



Cora Smith demonstrates the quality of pies that are expected at Bethel A.M.E. Church's, "Our First Annual Pie Contest". All bakers are invited to present their best samples to the panel of judges. After the contest is over, the pies (minus the

judge's sample) will go on sale.

The Pie Contest is just the first event of Bethel's Zodiac season, which will culminate in a Zodiac Tea and Fashion Show, one of the highlights of the social season. (Photo: Richard J. Brown)

Sandwich with a difference!

Mother, don't send avocado sandwiches in my lunch." There is a particular way you say the word "mother" when you're a teenager and things aren't going well in your world. My mother's response was—"I thought you liked avocado sandwiches." "I do, but everybody teases me about having green sandwiches!" Fortunately, today's teenagers aren't quite so dedicated to having the group's approval as I was. Besides that, avocado sandwiches would be a prestige item now.

I think if I'd been my mother, I'd have suggested that I could make my own sandwiches. In fact, my own family got into the act of making their lunches very early. We often shopped together and they would point out things they'd like to have. If they were along for the shopping, then I didn't get complaints about the choices that were available.

The other thing that helps in making lunches is to have all the lunch makings in the same area. We have a special shelf or drawer in the refrigerator and in the cupboard that is devoted to lunch items. We also have everything handy for the actual preparation. The cutting board, the bread, the wrappings and the sacks are all together. I buy sacks. There were times, when I was a girl, that I had to take odd-sized sacks which often added to my trauma.

If things are stored together, everyone can see what choices there are, which is convenient; but more important, it should help people avoid opening new cans or packages before the old ones are used up.

One thing I like to do when we are taking lunches from the house, is to plan my dinner menus with lunch leftovers in mind. I make salad without dressing and then put it away in the right size container to take along the next day. I then make a little foil pouch to put the dressing in, so the salad will be complete to just grab and put in my sack.

I prepare extra chicken, meat,

veggies, hard boiled eggs, salads or whatever I'm having for a meal that will make a nice lunch. If the family has a habit of finishing up everything, I save it out ahead of time. Bacon, lettuce and tomato sandwiches are a real treat this time of year, when tomatoes taste so good. But bacon is absolutely inhaled. There would never be any leftovers and it's too much bother to fry it in the morning before work. So I fry it when I'm fixing a special breakfast and package it for use the next day, before it ever goes to the table. I'm not sure it's an econo-lunch, but when I fix something extravagant like that, I compare it to lunch out rather than to my cheapest sack lunch.

I've been asking some of my friends what they do about lunches. One friend said that she would give her kids an allowance toward their lunches. She had a particular guideline of what a lunch needed to consist of—a piece of fruit or vegetable, some kind of protein and some kind of bread or crackers. If the kids made their own lunches each day from the stock at home, the allowance was theirs to spend. Otherwise, it was enough for lunch at school for a couple of days. So there was an incentive to plan ahead to choose their favorite school lunches or to make time to do the work of fixing their own sack lunch. I really liked the idea of broad guidelines. Then you encourage their creativity. A sack lunch doesn't have to be just a bologna sandwich, a cookie and an apple. There are lots more choices if you're not limited by your thinking.

Another thing that was suggested was to have emergency lunch supplies at their desk or locker. A box of crackers and peanut butter can be rather handy if you manage to be the forgetful type. It's also nice to have a small knife and a can opener handy so you can grab a can of tuna or a whole avocado or tomato and deal with it later, when it's lunch time. I even have a refrigerator at work, so it's nice to keep extra

cheese and salad dressings for emergencies.

Try some new lunch combinations. New breads for your sandwiches or different types of lunches which feature salads or leftovers if you have refrigeration available. Here are some suggestions.

TASTE TEMPTERS FOR THE LUNCH SACK CROWD

A peanut butter sandwich made with raisin bread or just sprinkle the raisins on top when using regular bread.

A sandwich filling or salad mixture using grated cheese, chopped egg, tuna and a little mayonnaise. Those with eggs, fish, meats or chicken need to be refrigerated since they are perishable.

Fix a sandwich with mayonnaise and bean sprouts. Take along an avocado to cut up at lunch to add a flourish.

Take cinnamon toast, ham and cheese slices, an apple and crackers. If you include ham, remember to refrigerate.

Why all the noise about your opponent being appointed—not elected?

"Politicians who are appointed often are out of touch with the people they represent. Mike Lindberg — who was a city bureaucrat for 7 years before his appointment to City Council — has never faced serious opposition. His performance, his voting record, his vacillation have not been scrutinized by the public. Few people are even aware that he flip-flopped from one political party to another."

I entered this race to open up the process, air the issues and offer voters a choice.

people for PIACENTINI

Photo by People for Piacentini. 1001 S. Lawrence St., Suite 200, Portland, OR 97205. Phone 455-1111.

Open 24 Hours

Convenient Food Mart®

FOR FAST AND FRIENDLY SERVICE!

Larry Willson's Union Square Convenient Food Mart WILL BE OPEN EVERY HOUR, EVERY DAY. Local owner/operator, Larry Willson, believes that you can find "just what you want" in his Union Avenue CFM. That is: The variety you want; the groceries you want; the produce you want; the service you want; all at the price you want. And, Larry features a full-service delicatessen with meats, cheeses and salads. Delicious. And now you can get "just what you want" ANYTIME: LARRY'S CONVENIENT FOOD MART IS ALWAYS OPEN!

Savings Go!

We've got savings to go at your neighborhood Convenient Food Mart Stores! Whether you stop in for a cup of coffee and a sweet roll, or a fresh apple, or any of our over 4,000 brand name items—you can find them quickly at Convenient Food Mart. And at a price that will keep you coming back. Now isn't that just what you want?

Convenient Food Mart

ICE FOR EVERY NEED!

Cold cold ice, reg. 89¢ per Bag. Now 59¢ ea.

"Sandwich Special"

15% OFF WITH COUPON
EXPIRES 3/22/84

Sandwiches

CORNEO BEEF	1.79	2.09	LIVER SAUSAGE	1.79	1.79
ROAST BEEF	1.79	2.09	GERMAN SAUSAGE	1.79	1.79
PASTRAMI	1.79	2.09	CHOICE OF CHEESE	1.79	1.79
BEEF SALAMI	1.79	2.09	BOLOGNA	89¢	1.29
TURKEY BREAST	1.79	1.99			
HAM	1.79	1.99			
ITALIAN SUB	1.79	1.99			
POOR BOY	1.79	1.99			
COTTO SALAMI	1.79	1.99			
BRAUNSWIGER	1.79	1.99			

FULL SANDWICHES HAVE AT LEAST 1/2 LB. OF MEAT
ASK US ABOUT OUR PARTY TRAYS!
WE ALSO FEATURE — DELI MEATS, SALADS, CONDIMENTS

Larry Willson's Convenient Food Mart
3058 North Union
Union Square

24 Hours • 281-4418

Food Stamps and WIC Coupons are Welcome



Family Fast Food Fixin's



Pie for dessert! Not just pie. Sweet potato pie. And not just sweet potato pie—Creamy Sweet Potato Pie. Simple, with JELL-O® Brand Vanilla Flavor Pudding and Pie Filling. Quick 'n easy with the recipe below. Wait'll they get a whiff of the cinnamon and ginger! They'll love it!



© 1984 General Foods Corporation



Creamy Sweet Potato Pie

JELL-O

- | | |
|---|------------------------------|
| 1 can (18 oz.) vacuum-packed sweet potatoes | 1/2 teaspoon cinnamon |
| 1/4 cup water | 1/2 teaspoon ginger |
| 1 package (4-serving size) JELL-O® Brand Vanilla Flavor Pudding and Pie Filling | 1/2 teaspoon nutmeg |
| 2 tablespoons sugar | 1-1/2 cups milk |
| | 1 baked 9-inch shell, cooled |

Mash potatoes; stir in water. Combine pie filling mix, sugar, spices, milk and sweet potatoes in saucepan. Cook and stir over medium heat until mixture comes to full bubbling boil. Remove from heat. Cool 5 minutes, stirring once or twice. Pour into pie shell. Chill. Garnish with prepared whipped topping and sprinkle with nutmeg, if desired.