

By B.J. Geiser

Periodicals across the nation have published articles praising its virtues, including the illustrious Wall Street Journal. The hubbub focuses on yogurt (or yoghurt). Yogurt was created by either the Turks or Bulgarians, and made its way to European households through Dr. Illya Metchnikoff. Metchnikoff studied the Balkan peoples for the Pasteur Institute of Paris and found yogurt comprised a large part of their diet.

The first commercial production of yogurt began in Spain in 1919. A Spanish visitor to France, Isaac Carasso, introduced yogurt to his new home and now yogurt is a French staple.

Yogurt, originally consumed by health food fanatics in this country, is constantly growing in popularity. A milk supplement, yogurt contains rich sources of protein and calcium, with a low calorie rating. Yogurt makes digestive tracts rejoice, knowing yogurt guards against harmful bacteria growing in the intestines and aiding in the absorption of minerals.

Yogurt appears in salad dressings, soups, stews, casseroles, vegetable dishes and desserts. Instead of using sour cream, yogurt lowers calories while adding a new taste experience in standard dishes. Yogurt can replace buttermilk in salad dressings and tops baked potatoes with a slimmer touch and adds zip to a worn out stroganoff recipe.

Next time you make onion chip dip, use yogurt. For a light dessert, add vanilla and raisins to plain yogurt. Dill weed coupled with yogurt makes a different salad dressing and leaves the waistline intact.

The following recipe threatens the traditional cheesecake. Yogurt and cottage cheese form the filling, sweetened with a touch of honey and vanilla. The results yield a light fruit tart, along cheesecake lines, but not a substitute.

In the case of vegetarian diets, Yogurt Pie adds a dash more protein to the meal. Following a heavy meal, Yogurt Pie seeps in the cracks and satiates the sweet tooth.

YOGURT PIE

1 baked pie shell (make a sweet crust or graham cracker crust)

Fresh fruit: peaches, nectarines, strawberries, bananas (bananas are easiest to find at this time of year)

- 1 cup yogurt
- 1 cup small-curd cottage cheese
- 3 T. honey
- 1 t. vanilla extract

1. Bake pie shell and let cool.
2. Line the bottom with fruit and sprinkle with sugar, if you like.
3. Beat together the yogurt, cottage cheese, honey and vanilla.
4. Press the mixture through a sieve and stir again.
5. Pour into pie shell and garnish with fruit slices.
6. Chill several hours before serving.

The sweet pie crust helps round out the flavor. The filling is light. The entire recipe lends itself to individual tarts for sack lunches. Serves 6.

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airport. Her trip to Minneapolis revealed the truth about Kitty's "mother," but Mona wasn't straight with Linc.

Linc found it hard to believe that he'd been wrong all this time and that Mrs. Carpenter really is Kitty's mother (or at least that's what everybody but Mona and Phoebe think), and at the urging of Mona and Dr. Charles, he called Kitty to apologize.

Kitty was cold at first, but finally agreed to let Linc fly out to say "I'm sorry" in person. Mrs. Carpenter (who is starting to feel extremely guilty about the whole affair) suggested that it would be better for Kitty to fly to Pine Valley instead, and Kitty agreed after a little prodding.

Another interesting development involving Mrs. Carpenter is that she has found out about Mona and Dr. Charles plans to marry, and the hassle that Phoebe is causing. Given the thoughtful

All my children



look in her eye, it would appear that Mrs. Carpenter is making plans to force Phoebe into giving Charles the divorce he so desperately wants.

Elsewhere in the hospital, it seems a melodramatic (could there be any other kind?) turn could delay the getaway plans of Ruth and David. Joe keeled over Tuesday and is about to be rushed to surgery to have his appendix removed.

But the news is not all bad. Tara and Phil are getting dangerously close to finally getting together. Phil has but five weeks of training

left 'til he dons the uniform of Pine Valley's people in blue, and Tara has finally come to the realization that (in the words of Ricky Nelson) you can't please everybody, so you've got to please yourself.

A character to watch at this point is Dr. Karas. Somewhere in the past, she and David had a relationship that is going to become important over the next few months.

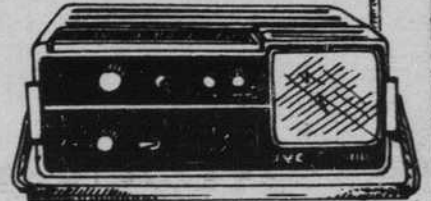
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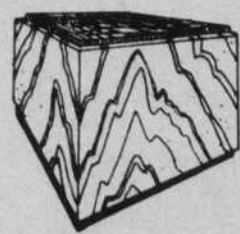


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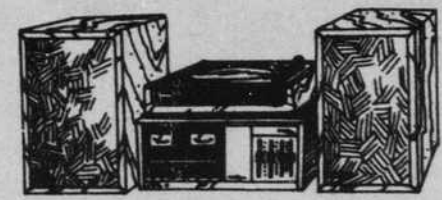
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