

FOOD SECTION



Since Vivian Perry of Atlanta was introduced to Jollof Rice by her Nigerian brother-in-law it has become one of her favorite dishes. This West Afri-

can pilaf dish lends itself to endless variations according to individual tastes and the foods on hand.

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 rice
- 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 3-quart casserole. Microwave on High 4 to 5 minutes or until beef loses pink color when stirred. Drain. Add ingredients as directed. Cover; microwave 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

MR. U. AWOKE one morning 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 old—and so was she!

His usual zest for breakfast was gone!

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 boy.

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 90s.

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 machine—it's an extremely complex laboratory where intricate chemical reactions take place which no human chemist has even been able to duplicate.

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



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)

AFRICAN SALAD

- 1 qt. shredded lettuce
- 1 cup shredded carrot
- 1 10-oz. pkg. frozen peas, cooked, drained, chilled
- 1 3/4 oz. can sardines, drained

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 tuna, drained, flaked, for sardines; substitute 16-oz. jar julienne beets, drained, for carrots and peas.

OREGON YELLOW ONIONS

25 LB BAG **\$1.69**

GRAPEFRUIT TEXAS RUBY REDS	7 FOR 99¢
ORANGES SWEET, JUICY TEXAS HAMLIN'S	5 LBS 99¢
POTATOES U.S. NO. 1 OREGON RUSSETS	10 BAG 59¢
APPLES DELICIOUS OR RED ROMES	4 LBS 99¢
TOMATOES FLORIDA	LB 39¢
LETTUCE ARIZONA, LARGE	EACH 39¢
POMELOS (CHINESE GRAPEFRUIT)	EACH \$1.39

GRADE AA LARGE EGGS	DOZEN 72¢	CABARI MT. WINE	\$4.59
TEXSUN - PINK GRAPEFRUIT JUICE	46 OZ. TIN 99¢	BULK FOODS CORNER SPLIT PEAS	Reg. 39¢ 29¢ LB
		CHOCOLATE CHIPS	Reg. \$7.99 89¢ LB
		3 LITRE	

FRESH-OREGON GROWN SPLIT FRYERS CHICKEN BREASTS

\$1.59 LB

COUNTRY STYLE PORK SPARERIBS	OREGON CHIEF SLICED BACON
\$1.49 LB	\$1.39 LB

PRICES GOOD THRU SAT., JAN. 22, 1983

SHERIDAN FRUIT Co.

S E UNION & OAK — 235-9353

TURKEY

ARMOUR'S GRADE "A"

ANY SIZE IN STOCK

59¢

POUND

BONELESS TOP SIRLOIN STEAK

\$2.59

POUND

K IENOW'S SHOP

FOR BRANDS you know VARIETIES you like SIZES you want!

• 6411 S.E. Millboulevard • 14th & S.E. Morrison
 • 55th & East Burnside • 33rd & N.E. Hancock
 • 122nd & N.E. Olney • 39th & S.E. Division
 • N. Lombard at Overstay • 33rd & West Burnside
 • Colgate Hills Place • 14th & Oregon 90 & A •
 • 102nd at S.E. Division • King City
 * Club Grove
 MEMBER OF UNITED MERCHANTS

The Friendliest Stores in Town Since 1908

OVER-COME OVER-EATING

Join through January 22 and receive price protection until May 1.

JOIN WEIGHT WATCHERS

Lose weight once and for all.

Join Any Class Anytime

<p>NORTH PORTLAND</p> <p>Carpenters Hall 2225 N. Lombard Street (at Brandon) Mon. 7:00 p.m. Thurs. 9:30 a.m.</p> <p>Emanuel Hospital 2801 N. Gantenbein Emanuel East, Room 2001 (Nurses Hall) Thurs. 7:00 p.m.</p>	<p>NORTHEAST PORTLAND</p> <p>Northeast Portland Center 5049 N.E. Sandy Blvd. Mon. 7:00 p.m. Tues. 9:30 a.m. & 7:00 p.m. Wed. 7:00 p.m. Thurs. 7:00 p.m.</p> <p>Maranatha Church 1222 N.E. Skidmore Sat. 9:30 a.m.</p> <p>Fellowship Baptist Church 4737 N. Lombard Street Tues. 7:00 p.m.</p>
---	---

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

© Weight Watchers International Inc. 1983 Owner of the Weight Watchers Trademark.