

A La Carte Main Dishes For One Introduced



American consumers are witnessing a proliferation of new products in the marketplace. One of the fastest growing new product categories is high quality packaged prepared food products.

Unlike consumers of the past who put convenience ahead of quality, today's consumers have different ideas about the prepared foods they purchase. They want foods to be of superior quality, good tasting, nutritious, visually appealing and made with only the freshest and finest ingredients.

Among the new products reaching the market is a line of unique shelf stable prepared foods from Kraft, Inc. Each of the seven varieties of a la Carte "complete main dishes for one" is a flavorful combination of lean tender meats, garden fresh vegetables and a specially seasoned sauce. Expert chefs were consulted during the recipe development to assure a satisfying product that maintains the high taste standards demanded by today's consumers.

A la Carte main dishes are available in seven varieties: Beef Stew, Beef Burgundy, Beef Stroganoff, Sweet 'n Sour Pork, Chicken Tetrazzini, Sweet 'n Sour Chicken and Chicken a la King. Six of these varieties include a separate serving of rice or enriched egg noodles to make a complete, balanced main dish; the Beef Stew contains potatoes.

Because a la Carte main dishes are packaged in retort pouches, they can be stored on the kitchen shelf for over one year, without the need for refrigeration or freezing. The unique aluminum and plastic pouch is filled with the lean meat, garden vegetables and perfectly seasoned sauce, then sealed air tight. Finally, it is heated at a very high temperature for a short time using a procedure similar to that used for canning foods, called retorting. Foods retain more nutrients and better color, texture and flavor than canned foods. Flavor is comparable to that of frozen main dishes.

The rice or noodle accompaniments are packaged separately in perforated pouches made of a porous material which allows for quick cooking of the rice or noodles when the pouch is placed in boiling water.

Because a la Carte main dishes are quick and simple to prepare, needing only seven minutes in a saucepan of boiling water, they are the ideal basis for a nutritious meal. While the pouches heat, a simple salad or quick dessert can be prepared. The retort pouch main dishes are especially suited for households where family members must eat at different times, when the cook is running short on time or even when an unexpected dinner guest appears.

A la Carte main dishes can be found on the supermarket shelf next to other packaged dinners.

North Portland Social Security office closes

The Portland North Social Security office at 2310 North Lombard will close on Thursday, September 26, 1985, according to Bill J. Lewis, District Manager of the Portland Downtown Social Security office. The Portland North office is being consolidated with two other Portland areas offices: the Lloyd Center office located at 1727 N.E. 12th Avenue, and the Downtown office at 1221 S.W. 12th Avenue.

The Lloyd Center and Portland Downtown Social Security offices will continue to provide the same services to the people of Columbia County and North Portland that the Portland

North office now provides. Residents of Columbia County will be served by the Downtown office and the North Portland residents will be served by the Lloyd Center office.

Lewis went on to say that it is always advisable to telephone prior to visiting any Social Security office as you may find that you can complete all your business over the telephone and save yourself a trip. For those who need to come to the office or who prefer to conduct their Social Security business in person, telephoning first can save time too, since you can find out what infor-

mation you will need to take with you when you visit the office. For people who live within the Portland metropolitan area, the number to call is 223-1616. People outside the local calling area may call toll-free by dialing 1-800-452-1654.

Lewis concluded by saying the office consolidation was brought about due to a number of factors, including declining workloads and budget restrictions. It is Social Security's desire to operate economically and efficiently while providing a high level of service to all the residents of the Portland metropolitan areas.



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For parents—helpful homework hints for kids

Homework and the role the parent can play in seeing that children spend a proper amount of after-school hours on lessons is vital.

Here are some tips for parents:

- Establish a regular time and place for your child to do homework. A routine disciplined approach is best.
- Parents can set examples during evening homework hours by doing paperwork at a workdesk or table in the home while their children are doing homework.
- Explain to the child how important homework is to his overall school success rate.
- Allow children to do their own work.
- Consult the child's teacher if there are problems with his attention span or ability to do homework lessons.

Look for your 12-Pg. Shopping Guide in 'This Week'

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