



**VENETIAN CHICKEN**

- 6 chicken breast halves, skinned and boned
- 7 tablespoons all-purpose flour
- 1/4 teaspoon salt
- Dash cayenne pepper
- 3 tablespoons butter or margarine
- 1 tablespoon oil
- 1 medium-size tomato
- 1/3 cup pitted ripe olives
- 1 package (9-oz.) frozen artichoke hearts, thawed
- 1 can (4-oz.) sliced mushrooms, drained
- 1 1/4 cups chicken broth
- 1/4 cup dry white wine
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sugar

Pound each chicken breast half between two sheets of plastic wrap, with flat side of meat hammer, to 1/4-inch thickness. Coat with mixture of 1/4 cup flour, salt and pepper. Melt butter with oil in large skillet over medium-high heat. Add chicken and cook 5 minutes on each side, or until chicken loses its pink color. Meanwhile, chop tomato and slice olives; set aside. Remove chicken to serving platter and keep warm. Cook artichokes and mushrooms 3 minutes in skillet. Sprinkle remaining 3 tablespoons flour into skillet. Gradually stir in chicken broth, wine, Worcestershire sauce and sugar. Cook and stir until thickened. Add tomato and olives and heat through. Serve over chicken. Makes 6 servings.

**Emanuel sponsors new hotline**

Kids have a special place in Emanuel Hospital's heart. That's why a new hotline and support group for parents of children with heart disorders begins this fall at Emanuel Hospital. "Caring Hearts" offers a hotline for parents with questions about their children with heart problems and a monthly support group. The hotline telephone number is 280-KIDS (280-5437). The program is sponsored through the Oregon Children's Medical Center at Emanuel Hospital. A support group will meet the second Wednesday of each month in the Fifth Floor Conference Room at Emanuel Hospital.

"We have put together a whole cardiac program for children at Emanuel," says Cindy Eubanks, Pediatric Cardiology Nurse Clinician. "In the treatment of any ill child you have to look at the family at the same time. Along with any diagnostic procedures, we want to be sure we're helping the family as well as the child." The comprehensive cardiac program not only includes the family support, but also diagnostic procedures such as echo cardiograms, cardiac catheterizations, cardiac surgical services, follow-up on the child and home health coordination.

**A good cookbook at a budget price**

The cost of cookbooks is heading higher, but there are still some great bargains to be found in the paperbacks published by food companies. One of the newest is French's *America's Clockwatcher's Cuisine*, a 112-page spiral-bound book that concentrates on time-saving recipes.

You can get it directly from the company for \$5, but promotional coupon available in supermarkets will reduce the cost substantially.

A good example of the kind of recipes contained in *America's Clockwatcher's Cuisine* is Venetian Chicken, a dish you can make from start to finish in just 35 minutes, but no one will ever guess. Its rich, savory sauce resembles something you would expect to encounter at a first-rate restaurant.

The sauce combines pan drippings with tomatoes, artichoke hearts, mushrooms, white wine and chicken broth to produce a celebration of intriguing flavors. It's a dish that would be perfect for company.

In all there are 197 original recipes, divided by length of cooking time. The shortest are 15 minutes, the longest 55. Besides main dishes, there are recipes for appetizers, soups, salads and side dishes. There are also 30 full-page color illustrations.

To obtain the book or promotional coupons, write: The R. T. French Coupon, Consumer Services Kitchens, One Mustard Street, Rochester, NY 14692.

Here is the complete recipe for Venetian Chicken:

New brochure, *Car Care and Clean Air*, available — Free

In the last three decades, the use of automobiles in the United States has increased three-fold, and the use of commercial vehicles four-fold. While this increase has allowed a wider range of job and recreational opportunities, it has also resulted in increased levels of auto-related air pollutants in many parts of the country, according to a brochure, *Car Care and Clean Air*, just published by the American Lung Association in observance of National Car Care Month in October.

According to the brochure, auto emissions account for approximately 90 percent of the carbon monoxide and more than 50 percent of the hydrocarbons and nitrogen oxides in our nation's air.

The brochure, produced by the Lung Association in cooperation with the American Automobile Association and the U.S. Environmental Protection Agency, describes the public health effects of these auto emissions and makes recommendations to car owners on how to maintain their cars and keep air pollution to a minimum.

It discusses the importance of regular car maintenance and warns motorists against tampering with their emission control equipment and also against fuel switching (using leaded gas when their cars call for unleaded). All of which makes economic as well as environmental sense, the brochure points out.

A copy of the brochure is available free from your local office of the American Lung Association of Oregon.

Over 500,000 seemingly healthy Americans die from sudden, massive heart attacks every year. It is now believed that the major factor in triggering these attacks is painless, or silent ischemia, which is the sub-normal flow of blood to the heart.

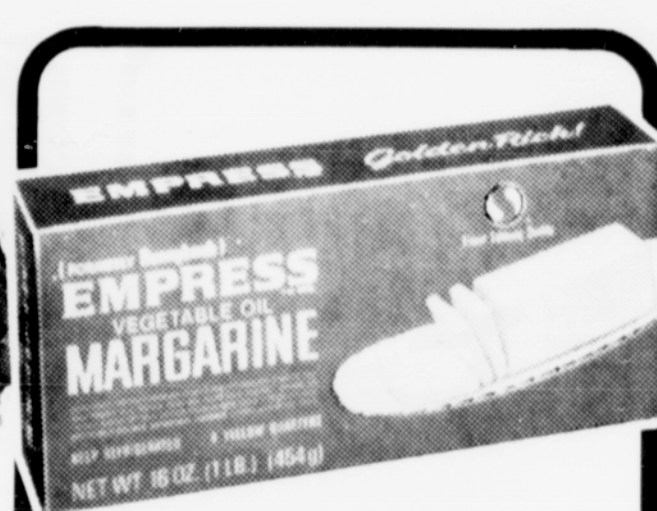


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