

# Portable breakfasts popular now

The practice of carrying portable breakfasts to work is increasingly popular, according to recent consumer research.

"More than 54 percent of U.S. households reported carrying meals to work or school last year, and approximately 10 percent of those meals were breakfasts," said Linda Esposito, market research analyst.

"Because of hectic lifestyles — including morning rush hour — consumers don't necessarily have time to sit down for a meal. Breakfasts and afternoon snacks have now become common portable meals in addition to the ever-popular bag lunch," she said.

Esposito said trends explain the need for convenient, on-the-job meals.

"Today's consumers spend long

hours in the workplace and often have evening obligations," she said. "Breakfast snacks fit into a demanding schedule because they can be prepared in advance and enjoyed enroute to work or while reading the morning newspaper at the workstation," she said.

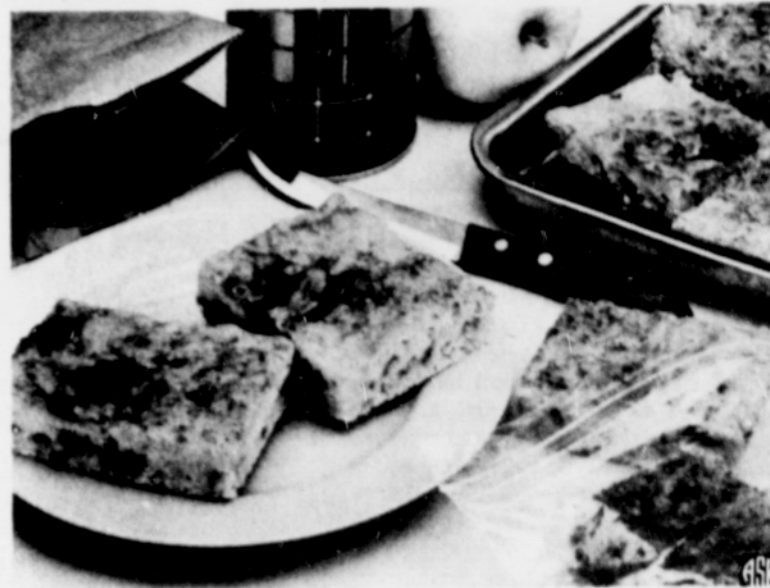
Homemade snacks also help provide a motivational boost, control impulsive eating and provide nutritional relief from vending machines and fast-food menus.

Following is an easy and delicious recipe for Sausage Cornbread Bars. The batch can be cut up into individual servings for each family member and kept tightly wrapped.

## SAUSAGE CORNBREAD BARS

- 2 cups yellow cornmeal
- 2 cups flour
- ¼ cup sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- 2 cups milk
- ½ cup butter or margarine
- 2 eggs
- 1 can (8½ ounces) cream-style corn
- 2 tablespoons chopped canned or fresh green chilies
- ½ pound summer sausage (casing removed), finely chopped
- 1½ cups shredded Cheddar cheese, divided
- 1 teaspoon paprika

Combine cornmeal, flour, sugar, baking powder, salt, milk, butter and eggs in large bowl of mixer. Blend about 30 seconds, then beat on medium speed 1 minute. Fold corn and chilies into batter. Spread half of batter into greased 15½x10½x1-inch jelly-roll pan. Sprinkle sausage and then ½ cup shredded cheese over batter. Spread remaining batter over all and top with the remaining 1 cup cheese. Sprinkle with paprika. Bake at 425 deg. for 20 to 25 minutes or until wooden pick inserted in center comes out clean. When completely cool, cut into 20 portions, wrapping 2 portions in each package of plastic wrap. Makes 10 servings.



## Gordley trip

by Nathaniel Scott

Avel Gordley is going to Africa. She is going to Africa on a political and cultural fact-finding mission. And when she return to Portland, she is going to bring some of the culture and aspirations of the people of Mozambique, Zimbabwe, Botswana, Kenya, Lesotho, Swaziland and possibly Angola and Namibia.

Gordley's trip is sponsored by the American Friends Service Committee and she will be traveling with representatives from three other locals: Randy Carter from Seattle, WA; Jerry Herman from Philadelphia, PA, and Voe Volt, one of the American Friends Service Committee's nationwide coordinators.

Gordley said the purpose of the "study tour" is to learn more about the different governments and to experience first hand how the people live.

"Through our contacts we will be able to meet with various leaders. What we will be trying to do is get as clear a picture as possible of what is going on in those countries," she said. "We hope to have some meetings with some of the dignitaries in South Africa."

Gordley has worked for the American Friends Service Committee since 1983. The committee is "a Quaker-founded organization that works for peace through non-violent means." But recently she has been "providing staff support" for POSAF (Portlanders Organized for Southern African Freedom).

The continent of Africa is no stranger to Gordley. She visited West Africa in 1971 with Operation Crossroads Africa, a New York City based organization that provides study tours for students and concerned citizens. But this trip, with its main focus being Southern Africa, presents a different challenge.

"I am looking forward to the trip because it will provide me the opportunity to gain information and valuable insight into what is happening in those various countries," Gordley said, adding, "Quite often the information we receive about other countries is distorted."

Gordley plans to take some clothing, photographs and things of that nature which can be left with the people so they will get some idea of Black cultural life in Africa. Upon my return, she said, "I hope to put together a slide presentation of what I saw during my visit."

A very interesting idea that is in its formation stage, is the possibility of forming a sister city pact with one or more of the cities they will be visiting. And another one, that seems even more interesting, is the fact that POSAF is interested in exploring the possibility of establishing some kind of economic ties with the various countries, Gordley said.

Gordley will leave Portland June 17 and expects to return some time in August. Needless to say, the Black community wishes her, along with Richard Brown, who is leaving for Nicaragua soon, Goodspeed.



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