

Black History Month launches Campbell's creative cooks contest

If family and friends just rave about your home cooking, that special flair with food could make you a winner. In celebration of Black History Month, the 1986 Campbell's Soup Creative Cooks Recipe Contest opens Feb. 1. The contest, now in its second year, seeks original recipes using any variety of Campbell's condensed soup or Campbell's ready-to-serve low sodium soup.

Whether your original creations use these convenient canned soups to make quick and easy sauces and gravies or to add flavor pizzaz to pasta, vegetables, casseroles, stews or baked goods, there's a contest category that's custom made for every specialty.

can's label, in one of the four contest categories: Main Dishes, Side Dishes, Main Dish Casseroles, or Baked Goods. Almost any original cooking-with-soup recipe is a potential winner, but only if contest rules are followed exactly.

Complete recipe contest rules may be obtained by sending your name and address to: RULES, Campbell's Soup Creative Cooks Recipe Contest, P.O. Box 11147, Chicago, IL 60611.



With incentives of a \$1,000 Grand Prize and four \$250 First Prizes, plus a year's supply of Campbell's soup and 40 runners-up prizes of the Campbell's Creative Cooking With Soup cookbook, now's the time to start creating in the kitchen and checking through your collection of favorite original recipes.

Entering is easy. Simply submit your recipe using at least one can of Campbell's condensed soup or Campbell's ready-to-serve low sodium soup, along with the

Hepatitis A epidemic in OR

Viral Hepatitis A is epidemic in Oregon according to the Oregon State Health Division. This highly infectious disease is transmitted from person-to-person by fecally contaminated water, milk or foods such as sliced meats, salads and pastries. Symptoms may include fever, loss of appetite, malaise, nausea and abdominal pain, followed in a few days by jaundice. The disease is usually a mild illness lasting one to two weeks but is occasionally a severe disease lasting several months. Deaths due to Hepatitis A are uncommon. Persons experiencing these symptoms should contact their physician or local health department.

Health rules concerning restaurant food preparation currently require that food be prepared, handled and displayed so as to be protected from contamination and safe for human consumption. Food service employees are reminded to maintain a high level of personal hygiene. Restaurant managers should monitor employees for good hand washing which includes washing hands and nails with soap, raising a thick lather, rinsing off and drying with disposable towels. Hands must be washed upon starting work, after using the toilet and whenever the hands become soiled.


Employees should always use appropriate kitchen utensils when preparing food to minimize hand contact. If hand contact of food cannot be avoided as in the continuous prolonged preparation of sandwiches, salads and pastries, the use of disposable gloves is recommended. Hands should be clean when putting on gloves. The gloves must be discarded when food preparation is finished or when soiled. The use of disposable gloves should not replace proper hand washing or correct use of kitchen utensils as the main methods to prevent food contamination.

Public cooperation with health officials is essential to curb the present hepatitis epidemic.

WET IGNITION WIRES

You drive through a deep puddle and the engine quits. What to do? The Motor Vehicle Manufacturers Association advises using a rag or paper towel to dry off the ignition wires - carefully wipe each wire dry, top to bottom. If the engine still won't start, try again after 20 to 30 minutes.

Save The Deer And Elk!



Help Feed Weather-Stranded Starving Wildlife in Eastern Oregon. Safeway is Donating Fuel and Equipment. Safeway Drivers Are Donating Their Time And Safeway Employees Are Donating Money. All To Buy And Transport Alfalfa Pellets To Feed Oregon's Wildlife. You Can Help Too. Mail Your Contributions To: SAFEWAY ELK & DEER FEED FUND, C/O Oregon Pioneer Savings, 54 "A" Avenue, Lake Oswego, Oregon 97034. Contributions are Tax Deductible. This Effort is Sanctioned By The Oregon Department of Fish & Wildlife.

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