

# Making candy dessert

## CANDY MADE DESSERTS

Even if preparation time is short, you can make easy elegant desserts out of your candy packages as if by magic.

Try a heavenly quick "Frozen Chocolate Almond Mousse" - the candy bars melt to provide a special quality the chocolate alone cannot give. If you have crepes in the freezer, an easy, elegant dessert can be made by wrapping them around a slice of ice cream and topping with a glorious hot chocolate sauce. Our third tasty is a "Peanut Topped Creme Brulee" - using custard mix as a base. Chopped munch peanut bars add special flavor and crunch for the topping. Enjoy!

### FROZEN CHOCOLATE ALMOND MOUSSE

- 4 (1 1/2 oz. each) Mars Almond Bars, cut up
- 1/2 cup milk
- 1/2 teaspoon rum or brandy extract
- 1 teaspoon vanilla extract
- Pinch of salt
- 1/2 pint (1 cup) whipping cream, whipped

Combine candy and milk; heat slowly, stirring constantly, until candy is melted. Cool. Stir in rum or brandy extract, vanilla, and salt. Quickly fold sauce into whipped cream. (Do not overmix.) Spoon into 2 1/2-inch fluted paper or foil baking cups in muffin pans. Freeze. Makes 6 servings.

### PEANUT TOPPED CREME BRULEE

- 1 package (4 1/2 ounces) egg custard mix
  - 1 1/2 cups milk
  - 1 1/2 cups half and half
  - 2 (1 1/2 oz. each) Munch Peanut Bars, chopped
- Make custard mix as directed on package label, using the milk and half and half. Pour into 6 6-ounce custard or souffle cups. Chill. Just before serving, sprinkle chopped candy evenly over top or custards. Arrange cups in bed of chopped ice. Broil about 5 inches from heat, just until candy starts to melt and browns slightly, 4 to 5 minutes. Serve (6) at once.

### ICE CREAM FILLED CREPES WITH MYSTERY CHOCOLATE SAUCE

- 1 pint brick strawberry or peppermint ice cream
- 1 cup M&M's Plain Chocolate candies
- 1/2 cup half and half
- 1/4 cup light corn syrup
- 1/8 teaspoon cream of tartar
- 1 teaspoon grated orange rind or 1/2 teaspoon orange extract
- 8 crepes
- 1 tablespoon butter or margarine

Cut brick of ice cream in half lengthwise and each half into 4 lengthwise sticks. Place in freezer until ready to serve. Prepare sauce.



ICE CREAM CREPES

Combine candies, half and half, corn syrup and cream of tartar. Heat slowly stirring constantly until candy is melted. Stir in orange rind or orange extract; keep sauce warm. Melt butter in skillet. Heat crepes quickly in skillet. Place a

stick of ice cream on each crepe. Fold two sides of each crepe over an ice cream stick, making a roll. Place on dessert plates. Serve at once with warm sauce. Makes 4 servings, 2 crepes each.

# Round steak best buy

One way to get the most for your meat money is to really know the individual meat cuts, suggests Marilyn Lunner, Clackamas County Extension Agent.

One cut to consider is round steak. It has very little waste, plenty of lean meat and can be prepared in a variety of ways.

"Round steak has the lowest percentage of fat of all the beef steaks," says Marilyn Lunner. "Though it is considered a less-tender cut from the round section of the beef carcass, tenderness of its different parts vary."

These characteristics make round steak a fairly popular cut, which also means it is relatively high priced, Lunner explains. However, it is speared frequently, often with a savings of as much as \$1 a pound.

Round steak is sold either as a full round steak or cut into its different parts. There are three distinct parts to every round steak -- top round, bottom round and eye-of-the-round. These parts differ in tender-

ness because they contain different muscles, and they are priced accordingly if sold separately.

The most tender section is the top round section, easily identified because it is the largest section of the full round steak.

If the top round steak is a USDA choice grade, it can be broiled or pan broiled. If it is a lower grade, it should be braised.

For greatest tenderness, broil only to the medium rare or medium stage.

"The bottom round is the least tender section and must be cooked with moist heat," says Lunner. The bottom round is the second largest section and is the part closest to the bone. It's also often sold with the eye-of-the-round attached.

Bottom round can be used for swiss steak or it can be cut into cubes or slices for stews extended with vegetables. If very thinly sliced, it can be successfully used for quick cook, stir-fry dishes.

The eye-of-the-round is the

smallest section of the round steak and is circular in shape. Though it's not quite as tender as the top round, it can also be broiled or pan fried if it is USDA choice grade.

When sold separately, the eye-of-the-round is usually the most expensive of the round steak sections.

To save money on round steak, consider full round steak, the least expensive cut of round steak. If you can't use that much steak for a meal

for your family, buy it anyway and cut it into three different sections for three different meals. A two-pound steak would provide ample meat for two people for three separate meals.

If you extend the meat with other foods that are lower in cost, such as vegetables or noodles, it will make four meals.

## FRESH PORK Spareribs

**3 lbs. & under lb. \$1<sup>38</sup>**

SE 20<sup>th</sup> DIVISION  
SE 72<sup>nd</sup> at FLAVEL  
NE 15<sup>th</sup> & FREMONT  
W BURNSIDE at 21<sup>st</sup>  
SAN RAFAEL - 1910 NE 122<sup>nd</sup>

Forest Grove - 2329 PACIFIC  
Oregon City - 878 MOLALLA  
Candy - 1051 SW 1<sup>st</sup>  
LLOYD CENTER

14410 SE DIVISION  
3956 SE POWELL  
NE 74<sup>th</sup> & GLISAN  
HILLSBORO - 960 SE OAK

TRADEWELL

## Better Babies

"Building Better Babies" will be the topic of a symposium January 28th, sponsored by the Tri-County chapter, March of Dimes, and the Columbia Region Childbirth Education Council.

Featured speakers will discuss ways of preventing birth defects through good nutrition and avoidance of substances which might harm the fetus. Karen Krisp, RD, will speak on "Eating for Two and Other Myths." Gerald Prescott, DMD, and Jim Grant, MSW, will team up to detail the hazards of "Drinking, Smoking, and Other Forbidden Pleasures." Ms. Krisp is a consulting dietician; Dr. Prescott and Mr. Grant are associated with the U of O Health Sciences Center.

The symposium is open to professionals and all members of the public concerned with prenatal health. It will be held from 7-9:30 p.m., in Smith Memorial Center Room 294. There will be an admission charge of \$2.50, with registration at the door. For more information, contact the March of Dimes office.

## Union Avenue

(Continued from Page 1 Col 6) to take care of them. I've never refused a customer."

Reese added that he pays out more wages than he makes in profits from the oil company.

"Oil prices in 1970 was around \$8.00 for 100 gallons and here in 1980, it cost around \$100.00 for 10 gallons. I'm not making any money on oil. I'm doing it because the people need the service."

Reese stated that the oil business drove him into the construction industry. He remodels homes and builds to suit the party. Reese took a crash course in construction at PCC and has over \$400,000 worth of promised government work in Salem and Crescent City.

"I'm fighting to have something for all the people to come and enjoy themselves. The only way I can get better is for the people of the community to support me. Then I can start doing more things for the community," he concluded.

In the words of the late/great Malcom X, "Let the Black people, wherever possible, however possible, patronize their own kind, hire their own kind, and start in those ways to build up the Black race's ability to do for itself..."

# BLADE CHUCK ROAST

USDA CHOICE

**\$1<sup>18</sup>**  
Pound

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## ORE-IDA POTATOES

Crinkle Cut French Fries

**59¢**  
16 oz PKG

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# K IENOW'S SHOP

FOR BRANDS you know VARIETIES you like SIZES you want

The Friendliest Stores in Town Since 1908

- 6411 S.E. Milwaukie
- 55th & East Burnside
- 122nd & N.E. Glisan
- N. Lombard & Orsley
- Raleigh Hills Plaza
- 1824d & S.E. Division
- Oak Grove
- 14th & S.E. Morrison
- 32nd & N.E. Hancock
- 39th & S.E. Division
- 23rd & West Burnside
- Latta Oswego 90 S & A
- King City

MEMBER OF UNITED FRANCHISES

# SAFeway's JANUARY INFLATION FIGHTERS

TO HELP YOU CRUSH INFLATION!

**S Brands Sale Continues!**

**Cottage Cheese** 58¢  
Pint

**Premium Bread** 59¢  
22.5-oz. Loaf

**Cut-up Oregon Fryers** 69¢ lb.

**Long Spaghetti** \$2<sup>29</sup>  
4-lb. Bag

**Cling Peaches** 59¢  
29-oz. Can

**Lean Ground Beef** \$1<sup>58</sup> lb.

**Vegetable Oil** 98¢  
24-oz. Btl.

**Dishwasher Detergent** \$1<sup>88</sup>  
65-oz. Box

**Round Tip Roast** \$2<sup>38</sup> lb.

**Red Delicious Apples** 5 \$1  
5 lbs. Super Saver

**Large Pink Grapefruit** 39¢  
12-oz. Box

**Seedless Raisins** 99¢  
12-oz. Box

**No. 1 Red Potatoes** 4 \$11  
10-lb. Bag

**Cabbage** 19¢  
10-lb. Bag

**FRESH TENDER BROCCOLI** 39¢  
lb.

**BEL-AIR Pumpkin Pies** 99¢  
34-oz. Size

**LUCERNE Ice Milk** 99¢  
Half Gallon

**CASCADE 12-Pak Beer** \$2<sup>19</sup>  
12-oz. Bottle

**TRULY FINE Diapers** \$5<sup>49</sup>  
12-oz. Size

**Green Beans** 4 \$99¢  
10-oz. Can

**Sliced Pears** 69¢  
10-oz. Can

**Mushrooms** 49¢  
10-oz. Can

**Macaroni & Cheese** 29¢  
10-oz. Can

**American Cheese** \$1<sup>99</sup>  
10-oz. Can

**Hot Dog Buns** 49¢  
10-oz. Can

**Italian Bread** 69¢  
10-oz. Can

**Cucumber Chips** 88¢  
10-oz. Can

**Town House Rice** 99¢  
10-oz. Can

**Dog Food Dinners** 3 \$11

Prices effective Wed., Jan. 7 thru Tues., Jan. 13 at all Portland area Safeway stores.

# SAFeway

Sales Limited to Retail Quantities Only

**SAFeway Underwear** 50¢ OFF Reg. Price

**SAFeway Aspirin** 59¢  
Bottle of 200

**SAFeway Motor Oil** 79¢  
Quart

**Close-Up Toothpaste** 87¢  
Solid Air Freshener 2 \$11  
Covered Roaster \$14<sup>99</sup>

**Chunk Light Tuna** 78¢  
See Trader Tuna, Oil or Water Pack, 1.5-oz. Limit 3

**3-Pound Coffee** \$5<sup>89</sup>  
Edwards Assorted Grinds, 100% Arabica

**Empress Syrup** 59¢  
Quality Table Syrup, 12-oz. Size, Limit 1

**Laundry Detergent** \$1<sup>99</sup>  
White Magic, 84-oz. Box, 27-oz. Jar, Limit 1

**8-Quart Potting Soil** BUY ONE, GET ONE FREE!  
Heavenly Earth, All-Purpose, Limit 1 Deal per coupon

**Salad Dressing** 98¢  
Green Garden, 1000 Island, 14.5-oz. Jar, Limit 2

EVERYTHING YOU WANT FROM A STORE... AND A LITTLE BIT MORE!