

# FOOD SECTION

## BREAKFAST RECIPES

### Cherry Ambrosia

(Makes 6 servings)  
 6 large oranges  
 1/2 cup flaked coconut  
 1 jar (8 ounces) red maraschino cherries, drained  
 1/2 cup orange marmalade  
 1/4 cup cherry syrup or orange juice  
 Dairy sour cream

Pare and cut oranges in sections. Combine orange sections, coconut and cherries. Chill thoroughly. Just before serving, heat orange marmalade and cherry syrup until marmalade melts. Spoon chilled fruit into sherbet dishes, spoon hot marmalade over fruit. Top with a dollop of sour cream.

### Cherry Nut Ring

(Makes 9-inch ring)  
 1 jar (8 ounces) red maraschino cherries, drained  
 1/4 cup butter or margarine  
 1/2 cup firmly packed light brown sugar  
 1/2 cup coarsely chopped pecans  
 2 containers (8 ounces each) refrigerated biscuits

Halve 5 of the cherries; place, cut side up, on bottom of a 6-1/2 cup ring mold. Chop remaining cherries and drain on paper towels. Combine butter and sugar in small saucepan; stir until mixture comes to a full boil, stirring constantly. Pour into mold, tilting pan to coat sides and bottom. Toss pecans and chopped cherries together; sprinkle over sugar mixture. Stand biscuits upright (on sides) in pan, allowing a slight space between each. Bake in 375 deg. oven about 25 minutes. Invert onto serving plate, let stand 1 minute, then remove pan. Serve warm.

### Cherry Croissants

(Makes about 12)  
 1 package active dry yeast  
 1/4 cup warm water (105 deg. to 115 deg.)  
 1/2 cup milk, scalded  
 2 cups sifted all-purpose flour  
 1/8 teaspoon salt  
 1 teaspoon sugar  
 1/2 cup butter  
 1 jar (8 ounces) red maraschino cherries, drained and finely chopped  
 1 egg yolk, slightly beaten

Dissolve yeast in water in bowl. Cool milk to lukewarm; add to yeast mixture. Sift together flour, salt and sugar; stir into yeast mixture. Knead dough on lightly floured surface until smooth and elastic, about 5 minutes. Place in greased bowl; cover with damp towel. Let rise in warm place until doubled in bulk, about 45 minutes. Roll out to 16 x 8 inch rectangle. Dot center with 1/2 cup butter; fold over 1/3 of dough. Dot folded dough with remaining butter; fold over remaining dough. Turn and roll out to a long strip. Fold into thirds; wrap in waxed paper and chill. Repeat rolling and chilling 3 times. Roll out dough to make 16 x 8 inch rectangle, 1/8 inch thick. Cut into 4-inch triangles. Sprinkle with cherries. Roll up from wide end; seal. Place on ungreased baking sheet, cover and let rise 30 minutes. Brush with egg yolk. Bake at 425 deg. (hot) oven for 15 minutes, or until golden brown. Serve with butter.



### Eat and Grow Younger

## Dry Skim Milk Provides Good, Cheap, Low-Calorie Protein

By LELORD KORDEL

Milk, man's first and oldest beverage, has taken on a new form that puts it in the front ranks of concentrated protective foods. I refer to dry skim milk—an inexpensive, readily digested, high-protein food that is handy to use and short on calories.

I must confess to taking a few liberties with history when I say that dried milk is "new." Actually, long before the birth of Christ the ancient Egyptians prepared a concentrated milk by drying it in the sun.

And the sturdy Mongol horsemen who made up the invading armies of the conqueror Genghis Kahn were supplied with sun-dried milk as a concentrated marching ration that would assure them full nourishment necessary for their strenuous campaigns.

#### Helps diet program

So, we're a few centuries late in learning that dried milk is a wonderfully concentrated food. If everyone in this country were to use this economical food in their daily diet, it could overcome the widespread deficiencies of protein, calcium and riboflavin which afflict thousands upon thousands of persons, causing them to fall ready victims to the diseases and problems of aging.

Did you know that the addition of even so little as a tablespoon of powdered skim milk to your daily servings of food would be a worthwhile contribution to your Eat-and-Grow-Younger program?

Did you know that powdered skim milk is tolerated by persons who find whole fresh milk hard to digest?

Did you know that the highly concentrated amounts of protein, calcium and riboflavin in dry skim milk can help prolong your "prime of life" and aid you in retaining youthfulness?

A mistaken belief popularly held about fresh milk is that the "richer the milk, the better." Nothing could be further from the truth. The protein, minerals and vitamin B-complex (riboflavin and thiamine mainly) are all contained in the skim milk, not in the cream.

If you want to gain weight, dry skim milk, used liberally, will provide extra amounts of the protein, minerals and vitamins, lack of which probably caused you to be underweight in the first place.

If, on the other hand, overweight is your problem, and yours should be a reducing diet, then dry skim milk is equally good. Liberal amounts of this powdered skim milk can be used without making your calorie count jump up like the thermometer on a hot day.

This milk can be incorporated into your reducing menu in a number of flavorful and appetite-satisfying ways. Moreover, the highly concentrated protein in this type of milk is a valuable aid to a high-protein reducing diet, since the more protein you eat (without adding calories) the more quickly your sluggish thyroid gland can be prodded into taking over and bringing your body weight back to normal.

#### Skim milk can help

Then again you may not like the taste of either sweet milk or butter-milk well enough to drink it. If so, dry skim milk makes it possible for you to obtain all the health-protective values in this protein food without offending your sense of taste.

Incorporate at least one-half cup of the milk powder into your food each day, and you'll get all the benefits of a quart of fresh liquid milk.

Right now powdered skim milk is the biggest food bargain of all. You can slice your milk bill to a third with powdered skim milk as well as supplementing your diet with the valuable proteins and vitamins and minerals found in this wonderful food.

From the standpoint of economy and convenience alone, housewives tell me they would not be without skim milk powder after once using it. Yet economy and convenience are but two of the advantages gained by the advent of dry skim milk.



A teaspoon of skim milk powder thoroughly mixed into the beaten eggs makes wonderful scrambled eggs for breakfast, an excellent high-protein dish with which to start off the day. At lunch, dry skim milk can be added to soups. At dinner, the fruit pudding or egg custard served for dessert should contain a tablespoonful or more of dry skim milk in addition to the liquid milk specified in recipes.

#### Real nutrition bargain

If you want an extra-juicy, extra-plump, and extra-rich broiled hamburger soon, just add a couple of tablespoons of skim milk powder to the mixture.

For about 40 cents a day you can furnish 60 percent of your family's daily protein allowance. Compare this with getting an equivalent amount of complete protein from other sources. Your savings in the food budget can be quite substantial.

#### School Menu

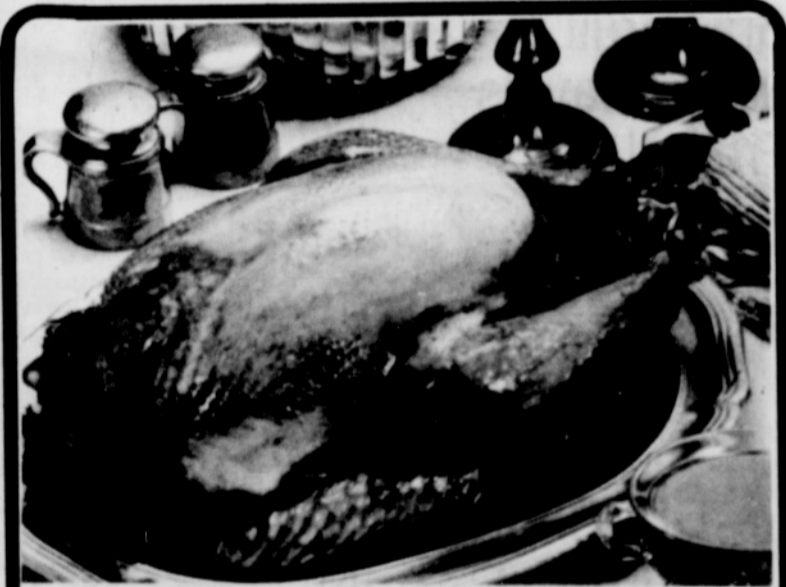
February 7: Mexican taco, shredded lettuce, tomato, whole kernel corn, apple wedges, milk.

February 8: Turkey and gravy, whipped potatoes, celery sticks w/peanut butter dip, whole wheat roll, sliced peaches, milk.

February 9: Italian sausage pizza, carrot coins, pear halves, butter cookie, milk.

February 10: Country style steak w/gravy, rice, tossed salad w/Italian dressing, orange half, milk.

February 11: Vegetable soup, hot ham & cheese sandwich, applesauce, milk.



### FRESH TURKEY

Acme Brand Hen  
 U.S.D.A. Grade A-Young  
 10-lb. to 14-lb. Avg.

**68¢**  
 lb.

PRICES GOOD THRU TUES., FEB. 8th, 1983. E.O.E.

SALES LIMITED TO RETAIL QUANTITIES. Some fresh meat items on this ad may not be available on Sunday due to staff shortages.

BEEF RUMP ROAST U.S.D.A. Choice Boneness \$1.88  
 BOTTOM ROUND STEAKS U.S.D.A. Choice Boneness Beef \$1.88  
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 PORTLAND - 3955 S.E. Powell Blvd.  
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OREGON CITY - 878 Molalla Ave.  
 HILLSBORO - 960 S.E. Oak  
 FOREST GROVE - 1531 Pacific Ave.  
 PORTLAND - 74th and Gilson

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*Delicately flavored*

**9 FOR 99¢**

ONIONS OREGON YELLOW ..... 25 lb. bag \$1.99  
 ORANGES TREE RIPENED NAVELS ..... 25 lb. bag \$3.99  
 CARROTS TENDER, SWEET ..... 25 lb. bag \$4.99  
 RED POTATOES NORTH DAKOTA ..... 5 3lb. 99¢  
 CUCUMBERS LONG GREEN ..... 5 FOR 99¢

S & W COFFEE DRIP OR REG. GRIND ..... 3lb. Tin \$6.49  
 BULK FOODS CORN CHOCOLATE CHIPS ..... 89¢ lb.  
 BROOKS PRUNES ..... 69¢ lb.  
 7-UP REG. or DIET ..... 8 pk. \$2.29  
 MERLINO'S ROSA MARINA OR LARGE ELBOW MACARONI ..... 2 1/2 lb. BAG \$1.89

FRESH LEAN NOT OVER 25% FAT  
**GROUND BEEF** 10 lb. or more REG. 11.59 **99¢** lb.

FRESH FROZEN FRYER CHICKEN THIGHS Reg. \$1.09 lb. by the 5 lb. box **69¢**  
 OREGON CHIEF THICK SLICED BACON Reg. \$2.49 1 lb. pk. **\$1.68**

PRICES GOOD THRU FEB. 5th

## SHERIDAN FRUIT Co.

S E UNION & OAK — 235-9353

### PORK ROAST BLADE CUT

\$1.29

POUND

FRESH AND LEAN

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### SPAGHETTI

MERLINO'S LONG

\$1.19

32 OZ. PKG.

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