



Add-A-Crunch Adds Fiber

Go ahead, admit it... you're bored with bran.

We have all heard about the health benefits of eating high fiber foods. With little or no calories, dietary fiber supplies roughage and bulk that help satisfy the appetite and keep the digestive system running smoothly.

But what about variety? Is bran the only answer?

You have many more fiber choices than you may think. And breakfast isn't the only meal for adding fiber to your daily diet.

Fill up on fiber with a cool barley salad for lunch. Follow your dinner-time bean burritos with an apple-ore crisp for dessert. Snack on dried fruits and nuts in the evening.

Leave the peels on fruits and vegetables. Keep a canned assortment of high fiber beans — kidney, red and pork and beans — to add to soups, stews, casseroles and marinated salads.

Here's a fun way to add fiber to your diet. You won't become bored with Cinnamon Add-A-Crunch, a versatile topping you'll enjoy finding new ways to use. Sprinkle this tasty treat over any food where you might normally use nuts... on puddings, ice cream, oatmeal, fruits and fruit salads.

It's easy to prepare and can be stored tightly covered in the refrigerator up to 3 months. Take a small plastic bag of Add-A-Crunch to work and stir into your lunchtime yogurt.

Cinnamon Add-A-Crunch

- 1 1/4 cups Quaker Oats (quick or old fashioned, uncooked)
- 1/3 cup firmly packed brown sugar
- 1/3 cup butter or margarine, melted

- 1/3 cup wheat germ, unprocessed bran or chopped nuts, if desired
- 1/4 teaspoon cinnamon

Combine all ingredients; mix well. Cook in 10-inch skillet over medium heat, stirring constantly, 5 to 7 minutes or until golden brown. Spread onto ungreased cookie sheet to cool; store in tightly covered container in refrigerator up to 3 months. Serve as topping over fruit salad, fruit, yogurt, frozen yogurt, ice cream or pudding. **Makes about 2 cups.**

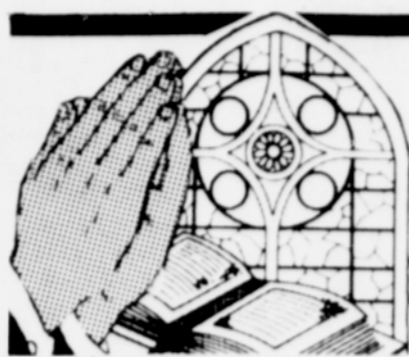
Free Fiber Recipes

Adding fiber to your diet doesn't mean subtracting good taste. The Quaker Kitchens have developed delicious recipes which help you add fiber to breakfast, lunch, dinner and snacktime.

The recipes start with oats, a whole grain that's one of the very best sources of water soluble fiber. That's the kind of fiber that research is showing can actually reduce your cholesterol level.

All of the recipes in Quaker's Food, Fiber & Fitness pamphlet have been developed for persons on low-cholesterol, low-sodium, glucose metabolism, weight reduction and healthy eating diets. Full nutritional information and diabetic exchanges are provided for each recipe. Doctors and dietitians across the country are providing this pamphlet to their patients.

For your free copy of Food, Fiber & Fitness send your name and address to: Quaker Fiber Recipes, 231 South Green Street, 5th Floor, Dept. Q, Chicago, Illinois 60607.



RELIGION

Send notice of your church activities and events to:
Religion Editor, Portland Observer
P.O. Box 3137
Portland OR 97208



RELIGION UPDATE

by Dee Armstrong

Dress style and fashion—just how important is it in our Church of today. Whatever happened to "come as you are"?

I attended an anniversary service this past Sunday afternoon and I felt under-dressed. First of all, Sunday turned out to be a perfectly lovely day with the weather reported as high in the upper 70s and sunny.

On a nice day like this I just had to be wearing a navy blue wool suit with a red cashmere sweater, red felt hat and red accessories. To put it mildly, "I was burning up!"

I arrived at the Church a little early and as I began to take notice of the stylish dress of my peers in the Lord, I suddenly knew that today was definitely going to be a fashion show.

Thank God for daughters. I have one child, or young lady I should say, who knows just when to give me the out I so desperately need. She wanted to go to the store for a soda-pop, so off to the Lloyd Center she and I went for her pop, and my stylish dress so I could participate in the fashion show. When we returned I was dressed in grey and red. My dress was chic, a simple shirt dress with a lot of class, my red hat and shoes with a red leather clutch handbag were all very stylish. I walked into Church right on time and now, a part of the show.

To bring this little story home, a Missionary from the church was asked to lead the congregation in an up-tempo song (to get the service going). No one seemed to be able to sing in the right key or to clap their hands to the beat of the music. The Missionary stopped the song and said "I'm dressed too! I said, I'm dressed up too! But I came to praise the Lord!"

A verse from the book of James says it best. "My brethren, have not the faith of our Lord Jesus Christ, the Lord of glory, with respect of persons. For if there come into your assembly a man with a gold ring, in goodly apparel, and there come in also a poor man in vile raiment; and ye have respect to him that weareth the gay clothing, and say unto him, Sit thou here in a good place; and say to the poor, Stand thou there, or sit here under my footstool: Are ye not then partial in yourselves, and are become judges of evil thoughts? Harken, my beloved brethren, Hath not God chosen the poor of this world rich in faith, and heirs of the kingdom which he hath promised to them that love him?"

In all our getting (dressing) let's not forget the goodness of God for it is He that has made the increase. And let us not look over the less fortunate or those who do not put value in clothes.

Send comments to "Religious Update", P.O. Box 9331, Portland, OR 97201.

Meats and alternates—USDA helps find the best buys

Ground beef, beef liver, chicken, turkey, ground chuck, and pork shoulder were found to be the best meat buys in a recent study by the U.S. Department of Agriculture (USDA).

The economy of a cut depends on the amount of cooked lean meat or the number of servings it provides, as well as its price per pound, according to Suzanne S. Harris, acting administrator of USDA's Human Nutrition Information Service. "Relatively high-priced meat cuts with little or no waste may be more economical than low-priced cuts with a great deal of bone, gristle, or fat," she said.

Costs in this study, which included meat alternates as well as selected types and cuts of meat, poultry, and fish, were estimated using nationwide prices collected in June 1985 by the Bureau of Labor Statistics of the U.S. Department of Labor and the National Marine Fisheries Service of the U.S. Department of Commer-

ce. The study also compared the costs of 20 grams of protein—about one-third of the recommended allowance for a man—from selected meats and alternates. Some meat alternates—such as peanut butter and eggs—are as good or better buys than less expensive cuts of meat. However, some processed meat products, such as frankfurters and bologna, were found to cost more as sources of protein than pork roasts and some beef roasts.

Harris said that while a three-ounce serving of cooked lean meat, poultry, or fish provides 20 grams of protein or more, the amount of some alternates and meat products required to provide 20 grams of protein is well over the amount people normally eat in a day. For example, it takes four and one-half tablespoons of peanut butter, four frankfurters, or 10 slices of bacon to provide 20 grams of protein.

"We are watching your children" symposium

Who cares who is watching their children? Everyone! Daycare has been spotlighted by parent claims of abuse, lack of supervision, unprofessionalism. Daycare providers feel parents don't understand the stresses, wear and tear, low self-esteem accompanying this profession. Both have legitimate complaints. But what are the solutions and does a half-way point exist for those persons caught in this web of mixed social messages?

This symposium, held in the style of a Phil Donohue show, hopes to answer these questions. The panel will represent several interests. Sherry Alexander, a local author, and family

daycare provider will represent family daycare. From the field of center-based care, Clair Weddle brings 17 years of expertise on these issues. Dave Barrios, a parent and juvenile officer will be the parent panelist. The audience will be given an opportunity to pose questions of the panel as well as make comments.

We feel this symposium will bring to public light issues that have heretofore remained unspoken. It is imperative to the future of childcare that a "springboard" to finding a meeting point of all parties concerned happens. We believe this symposium is that springboard.

Health Project Meeting

The Portland Chapter of the National Black Women's Health Project, will conduct their monthly meeting, Wednesday, October 16, 1985 at the King Facility, 4815 NE 7th, at 7:30 p.m. General planning and discussions on women's health and wellness.

After-School Program

The Ecumenical Parish After-School Program starts this Tuesday, October 8, at Patton-Central Methodist Church, 5023 N. Michigan. It will run every Tuesday, Wednesday, and Thursday afternoon from 3 to 5 p.m. To register your children, call the Parish office at 288-5173.

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Pope John Paul II may visit U.S.

Pope John Paul II may make a pastoral visit to the Catholic Church in the United States in the fall of 1987, the National Conference of Catholic Bishops announced today.

The dates and sites of such a visit have not been determined, but the trip, if it takes place, may last a little over a week and include several cities in the West and South.

"I am deeply grateful that the Holy Father has expressed a desire to return to our country," Bishop James W. Malone of Youngstown, Ohio, President of the bishops' conference, said in a statement. "We look forward to receiving him again with joy and affection."

If Pope John Paul comes to the United States in 1987, it will be the second time he made such a visit since becoming pope. From October 1 to October 7, 1979, he visited Boston, New York, Philadelphia, Des Moines, Chicago and Washington.

Since being elected pope on October 16, 1978, Pope John Paul has made 28 trips outside Italy—including his 1979 U.S. trip—and visited more than 50 countries in Europe, North and South America, Africa, and Asia. He is the most traveled pope in history and the second to visit the United States after becoming pope. Pope Paul VI visited New York and the United Nations in October, 1965.

INTERESTING FACTS ASB

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Some people used to believe that the best cure for a cut received while reaping was to have it licked by a cat.

Melville R. Bissell patented the first carpet sweeper in 1876 as a solution to his allergy caused by dusty straw.

A pet can be a powerful force in the life of an elderly person living alone, medical experts agree.

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