

DISCOTHEQUE NIGHTLY
9 P.M. - 1 A.M.

MONDAY NIGHT IS **ROCK NIGHT**
TUESDAY NIGHT IS **STUDENT NIGHT**

with **THE "INN OUT OF THE SUN" GAMING ROOM**
1 - 7 Monday to Saturday
POOL PINBALL

11:30 A.M.
DAILY SPECIALS

189 KENT STREET
CHARLOTTETOWN, P.E.I. Phone: 894-4291

FOOD 101

I'm a culinary cretin. I burn scrambled eggs. I scald Campbell's soups. I put pots of water on the wrong burner. I do make a decent ice cube.

I have tried, mind you, slaving hours over messy bowls, eyebrows ghostly white from flour, nose itchy red from spices, but it has always been to no avail. A rice pudding special came out hard and black. A simple gravy, made with beef bouillon cubes, emerged with a strong squid-like odor.

I came to detest kitchens. The joy of cooking was obviously a public relations gimmick. I would gallop to no gourmet.

But all this may soon be history. There's a new course available for the likes of me. The timetable's flexible, the tuition's just \$7.95 and there's only one textbook. It's Food 101, a new cookbook from McGraw-Hill for the student with a dietary dilemma.

Concordia University graduate Cathy Smith pestered friends, fce and fowl for more than a year to gather 122 time-tested recipes. The result is greatest hits compilation of the best in student fare, from the bleak (Buck-and-a-Bit-Hash) to the chic (Quiche Lorraine, the "real man's" cheese pie).

"In the nuclear family no one helps in the kitchen," author Smith said in Toronto recently. "So they've never had to make meals for anyone. That all changes when you're out on your own for the first time.

Food 101 is Smith's effort to talk down panicky kitchen klutzes like she used to do in her university days. She takes nothing for granted. She defines words like "parbroil", "haste" and "saute" (which I had long taken for punishments from the French Revolution). Each recipe comes with step-by-step instructions, complete with important cooking tips, serving ideas, and an idiot's list of needed utensils. Food 101 is the Charles Atlas of cookbooks.

One is expected to test recipes when reviewing a cookbook. I didn't. That would have been too cruel, both for the author and for my dinner guests. Instead I have gnoshed, nibbled and scarfed my full share of a smattering of these recipes and have found them yummy.

The Stick-to-Your-Ribs Beef Stew did just that. Vic's Chili had me hollerin' and a-snortin'. The author herself whipped up a mess of Glazed Lamb Chops. Oink. Nothing, nothing at all, was hard and black and squid-like.

There's other dee-lish recipes in Food 101, like soups and sandwiches and veggies and casseroles and salads. Now all I gotta do is find someone to cook 'em up. (Honest, I do dishes!)

by Tom Hawthorne for Canadian University Press

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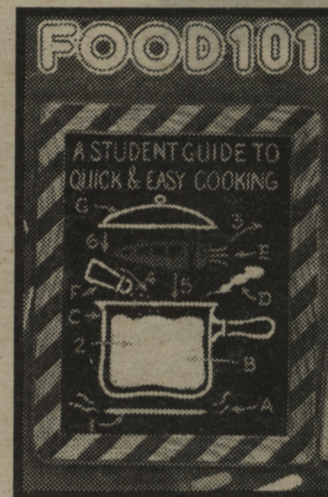
FOR ANY LADIES WHO WANT TO BE TUCKED IN ON THESE COLD FALL NIGHTS, OR EVEN IF YOU WANT IT FOR A FRIEND CALL 894-8485. ANY TIME DAY OR NIGHT. WE WILL SOON BE HAVING GIFT CERTIFICATES. REMEMBER COLD NIGHTS AHEAD.....

FOR STUDENTS ONLY

GOOD EATS

Now there's a cookbook for students, a straightforward, easy-to-follow introduction to cooking that teaches you how to prepare meals that are simple, nutritious and inexpensive... as well as some 'gourmet' dishes for those special meals.

FOOD 101, A Student Guide to Quick and Easy Cooking, by Cathy Smith, gives you: ● advice on stocking your kitchen shelves and buying utensils ● recipes for hamburger, chicken, pork... as well as some innovative ways to perk up old stand-bys ● fish and vegetable recipes to make your



mouth water ● lunch-time meal ideas to banish brown-bag 'blahs' ● breakfast recipes to start your day right ● easy salads and desserts to top off the perfect meal!

All prepared with a light seasoning of humour from the pens of the author and illustrator.

Produced in cooperation with Canadian University Press, a non-profit student organization. Available in your campus bookstore now for only \$7.95... or, order from the **Canadian Student Book Club** and get a copy of *All You Can Drink* - at no extra cost!



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