



Henry Wilson says the secret to becoming a talented cook is to keep experimenting with a dish until you get it to your liking, rather than giving up after one attempt.

## Home cooking best

When Henry Wilson wants to visit his favorite restaurant and enjoy a gourmet meal, he simply walks a few steps into his kitchen and prepares the feast himself.

Wilson, who has been mastering the mysteries of the kitchen for the last 26 years, believes the best meals are the ones prepared at home.

"I cook because I hate waiting in restaurants," he says. "Besides, all men should learn how to cook. Someday a man might find that he's by himself, or he might end up with a wife who can't cook."

Wilson began learning the art of cooking when he was quite young. "When I was a boy, at first there were six brothers in my family—a sister didn't come along until later. So the boys had to learn how to cook and clean."

He adds that he and his brothers didn't really mind helping their mother out, but they did get embarrassed when company would come over and she would tell the guest that her sons had prepared the meal.

As Wilson realizes, male cooks are becoming more and more prevalent in American kitchens and being able to prepare a feast is an art. Wilson says the secret to becoming a talented cook is to keep experimenting with a dish until you get it to your liking, rather than giving up after one unsatisfying attempt.

Though he doesn't mind fixing routine daily dinners, Wilson says he really gets a charge out of more elaborate culinary ventures. His favorite feast consists of barbecuing a pig in a pit in his backyard.

"I kill a hog and let it hang overnight," he notes. "The next day I wash it down, lay it on the table, salt the skin, and put it in the pit stomach side down."

The pits Wilson builds are five feet long, four feet wide, and a foot-and-a-half deep. Hickory wood is used for the fire, and wires hold the pig over the pit.

"I cook the pig for about eight hours with the stomach side down. Then I turn the pig—which takes two people to do—and cook it another two hours."

Wilson uses his own homemade barbecue sauce which he notes "is my own secret recipe."

"Some of the seasoning always drips off the pig into the coals, and it really starts smelling good. That makes people start picking on the pig before I'm through cooking it. And as the smell goes out in the neighborhood, a lot of strangers come around," he adds with a smile.

Pork isn't the only food Wilson has a knack for barbecuing. "I like to barbecue deer, too." He points out that some of his fellow friends have sampled his barbecued deer without realizing it.

"I took some of my barbecued deer to work to share it with people there. One man asked me what it was, and told me he didn't eat anything wild. So I told him it was barbecued beef hash. He ate it and said it was really good."

Wilson wasn't surprised by this reaction for he feels the best cooking is not done in fancy gourmet restaurants, but in the home.

## ... UNION OR COMPANY DENTAL INSURANCE IS A VALUABLE ASSET...



YOUR HEALTH AND APPEARANCE

COMPLETE COOPERATION ON ALL DENTAL INSURANCE CLAIMS

WE HANDLE ALL THE DETAILS OF COMPLETING YOUR CLAIM FORMS

no appointment needed  
Come in at your convenience

PARK FREE—Any Park n Shop Lot

HOURS: Weekdays 8:30am to 5pm  
Saturdays 8:30am to 1pm

Dr. Jeffrey BRADY, Dentist

S.W. 3RD & YAMHILL ST., PORTLAND, OREGON  
TAKE ELEVATOR TO 2ND FLOOR 3RD ST. ENTRANCE

## American State Bank

"The Bank that integration built"

2737 N.E. Union

282-2216

## At Home

By Cal Williams



and size and children so little, what can be done to build the confidence of children? Giving up some adult power and mastery helps children develop a sense of their own worth, says Marcelle Straatman, Oregon State University human development specialist.

Another way to enhance a child's sense of power is to give choices rather than dictating a course of action. Children are confused by too many choices, but are strengthened when offered a choice of two alternatives, says Straatman.

Being offered and making a choice reinforces a child's sense of self.

Moreover, children often have a hard time learning to share, notes Straatman. Rather than threatening or belittling a child for not sharing—a method that is not likely to teach children to share willingly—take notice when children share things with others and compliment them for doing so.

Finally, always provide children with the assurance of love. Such assurances cannot be taken for granted. They need to be constantly demonstrated. Touching, holding, comforting and rocking are age-appropriate communicators of love. They will go a long way toward helping children develop confidence and self-worth.

Next time you kneel down to help your children tie a shoe-lace, look around at the world they live in, says Cal R. Williams, Multnomah County Extension Agent. You will realize how gigantic everything is.

From a child's height, tables, chairs, and sinks loom above. Everything is constructed for the tall adult world.

At times adults must seem fearful to small children. Even the sound of a loud voice can send them scurrying for their parents.

Since adults have so much power

# SAFEMAY HAWAIIAN ALOHA DAYS AT SAFEMAY

**Escape to the Sun!**

**Win a fabulous HAWAIIAN VACATION FOR TWO!**

Register Every Time You Visit Safeway

**10 Fabulous Vacations For 2 to be Given Away**

HERE'S ALL YOU DO: Fill out an official Entry Blank each time you visit any Safeway Store in Oregon & Washington (Except Ontario & Milton-Freewater). No purchase necessary. Entry blanks must be hand-written on an official entry blank. Duplication of entry blanks is prohibited. Mailed entries are void. All entries must be deposited by 6:00 p.m. Feb. 23, 1980.

Ten grand prizes will be awarded. Included for 2 people is air fare via Northwest Airlines (departure from Portland International Airport), hotel accommodations at Waikiki, \$300 expense money plus other four necessities. Trips must be taken by August 15, 1980 or prize forfeited.

No cash alternative or other substitution for prizes will be offered. Sweepstakes is open to anyone over 18 years of age, except employees and immediate families of Safeway and its advertising agencies.

Winners will be drawn from various areas throughout the state. Announcement of winners will be made by posting at each Safeway store following drawing. Winners will be notified.

COMPLETE RULES ARE PRINTED ON EACH OFFICIAL ENTRY BLANK

**Drawing Held Sat., February 23**

|  |  |   |
|--|--|---|
| <b>C&amp;H 5-LB. Sugar</b><br>Pure Cane Granulated Sugar All-purpose Save 56¢ each<br><b>\$1.19</b> Bag<br><small>SUPER SAVER</small>            | <b>DOLE Pineapple</b><br>Chunk, Sliced, or Crushed 20-oz Can Save 20¢ each<br><b>59¢</b><br><small>SUPER SAVER</small>                           | <b>CHICKEN of the SEA Chunk Tuna</b><br>Oil or Water Pack 6.5-oz Tin Save 36¢ each<br><b>69¢</b><br><small>SUPER SAVER</small>                      |
| <b>MRS. WRIGHT'S Bread</b><br>24-oz Reg. or Sandwich Crushed Wheat 22.5-oz 100% Whole Wheat Save 14¢<br><b>59¢</b><br><small>SUPER SAVER</small> | <b>8-PAK 16-oz. 7 up</b><br>The Uncola Drink, Reg. or Diet 16-oz Bottles Save 90¢ a Pak<br><b>\$1.49</b> plus det.<br><small>SUPER SAVER</small> | <b>12-PAK BUDWEISER Beer</b><br>Distinctively Clean, Crisp Taste 12-oz Cans Save 50¢ a Pak<br><b>\$4.39</b> plus det.<br><small>SUPER SAVER</small> |

**Pineapple Juice** Town House 46-oz Can 88¢  
**Green Beans or Corn** Cut or Sliced Gr Beans, W.K. or Cream Corn 16-oz 3 for \$1  
**Macaroni & Cheese** Kraft Dinner 7.75-oz Pkg. 3 for \$1  
**Vanilla Ice Cream** Lucerne Half Gallon \$1.39  
**Kraft Miracle Whip** Salad Dressing 32-oz Jar \$1.39  
**Monterey Jack Cheese** Lucerne 2-lb Loaf \$3.29

**FRESH Asparagus**  
Tender No. 1 First of the Season  
**lb. 98¢**

**GRADE A TURKEY Roast**  
HINDQUARTER Ideal for the Small Family  
**lb. 48¢**

**NOW TRY WEIGHT WATCHERS**

Of all the weight-loss programs in the world, none have been more successful than the Weight Watchers program. We've helped more people lose more pounds than any other plan.

|   |   |
|---|---|
| <b>EMANUEL HOSPITAL</b><br>2801 N Gantenbein<br>Emanuel East, Room B-1<br>(Nursing Home)<br>Thurs. 7:00pm | <b>HOLLADAY PARK HOSPITAL</b><br>1225 NE 2nd Ave.<br>Bldg. No. 1<br>5th Floor Solarium<br>Thurs. 4:00pm |
| <b>NORTHEAST PORTLAND MARANATHA CHURCH</b><br>1222 NE Skidmore<br>Sat. 9:30am                             | <b>CARPENTERS HALL</b><br>2225 N Lombard St.<br>Mon. 7:00pm<br>Thurs. 9:30am                            |

For information call COLLECT Portland (503) 297-1021, Weekdays—8:30-5:30  
© WEIGHT WATCHERS INT'L INC. 1979. OWNER OF THE WEIGHT WATCHERS & PEPSTEP TRADEMARKS

|  |   |   |
|--|---|---|
| <b>SAFEMAY COUPON</b><br>Coupon redeemable thru Feb. 5, 1980<br><b>Delicious Apples</b><br>Red Delicious, Crisp & Tangy<br>Save 70¢ Limit 1 Bag<br><b>5 lb. 99¢</b> bag              | <b>SAFEMAY COUPON</b><br>Coupon redeemable thru Feb. 5, 1980<br><b>Fresh Butter</b><br>Shady Lane Brand, 1-lb. Pkg.<br>Save 44¢ Limit 1<br><b>\$1.15</b>  | <b>Trail Blazer Fans! Pick Up Your TRAIL BLAZER PLAYER CARDS</b><br>Now at your Nearby Safeway<br><b>HERE'S WHAT YOU DO...</b><br>Cards are available at check stands each week for the next 12 weeks a different Trail Blazer Picture will be available. This week's feature is JIM PAXSON Guard. Cards are FREE with the purchase of 7-up. (Without purchase 49¢)<br>Prices effective Wed. Jan. 30 Tues., Feb. 5 at Safeway in NE Union & Ainsworth Safeway only. |
| <b>SAFEMAY COUPON</b><br>Coupon redeemable thru Feb. 5, 1980 NE Union & Ainsworth Safeway only<br><b>Sausage</b><br>Swift's Brown & Serve Sausage<br>8-oz Pkg. Limit 4<br><b>88¢</b> | <b>SAFEMAY COUPON</b><br>Coupon redeemable thru Feb. 5, 1980 NE Union & Ainsworth Safeway only<br><b>Enlargement</b><br>Your Favorite Negative or Slide<br>5 x 7 Save 50¢ Limit 1<br><b>89¢</b> | <b>LIBERTY BLUE</b><br>Disinfectant<br>Milk in Styrofoam England<br>This week's feature<br><b>LARGE CUP 79¢</b>   |

**SAFEMAY**  
Sales Limited to Retail Quantities Only