

# LIVING SECTION

## Beer, barbecue taste good year 'round

Barbecue and beer have always been a natural combination for summer fun and outdoor picnics. But the flavor of both can be enjoyed throughout the year.

Everyone knows how good a hearty beer can taste with many foods, but you can have your beer and eat it too! Many people feel that beer tastes as good in food as it does with it. Beer can add a special flavor and tang to many American dishes.

Frankfurters steamed in beer and fish fried in beer batters are well-known examples of beer cookery; but beer can add that special zest to a variety of foods.

A beer-honey marinade for barbecued chicken and vegetables and a beer cornbread are three such examples. Beer breaks down the fibers of tough meat to make an instant marinade; and the bittersweet, tangy style of hops balances the sweetness of the honey for a zesty sauce.

A cornbread recipe calling for beer and green chiles adds lightness, moisture and spice to the meal.

While everyone can't barbecue outside all-year-round, today many people have indoor electric hibachis and year-round outdoor grills. And there's always the traditional oven where a good barbecue recipe can make indoors taste like outdoors.

So, whether you're having a picnic, a family homecoming, a tailgate party before or after the big game, or just dinner with a few friends, remember the beer and the barbecue. The effervescence of the beer and the right choice of seasonal vegetables and fruits can bring your meal to its peak any time of the year.

### MARINATED CHICKEN WITH VEGETABLE KABOBS

- 1 cup apricot preserve
- 3 tablespoons cornstarch
- 1 tablespoon prepared mustard
- 1 bottle (12 ounces) beer
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon thyme
- 1/4 teaspoon garlic powder
- 1/4 teaspoon hot/pepper sauce
- 2 2 1/2 chickens, quartered
- 2 pounds seasonal vegetables (yellow squash, zucchini, tomatoes, red

Marinated chicken and vegetable kabobs are the main course for a fall picnic.



or green peppers, etc.)

Combine apricot preserve, cornstarch, prepared mustard, beer, onion powder, salt, thyme, garlic powder and hot pepper sauce. Stir until smooth and well blended. Place chicken pieces in large shallow pan. Pour marinade over and refrigerate for at least 3 hours, turning pieces occasionally. When ready to barbecue; remove chicken from marinade and grill for 30-45 minutes, turning and basting often. While chicken is cooking, cut up assorted vegetables. Place vegetable pieces on skewers and brush with marinade. Grill for approximately 6 minutes, turning and basting often. Yields 2 1/2 cups marinade, 6-8 servings.

### SPICY BEER CORNBREAD

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 4 teaspoons baking powder

- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1 cup beer
- 1 egg
- 1/4 cup butter, softened
- 1/4 cup chopped green chiles
- 1/4 cup chopped pimiento

Combine cornmeal, flour, sugar, baking powder, chili powder and salt. Add beer, egg and butter. Beat until smooth. Stir in green chiles and pimientos. Pour batter into a greased 8x8-inch pan. Bake in a 425°F. oven for 20-25 minutes. Yields 12 servings.

### APPLE COBBLER

- 5 cups sliced peeled apples
- 1/2 cup sugar
- 1/4 cup brown sugar
- 2 tablespoons all-purpose flour
- 1 tablespoon lemon juice
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt

- 1/4 cup water
- 2 tablespoons butter

### Batter

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons butter, softened
- 1 egg
- 1/2 cup beer
- 1 tablespoon brown sugar

Combine apples, sugar, brown sugar, flour, lemon juice, cinnamon, nutmeg, salt and water; mix well. Place mixture in an 8x8x2-inch pan. Dot apple mixture with butter; set aside. For batter, combine flour, sugar, baking powder, salt, butter, egg and beer. Beat until smooth. Drop in 9 portions over the apple filling. Sprinkle with brown sugar. Bake in a 375°F. oven for 35-40 minutes or until done. Yields 9 servings.

## The hidden costs of American-style hunger

by Mary Jo McConahay

**PACIFIC NEWS SERVICE/San Francisco** — The recession has passed for most Americans, but for many others it remains disturbingly evident at dinner time. Economic troubles hit millions so hard — in the stomach — that medical researchers are already noticing what may be debilitating health effects of hunger, American-style.

This hunger is less visible than the starvation which produces emaciated adults and toddlers with distended bellies in Third World countries. Rather, it results from an inability to get enough food on the table day after day, and is more likely to produce what the World Health Organization calls "silent malnutrition."

According to Dr. J. Larry Brown of the Harvard School of Public Health, there is concern that such hunger is behind an apparent increase among American infants in the condition pediatricians call "failure to thrive." In cases where pregnant mothers have deficient nutrition, researchers suggest that it may contribute to the widening gap in U.S. infant mortality rates between whites and minorities.

Warning signals of an impending, hunger-related decline in America's general good health are now sounding in several parts of the country:

••At Chicago's Cook County Hospital, an increase in failure-to-thrive cases has led nutritionists and volunteer staff members to monitor children under two years of age treated in the hospital's emergency room, according to nutritionist

Yolanda Hall, who directs the study. Director of Protective Services Dr. Cathryn Better reports that more babies seen at Cook are also suffering from "water intoxication": As money for food runs out, some mothers try to "stretch" milk and formula with water.

••In Massachusetts, where more than 364,000 people were cut from nutrition programs, including school breakfasts and lunches, following federal cutbacks and policy changes, a Boston City Hospital research team monitored patients at the pediatric walk-in clinic. Initial findings showed that nearly three times the normal rate of children aged five and under were in the lowest fifth percentile of growth. Ten percent of the children were at the obesity end of the continuum, reflecting what Dr. Brown said was "improper nutrition often associated with poverty — high carbohydrate, low-protein diets which fill the stomach without properly nourishing the body."

Brown says that while the hospital's study does not permit generalization to the larger population, "it is troubling data. Growth failure or malnutrition was found among low-income children at two or three times the expected rates. And it wasn't hard to find it."

••At the Jackson-Hinds (County) Clinic in Mississippi, Medical Director Dr. James Anderson says it appears local families will continue to have trouble getting food on the table: Three large local manufacturing plants which closed in the last two years show no signs of reopen-

ing, and the clinic now receives patients who formerly were covered by health insurance at their place of employment.

According to Anderson, the federal WIC (Women, Infants and Children supplemental food) program is a boon to those who can get it, improving birth weights and generally keeping poor infants and new mothers healthier. "Yet it doesn't reach as many as it should," says Anderson. "Out here many don't have a car or the money for gas to go and pick up the food, and now the program has cut out the slots for the outreach people to help them."

••After the Michigan Department of Public Health released a report this year showing the largest year-to-year increase in infant deaths since World War II, the private Food Research and Action Center (FRAC) in Washington, D.C., began to contact cities and states across the country to determine whether the trend was widespread. Initial findings in a telephone survey showed apparent rising infant mortality rates statewide in Alabama, Alaska, Kansas, Missouri, Nevada, Rhode Island and West Virginia.

Although infant mortality dropped nationally to a rate of 11.7 infant deaths per 1,000 live births in 1981, in sections of Detroit it is as high as in Honduras — 33 per 1,000. Moreover, according to an administration petition presented to Health and Human Services (HHS) Director Margaret Heckler this summer by a coalition of public interest, health and civil rights groups, the gap between infant deaths of white

and minority babies is growing.

Clinical evidence that "silent malnutrition" is a factor in the increase of such health problems is hard to come by. Yet Dr. Carol Korenbrot of the University of California at San Francisco's Institute for Health Policy Studies says the food factor is widely believed to be a pivotal one by health professionals. "It's so commonsensical," she says, "and nobody believes it isn't true because it can't be absolutely proven."

She also points to possible future learning and development problems among children who go hungry as infants: "All the people in the field know repercussions are going to happen to thousands of babies."

Brown of Harvard agrees: "Our knowledge of the actual impact of hunger on health is presently less clear than the fact of its existence," he testified before the Senate Agriculture Subcommittee on Nutrition this spring.

Short term measures — or better food after a lengthy period of hunger — will not solve the problem, he adds. A child's brain, says Brown, is something like a construction site: The materials and the work crew have to be there at the same time. "If the bricks are delivered after the crew is gone," he says, "they won't become part of the building."

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— Joanne M. Smith, Claims Associate Supervisor and Weight Watchers Leader, lost 72 lbs., has kept it off for 8 years.



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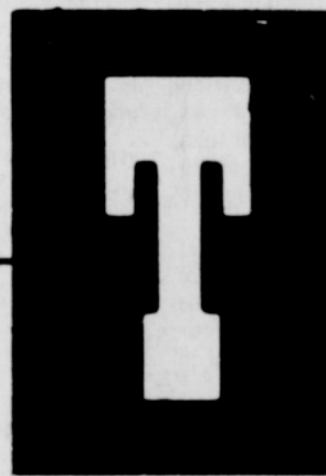
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