

Potato peels?

Potato skins, a delightful food that has gained popularity lately, are fun to have as snacks or main dishes. They are even great for breakfast. They can provide a spectacular way to use leftovers.

Potato skins are easy to fix for one person or a crowd. You can bake potatoes specifically for potato skins or use leftover potatoes that have been refrigerated. Always refrigerate cooked potatoes. Research has shown that there is a real potential for foodborne illness from cooked potatoes kept at room temperature.

POTATO SKINS

Baked potatoes
Cooking oil
Salt and pepper; seasoned salt
Topping of your choice

Halve the baked potatoes lengthwise; scoop out potato pulp leaving a quarter inch of potato on the skins. Brush skins with oil; season to taste with salt, pepper and seasoned salt. Place on a foil-lined baking sheet and bake at 475° until crisp and browned around the edges. This may take 10 to 15 minutes, or slightly longer if the potatoes are cold. Top with a filling and return to oven for 5 minutes or until topping is hot.

Use leftover potato pulp to mash or in a casserole, salad or soup.

POTATO SKIN TOPPINGS

Use your imagination to develop toppings. It's a great way to use that last chunk of meat, spaghetti sauce, chili, chip dip or cream sauce. Then top with cheese and return to the oven to heat the topping.

REUBEN POTATO SKINS

1 package (3 oz.) corned beef, thinly sliced
1 cup sauerkraut, well drained
1 cup grated swiss cheese
1/2 cup mayonnaise
6 potatoes made into potato skins

Cut corned beef into small pieces. Combine corned beef, sauerkraut, swiss cheese and mayonnaise; mix well. Fill potato skins. Heat at 475° until lightly browned and cheese melts. Makes 12 skins.

Honey

(Continued from page 7 column 6)
Counteracts fatigue

Whenever your blood sugar falls to such a low level that it needs raising almost instantly to counteract severe fatigue and a general slowing down of the heart muscle—would you be wise in eating a food that requires long, intricate digestive processing before it can be turned into dextrose that produces instantly usable glycogen? Or should you choose a food that is already 99 percent predigested dextrose? That means honey!

When you depend on other carbohydrates for energy (the lactose in milk is the one exception), your heart muscle, your brain cells, your bloodstream must all wait for that urgently needed glycogen until the long, intricate digestive process is finished.

Experts agree

Not only is honey itself the purest of foods, it is also a good purifier for your digestive tract. Dr. Schuette of the University of Wisconsin says dark honey contains practically all the minerals composing the human skeleton. Dr. Metchnikoff, famous Russian scientist, attributed the unusually long life of Bulgarian peasants to their milk-and-honey diet. Dr. Rubner of Berlin University, an eminent nutritional physiologist, has proved that honey contains an abundance of important B-vitamins.

Two more more teaspoonfuls of honey with each meal will ensure adequate honey nutrients for your body needs.

The ancients believed this natural sweet meant a great deal to their survival. And, judging from the results of many modern experiments, I believe it offers all of us an opportunity to live life to its fullest.

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Winterize your pets

Now that our cold, wet Oregon winter is here, the Oregon Humane Society wants pet owners to remember to take special care of their pets. Pets need to be winterized—prepared for the cold.

Make sure all vaccinations are up to date and check outside animal shelters for leaks or drafts. Remember that only some breeds of animals grow winter coats. Short hair dogs, even as large as Great Danes and Dobermans, cannot adequately protect themselves from cold weather. A dog sweater or coat will keep them from catching colds.

Always have plenty of food and water around. In order to keep warm, animals burn off more water than normal and need a higher grade protein food. If your pet stays indoors most of the winter be sure it gets adequate exercise.

Outside pets face a serious prob-

lem in the de-icing chemicals used on driveways, sidewalks and streets. When these chemicals are ingested your pet can get ill, so take precautions. Don't let your pet drink any melted ice in the street. And when your pet comes home, wipe off the paws and quickly brush and dry their hair. It only takes a minute and could keep your pet healthy. Also take precautions if you or your neighbor change anti-freeze in your car. Don't let the anti-freeze run into the street and don't let your pet drink it.

Care of livestock is as important as care of household pets. Horses need a higher grade of protein and three times more water than usual just to keep warm. They also need a lot of exercise and a reliable shelter. A few trees to break the wind and rain is not enough.

Birds need assistance also. A lot



of birds don't hibernate and don't go south. For those birds make sure to break the ice on their bird feeders and bird houses.

The Oregon Humane Society believes winter can be a joyous and safe time for people and their pets if we only take a few precautions and use our common sense.

Moving Sale




The Elk Cleaners will be moving back to their former location. Unclaimed clothes (over 90 days) will be sold for charges. Thanks for helping us move by picking up your order.

Elk Cleaners & Laundry

1014 N. Killingsworth
Portland, OR 97217
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January White Sale



Safeway Vitamin C
250 mg., 100-Ct.; Chewables
100 mg., 100-Ct. Your Choice

2 for \$3

Natural Turkeys
Manor House, No Additives Broad-breasted 10 to 14 Lbs.

59¢ Lb.

Boneless Chuck Roasts
Safeway Quality Beef Family Favorite

\$1.68 Lb.

Bed Pillows
The Winds of War
by Herman Wouk

\$4.29

Pork Steak Lean Blade Cut

\$1.48

Sliced Bacon Old Faithful 12-oz. Pkg

\$1.28

Head Lettuce Crisp California Iceberg

39¢ Lb.

Cauliflower Fresh White Heads

49¢ Lb.

Mandarins Sweet Aromatic Flavor, Bright Red Orange Color

4 Lbs. \$1.19

Number 1 Yams Premium Jewell Variety

4 Lbs. \$1

Large Crisp Celery Sweet Pascal Variety

3 for \$1

NuMade Mayo 32-Oz. Jar

98¢

Lucerne Cheese Medium Cheddar, 2-Lb.

\$3.99

Pancake Mix Krusteaz Asstd. 3.5-Lb.

\$1.49

Bath Tissue Truly Fine, 2-Ply, 4-Roll

69¢

Hash Browns Shredded Frozen 24-oz.

97¢

Sour Cream Lucerne Pint

79¢

White Beans Town House 2-Lb. Pkg.

99¢

Apple Pies Mrs. Smith's 26-Ounce

\$1.59

Crackers Nabisco Premium 1-Pound

78¢

Detergent All 9.813-Lb. 75' Off Label

\$4.99

Refried Beans Rosarita 17-oz. Can

2 for \$1

Blitz Beer 12-Oz. Can 12-Pack. Plus Dep.

\$3.69

Cragmont Pop 1-Liter Plus Dep.

3 for \$1

Prices Effective 1/26 Thru 2/1/83 At Safeway in the Portland Area

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