



Chicken pot stew

by Royce Alexander

Now that summer is on its way out, it is almost time to put the old faithful barbecue pit away, and drag out the old dependable cooking pot.

I find in cooler weather, good hardy boiled food help carry us through those busy paces we go through everyday. Foods such as beans, greens, peas, soups, stews, etc., really hit the spot.

For the next few weeks, we are going to go through a series of Soul Food dishes, that are not only good to taste, but are good for the body. A great deal of people are laboring under the concept that Soul Food doesn't have much nutritional value, but like anything else, if it is prepared the right way, it can and will be very good for you.

I will share with you some of my favorite dishes and hope you will enjoy them. From time to time, I will even tell where you can get the best buys for your money.

If you work a nine-to-five job like most of us do, you really don't have the time or the energy to come home and put together a full-course meal.

Here is a dish that is quick and easy to prepare and you are also going to get most of your basic food groups included.

CABBAGE AND CHICKEN STEW

- 1 large fryer
- 1 large cabbage
- 1 onion
- 1 bell pepper
- 1 clove garlic
- 4 large carrots
- 4 large potatoes

salt and pepper to taste, if desired

Cut chicken into usual serving portions. Place chicken in a large pot. Cover with water and start to boil. When chicken has boiled on high temperature for approximately 5 minutes, reduce heat to medium and let it cook until tender. At this time, cut cabbage, onion, bell pepper, garlic, carrots and potatoes into small chunks, and place them into the pot on top of the chicken. Add salt and pepper at this time. If you wish, tomato sauce can be added. Let this cook on medium until done. Corn bread and a salad goes great with this dish. I told you it was easy.



Healthwatch

by Steven Bailey N.D.

Antibiotics pose dangers

Since Pasteur, and the advent of the "germ theory," science has held microorganisms as the primary cause of disease. The creation of antibiotics and vaccines has been hailed as a miracle of modern times. Yet the price we pay for the use of these substances is only now coming to public attention.

The Sept. 6, 1984, article in the *New England Journal of Medicine*, on the use of antibiotics in animal feed, has shown a definite causative role in the development of drug-resistant bacteria through the use of antibiotics in feed. While there has only been one reported death due to this particular organism, the results of this report should be regarded as a warning of the potential dangers associated with the excessive use of antibiotics in agriculture. Of associated yet unstudied importance are the effects of chronic low-level antibiotic intake through meat and dairy consumption on human health.

Another area of concern is the rapidly expanding number of vaccines that are emerging to eradicate disease. When the recent Public Broadcasting System broadcast on AIDS featured two researchers who both suggested "mandatory" AIDS vaccines within the next 1-2 years, I was enraged. After the disastrous "swine flue" program of the Ford administration (in which more

people were injured by the vaccine than by the epidemic that never occurred), I can only imagine the consequences of yet another emergency vaccination attempt.

The area that I feel is of the greatest public concern is the rampant overuse of antibiotics for common maladies that could easily resolve through the natural immune processes. It has been shown that frequent exposure to antibiotics can lead to "super-bacteria" in both humans and animals. What has not been addressed in current research is the risk that, by overuse of antibiotics and immunizations, we may be weakening the ability of our immune systems to respond when needed. A risk that may already be showing itself in the growing number of immune system dysfunctions, including AIDS and Systemic Lupus Erythematosus (SLE).

Since Pasteur, the power of natural immunity has played a minor role in scientific research. Over the next few weeks, I will discuss the immune system, the variables that enhance and weaken it, and the effects current antibiotic practice and excessive use of immunizations are having on society. I will also elaborate on an association I feel exists between the development of AIDS and abusive drug therapies.

Home emergencies addressed

Providence Medical Center invites the public to a free community education program about home emergencies, Wednesday, September 19, 7:30 p.m., in the hospital's health conference center, N.E. 49th and Glisan.

Medical experts will discuss how to appropriately respond to emergency situations and answer audience questions about minimizing injuries,

CPR, first-aid, and other safety measures. Lifeline—an emergency response system linking seniors directly to the hospital—will be explained.

Panelists include: Gregory Lorts, MD, director of emergency services; Frank McCullar, MD, pediatrics and emergency medicine; and Jeanette Regan, RN, nursing education.

LEAN GROUND BEEF



Fresh

\$1.39
lb.

PRAIRIE MARKET

FRESH MEAT IS AVAILABLE AT:

LOMBARD - 7611 N. Exeter
PORTLAND - 14410 S.E. Division
PORTLAND - 3955 S.E. Powell Blvd.
SAN RAFAEL - 1910 N.E. 122nd

OREGON CITY - 878 Molalla Ave.
HILLSBORO - 960 S.E. Oak
FOREST GROVE - 1531 Pacific Ave.
PORTLAND - 74th and Glisan



Let *Portland Observer* classifieds work for you!
call 283-0090

Open 24 Hours

Back to School Days

We're having Back to School Days at your neighborhood Convenient Food Mart! We've got special values throughout our store designed to keep the students in your family at the head of the class. Whether you're shopping for a well stocked desk or a well packed lunch, Convenient Food Mart has just what you want!

WHERE AND WHEN, NOT NOW AND THEN.

Your Convenient Food Mart store is your answer to one-stop shopping pleasure. With over 4000 quality items close at hand, you're sure to find what you need quickly and easily. And our friendly employees work hard to help make your shopping enjoyable. Convenient Food Mart stores—giving a little extra... for our extra special friends!

Not just what you need, but just what you want.

Get your food dollar's worth... and then some! Here — where more food goes in the bag and less money leaves your wallet!
Here — where you get more high quality food for less!

Union Avenue at Monroe
Union Square Center
281-4418
"Owner-Operator Larry Willson"

Fried Chicken • JoJo's • Burritos • Corn Dogs • Clam Strips, etc.