

# Ageing?

(Continued from page 8 column 6)

and vigorously. In Uruguay and Argentina I noticed an amazing number of older persons whose pep and stamina were nothing short of miraculous, compared to that of the average American of the same age.

On the other hand, in the more tropical parts of Brazil, I was singularly impressed by the lack of elderly persons to be seen on the streets.

"A matter of diet," was my explanation, remembering the high-starch diets of tropical Brazil as compared to the meals I had noted being set before the Uruguayans in the city's splendid restaurants. Plates containing liberal portions of meat, roasted or broiled; bowls generously heaped with green salads; and trays of temptingly arranged fresh fruits.

### Abilities belie years

In Argentina, on an estancia not far from Buenos Aires, I had a close-up view of those oldsters whose appearances and abilities belied their calendar years.

My host was a wealthy Argentinian, educated in England, whose estancia was devoted to raising blooded horses for racing and for polo. His pastures extended for thousands of acres, and across them roamed large numbers of the finest horseflesh I've ever seen—and some of the youngest "old men."

"You're to be commended for keeping on those older fellows," I remarked to my host. "In my country they would long since have been replaced or pensioned off."

"Not at all," came his quick reply. "I'm very lucky to have them. They are the backbone of my estancia. Most of them were with my grandfather. My worry is what I shall do without them. But that probably won't be for another 10 years or so."

Before leaving the estancia near Buenos Aires, I took a meal with Justina and the other gauchos down at their quarters. A haunch sheep (sometimes it was a side of beef) was roasted in the skin over an open fire. When the meat was done to a turn, nicely browned on the outside, but tender and juicy on the inside, large chunks were hacked off by each man with the long-bladed knife he wears at the back of his broad belt.

These large chunks of meat, followed by second and third helpings until nothing was left by the carcass, constituted the entire meal—no potatoes, no bread, no pie. Nothing out meat, followed by a gourd of the brew made from the green herb called mate. Yet this was not an exceptional meal with them—it was the diet they followed three times daily, year in, year out.

### For better nutrition

Meat, of course, is another way of saying protein. For meat provides the highest type, most complete protein.

"All very interesting," you may comment, "but is it good nutrition, this meat-and-mate diet of your gaucho?"

To which I hasten to reply with a big, loud "Yes!" Far better nutrition than is to be found on the expensive itemized menus of the finest epicurean restaurants in our cosmopolitan centers, with their dozens of tempting dishes from which to choose—most of them too starchy, sweet and overcooked.

Remember, it is the nutritional pauper who early loses his vitality and glow of youth. Any person who surfeits his body with carbohydrates and starves it of proteins is a nutritional pauper.

You'll meet protein in several guises later on. But regardless of the form in which it appears on your plate, protein will be right in there pitching for you, striking out old age and pepping up slack muscles. Before you can hope to Eat and Grow Younger, you must make a mealtime companion of protein, your "youth restorer" food.

Next: The Elixir of Youth that is found in your foods. As vital to human life as oxygen.



# A naturally sweet treat

One of the bounties of this land, no matter where you live in the U.S., is our abundant apple crop, especially the versatile Golden Delicious from Washington.

This is one apple that stars, no matter how it's used—as a snack, for cooking in main dishes, compotes, sautes or as the basis of tempting salads and desserts, such as the easy Aloha Golden Apple Crisp detailed below.

Aside from their excellent delicate flavor, Golden Delicious apples are popular because they hold their shape so well during cooking and resist darkening when cut. Because Golden Delicious are naturally sweet, very little additional sugar is required in cooking this delicious fruit. That's a bargain in itself.

It's nice to know that premium-quality Golden Delicious apples are available today year-round, thanks to modern storage methods. The first of the new crop apples arrive in local markets in the fall, and the remainder are carefully stored, then shipped on a gradual basis throughout the following months.

Give your family a treat by adding a half cup grated Golden Delicious apple to a favorite muffin or pancake mix. Before baking, lightly sprinkle tops of muffins or pancakes with cinnamon and sugar.

### ALOHA GOLDEN APPLE CRISP

3 cups sliced, cored and thinly sliced Golden Delicious apples  
1 can (13-1/4 oz.) pineapple tidbits, very thoroughly drained  
1/2 cup flour

1/3 cup packed brown sugar  
1/2 teaspoon ground cinnamon  
1/8 teaspoon salt  
Dash ground allspice  
1/3 cup butter or margarine, softened  
1/2 cup roasted, salted coconut chips or flaked coconut  
1/2 cup chopped macadamia nuts or almonds

Combine apples and pineapple; place in greased

8x8x2-inch baking dish. Combine flour, sugar and seasonings; cut in butter until crumbly. Stir in coconut and nuts; sprinkle evenly over apples. Bake at 375°F. 30 minutes or until apples are tender and topping is golden. Makes 6 to 8 servings.

## School Menu

January 24: Mexican taco, shredded lettuce, tomato, whole kernel corn, birthday cherry shortcake, milk.

January 24: Barbecue pork on bun, tater tots, green beans, apple wedges, milk.

January 26: Cheese-tomato pizza, carrot butter cookie, milk.

January 27: Fish 'n' chips w/Tartar sauce, tossed salad w/French dressing, French bread, orange half, milk.

January 28: NO SCHOOL—Teacher Planning Day.



## SAFEGWAY

Sales Limited To Retail Quantities

**\$2.78** Your Choice

- Beef Strip Steak Safeway Quality lb. \$3.98
- Beef Top Sirloin Steak Safeway Quality lb. \$2.59
- Beef Tenderloin Steak Safeway Quality lb. \$4.38
- Smoked Pork Chops Hygrade Brand lb. \$2.58
- Whole Hog Sausage Safeway 1-lb. Roll lb. \$1.98
- Chicken Legs & Thighs Manor House US Grade A lb. \$1.34

**Beef T-Bone Steak** **Beef Rib Steak**

Top Your Favorite Steak With Our Fancy Mushrooms . . lb. \$1.39

Meet The Top Banana At Safeway

# Bananas

Fancy, Number 1 Golden Ripe Bananas

**4 Lbs. \$1** **SUPER SAVER**

**Red Potatoes** U.S. No. 1 North Dakota Bulk, All-Purpose **6 Lbs. \$1**

**Vick's NyQuil** 6-Ounce Size **\$2.19** **SUPER SAVER**

**Suave Shampoo** Conditioners Asstd., 16-oz. **\$1.19** **SUPER SAVER**

**Panty Hose Contact** Safeway Control Top Pr. **\$1.59**  
10-Count Capsules **\$1.99**

**Hamburger Helper** Betty Crocker Asst'd Varieties 6.5 To 9-Oz. **88¢** **SUPER SAVER**

**Nestle's Souptime** Chicken Noodle Soup 4-Env. Pkg. **2.00** **SUPER SAVER**

**Truly Fine Bath Tissue** Asst. Colors 2-Ply 4-Roll Pack **69¢** **SUPER SAVER**

**Uncle Ben's Rice** With Mushrooms Or Peas Frozen, 28-Oz. **99¢** **SUPER SAVER**

**Macaroni & Cheese** Kraft Dinners 7.25-Oz. **3.00** **SUPER SAVER**

- Margarine Kraft Parkay Quarters, 1-lb. 2 for **99¢**
- 40-Oz. Bisquick Buttermilk Baking Mix **\$1.49**
- Gold Medal Flour Bleached or Unbleached, 10-lb. **\$1.59**
- Spaghetti Creamette 2-Lb. Package **99¢**
- Nalley's Syrup Lumberjack 47-Ounce **\$1.99**
- Yoplait Yogurt Asstd. Varieties, 6-oz. except Breakfast Style **39¢**
- Brownie Mix Betty Crocker Fudge 21.5-Ounce Pkg. **\$1.39**

Prices Effective 1/19 thru 1/25/83 At Safeway In The Portland Area.



**Parry's Thrift Shop**  
Now open at  
3580 S.E. Hawthorne  
238-0016  
Good merchandise...  
Great Bargains