

LIVING SECTION



This delicious lemony cheesecake is quick and easy to make using instant pudding mix.

Cheesecake: First in dessert

Your turn to have the family in for a coffee and dessert get-together? Here's a perfect Buffet Lemon Cheesecake. What's more, the recipe is easy on you because it can be prepared early in the day (or even the night before) and kept chilled in the refrigerator until serving time.

Jell-O instant pudding and pie filling is the beginning of this smooth-texture show-off dessert. It's simply a matter of blending cream cheese, milk and lemon flavor instant pudding and pie filling, and pouring the mixture into a crumb-lined pan. Garnish with a flourish of prepared whipped topping and a slice or two of lemon. Enjoy!

BUFFET LEMON CHEESECAKE

- 1 1/4 cups graham cracker crumbs
- 3 tablespoons sugar
- 1/2 cup butter or margarine
- 2 packages (8 oz. each) cream cheese, softened
- 4 cups cold milk
- 2 packages (4-serving size) Jell-O lemon flavor instant pudding and pie filling

Combine crumbs, sugar and butter; mix well. Press mixture firmly on the bottom and 1 inch up the sides of a 9- or 10-inch springform pan. Bake at 350°F. about 8 min-

utes, or until lightly browned; cool.

Beat cream cheese in a large bowl until smooth. Gradually add 1 cup of the milk, blending until very

smooth. Add remaining milk and the pudding mix. Beat with rotary beater just until well blended, about 1 minute. Pour carefully into

crumb-lined pan. Chill until firm, about 3 hours. Garnish with prepared whipped topping and lemon slices.

Fred Meyer

Prices good Wed., Nov. 30 thru Tues., Dec. 6, 1983

CHRISTMAS • 1983

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Singing blues? Change tune

For the eight million Americans who are severely afflicted with depression, therapy and medication may be the best route. But for those of us who hit an occasional down-draft of mild or moderate depression, there are a number of self-help remedies that can give a substantial boost.

Joan Heilman outlines mood-elevating steps that you can take yourself—"uppers," in effect, without the drugs.

Exercise. The very fact that you're taking action instead of just sitting there helps, but exercise actually changes the level of hormones in the blood.

Nutrition. Some authorities believe that even a single nutritional deficiency can cause depression in susceptible people. Vitamin therapy, when taken in accordance with a physician's instructions, is harmless and can quickly have an effect.

Think Positive. Depressed people view life darkly. Be aware that your dark feeling originates in your head and may not jive with reality. Work on converting your negative thoughts into more realistic alternatives.

Socialize. The very fact that you feel isolated and lonely is an early-warning signal of oncoming depression. Make a point of seeing friends and keeping in touch with associates.

Check Your Medications. Many prescription drugs, Heilman warns, can cause depression as a side effect. Check with your doctor if you're taking medication.

If you frequently feel down in the dumps, your doctor or a mental-health professional can help you. Depression can be successfully treated.

Civil rights suit

(Continued from page 1 column 6) in Winston-Salem, North Carolina. The Civil Rights Fund has demanded and sued for a special prosecutor to take over that prosecution from the Justice Department and extend the investigation to federal agents and officials not yet indicted. A federal court judge last summer ordered the Attorney General to investigate the need for the appointment of a special prosecutor, but the Attorney General has resisted and is appealing the decision.

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