and come off easily.



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