

Something's cooking

100% Natural Cereal

The Cereal That Keeps Up With You



On The Trail Mix

Isn't it true you put as many demands on the foods that fuel your body as you do on your body itself?

When you're *on the run*, you seek the foods that keep up with you...ones that are dependable, portable and good-tasting. 100% Natural Cereal, advocated by Jim Fixx, author of *The Complete Book of Running*, is ready whenever you are.

It is a trailside snack, healthy and delicious, when you pause for rest and renewal after funning, hiking, biking, skiing or jogging. It can be nibbled straight from the box in your backpack or wrapped in individual lightweight servings. When you're indoors, try it as a cereal with milk, snack on it straight from the box, sprinkle it on ice cream, fruit and your other favorite desserts.

Remember that every time you take a bite, you're really taking in five favorite flavors - rolled oats, whole wheat, coconut, honey and brown sugar. In addition to the original flavor, 100% Natural Cereal also comes in Raisins & Dates and Apples & Cinnamon Flavors.

100% Natural Cereal - it ever-so-abundantly meets the needs of your active lifestyle!

On The Trail Mix

- 3 cups 10% natural cereal
- 1/2 cup chopped walnuts
- 1/2 cup firmly packed brown sugar
- 1/4 cup butter or margarine
- 3 tablespoons honey
- 1 tablespoon grated orange peel

Heat oven to 325°F. Combine cereal and nuts in large bowl. Combine brown sugar, butter and honey in small saucepan; cook over low heat, stirring occasionally until smooth. Stir in orange peel. Pour over cereal mixture; mix well. Spread into lightly greased 13x9-inch baking pan. Bake at 325°F. for 20 to 22 minutes or until golden brown, stirring occasionally. Remove mixture to ungreased cookie sheet or aluminum foil; cool completely. Break into pieces. Store in tightly covered container. Makes about 6 cups.

Blueberry Crunch Bars

Base and Topping:

- 1 1/4 cups 100% natural cereal, crushed
- 1 1/2 cups all-purpose flour
- 2/3 cup firmly packed brown sugar
- 1/2 cup butter or margarine, melted
- 1/2 teaspoon soda
- 1/4 teaspoon salt

Freezer Burn Explained

Have you ever noticed a white appearance on the surface of meat that has been frozen? This is freezer burn, explains the National Live Stock and Meat Board, and is caused by improper wrapping of the meat or punctures in the package. Air has entered, drying out the surface tissues of the meat. Freezer burn is not harmful, but it does make the dehydrated area tough and tasteless when cooked.

Filling

- 2 cups fresh or frozen blueberries
- 1/2 cup granulated sugar
- 3 tablespoons water
- 2 teaspoons lemon juice
- 2 tablespoons cornstarch

For base and topping: Heat oven to 375°F. Grease 9-inch square baking pan. In large bowl, combine all ingredients; mix well. Reserve 1/4 cup mixture; press remaining mixture on to bottom of prepared pan. Bake for 10 minutes.

For filling: In medium saucepan, combine blueberries, sugar and 2 tables-

poons water. Cover; bring to a boil. Simmer 2 minutes, uncovered, stirring occasionally. In small bowl, combine remaining 1 tablespoon water and lemon juice; gradually stir in cornstarch, mixing until smooth. Gradually add cornstarch mixture to blueberry mixture; cook and stir about 30 seconds or until thickened.

Spread filling over partially baked base to within 1/4 inch of edge; sprinkle with reserved cereal mixture. Bake for 15 to 20 minutes or until topping is golden brown. Cool; cut into bars. Store in tightly covered container in cool

dry place. Makes about 9 servings.

Peaches 'n Ice Cream Pie

Crust:

- 1 1/2 cups 100% natural cereal with apples and cinnamon or original, crushed
- 1/2 cup firmly packed brown sugar
- 1/4 cup butter or margarine

Filling:

- 1/2 gallon ice cream, softened

Ice cream, topped with fresh pecan slices

For crust: Heat oven to 350°F. Lightly grease a 9-inch pie plate. In medium bowl, combine all ingredients; mix well. Press firmly and evenly onto bottom and sides of prepared pie plate. Bake for 8 to 10 minutes or until golden brown; cool.

For filling: Spoon ice cream into prepared crust; freeze at least 1 hour or until firm. Drizzle with ice cream topping; arrange fruit over pie. Garnish with whipped topping, if desired. Makes 6 to 8 servings.

ENTERTAINING IDEAS

Bravos For Brunch

Have you started brunching yet? Served anytime from mid-morning to mid-afternoon, brunch is a wonderful and economical way of weekend entertaining. These Belgian waffles make an ideal offering. The recipes come from Pat Lester's new *Brunch Cookery*, an exciting collection of brunch menus and ideas.

BASIC BELGIAN WAFFLES

Bake these extra-thick and crisp waffles on a special Belgian waffle iron.

- 2 cups all-purpose flour
- 1 tsp. salt
- 8 eggs, separated
- 1/2 cup butter or margarine, melted
- 1 tsp. vanilla extract
- 2 cups milk

In a small bowl, mix flour and salt; set aside. In a large bowl, beat egg whites with electric mixer on high speed until stiff peaks form. In another bowl, beat yolks until thickened and lemon-colored, about 5 minutes. Stir in melted butter or margarine and vanilla. Alternately add flour mixture and milk to yolk mixture, beating well after each addition. Fold egg whites into yolk mixture. Prepare Belgian waffle iron according to manufacturer's directions. Using 1-1/4 cups batter for each waffle, bake on preheated waffle iron 30 to 60 seconds. Turn waffle iron; continue baking 2 to 3 minutes or until steaming stops and waffle is golden brown. Makes 6 waffles.

ORANGE SUNSHINE WAFFLES

- 1/2 cup sugar
- 1/4 cup cornstarch
- 1/2 cup orange juice
- 1/4 cup maple-flavored syrup
- 4 oranges, peeled, sectioned
- 1 (4-oz.) carton frozen whipped topping, thawed
- 1 (8-oz.) carton plain yogurt
- 1/4 cup maple-flavored syrup
- Basic Belgian Waffles
- Toasted slivered almonds

In a medium saucepan, mix sugar and cornstarch. Stir in orange juice and 1/4 cup maple syrup. Stir constantly over medium-high heat until mixture thickens and bubbles. Stir in orange sections. Cool only until warm. In a small bowl, beat whipped topping, yogurt and 1/4 cup maple syrup until fluffy. Chill until serving time. Prepare Basic Belgian Waffles. Serve waffles topped with whipped topping mixture and warm orange sauce. Garnish with toasted, slivered almonds. Makes 10 servings.



Orange sunshine waffles will win wows from brunch guests. Try some soon!

Extension Notes

To Know Elderly, Know Self First

By CHRIS TIEDEMANN
N. C. State University

"Figuring out the characteristics and motivations of others is an enjoyable pastime, however we seldom take time to think about ourselves in these same relationships," says Isabelle Buckley, extension aging specialist at North Carolina State University.

To relate better to older people, Miss Buckley advises, it is important to know yourself.

Ask yourself what kind of response you usually get from older people. Ask what kind of person you are, what you value, what are your prejudices regarding the elderly.

How do you feel about the responsibilities of relatives to the elderly in times of illness? Do your past experiences color your present dealings with older people at work or at home?

"It is only as we understand and think out these factors in relation to ourselves and are aware of our own shortcomings that we are able to understand other people and particularly those whom we wish to serve," Miss Buckley explains.

BUYING APPLES

Too many people buy

apples without regard to variety and, consequently fail to get the best the market affords, says Dr. Nadine Tope, extension food conservation and preparation specialist at North Carolina State University.

"There is no such thing as a typical apple flavor, as each variety has its own distinctive taste," Dr. Tope says. "It may be sweet, mellow, or tart."

There are 7,000 varieties of apple produced in the United States and listed by the Department of Agriculture. Of these, nine provide about 85 percent of the total production, Dr. Tope notes.

Red Delicious is the leader, with 30 percent of the production, followed by Golden Delicious, McIntosh, Rome, Jonathan, York, Stayman, Winesap, and Newtown Pippin.

"Many people still do not recognize that the Newtown Pippin is really an all-purpose apple," Dr. Tope notes. Although it is green, it is not just a cooking apple.

Another fine green-skinned apple is the Granny Smith. Similar in size, shape and uses to the Pippin, it could become one of our major varieties, Dr. Tope says.

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