

Sewing costumes teaches creativity

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Phillips, owner of The Crafter's Nook in Newmarket.

Mrs. Phillips also suggests dressing up as a popular favourite, a pumpkin, using a simple technique.

Take an orange garbage bag with a black face on it used for storing leaves, cut out holes for arms and legs, fill the bag with crumpled up leaves and wear a green or brown hat to look like the stem of the pumpkin.

Boxes are always an easy prop for costumes. One idea is dressing up your child like a Christmas or birthday gift using ribbon and wrapping paper.

Pat Ketchell, manager for Lewiscraft at Upper Canada Mall, saw a 10-year-old boy in the mall one year who had designed an innovative Halloween costume using a box and blue paint — he was a blue box.

"It was really neat. I thought it was so unique for today," Mrs. Ketchell says.

The box went over his head and had holes for his arms and legs. He had tin cans, cereal boxes and other recyclable items hanging out of the blue box.

He had smaller items, such as toothpaste boxes, hanging off his hat.

Another good idea, Mrs. Ketchell says, is to sew or pin green or purple balloons over a child's clothing and have a

child go as a bunch of grapes.

"Today, so many people buy costumes, so when you see something made, it's like wow, that's really neat," she says.

Mrs. Ketchell's daughter, Lisa, went as a popcorn box one year.

'It's the self-satisfaction of doing something ...'

She painted a box white and painted a red stripe on it with the word "popcorn" across the front.

When her son, Adam, wanted to be a tube of toothpaste, Mrs. Ketchell took a white sheet, cut it and sewed it to fit him.

She made the word Crest out of felt and put it across the sheet. To make the cap, she used a pleated lampshade and put an elastic under his chin.

"I think part of the fun of Halloween is creating your own creation and coming up with the idea rather than just walking out of a store," Mrs. Ketchell says.

"When I get the costumes done, they (the children) are so happy with them.

"It's the self-satisfaction of doing something and you are teaching your kids to be creative."

Great Khan has plenty for all palates

BY SHERYL GREENSPAN
Special

If ever there was a restaurant that offered something for everyone, then Great Khan Mongolian Grill is it. Whether your tastes are exotic or more traditional, whether you are a vegetarian or a picky eater, even if you don't like Oriental food, you can find something — and plenty of it.

Great Khan Mongolian Grill bills itself as an adventure in Northern Chinese dining, offering an all-you-can-eat dining experience combining a traditional Chinese buffet, a Mongolian hot pot and, the star of the show, the Mongolian grill, all under one roof. All three concepts are included in the price, so come hungry and go nuts.

My dining companion and I started our adventure at the more familiar Chinese buffet area. Here, we were greeted by an assortment of the familiar and the not-so-familiar. The food on the buffet ranged from excellent to mediocre, but with a selection of 20 or more items, everyone can find something to enjoy.

After a bowl of near perfect hot and sour soup and a shared plate of assorted delights from the buffet, we headed over to the Mongolian grill. Here, in the

NOTES ON A NAPKIN

GREAT KHAN MONGOLIAN GRILL

Location: 7131 Kennedy Rd., in Markham Village strip mall

Phone: 905-947-8288

Website: www.mongoliangrill-gk.com

Wine Selection: Beer, wine, cocktails

Reservations: Recommended for week-ends

centre of the restaurant, was an extremely large, round grill expertly staffed by three chefs sporting long chopsticks for tossing and turning the food.

The Mongolian grill concept can best be described as an enormous raw food bar. To begin, you are presented with an empty bowl to fill with your choice of ingredients. In the meat category, you will find beef, lamb, chicken and pork. The meat is shaved very thin and presented in small rolls on ice.

Next are four seafood selec-

tions that often change but, on our visit, included shrimp, sliced whitefish, conch and squid, all in bite-sized pieces. Vegetarians will delight in the 19 assorted vegetables and noodles.

Once your bowl is filled, you move to one of eight sauce stations. The flavours range from sweet to spicy.

Although the sign at the sauce station suggested choosing only one, we decided to live on the edge, recklessly throwing several sauces on to our bowls.

The final stop before cooking was the condiments station, where you choose from up to 14 "final touch" items.

Your bowl is then handed to a chef, who quickly grills its contents and returns them to you in a fresh bowl.

Or, if you wish, you can try cooking the same selection of foods at your table in the Mongolian hot pot. The hot pot is basically a divided pot of boiling broth — one side savoury and one side spicy.

Room for dessert? Try to save some if only for the shaved ice — literally a bowl of shaved ice with your choice of 10 different toppings. It tastes better than it sounds or looks.

MARKHAM STOUFFVILLE HOSPITAL WEEK

HEALTH PROMOTION PROGRAM

OCTOBER 28 – NOVEMBER 3, 2002



Courtesy of our
Sponsors:



HEALTH PROMOTION EVENTS				FLU VACCINATION CLINICS			
DATE	EVENT	TIME	LOCATION	DATE	EVENT	TIME	LOCATION
October 25-30	Spirit of Lift: Art Exhibition & Fundraising Banquet <i>Proceeds to Markham Stouffville Hospital</i>	<u>Banquet:</u> October 27 at 7:00 pm	<u>Art Exhibit:</u> The Chinese Cultural Centre of Greater Toronto, 5183 Sheppard Avenue East, Toronto Ontario. <u>Banquet:</u> Golden Regency Restaurant, Pacific Mall	Wednesday, October 30	Flu Clinic only	3:00-5:00 pm	Stouffville Town Centre 37 Sandiford Drive Stouffville
Tuesday, October 29	Dept. of Family Practice Presents: Nutrition – The Big Deal	7:00-8:30 p.m.	Markham Stouffville Hospital Auditorium 381 Church Street Markham, Ontario Speaker: Dr. Stephen McLaren, Chief of Family Practice	Saturday, November 2	Flu Clinic Blood Pressure Health Education	12:00-2:00 pm 10:00-12:00 pm 12:00-3:00 pm	Milliken Mills Community Centre, 7600 Kennedy Road, Markham Lebovic-Leisure Centre 30 Burkholder Street Stouffville Pacific Mall - Centre Court 4300 Steeles Ave East Markham
Tuesday, October 29	Come Visit our Haunted Barn...if you dare!!!	9:30-11:30 am & 5:30-9:00 pm	Whitts Mini Golf and The Markham Economist & Stouffville Tribune/Sun 7325 Reesor Road, Markham <i>Proceeds to Markham Stouffville Hospital</i>	Sat. & Sun., November 2 & 3	Flu Clinic Blood Pressure Health Education	12:00-3:00 pm	Markville Shopping Centre 5000 Highway 7, East Markham
October 30 and 31	As above	5:30-9:00 pm					
Wednesday, October 30	Fashions for Life Fashion Show	6:00 pm	Le Parc Conference and Banquet Centre, Richmond Hi	Sunday, November 3	Flu Clinic Blood Pressure Health Education	12:00-3:00 pm 12:00-3:00 pm	Unionville Public Library 15 Library Lane, Unionville First Markham Place Highway 7 East, Markham