

Houston Central Pharmacy & Health Food

"Houston's" Quote of the Week

"No creature, not even swine, befouls its nest with such abandon as does homo sapiens, poisoning his habitat with fiendishly concocted chemicals and their deadly toxic waste. A morass of rotting human flesh awaits us all unless the antidotes are rapidly applied."

-CHRISTOPHER BIRD, *Secrets of the Soil*, 1989

Recipe Compliments of Houston's

CAULIFLOWER SANDWICH FILLING

This is a fabulous substitution for tuna or egg salad. It is absolutely delicious on toast. A real favorite!

- 1 small cauliflower, steamed until soft
- 2 teaspoons lemon juice
- 1/4 teaspoon Spike
- 1/4 teaspoon salt
- 1/4 teaspoon oregano

- 1/8 teaspoon dried mustard (optional)
- 1/4-1/2 cup almonaise or mayonnaise

Mash the cauliflower. Add the remaining ingredients. Serve as a sandwich filling on whole grain toast with sliced tomato and sprouts as a stuffing for pita pockets with shredded carrots and lettuce and chopped tomato, or as a stuffing for artichokes or tomatoes. Serves 3 to 4.



Houston's Pharmacy
Where your Health
is Central to Us.
We supply Homeopathic,
natural and organic foods.

Courtesy of



STORE HOURS

9 am - 9 pm Monday - Friday
9 am - 6 pm Saturday

6316 Main Street,
Stouffville
(905) 640-2222

Nutrition forum at hospital

From page 8

Ninth Line, Stouffville. Call Ruth at 640-7391 or Stephen at 642-0342.

Claremont Women's Institute
Dessert and coffee 1 p.m., euchre 1:30 p.m. at Sr. Room, Claremont

Prestige STUDIOS
Wedding Photography Specialists
COMPLETE PACKAGES FROM \$989



Inquire how you can save with our "RAIN INSURANCE PKGS"
41 MAIN St. S. UNIONVILLE
(905) 513-6898
Every Thurs. 5:30 - 9:30 p.m.
Sat. 10 a.m. - 2 p.m.

Community Centre

FRIDAY, MARCH 27

Claremont Legion
Cribbage Tournament
Claremont Legion Branch 483 is holding a cribbage tournament at 8 p.m. Entry fee: \$5. Everyone welcome.

Cinderella Pantomime
The Youth Group of Christ Church Anglican presents its fifth annual English Pantomime *Cinderella*, a special performance for seniors at Parkview

Village Auditorium, 7 p.m. Admission: free will donation. Great family entertainment for all ages.

SATURDAY, MARCH 28

Nutrition Forum
The Canadian Cancer Society Markham/Whitchurch-Stouffville Unit, presents a nutrition forum, healthy food choices may reduce your risk of cancer. Guest speaker: John Martin, R.N.C., 2 to 3:30 p.m., Markham Stouffville Hospital auditorium. To register call 294-5925.

Claremont Legion
Cribbage Tournament
Claremont Legion Branch 483 cribbage tournament, register 12 noon. Start 1 p.m. sharp. \$10 per 2-person team. Everyone welcome.

MONDAY, MARCH 30
Monday Night Ladies Fun League
Registration at the Rec Centre, 7 to 9 p.m.

TUESDAY, MARCH 31
Parent Finders
Attention adoptees, birth parents, relatives. Come to Parent Finders, we can help. Meetings last Tuesday of each month at 7:30 p.m. at police station community room, 8700 McCowan Rd. at Carlton Rd., Markham. Call Joyce Ramer 640-6230.

PET OF THE WEEK



Rottweiler Black/tan, young male, adult, neutered. Extremely friendly, likes to play with his leash, likes other dogs.
To adopt call 1-800-313-6188
Sponsored by:
Stouffville's Newest Hardwood Flooring Expert Murray at NorthCountry Hardwood Floors 642-0200

Jazz

Country

Rock

It's your music.

Digital Music Express, Canada's premier digital music service, lets you express your individual style. At home or at work... it's your music.

From jazz to rock, country to blues, whatever style you want, whenever you want it. All your favourite artists, 24 hours-a-day, crystal clear digital sound, and no interruptions.

Get the service whose name says it all.
Digital Music Express.

Call 1-888-350-9DMX today
or visit our website at www.dmx.ca

Express yourself



Now available on SHAW Digital Cable and