

FOOD & NUTRITION



Very Strawberry Shortcakes

A truly sensational treat! Made with oat bran and sweetened with fresh fruit, there is no longer any reason to skip dessert.

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| 2½ cups sliced strawberries (about 1 pint) | 3 tablespoons sugar |
| 1 tablespoon sugar | 2 teaspoons baking powder |
| 1 tablespoon orange-flavored liqueur (optional) | ½ teaspoon salt (optional) |
| 1½ cups all-purpose flour | ¾ cup skim milk |
| ½ cup Quaker Oat Bran hot cereal, uncooked | 3 tablespoons vegetable oil |
| | 2 cups dessert topping mix prepared with skim milk |

Combine strawberries, 1 tablespoon sugar and liqueur; mix well. Cover; chill at least 1 hour.

Heat oven to 375°F. Lightly spray cookie sheet with vegetable oil cooking spray or oil lightly. Combine flour, oat bran, 3 tablespoons sugar, baking powder and salt; mix well. Add combined milk and oil, stirring with fork until mixture leaves sides of bowl and forms a ball. Drop six 3-inch dough balls onto prepared cookie sheet. Bake 20 to 22 minutes or until light golden brown. Cool 1 minute on cookie sheet; remove to wire rack. Cool completely.

Split each shortcake in half crosswise. Spoon ¼ cup strawberry mixture onto bottom halves of six shortcakes. Top each with ¼ cup dessert topping and remaining shortcake halves. Garnish with remaining strawberries and dessert topping. *Makes 6 servings*

Nutrition information: Each serving (1 shortcake)

Calories 310	Fat 10 g	Oat Bran 7 g
Protein 7 g	polyunsaturated 4 g	Dietary Fiber 4 g
Carbohydrate 47 g	monounsaturated 2 g	Sodium 180 mg
	saturated 3 g	Cholesterol 0 mg



Creole Gumbo Dinner

Immaculate Heart Church's annual chicken and seafood dinner will be Saturday, Feb. 20, 1993, from noon to 8:00pm, at Immaculate Heart Community Center 2926 N. Williams Ave. Adults \$7 & kids under 12 \$3.



Annual Zoo Cookoff

The twelfth annual Great Northwest Chili Cookoff benefiting Metro Washington Park Zoo will be held on Feb. 20, 1993, at Convention Hall in the Memorial Coliseum. It is open to the public from 12:00 noon to 5:00 pm.

Awards will be made in three categories: best tasting chili, showmanship and "Peoples Choice."

Chili teams will perform during the day amid the cookin' and tastin'. You can join by doing your own dance to the music of The Lansings. Prizes will be awarded starting at 4:30 pm.



Women Are Helped To Prepare For Pregnancies

Women of all ages can learn the latest on how to ensure a healthy pregnancy and a healthy baby during two free evening seminars sponsored by Legacy Women's Health Services.

"Pregnancy in the '90s: Preparing Yourself for the Best." The first seminar will be held Thursday, Feb. 25, 7 to 9 pm, at Good Samaritan Hospital & Medical Center in the Neurological Sciences Center Auditorium, 1040 NW 22nd Avenue.

The second seminar will take place March 9, 7 to 9pm, at Emanuel Hospital & Health Center, first floor, 2801 N. Gantenbein. Preregistration is required; call: Legacy Health System at 335-3500.

F.F.V. COOKIES

- TANGO 7.12 oz.
- REGAL GRAHAMS 10.12 oz.
- ROYAL DAINTY 10.12 oz.

99¢ EACH

DARE COOKIES

- CHOCOLATE FUDGE
- LEMON CREME
- MAPLE LEAF

\$1.79 EACH

12.3 oz. PKG.

BOHEMIAN PASTRIES

Cherry Boston Creme Cake

FOR THAT "SPECIAL VALENTINE"

\$3.59 EACH

REG. \$4.95 EACH

Cherry Almond Coffee Cake

FOR SOMETHING MORE WITH THAT EARLY MORNING COFFEE

\$1.98 EACH

REG. \$2.75 EACH

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HOURS: WEEKDAYS 9AM-5PM, SUNDAY 9AM-1PM

Sweet's Fish & Meats
7406 N. Vancouver Avenue
Corner of Lombard & Vancouver - Next to Pizza Hut

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|------------------------------------|--|
| 20 lb. Budget Pack \$35.95 | 25 lb. Beef & Pork Pack \$55.95 |
| 2 lb. Ham Hocks | 2 lb. Texas T-Bone |
| 2 lb. Stew Meat | 3 lb. Pork Roast |
| 3 lb. Chicken | 3 lb. Pork Ribs |
| 3 lb. Sausage of Bacon | 3 lb. Beef Ribs |
| 5 lb. Hot Dogs | 4 lb. Ground Beef |
| 5 lb. Ground Beef | 4 lb. Beef Roast |
| | 3 lb. Pork Chops |
| 25 lb. Variety Pack \$49.95 | 3 lb. Sausage or Bacon |
| 5 lb. Ground Beef | |
| 5 lb. Rib Eye Steak | 50 lb. Meat Pack \$89.95 |
| 5 lb. Chicken | 15 lb. Steaks |
| 5 lb. Pork Ribs | 15 lb. Beef & Pork Roast |
| 5 lb. Beef Ribs | 15 lb. Ground Beef |
| | 5 lb. Chicken |

Food Stamps Welcome!

Sweet's Fish & Meats

Meat-Seafood Market
7406 N. Vancouver Avenue
285-4750

\$5.00 Off Any Meat Pack

Offer Valid With Coupon Only!

Offer Expires 9/1/92

20 lb. Budget Pack \$35.95	25 lb. Beef & Pork Pack \$55.95
2 lb. Ham Hocks	2 lb. Texas T-Bone
2 lb. Stew Meat	3 lb. Pork Roast
3 lb. Chicken	3 lb. Pork Ribs
3 lb. Sausage of Bacon	3 lb. Beef Ribs
5 lb. Hot Dogs	4 lb. Ground Beef
5 lb. Ground Beef	4 lb. Beef Roast
	3 lb. Pork Chops
	3 lb. Sausage or Bacon
25 lb. Variety Pack \$49.95	50 lb. Meat Pack \$89.95
5 lb. Ground Beef	15 lb. Steaks
5 lb. Rib Eye Steak	15 lb. Beef & Pork Roast
5 lb. Chicken	15 lb. Ground Beef
5 lb. Pork Ribs	5 lb. Chicken
5 lb. Beef Ribs	

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Ad Prices Good February 10 through February 16, 1993 At Safeway.

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Large Seedless Sunkist Oranges

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Kellogg's Frosted Flakes \$1.99 Ea.
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