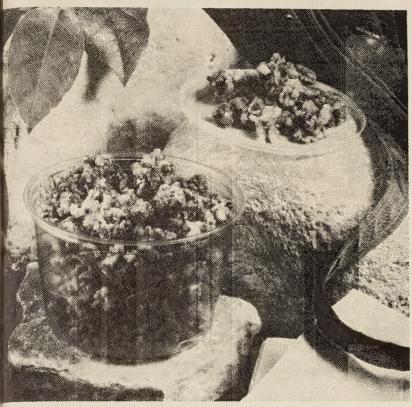
something's cooking

00% Natural Cereal

The Cereal That Keeps Up With You



On The Trail Mix

ENTERTAINING IDEAS

Bravos For Brunch

Have you started brunch-ing yet? Served anytime from mid-morning to midfternoon, brunch is a wonderful—and economical— way of weekend entertaining. These Belgian waffles make an ideal offering. The recipes come from Pat Jester's new Brunch Cooky, an exciting collection brunch menus and ideas. BASIC

BELGIAN WAFFLES

Bake these extra-thick and risp 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 ntil stiff peaks form. another bowl, beat yolks until thickened and lemonolored, about 5 minutes. Stir in melted butter or pargarine 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 latter for each waffle, bake on preheated waffle iron 30 to 60 seconds. Turn waffle on; 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 ·3/4 cups 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 oup maple syrup. Stir con-santly 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 Belgan Waffles. Serve waffles ppped with whipped toping mixture and warm grange sauce. Garnish with

Makes 10 servings.

Too many people buy

Orange sunshine waffles will win wows from brunch

Extension Notes

To Know Elderly, **Know Self First**

apples without regard to

variety and, consequently fail

to get the best the market

affords, says Dr. Nadine Tope, extension food con-

servation and preparation

specialist at North Carolina

a typical apple flavor, as each

variety has its own distinctive taste," Dr. Tope says.

"It may be sweet, mellow, or

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

Red Delicious is the leader,

with 30 percent of the pro-

duction, followed by Golden

Delicious, McIntosh, Rome,

Jonathan, York, Stayman,

Winesap, and Newtown

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

varieties, Dr. Tope says.

"There is no such thing as

State University.

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

many demands on the foods

that fuel your body as you

When you're on the run,

do on your body itself?

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 in individual lightweight servings. When you're in doors, 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

On The Trail Mix

3 cups 10% natural cereal 3/3 cup chopped walnuts 1/3 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.

13x9-inch baking pan. Bake at 325°F. for 20 to 22 minutes or until golden brown, stirring occasional-

Spread into lightly greased

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:

13/4 cups 100% natural cereal, crushed

11/2 cups all-purpose flour

3/3 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 "Many people still do not face 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 uses to the Pippin, it could it does make the dehydrated become one of our major area tough and tasteless when cooked

Isn't it true you put as Filling

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

Heat oven to 375°F. Grease and stir about 30 seconds or 9-inch square baking pan, until thickened. In large bowl, combine all

Bake for 10 minutes.

to a boil. Simmer 2 servings. minutes, uncovered, stirring occasionally. In small bowl, combine remaining 1 tablespoon water and Peaches 'n Ice Cream Pie 9-inch pie plate. In medium lemon juice; gradually stir in cornstarch, mixing until Crust: smooth. Gradually add cornstarch mixture to For base and topping: blueberry mixture; cook

Spread filling over paringredients; mix well. tially baked base to within Reserve 3/4 cup mixture; 1/4 inch of edge; sprinkle press remaining mixture on- with reserved cereal mixto bottom of prepared pan. ture. Bake for 15 to 20 minutes or until topping is For filling: In medium golden brown. Cool; cut insaucepan, combine blueber- to bars. Store in tightly your backpack or wrapped ries, sugar and 2 tables- covered container in cool

poons water. Cover; bring dry place. Makes about 9

12/3 cups 100% natural cereal with apples and

4 cup firmly packed

cinnamon or original,

brown sugar 1/4 cup butter or margarine

Filling:

1/2 gallon ice cream, softened Ice cream topping Fresh pecan slices

For crust: Heat oven to 350°F. Lightly grease a 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 serv-

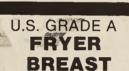
WHOLE

SMOKED



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