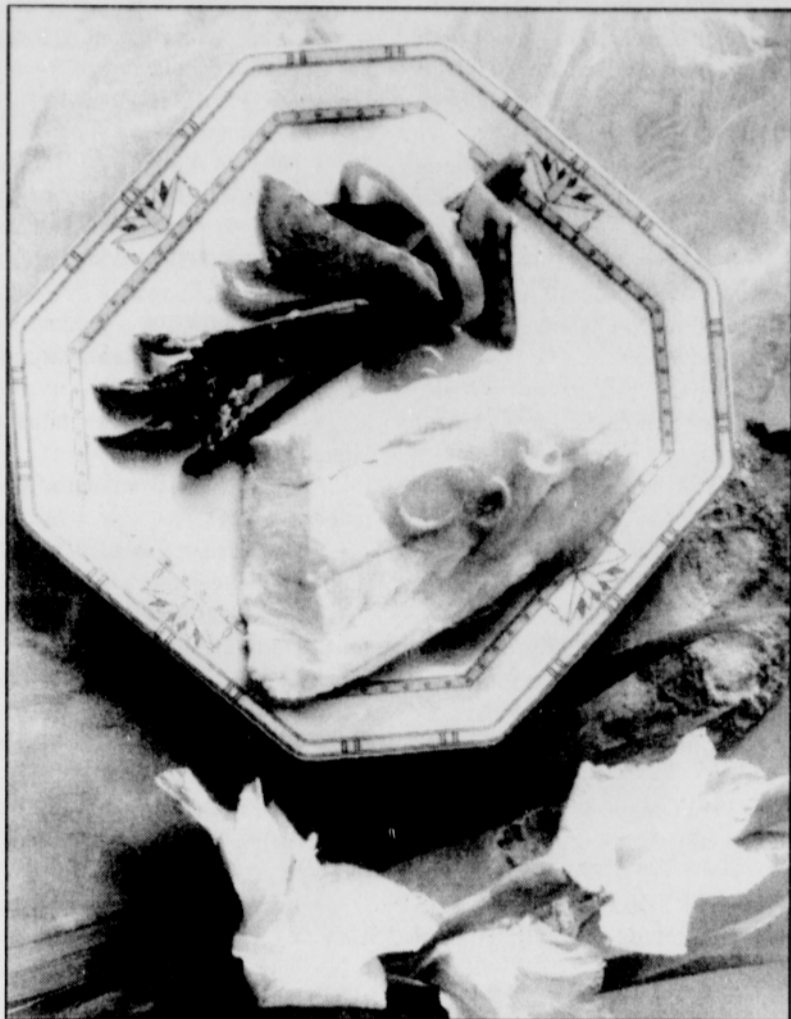


Martinelli's Apple Juice Stars Center Stage For Spring



Baked Halibut with Martinelli's Cider and Orange Liqueur Glaze. photo by George Selland

Martinelli's 100% Apple Juice, made from U.S.-grown, fresh apples, is a fresh, invigorating way to start the year off on the right track. It contains no sweeteners, no preservatives, no concentrates, and no additives whatsoever. If you made a New Year's resolution to get in shape, choose healthy, non-alcoholic Martinelli's recipes for natural apple energy.

When Spring's warm weather arrives, we're all in the mood to celebrate. If you want to steal the show, feature Martinelli's Gold Medal Sparkling Cider and Sparkling Apple-Cranberry juice center stage at all your springtime festivities. In addition to a starring role as the champagne alternative, Martinelli's products provide a strong supporting cast in salads, entrees and fruity desserts.

GET IN SHAPE FOR SPRING:

Drink your apple a day and quench your thirst with all the vitamin and mineral benefits of apples. As a delicious alternative to plain mineral water after your workout have a tall Martinelli's Cooler that's long on flavor or boost your energy with an Apple Pie Smoothie. Add variety to your daily diet with a

refreshing glass of Iced Apple Jasmine Tea, which contains only 61 calories.

For a satisfying entree that doesn't tip the scale, Apple Country Chicken makes weight watching easy with only 300 calories and 7.2 grams of fat a serving. Apply Sorbet and Frozen Apple-Apricot Cream are both flavorful, low-calorie treats that let you indulge in dessert without guilt.

TOAST YOUR VALENTINE WITH MARTINELLI'S:

The delightful tingle and rich, red color of Martinelli's Sparkling Apple-Cranberry Juice make it Cupid's choice as a Champagne alternative for Valentine's Day. When you celebrate with the one you love, create a non-alcoholic cocktail that tastes too good to be true. Toast the apple of your eye with an exotic Fruit Fling or an enticing Pink Passion Frappe.

SPRINGTIME CELEBRATIONS:

For a traditional Easter dinner, treat your family to the delicate sweetness of Honey-Apple Glazed Ham, with Cider Raisin Sauce on the side. Another festive Spring menu includes Baked

Halibut with Martinelli's Cider and Orange Liqueur Glaze and Endive, Watercress and Apple Salad with Martinelli's Cider Vinaigrette. For dessert, serve elegant Martinelli's Pear Compote. As always, the light, crisp taste of Martinelli's Sparkling Cider is an excellent accompaniment to every cuisine.

Add the Gourmet Society's "Seal of Approval" for 1995 to more than 50 gold medal awards which Martinelli's has won for product excellence. Martinelli's products are available in every state in the U.S. and in several foreign countries. The family-owned and -operated S. Martinelli & Company has been located in Watsonville, California since 1868.

BAKED HALIBUT WITH MARTINELLI'S CIDER AND ORANGE LIQUEUR GLAZE:

- 2 1/4 cups Martinelli's Cider
- 1/2 cup Grand Marnier
- 2 tablespoons cornstarch
- 1/4 cup freshly squeezed orange juice
- 1 1/2 pounds fresh halibut filets
- salt and pepper to taste

Combine 2 cups Cider and Grand Marnier in saucepan. Boil until reduced by half, about 15-20 minutes. Blend cornstarch with remaining 1/4 cup of Cider; stir into hot mixture until thickened. Stir in orange and lemon juices. Place halibut in baking dish, add water to cover bottom, bake covered at 400 F for about 20 minutes until just done. Serve with sauce ladled over. Makes 4 servings. Can substitute any firm fish.

--Chef Xavier Bauser, Benson Hotel, Portland, OR

HONEY-APPLE GLAZE FOR HAM

- 1/2 cup Martinelli's Cider
- 1/4 cup honey
- 2 tablespoons cider vinegar
- 1 tablespoon grainy mustard
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cinnamon
- pinch of ground cloves

Combine juice, honey and cider vinegar in a small saucepan. Bring to a boil, reduce heat and simmer for 5 minutes. Remove from heat and stir in rest of the ingredients.

Sunshine Division Gears Up For Valentine's Day Food Drive

The Have A Heart Food Drive Will Help Feed Hungry Families

The Portland Police Bureau's Sunshine Division and United Grocers are currently gearing up for the third annual "Have a Heart Food Drive" which brings in more food donations for the Sunshine Division than any other food drive they hold.

On Tuesday, Jan. 31, readers will find a Have a Heart Food Drive grocery bag in The Oregonian FOODday. People are urged to fill the bag with non-perishable items and bring them to any of the 75 metro-area participating retailers.

Participating United Grocers members include Thriftway, Sentry, Kienow's Select Markets, Food Outlet, and other fine independent retailers proudly displaying the Western Family sign. Collections will be taken through Friday, Feb. 10.

By donating canned goods and other non-perishables during the Have a Heart Food Drive, the Sunshine Division is able to assist needy families throughout the year. Last year the Have a Heart Food Drive yielded over 60,000 pounds in food donations. The goal this year is to top that figure.

"Food donations are needed throughout the year," explained Bob Tobin, program coordinator at the Sunshine Division. "We get a lot of donations during the Thanksgiving/Christmas time frame, but in reality the need lasts far after the holidays are over. That is why we hold the Have a Heart Food Drive. It allows us to continue our objective of temporary emergency relief year 'round."

Items that are most useful and the most needed include

canned fruit, powdered milk, canned stew, canned tuna, elbow macaroni, pancake mix, instant potatoes, soap, detergent, baby food (canned and dehydrated), canned meats, beans, rice, oatmeal, cereal, peanut butter, toiletries, and diapers.

The Sunshine Division provides temporary emergency relief to needy Portland families by distributing food supplies and other necessities. Approximately 400 food boxes are assembled and distributed every month. A family of four in need would receive a food box that would last three to four days.

Have a Heart Food Drive co-sponsors include United Grocers store members, Western Family, Willamette Industries, The Oregonian FOODday, KATU-TV, and Q105 FM.



Cooking Classes For Kids

A Soup-er Fun Time!

Tired of slaving over that hot stove? Portland Parks and Recreation has the solution to your cooking dilemma: Let the kids cook dinner tonight! Classes are offered throughout the city for kids age 6 to 12. Sign up today at a community center or school near you, or call the Reservation Center at 823-2525 to register with Visa or Mastercard. For more class information call the Portland Parks and Recreation Hotline at 823-2223 V/TT.

North/Northeast Portland
Gregory Heights Community School, 7334 NE Siskiyou, 282-0204:

- Cooking for Middle School Kids- **Soups and Breads**, age 11-15; Wed. February 8 2:45pm-4:00pm \$5.00

SE 14th, 280-6228:

- **Snack Attack-** Learn to prepare simple, healthy snacks. age 9-12; Tue. Jan. 31-Feb.28 3:15pm-4:15pm, Free

West Side Portland
Hillside Community Center, 653 NW Culpepper Terr., 823-3181:

- **Pizza Every Which Way-** Have fun building your own Pizza Creation! age 6-12; Wed. March 1 4:00pm-5:00pm, \$4.00

Outer East Portland
Parkrose Community School, 11717 NE Shaver, 256-4969:

- **Afterschool Snacks-** Learn about kitchen safety and healthy alternatives. Children will prepare snacks and clean up after themselves. Bring \$5.00 materials fee to the first day of class; age 8-12; Tue. February 21-March 14 6:30pm-7:30pm \$8.00

Southeast Portland
Hosford Community School, 2303 SE 28th Pl., 280-6228:

- **Easy Desserts and Sweet Treats-** Learn easy cooking skills while making cookies, candies and other fun treats. Follow a recipe, measure, mix and bake. Bring \$3.00 material fee to first class. age 8-10; Tue. Feb. 7-Feb. 28 6:30pm-7:30pm \$12.00

Brooklyn Community School, 3830

Safeway Low Prices



Prices effective February 1 through February 7, 1995 at your nearby Safeway store.

Beef Chuck Roast

- 7-Bone or Blade
- SAVE UP TO 1.10 PER LB.

99¢

Lb.

10-Lb. Bag Potatoes

- Oregon Grown Russet Potatoes

79¢

Bag

Half Gallon Ice Cream **97¢** Each

- Snow Star
- FIRST 1

Heinz Ketchup **99¢** Each

- 28-Ounce Squeeze bottle

Look In Your This Week Magazine for our weekly Safeway Savings Guide!

This Week

Enjoy Extra Savings With The **EXTRA In-Store Safeway Savings Guide** Available at your Safeway store.