

# ANNOUNCEMENTS

## BLUE CROSS CARDS

Blue Cross cards must be picked up at the Barn. These have already been paid for through the Student Union fees.

Thank you.

## Yearbooks

The 1981-82 yearbooks are in and can be picked up at the Barn. Yearbooks from past years are also available to all but freshmen.

## POSITIONS AVAILABLE

- Assistant Editor for SUN
- YearBook Photographer
- Secretary fo Student Union Office.

## WANTED to BUY--

Essentials of Psychology by Mischell & Mischell

Phone 892-5237

The U.P.E.I. Theatre Society's THE SKIN of OUR TEETH, is already on the move. Auditions were held last Monday and Tuesday nights. Rehearsals will soon begin. Crews have started work. Before you know it, March 11, 12, and 13 will be upon you--performance nights!

The Early Childhood Office of the Department of Health and Social Services is conducting a survey of private child care arrangements on P.E.I. They are looking for information from parents working and/or attending school who use non-related babysitters to care for their pre-school children while the parent is at work or school.

The purpose of this survey is to determine characteristics of babysitters and parents, typical agreements (i.e. cost, hours, etc.) and parent preferences for various child care arrangements.

Joyce Cairns, Research Assistant to the Early Childhood Coordinator, will also be interviewing babysitters to determine if any support from the Early Childhood Office is needed, wanted, or appropriate for this group of caregivers.

Parent questionnaires may be picked up and dropped off at the University Book Store (Kelly Building), or are available from Joyce

Cairns, Research Assistant, Special Services Division, Department of Health and Social Services, Box 2000, Charlottetown, C1A 7N8, 892-5471, Ext. 251.

- Joyce Cairns

## WRITING LÄB

I have always been a lazy slob, one who is interested in getting minimum effort. The only way this can be accomplished is by improving efficiency. Interested in becoming a better student without spending a whole lot more time on the books? Check the Reading Lab out. One can be taught to be more efficient, the result can be quite amazing!

- Joey Murphy  
alumnus '77

## Food 101: Meals Made Easy

### CHICKEN A L'ORANGE

Preparation time: 20 minutes

Cooking time: 45 minutes

Serves two

Preheat oven to 350°F (180°C).

Combine in a paper bag:

1 cup (250 mL) flour, any kind

1 tsp. (5 mL) salt

1 tsp. (5 mL) pepper

Place in paper bag and shake:

4 pieces of chicken (2 breasts, halved, or four legs)

Heat in a frying pan over medium heat:

1/4 cup (60 mL) oil

Add chicken pieces, one at a time, to frying pan. Brown on both sides and place in casserole dish.

Combine in a small bowl:

1/2 cup (125 mL) green pepper, chopped

1/2 cup (125 mL) chill sauce

1 cup (250 mL) orange juice

1 tsp. (5 mL) prepared mustard

1/4 tsp. (1 mL) garlic powder

2 tbsp. (30 mL) soy sauce

1 tbsp. (15 mL) molasses

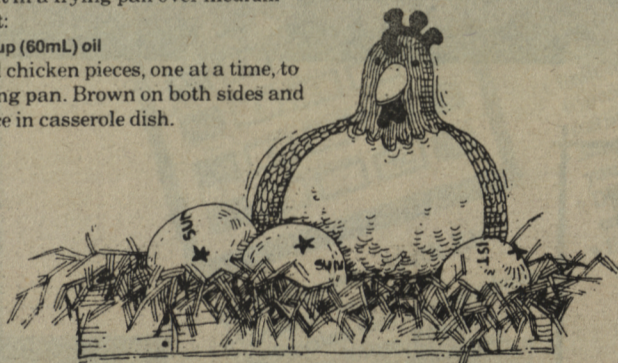
Mix well.

Pour over chicken.

Slice and place on chicken:

1 orange

Bake for 45 minutes, basting every 20 to 30 minutes.



### Don't Start Without:

- paper bag
- frying pan
- small bowl
- measuring spoons
- measuring cup
- casserole dish
- large fork
- large spoon

### Helpful Hints:

- If your frying pan is large enough to hold chicken and sauce and doesn't have a plastic handle (is, therefore, oven-proof), you can simply drain oil, pour sauce over chicken, and put the whole thing in the oven.

- This chicken will keep at-the-ready for several hours, if necessary. After 45 minutes, cover with aluminum foil and reduce oven temperature to 200°F (100°C).

### Serving Ideas:

- This is good with rice, or with Barley Casserole (see Chapter 4).

Recipe extracted from **FOOD 101: A STUDENT GUIDE TO QUICK AND EASY COOKING** by Cathy Smith, available at your bookstore or from The Canadian Student Book Club, 46 Harbord St, Toronto Ontario M5S 1G2 for only \$7.95

## PANTHER LOUNGE

HOURS ...

MONDAYS TO THURSDAYS

----- 4pm — 1am

FRIDAY and SATURDAY

----- 1pm — 1am

### HAPPY HOUR PRICES

Mon-Fri 4-7.

Sat 1-7

cards  
crib boards  
games

available

## MOVIES

Fri. 3 — 7

