

Pumpkin signals fall season



great alternative to traditional pumpkin pie. Enjoy!

PEANUT CRUNCH SANDWICH

- 1/2 cup crunchy peanut butter
- 4 tbs. margarine
- 4 tbs. mayonnaise
- 1/2 cup raw pumpkin, shredded and chopped
- Bacon bits to garnish

Mix well first four ingredients. Spread on wheat bread and garnish with bacon bits.

STIR-FRIED PUMPKIN AND CHICKEN

- 4 tbs. oil (or rendered chicken fat)
- 2 cups pumpkin, peeled and shredded
- 1 tbs. onion, finely minced
- 1/2 tsp. seasoning salt
- 1 tsp. sugar
- 1 tsp. soy sauce
- 1/2 cup chicken stock
- 1 1/2 cup chopped cooked chicken

Heat wok over medium high heat. Add oil and after 30 seconds add onion and pumpkin. Stir-fry for only three minutes. Add the rest of the ingredients and lower to simmer for 10 minutes. Add cooked meat and serve as soon as heated through. Serves 6. (Chopped cooked pork may be used instead of chicken).

DIETER'S DIP

- 1 1/2 cup grated raw pumpkin
- 1/2 cup plain yogurt
- 1/2 tsp. seasoned salt
- 1/2 tsp. garlic powder
- 2 tsp. chopped green onions
- Paprika to garnish

Drain pumpkin in colander. Press between towels to drain off more liquid. Combine with yogurt, seasonings and green onions. Garnish with a sprinkle of paprika. Chill well. Serve with crackers or dipping chips.

HARVEST PUMPKIN CHEESECAKE

- 1 cup gingersnap crumbs
- 1/2 cup finely chopped pecans
- 3 tbs. margarine, melted
- 1 8-oz. pkg. cream cheese
- 1/4 cup sugar
- 1/2 tsp. vanilla
- 1 egg
- 1 16-oz. can pumpkin
- 1/2 cup (5 1/2-oz. can) evaporated milk
- 1/2 cup sugar
- 2 eggs
- 1 tsp. cinnamon
- 1/4 tsp. ginger

Combine crumbs, nuts and margarine; press onto bottom of 9-inch springform pan. Combine softened cream cheese, sugar and vanilla,

mixing on electric mixer until well blended. Blend in egg; pour over crust.

Combine remaining ingredients; mix well. Carefully pour over cream cheese mixture. Bake at 325 °F. 1 hour and 30 to 35 minutes or until set. Loosen cake from rim of pan. Cool; remove rim. Chill.

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Traditionally, the pumpkin roundup signals the end of summer harvest and the beginning of the frosty season. The bright orange forms become carved faces, painted heads, ghouls and ghosts and for Halloween the Jack O'Lantern maintains vigil over homes and apartments. What about pumpkin for eating? It's not just for pies, you know. Pumpkin is good in all sorts of ways including dips and appetizers, sandwiches and soups and entrees and desserts. To celebrate the harvest with pumpkin, make a crunchy sandwich filling, adding vitamins and several minerals to the protein rich peanut butter, a Wok-Cooked Pumpkin and Chicken, that is also good made with pork, or a Harvest Pumpkin Cheesecake—a

Nutritious peanut snacks

Fun to make and eat

Peanuts and peanut treats are great items to have on hand to guide your family toward nutritional snacking habits. Peanuts are power packed with protein, B vitamins and minerals, in addition to good taste.

Get the family involved in the making. The easy preparation guarantees success to almost any cook. For Sugared Peanuts, raw peanuts with the red skins on are added to a simple sugar solution, cooked until coated and then roasted in the oven. The addition of cinnamon, cloves and nutmeg produces irresistible Spiced Peanuts.

Chocolate Covered Peanuts is a combination everybody loves. You need peanuts with the skins on to hold the chocolate. Try french frying or oven roasting them and then dunk into melted chocolate.

Packaged in a pretty container and stored within easy reach, these nutrition packed peanut treats will be a hit with the whole family (and company, too).



Chocolate Coated, Sugared and Spiced Peanuts are nutritious snacks that give lots of go power along with good taste.

Chocolate Covered Peanuts: Dissolve sugar in water in saucepan over medium heat. Add peanuts and continue to cook over medium heat, stirring frequently. Cook until peanut is completely sugared (covered and no syrup left). Pour and spread over ungreased cookie sheet and bake at 300 °F. for approximately 30 minutes, stir occasionally for even roasting.

SPICED PEANUTS

- 1 cup sugar
 - 1/2 cup water
 - 1 teaspoon cinnamon
 - 1/2 teaspoon nutmeg
 - 1/2 teaspoon ground cloves
 - 1 pound roasted peanuts (blanched or red skins on)
- Boil sugar, water and spices until syrup threads from spoon. Drop one pound of peanuts into syrup. Stir until nuts are dry looking. Pour out on waxed paper and let stand until cool and dry.

CHOCOLATE COVERED PEANUTS

- 1 pkg. (6 oz.) semi-sweet chocolate bits
- 2-1/2 cups roasted peanuts (with red skins on)

Melt chocolate pieces in top of double boiler over hot (not boiling) water. Add peanuts to melted chocolate and stir to coat. Turn out on waxed paper spreading so that peanuts are separated as much as possible. Allow to cool.

SUGARED PEANUTS

- 1 cup granulated sugar
- 1/2 cup water
- 2 cups raw shelled peanuts, skins on

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Share your food

Saturday is "Supermarket Saturday." Pacific Northwest Bell volunteers will be at 60 Safeway stores throughout Oregon for a one-day food drive they hope will bring in more than 5,000 bags of food for Oregon's hungry.

According to Corky Stewart, Pacific Northwest Bell's staff manager of Community Relations, the event is being sponsored by the company's 23 Community Relations Teams in Oregon in cooperation with the Safeway stores. Food will be distributed to local food banks through Oregon Food Share.

Shoppers also can make cash contributions. All donations are tax deductible.

PNB will use shareowner funds to match the cash value of the donated items up to \$20,000. The matching money will be given to Oregon Food Share to purchase and distribute the food. PNB kicked off the event last month with a \$6,000 contribution from shareholder funds.

Oregon Food Share, a state-wide food distribution network, says there has been a 60 percent increase in the number of requests for emergency food assistance this year compared with 1981.

Northeast Portland agencies that benefit from Oregon Food Share are:

Alpha House, Baloney Joe's, Community Care, Computer Factors, Harry's Mother, House of Exodus, Parent Child Services, St. Vincent DePaul Rehab, Irvington Day Care, Life Center, Maria Maul Foster Home, Mennonite Community Service, Multnomah Co. Day Care, One Heart Christian Ministry, St. Vincent DePaul Day Care, The Crib.

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