FOOD SECTION



Jollof Rice by her Nigerian brother-in-law it has become one of her favorite dishes. This West African pilaf dish lends itelf to endless variations according to individual tastes and the foods on hand.

AFRICAN SALAD

1 qt. shredded lettuce 1 cup shredded carrot 1 10-oz. pkg. frozen peas, cooked,

drained, chilled 131/4 oz. can sardines, drained

LARGE

EQQS

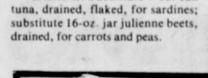
GRAPEFRUIT

JUICE

1/2 cup mayonnaise or similar dressing

Layer lettuce, carrots, peas and sardines on large serving platter. Spoon tablespoonfuls of salad dressing around salad. 8 servings.

Variations: Substitute 7-oz. can





A touch of Africa

JOLLOF RICE

1 lb. ground beef 2 cups chopped cooked chicken 2 cups chicken broth

1/2 lb. mushrooms, quartered

1 cup chopped onion

1 cup chopped green pepper 1/2 cup barbecue sauce

1 teaspoon garlic salt 1/4 teaspoon crushed red pepper

2 tomatoes, cut into wedges

Brown beef in 12-inch skillet or Dutch oven; drain. Add chicken, broth, mushrooms, rice, onion, green pepper, barbecue sauce and seasonings; bring to boil. Reduce heat. Cover; simmer 30 minutes or until rice is tender. Add tomatoes; mix lightly. Cover; heat 5 minutes. Garnish with additional tomato wedges and serve with flaked coconut and pickled watermelon rind, if desired. 8 servings.

Microwave: Crumble beef into 3quart casserole. Microwave on High 4 to 5 minutes or until beef loses pink color when stirred. Drain. Add ingredients as directed. Cover; micro wave 35 minutes or until rice is tender, stirring every 10 minutes. Add tomatoes; mix lightly. Microwave 2 minutes.



Eat and Grow Younger

Aging Too Fast?

This newspaper is pleased to start today a hard-hitting commentary on present-day food habits, "Eat and Grow Younger," by Lelord Kordel. The book from which this series is adapted, has been an instant sensation wherever it has appeared. Don't miss a single one of the 24 parts.

By LELORD KORDEL

Number One of a Series

R. U. AWOKE one morn-ing to a disturbing discovery. A panicky feeling welled up from the pot belly that had begun to bulge out below his belt. He glanced across the breakfast table at Mrs. U. Dismayed, he realized for the first time that the woman facing him was in the same unpleasant fix as he now found himself. He was getting oldand so was she!

His usual zest for breakfast was

Why did people have to grow old so soon? He was only 46. Look at old Joe Jenks, who had lived on a neighboring farm when he was a

Joe had got up before sunrise every morning, did more work than the hired man, ate heartily, slept like a top, took a young second wife, and fooled the whole community by living hale and hearty, well into his

What was wrong? Why shouldn't men and women keep on looking and feeling young and alive past that momentous 40th birthday? No reason, actually, why everyone past 40 shouldn't look and feel young and vigorous.

Body more than machine

We often speak of the human body as a "machine." Yet, actually, your body is more than a machineit's an extremely complex laboratory where intricate chemical reactions take place which no human chemist has even been able to dupli-

The awe-inspiring thing about this mysterious body of yours is that when some "mechanical" part



PROTEINS

IS THAT DONE

breaks down, under ideal conditions your "chemical laboratory" can rush quickly produced substances to the spot that needs repairing, in order that life may go on and the body's efficiency not be seriously impaired.

You'll notice I said that "under ideal conditions" the chemical laboratory in your body can produce quickly those mending substances needed to put injured or worn-out body parts back in good working order.

What are those ideal conditions? First-certain "test tubes" (the endocrine glands) must be in proper

working order. Second-enough of a certain food element known as protein must be provided for the body's chemical laboratory, not only to keep the glandular "test tubes" themselves up to par, but also to rebuild constantly wearing out cells throughout your entire body.

'Oldsters' stay young

During a recent tour of South America, I met some remarkable oldsters with a talent for living long (Please turn to page 9 column 1)

OVER-COME



Join a Weight Watchers class and find out how to control your cravings Say so long to bad eat ing habits. Learn good habits that can become second nature to you. So you can take off the pounds and keep them off, For good.

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7:00 p.m.

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Carpenters Hall 2225 N. Lombard Street

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Thurs. 9:30 a.m.

Emanuel Hospital 2801 N. Gantenbein

Emanuel East, Room 2001 (Nurses Hall) Thurs.

7:00 p.m.

Maranatha Church 1222 N.E. Skidmore 9:30 a.m.

Fellowship Baptist Church 4737 N. Lombard Street Tues.

Mon.

Wed.

Fri.

Thurs.

7:00 p.m. For information call collect (503) 297-1021 8:30-5:00.

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