

FOOD & NUTRITION

The Portland Observer

Holiday Gift-Giving Made Easy!

Every year it's the same story. You go through your holiday gift list, and there are those names. The ones that are so difficult. The boss, your neighbor, your secretary... Why can't holiday gift shopping be easier?

This year it can be. Harveys Bristol Cream is the gift everyone loves to receive. Its mellow, nutty flavor is a welcome addition to any party and the perfect accompaniment to a quiet evening in front of a warm fire. Serve Bristol Cream the traditional way -- straight up -- or give a "twist" to tradition by serving it over rocks with a wedge of lime!

Harveys Bristol Cream is a sophisticated wine, with a heritage that dates back to Queen Victoria, who savored it for its smooth, mellow taste. But today's drinker also appreciates its lower alcohol content -- 17.5%, as apposed to 40% for many spirits and liqueurs.

This holiday season, the 750 ml bottle of Harveys Bristol Cream is elegantly packaged in a gold canister, trimmed in red. Bristol Cream holiday gift packages are available locally for about \$12.



Dear Betty Crocker

Q. My fudge always turns out sticky and chewy. It doesn't get hard. What can I do? P.P., Green, SC

A. Your fudge was probably undercooked. But, you can make good fudge! First, mix ingredients and stir constantly over low heat until sugar is completely dissolved; stir down any grains of sugar from side of sauce pan.

Then, cook mixture to 234-240 F. (soft ball stage) on candy thermometer. Stir just a few times again to minimize crystallization. After fudge has boiled, to prevent crystals, do not stir or scrape pan until it has cooled to 120 F.

Then, beat fudge 5 to 10 minutes or until candy is thick (holds shape

when dropped from a spoon) and no longer glossy.

Finally, stir in nuts and spread in pan. These steps should help you make excellent fudge.

Q. I have a coffee cake recipe that calls for cake yeast. Can I use dry yeast instead? Mrs. M.K., Elkhart, IN

A. Yes you can. Use one package of active dry yeast in place of one 3/5-ounce cake of compressed yeast.

Q. I've lost my knack for making divinity. The texture is the consistency of nougat. Could the temperature of the syrup be wrong? J.S., Spokane, WA

A. If you're making divinity on a humid day, use a tablespoon less wa-

ter. Otherwise, yes, the temperature may be the problem. Cook the sugar-corn syrup-water mixture without stirring to 260 F. (hard ball stage). From then on, use a hand mixer, first to beat egg whites and then to beat in hot syrup until the mixture holds its shape and loses its gloss. Good luck!

TIP OF THE WEEK: In your holiday baking, try experimenting with low-fat sour cream or cream cheese, egg substitutes or fat-free yogurt for lower fat recipes.

Do you have a cooking question? Write Dear Betty Crocker, Box 1113, Dept. Betty, Minneapolis, MN 55440 Betty Crocker is a registered trademark of General Mills, Inc.

St. Vincent De Paul Volunteers Collect Food

More than 4,500 volunteers will collect food Saturday, December 11, for the 54th annual St. Vincent de Paul Christmas Food Drive. Each year the drive collects and distributes 300,000 pounds of non-perishable food to more than 5,000 needy families in the Portland metropolitan area.

The volunteers, including students from four Catholic high schools in the Portland metropolitan area and 44 parish-based conferences in four counties, collect, sort and package holiday food boxes for delivery December 18.

Janice Pelster, executive director, St. Vincent de Paul, says the group will give "a substantial food box with all the ingredients for a holiday dinner."

Food also may be donated at the seven St. Vincent de Paul Thrift Stores, Smith's Home Furnishings stores throughout the metropolitan area, or St. Vincent de Paul's Food Depot at 3601 SE 27th.

Volunteers are needed to help with the food drive. Anyone who wishes to help may call St. Vincent de Paul at 234-1114.

Families in need of assistance may call the St. Vincent de Paul Christmas Bureau at 232-9797.

IT JUST KEEPS ON HELPING

United Way of the Columbia-Willamette 228-9131

TURKEY VEGETABLE STEW

- 1 Medium leek, thinly sliced
- 1 Medium carrot, thinly sliced
- 1 Medium parsnip, thinly sliced
- 2 Stalks celery, thinly sliced
- 2 Tbsp. soft margarine
- 1 Cup hot water
- 2 Tbsp. L.B. Jamison's Chicken Flavored Soup Base
- 3-4 lbs. diced cooked turkey
- 1 Medium tomato, peeled, seeded and coarsely chopped
- 1/2 tsp. poultry seasoning
- 1/4 tsp. thyme
- Salt and pepper to taste
- 2 tsp. cornstarch
- 2 Tbsp. cold water

Directions:

Saute leek, carrot, parsnip and celery in soft margarine until tender. Add 1 cup water, L.B. Jamison's Chicken Flavored Soup Base, turkey, tomato and seasonings. Cover. Cook 30-40 minutes or until hot. Mix cornstarch with 2 tablespoons of cold water. Add to stew and cook until slightly thickened.

Makes approximately 4 servings.

Recipe courtesy Holsum Goods.

Dad's Oil Service

heating oils

Best Cash Prices

Speedy Service

104 NE Russell
Portland, OR 97212
282-5111

Friendly Call for Quote!

McMurphy's Appliance Center

Washer & Dryer \$199⁰⁰
Refrigerators From \$129⁰⁰
Ranges From \$129⁰⁰

Open Mon. - Fri. 9:00am to 5:00pm

Saturday 10:00am to 2:00pm

Sunday Closed

60 DAY WARRANTY • FREE DELIVERY

4011 NE MLK
288-3233
Sales • Service • Parts

How To Be A Safe Holiday Host

By Jeffrey N. Kushner

A man is buying drinks for his son-in-law in a Portland-area tavern. The son-in-law drinks too much, and is involved in an injury accident while driving home.

The injured party successfully sues the tavern owner, who in turn sues the father-in-law to help pay the judgment.

Question: Should the Father-in-law share in the liability?

The Oregon Supreme court said yes, ruling that under Oregon law (ORS 30.950) a "social host" may be someone furnishing alcohol at a tavern, club or hotel as well as in your own home.

So if you're planning a holiday party, you'll want to know how to protect yourself from being held legally and financially liable for damage or injury that intoxicated guests inflict on themselves or others.

Ideally, you can avoid the whole issue with a few preventive measures.

Consider an alcohol-free party--you'll find people socialize in more meaningful ways and have just as much or more fun. If you do serve alcohol, then also provide attractive non-alcoholic beverages such as juices, sodas and sparkling waters.

Serve high-protein foods that slow down the effects of alcohol. Meats, cheeses, eggs and seafood are much better than salty or sweet snacks.

Designate a bartender. Provide a jigger so alcohol is measured at an ounce or less per drink. And keep alcohol stored behind the bar to reduce the temptation for people to "help themselves."

If a guest becomes intoxicated, refuse to serve him or her any more alcohol. Period.

At a designated time, put away the alcohol and bring out a snack with coffee, tea or other non-alcoholic beverage. This should provide more time for the effects of alcohol to wear off and to make arrangements for guests to get home safely.

Even if you've followed these guidelines, however, it's possible that a guest may be in no condition to drive home safely. If you cross your fingers and watch the individual weave to the car, remember that you could easily be held liable for his or her actions. It's your responsibility to ensure your

guest gets home safely.

Therefore, take the car keys from the intoxicated guest and arrange to have a sober guest do the driving. Or call a cab, friend or relative. Or make arrangements for him to spend the night. Go so far as to take the distributor cap from the guest's car or let the air out of the tires if you must.

Use any technique you can think of to keep him or her off the road.

More information is available free from the state's Oregon Prevention

Resource Center to help plan safe, successful holiday parties:

A 13-minute VHS videotape called "Responsible Hosting" is available for loan.

"No-Kick Cocktails," a brochure of alcohol-free beverage recipes that have proved to be favorites of Oregonians over time.

"Celebrate Life this Holiday Season," a compilation of tips on how to be a good host, warning signs of intoxication, food and drink recipes,

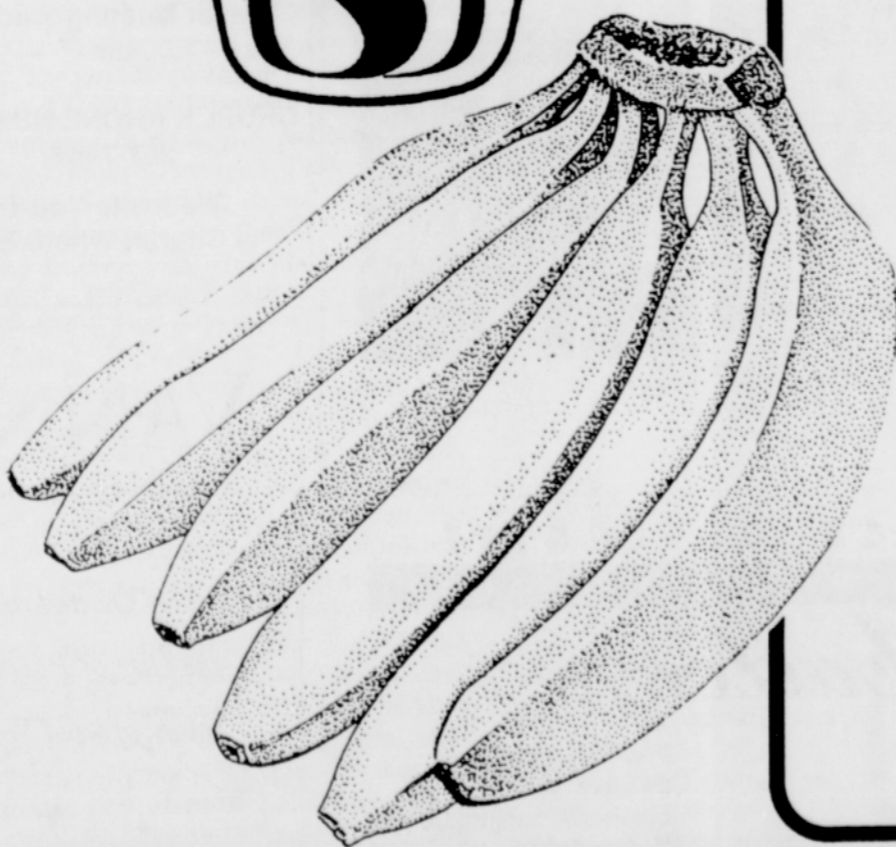
and information about the host's responsibilities.

"Keep the Holiday Spirit Alive," a description of Oregon DUII laws, tips, recipes, warning signals.

For any of these, call state government's Oregon Prevention Resource Center toll free: 1-800-822-6772.

Virtually everyone agrees that drunk drivers have no place on our roads, and that party givers don't want to wind up in court. So, host responsibly!

The Season's Best At Savings!



Prices effective December 8 through December 14, 1993 at Safeway.

Golden Ripe
Fancy Bananas

25¢
lb.

Fresh Blade Cut
Pork Roast

\$1.19
lb.

- Bone-in roast
- 1/4-inch trim
- SAVE UP TO 80¢ lb.

Look In The This Week Magazine for your Safeway Shopping Guide for a complete list of specials on sale this week at Safeway!

This Week
MAGAZINE

Enjoy Extra Savings With The New 'In-Store' Safeway Shopping Guide Available at your Safeway store.