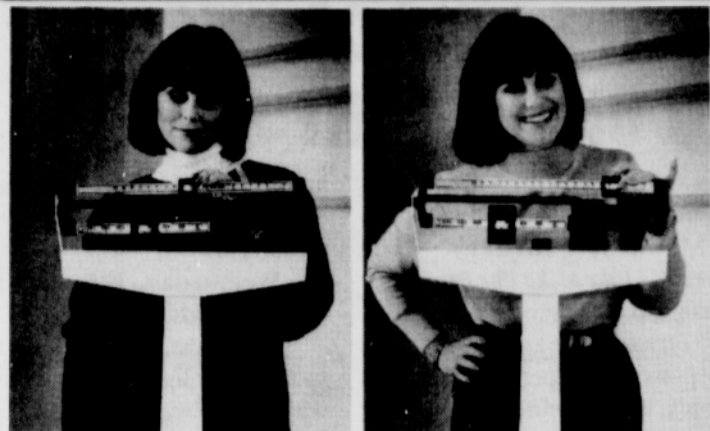


FOOD & NUTRITION



DAY 1. KATHLEEN SULLIVAN JOINS WEIGHT WATCHERS

DAY 14. KATHLEEN SULLIVAN HAS LOST MORE THAN 8 LBS

\$12.

That's all it takes to get a Superstart™.

It's wonderful news for people in a hurry to start losing weight. It's the remarkable new Superstart program and you'll find it only at Weight Watchers.

Former network anchor Kathleen Sullivan had this to say after just one week on Superstart.

"For me getting started has always been the hardest part of losing weight. But with Superstart, Weight Watchers has created an incredibly simple and easy to follow weight loss program that lets you see dramatic results quickly."

"After just a week I've lost more than five pounds. But what's really remarkable is that I did it eating terrific food, and plenty of it. And I'm not alone. People who follow the program have lost an average of more than 5 lbs. in just two weeks."

"I can't wait to see how much I've lost in my second week. And there's no question for me that I'll stick with Weight Watchers Superstart. I intend to reach my goal."

The two-week Superstart program works. If you want to see results quickly, then you'll love Superstart.

As Kathleen says, "What are you waiting for? Come and do Superstart with me. And if you join now you pay only \$12 for your first week. That's what I call a Superstart."

Weight Watchers

Superstart!™

297-1021

Call Weekdays 8:30am to 5pm

NORTHEAST PORTLAND
Maranatha Church
4222 N.E. 12th
(Enter on Skidmore)
Sat. 9:30am

Temple Baptist Church
1319 N.E. 7th
Fireside Room
Tuesday 12:00pm

NORTH PORTLAND
Northminster Presbyterian
2823 N. Portland Blvd.
Fellowship Hall
Tues. 7:00pm

Tillamook Park Bldg.
2108 N.E. 41st Ave.

Mon. 7:00pm; Tues. 7:00pm;
Wed. 9:30 am & 5:00pm;
Thurs. 7:00pm; Fri. 9:30am

Nationwide Insurance
919 N.E. 19th Ave.

Wed. 11:30am

University of Portland
5000 N. Willamette Blvd.

Columbia Hall, (Enter From
Portsmouth); Wed. 5:00pm

This is Kathleen Sullivan's experience. As people vary, so does individual weight loss, maintenance and results. Fee for subsequent weeks \$10.00 Offer good from 2-7-94 - 2-19-94. See receiptist for details. Offer available in participating areas only. Cannot be combined with any other offer. ©1993 Weight Watchers International, Inc. owner of the Weight Watchers trademark.



(DM)—"Saucy Sweet & Sour Fish" is a quick-fix entree with zesty Oriental flavor. Whether you select halibut, sea bass or swordfish, the steaks are simply brushed with Kikkoman Sweet & Sour Sauce during broiling. Basting not only gives the fish an attractive color and delicious taste, it also helps seal in the natural juices so the steaks stay succulent. To intensify the flavor, a sauce of additional bottled sweet & sour sauce augmented with sugar and ginger is made to serve with the fish. Bottled sweet & sour sauce is a real time saver because it's a spirited blend of sugar, vinegar, naturally brewed soy sauce, tomato paste, pineapple, onion, green bell pepper, garlic and spicy red pepper. For savory color and texture contrasts, serve the steaks with steamed broccoli, carrots and celery.

SAUCY SWEET & SOUR FISH

- 4 white fish steaks (halibut, sea bass or swordfish), about 3/4 inch thick
- 1 teaspoon sugar
- 1/2 teaspoon ground ginger
- 8 tablespoons Kikkoman Sweet & Sour Sauce, divided
- 1 tablespoon minced fresh parsley

Place fish steaks on rack of broiler pan; brush with about 2 Tbsp. sweet & sour sauce. Broil 4 to 5 inches from heat 4 minutes. Turn fish over; brush with 2 Tbsp. sweet & sour sauce. Broil 4 minutes longer, or until fish flakes easily with fork. Meanwhile, combine remaining 4 Tbsp. sweet & sour sauce, sugar, ginger and 2 Tbsp. water in small saucepan; bring to boil. Remove from heat and stir in parsley. Spoon sauce over cooked fish; serve immediately. Makes 4 servings.

DIABETIC FOOT STUDY

Portland Diabetes & Endocrine Associates are accepting diabetic patients with foot ulcers for participation in a Phase III clinical study of an investigational wound-healing drug.

If you are eligible to be in the study, you will receive study-related treatment at no charge. You must have diabetes and an ulcer on the bottom of your foot.

For more information, call
(503) 274-4818

CONSUMER'S CHOICE PREMIUM B.E.E.E.

Consumer's Choice Steak & Seafood Co.

FREE DELIVERY!!

1 year guarantee!!

<p>Gourmet Steaks</p> <ul style="list-style-type: none"> * 10.....New York Strip Steaks * 6.....T-Bone/Porterhouse Steaks * 10/12..Bacon Wrapped Filets * 10/12..Ribeye Sirloin Filets * 18/24..Chopped Sirloin * 12/14..Center Cut Pork Chops or Delmonico Steaks 	<p>Gourmet Seafood</p> <ul style="list-style-type: none"> * 16.....Servings Peeled & Cleaned Shrimp * 9-12....Flounder Filets or Red Snapper * 16.....Servings Scallops * 12-14...Lobster Tails or Cooked Lobsters * 10.....Portions Mixed Grill Salmon-Halibut-Yellowfin Tuna * 22.....Servings Shrimp Crisp/Popcorn Shrimp
---	---

One case for steaks or seafoods for ~~\$249.00~~

NOW \$179.00!!

Great for gifts, Christmas party, cook out, and more!!

Pass out this flyer to your friends and family!

Free Home Delivery. We guarantee our products for tenderness, taste, and against freezer burn. We will gladly replace any unused products. *90 day "No Hassles" guarantee!

LOVELL LAVADOR
PAGER NUMBER 241-8922

New & used books on Business, Music, & African-American Studies

POWELL'S CITY OF BOOKS

9 AM- 11 PM Monday through Saturday
9 AM- 9 PM Sundays

Used books bought every day till 8:30 PM
On the #20 Bus line • One hour free parking
1005 West Burnside Street
228-4651

Enjoy Safeway Low Prices!

SAFEWAY

Prices effective February 2 through February 8, 1994 at Safeway.

Diamond A Green Beans

- 16-Ounce
- Cut or Sliced
- SAVE UP TO 74¢ on 3

Bone-In Beef Round Steak

- Valu Pack
- 3 or more steaks per package
- SAVE UP TO 92¢ per lb

157 lb

3 for 1

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



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