

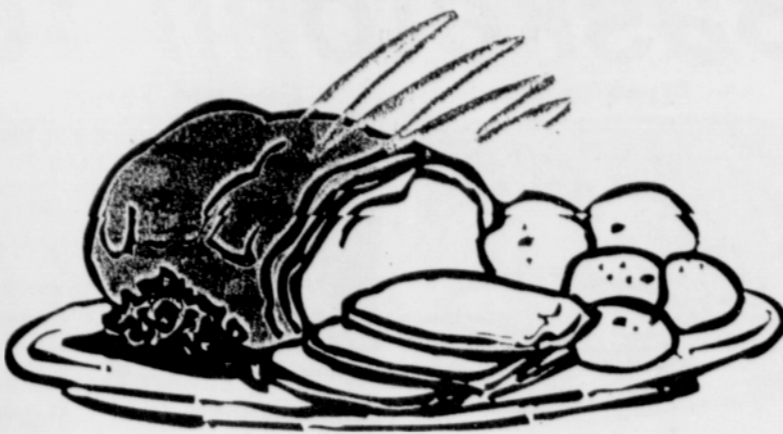
FOOD & NUTRITION

Chuck Hinton's Rib Express



Chuck Hinton has been in business for eight years and still going strong. Hinton is a retired Navy man he worked for the phone company for 16 years as a code-a-phone person before he quit and started his bar-b-que business. Hinton has been at the same location, 3328 N. E. Killingsworth, ever since he started, his take out orders are available everyday. His specialty items include: bar-b-que chicken, red beans & rice, potato salad, smoked turkey, greens, cakes, and sweet potato pies he also will smoke meats for you for a reasonable fee. You may also purchase various sizes of his bar-b-que sauce.

Mrs. Jenkins Pot Roast



Mrs. Annie Jenkins is a native of Monroe, Louisiana and remembered the receipt sent down by her mother many years ago. It is absolutely delicious. It is a "must try."

This recipe will serve six people.

You will need the following ingredients:

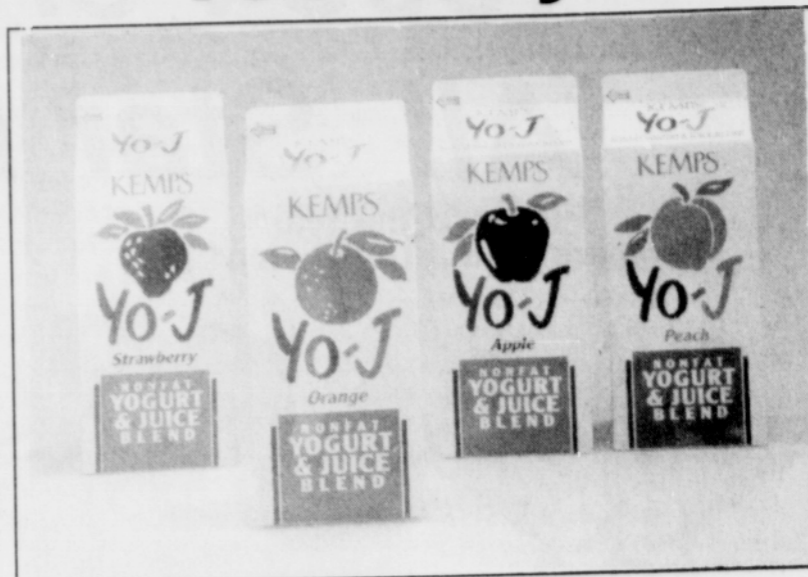
- Select a 3 to 4 pound beef roast
- Green onions
- 1 small white onion (sliced)
- 1 cup carrots (sliced)
- 2 potatoes (cut in cubes)
- 1/2 tsp. salt
- A dash of black pepper
- 1 tsp. all purpose flour
- 2 tbsps. cooking oil
- 1/2 cup water

Roll roast in flour and brown in cooking oil. Add water and cook for 1 1/2 hour. Add seasonings and vegetables and cook until tender.

Allspice. Does the word "allspice" mean the seasoning is a combination of all spices? No. Allspice is a kind of pimento, dried and ground. It gets its name, however, from the fact that it tastes like a mixture of nutmeg, cloves, and cinnamon.

African American women can better control their weight with programs tailored to meet their ethnic needs, according to a DeBakery Heart Center study. The 10-week project combined twice-daily, over-the-counter, liquid meal replacements with an evening meal and weekly meetings led by a black dietitian.

Have You Had Your YO-J Today?!



What do Portland consumers get when they combine pure fruit juice with nonfat yogurt?

Kemps YO-J, of course--America's first blend of fruit juice with nonfat yogurt containing active yogurt cultures, now being introduced in the refrigerated juice section of Portland supermarkets.

The new product, distributed here by Echo Spring Dairy of Eugene, Oregon, offers 100 percent of the USDA daily percentage of Vitamin C, absolutely no fat or cholesterol and extra calcium. Kemps Yo-J is sold both in eight-ounce snack servings and in 64-ounce cartons.

Yo-J is available in four all-natural fruit juice flavors--strawberry, strawberry-banana, orange and peach. Last year, Kemps Yo-J won a national "New Beverage Product of the Year" award from Delta Communications, in that company's annual Retail New Products Contest.

"For over a year, Marigold Foods has been refining the concept of a delicious drink offering the centuries-

old health advantages of active yogurt cultures with the benefits of the Vitamin C found in fruit juice," says David Haley, senior product manager of Kemps Yo-J.

At the same time, we watched the drinkable yogurt/juice combination become a sensation overseas, particularly in countries like Holland and Switzerland."

"So Marigold Foods adapted the concept of Europe's yogurt/juice mixtures to American tastes," adds Haley. "What Makes Kemps Yo-J completely different from any other beverage available in Portland is that we've kept the 'Active Yogurt Cultures' alive, just as they are in refrigerated yogurt."

Haley claims that in market research tests of Kemps Yo-J, fully 87 percent of consumers said they liked it--even when they weren't necessarily yogurt lovers.

For more Yo-J information or to obtain free Kemps YO J recipes, Portland consumers may call toll-free, 1-800-000-0000.

TRENDS FOR HEALTH LIVING

Finding more ways to eat more fruits and vegetables every day is easy, if you think creatively.

For breakfast, slice up fruit to top cereal, pancakes or yogurt. Spoon on all-fruit spreads or butters on toast.

An egg-white omelet is the perfect foil for veggie loading: chopped red bell pepper (great for vitamin C, too, sliced mushrooms and asparagus. Or, try a scrambled egg and salsa.

SAVE 50¢ ON ONE PACKAGE OF ANY LOUIS RICH® BREAD OF TURKEY

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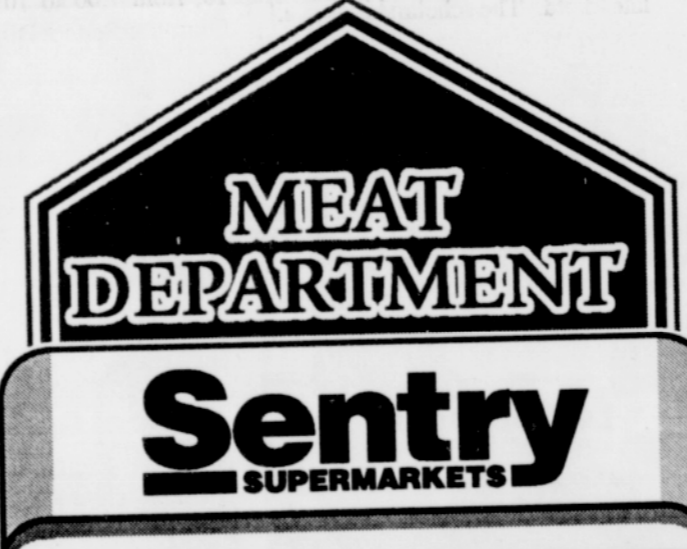
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15 Oz., Mariner's Cove ³
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