

Festive Chicken Salad livens up summer lunch

Like a best friend, a good chicken salad is always welcome at a summer luncheon table. And this one is just lively and different enough to stand out as very special. The delicate crunch is from celery, yes, but also from a special ingredient — natural cereal with raisins and dates. Elegant, easy and just plain mouth-watering.

Festive Chicken Salad is what we call it. You'll call it wonderful, whether you make it plain or with

curry. You can serve this salad with confidence. It's as natural as summer itself to set it before your favorite friends. It's light, bright, charming — just like they are!

FESTIVE CHICKEN SALAD

2 cups chopped cooked chicken
1 cup fresh or canned pineapple chunks
½ cup celery slices
½ cup mayonnaise or salad dressing

½ teaspoon curry powder (optional)
1 tablespoon pineapple juice or milk
¼ cup 100% natural cereal

In large bowl, combine all ingredients except cereal; mix well. Chill. Immediately before serving, stir in cereal. Serve in pineapple boats or on lettuce leaves. Sprinkle with more cereal and garnish with orange slices and strawberries, if desired. Makes about 3 cups chicken salad.



Festive Chicken Salad, shown here served in a fresh pineapple boat.

Diet can aid pre-menstrual discomfort

Nearly half of the 85 million women in the U.S. who menstruate experience menstrual discomfort, according to Marilyn Lunner, Clackamas County Extension agent. The two most common types of discomfort sometimes experienced by normal healthy women are Premenstrual Syndrome (PMS) and Spasmodic dysmenorrhea.

"In premenstrual syndrome the major discomfort is experienced prior to menstruation," Marilyn says. "While specific causes of PMS are unknown, it is possible that certain nutritional strategies may alleviate some of the symptoms."

The second type of menstrual pain that normal healthy women may experience, spasmodic dysmenorrhea, involves cramping pain in the lower abdomen, which begins at or near the beginning of the menstrual flow, Marilyn explains.

There are no generally effective nutritional treatments for relieving spasmodic dysmenorrhea. aspirin gives some relief with this type of discomfort.

Joan B. Weiner, Oregon State University Extension foods and nutrition specialist, suggests four dietary strategies that may help to lessen some of the symptoms of premenstrual syndrome.

For those women who retain fluids premenstrually, and may experience abdominal bloating, breast tenderness and fluid retention, a low sodium diet started 7 to 10 days before an expected period may be helpful, the specialist says.

Women who experience symptoms of increased appetite, fatigue, craving for sweets and trembling hands, might try switching to a meal pattern with high protein snacks, small frequent meals and few concentrated sweets. Starting this meal plan 7 to 10 days before an expected period may provide some relief from these symptoms.

Some women experience anxiety, insomnia, nervousness, irritability, shakiness and breast tenderness during menstruation. For them, omitting coffee, tea, cola, chocolate and other substances high in caffeine may help.

Increasing the fiber content in the diet a few days prior to menstruation may help women who have problems with premenstrual constipation. Such a diet includes generous amounts of fruits and vegetables and whole grain products. Legumes may also help these people avoid this problem.

Women who experience severe premenstrual discomfort should consult a physician because the pain could be caused by some underlying organic abnormality. But for the vast majority of women, these suggested dietary strategies will probably bring some relief from these minor discomforts.

We've gone... **Pum Crazy!**

Extra Large Plums



Sweet & Juicy Plums. Select From Red, Black, Purple & Yellow. All Varieties. Your Choice.

Mix Or Match

49¢

Lb.

Ripe from The Melon Patch

Cantaloupe
Thick Meated, Whole Melons
(Cut Lb. 29) **25¢** Lb.

Watermelon
Red, Ripe, Sweet Whole Melons To Enjoy!
(Cut . . . Lb. 17) **12¢** Lb.

Honeydews
Flavorful, Whole Melons.
(Cut . Lb. 39) **29¢** Lb.



PLAY DOUBLE CASH BINGO

All New Game . . . New Tickets . . . New Cards!



Oregon Grown Cut-Up Fryers

Plump and Tender, Ready To Pan Fry, Oven Bake Or BBQ!

79¢ Lb.

Boneless Ham \$1.58

Armour Melosweet Moisture Added To Assure Tenderness & Flavor (Half Ham Lb. \$1.68)

Lucerne Quart Yogurts	Assorted Flavors Plain Or Pre-Strirred	99¢
Town House Soups	Cream Of Chicken Or Cream Of Mushroom 10.5-Oz. Can	3 For \$1
Medium Sharp Cheese	Best Buy, Random Wt.	Lb. \$1.99
Scotch Buy Lemonade	Frozen Concentrate, 6-Ounce Can	5 For \$1
Dry Roasted Peanuts	Party Pride, 24-Oz. Jar	\$2.59

Ad Prices Start Wed., July 27 Thru Tues, Aug. 2 At Safeway In The Portland Area.



SAFEWAY

AMERICA'S FAVORITE FOOD STORE

Lucerne Ice Cream

Assorted Flavors, Half Gallon

\$1.59

3-Pound Coffee

Maxwell House, Auto Drip Or Regular

\$4.99

Canned Pop

Cragmont, 12 Oz. Can

6 For 99¢ Plus Deposit

Joy Liquid Detergent

32-Ounce Bottle, 27* Off Label

\$1.68