

Consider low sodium menus

Being on a low-sodium diet or restricting your sodium intake need not be boring. You don't have to give up eating your favorite foods or even stop dining out. A low sodium diet, however, does require that you rethink the way you choose and cook foods.

When you begin to plan your meals, consider a line of low sodium soups. They're an excellent addition to any low sodium diet and also can be served as a snack, to balance out a meal or as the basis for a rich stew, velvety sauce, tangy gelatin mold or hearty main dish soup.

Meanwhile, efforts are underway to reduce sodium content of many of these soups, with some soups already having had a reduction of up to 20 percent.

Here are two healthful and flavorful ideas to help reduce the sodium in your diet.

RUBY CITRUS MOLD
 Ruby Citrus Mold and Chicken Chowder team up for a quick week night supper or weekend lunch. This tangy aspic-like molded salad includes low calorie orange-flavored gelatin, Low Sodium Tomato with Tomato Pieces Soup and a splash of lemon juice. The soup is a hefty combination of Low Sodium Chunky Chicken with Noodles Soup and cooked whole kernel golden corn, judiciously seasoned with sage.

To increase the flavor of foods without adding sodium, use a liberal dash of herbs, especially fresh herbs where possible, such as basil, thyme, marjoram, rosemary, mint and parsley. A sprinkling of lemon juice, vinegar, white or red wine or sherry are also fine accents to food when trying to reduce sodium in the diet.

RUBY CITRUS MOLD

- 1/4 cup water
- 1 envelope low calorie orange-flavored gelatin
- 1 can (10 1/2 oz.) Low Sodium Ready-To-Serve Tomato with Tomato Pieces Soup
- 1 tablespoon lemon juice

In small saucepan over high heat, heat water to boiling. In medium bowl, pour boiling water over gelatin, stirring until gelatin is completely dissolved. Stir in soup and lemon juice. Lightly spray four 1/2-cup molds with vegetable cooking spray; pour in gelatin mixture. Cover; refrigerate until set, 4 hours. Makes 2 cups, or 4 servings, 31 mg. sodium, 59 calories per serving.

CHICKEN CORN CHOWDER

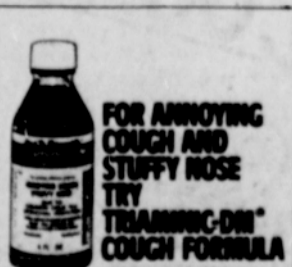
- 1 can (10 1/2 oz.) Low Sodium Chunky Chicken with Noodles Soup
- 1/2 cup cooked whole kernel golden corn
- 1/4 teaspoon sage

In small saucepan over medium heat, heat all ingredients to boiling, stirring occasionally. Ladle into soup bowls. Makes 1 1/2 cups or 1 serving, 101 mg. sodium, 213 calories per serving.

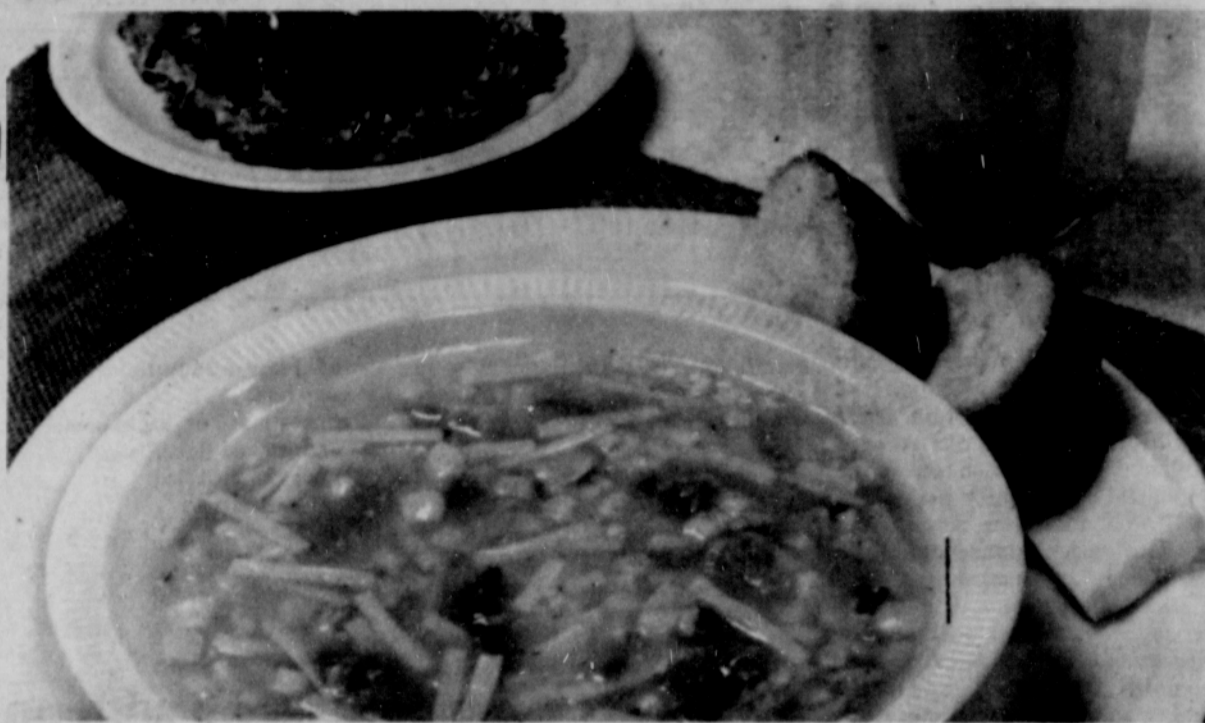
QUICK FUDGE COOKIES

- 1 1/2 cups sugar
- 1/2 cup milk
- 4 tablespoons cocoa
- 2 tablespoons butter or margarine
- 1/2 cup peanut butter
- 1 teaspoon vanilla
- 3 to 5 cups oatmeal
- 1/2 cup coconut or nuts, optional

Blend sugar, milk and cocoa in saucepan and bring to a boil. Boil 1 minute. Remove from heat and add margarine, peanut butter, vanilla and enough oatmeal to make stiff. Add nuts or coconut with oatmeal if desired. Drop by teaspoons on waxed paper or press in greased pan. Cool till set.



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 283-3789

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Whole, Bone-In, Family Pak of 3-Steaks

\$1.79 Lb.

Single Steaks Lb. \$1.89

Turkey Hindquarter

With Wine & Some Giblets

49¢ Lb.

Sliced Bacon

Dubuque, A Quick To Fix Breakfast Meat, 12 Oz.

\$1.18

Boneless Roast

Safeway Quality Beef, Rump Or Round Tip

\$1.98 Lb.

April in Paris

5-Lb. Sugar

C & H Granulated

\$1.29

Grape Juice

Bel Air Frozen Concord, 12 Oz.

69¢

Margarine

Empress, 1-Lb. Pkg.

2 \$1 For

2-Lb. Cheese

Kraft Medium Cheddar

\$3.98

Zee Towels

Country Print, 2-Ply, Roll

58¢

Chunk Light Tuna Celebrity 6.5 Oz Water Pack **59¢**

Yellow Cling Peaches Scotch Buy .29 Oz **68¢**

French Bread Mrs. Wright's Reg. Or Sesame 16 Oz Loaf **2 \$1**

Lucerne Quart Yogurt **\$1**

Green Beans Del Monte, Cut Or Sliced 16 Oz **3 \$1**

Fruit Cocktail Del Monte 17 Oz Can **69¢**

Sandwich Bread Mrs. Wright's White Or Wheat 32 Oz **68¢**

St. Ives Shampoo

With Conditioner, 18-Oz. size

\$2.49

Coffee Filters

Mr. Coffee 200-Ct. Pkg.

99¢

PYREX PIE PLATES

From Oven To Table, 9 1/2" Plate

\$1.99 Ea.

Fancy Bananas

Plump, Ripe Bananas

29¢ Lb.

NUMBER 1 Asparagus

Fresh, Tender, Medium Sizes, All-Green Spears.

99¢ Lb.

RED DELICIOUS Apples

Extra Fancy, Controlled Atmosphere Storage, Just Like Fresh Picked.

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