

COMMUNITY SHOPPER'S GUIDE

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Discover Cool Comfort This Summer With Orange Juice

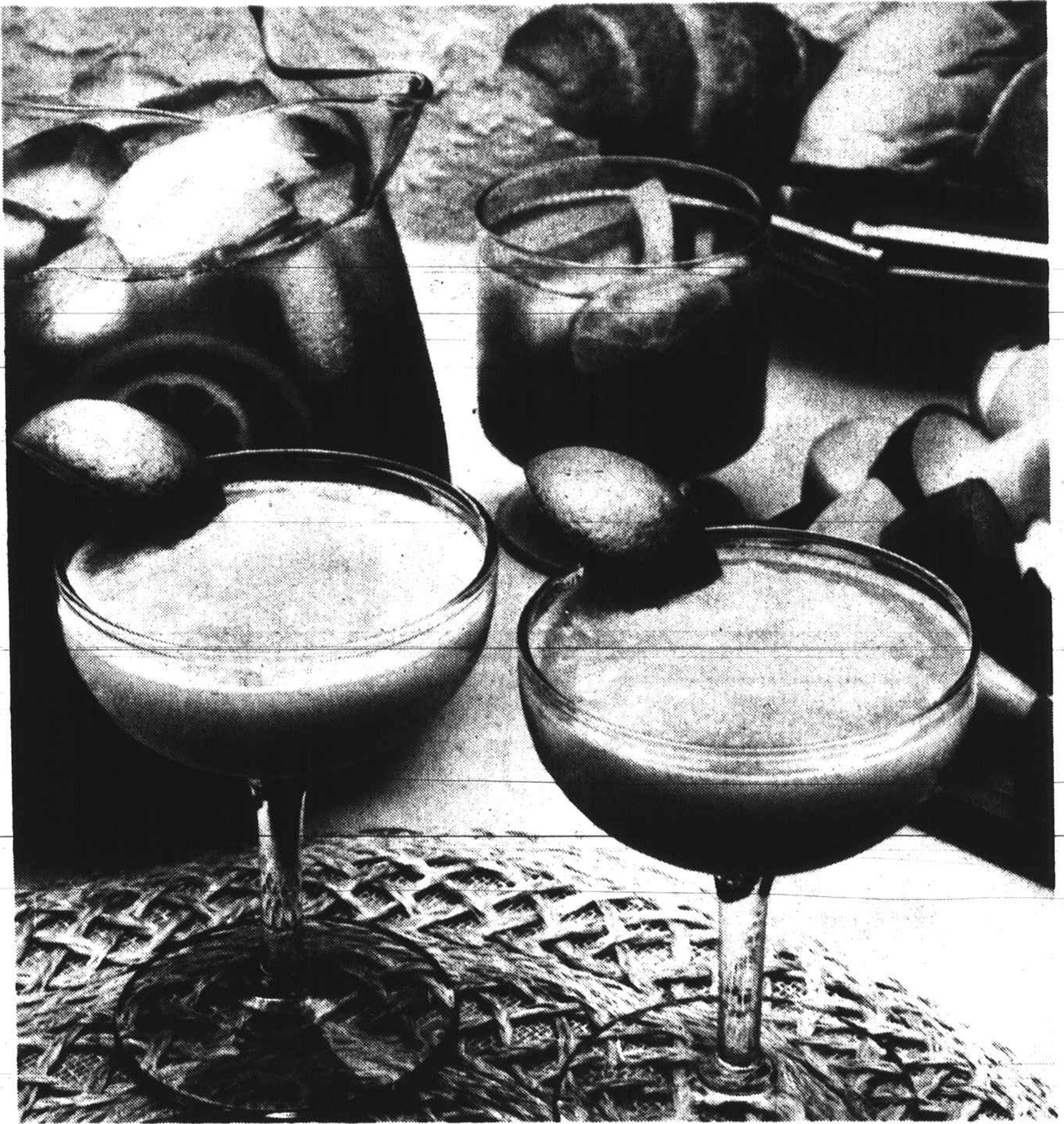
The next time you're thirsty, sink your teeth into a juicy orange or sip a refreshing orange drink. If it hadn't been for Columbus' introduction of orange trees to the western hemisphere in the late 1400's, today we might not be enjoying this delectable fruit. Since then the orange has taken root in the United States and blossomed into one of America's most popular fruits. But now's the time to play "explorer" yourself and discover the summertime uses of the thirst-quenching orange. Plot a course into new warm weather refreshments by squeezing orange juice into all your summertime menus. Welcome aboard tall glasses of orange juice instead of your usual summer fare.

But hold fast there, a simple serving of "OJ" is just the port of embarkation on a voyage of summertime refreshments. Orange juice ties up well with a variety of ingredients for new summertime drinks fit for a captain's table. To help you chart a course, here's some western hemisphere salutes to Columbus and his succulent cargo. For authentic New World navigation, mix tall glasses of "OJ" with 1½-ounce portions of an all-American specialty, Southern Comfort.* This unique distilled spirit was created more than a century ago in old New Orleans. As "sip" mates, the one-of-a-kind taste of Southern Comfort and the fresh flavor of orange juice will rate an "aye, aye" with

landlubbers and old salts alike. Ready to really "heave ho" into new waters -- then keep to the same course but appropriately hoist the banners of Columbus' Italian forefathers and his Spanish patrons by trying the following recipes. For a treat that's like a cool dip in the ocean, there's an Italian ice-like Orange Comfort Slushy. Rigged for refreshing summertime tastes with orange juice and Southern Comfort. Signal one aboard and see how it lends a hand to cooling off your summertime thirsts. The original version of Italian ice heralds the first sign of summer for Columbus' countrymen. Like its forefathers, this American translation is neither solid or liquid, but true to its

tradition, this Comfort Orange Slushy can cool a summertime throat. This taste sensation can be prepared ahead of time and ready for duty whenever you need some "thirst-aid". This summer, remember Columbus and his gift of oranges for new warm weather refreshments and sail through summer heat waves with cool comfort. *Because of its unique nature, there is no generic replacement for the secret recipe of this liquor.

Comfort Orange Slushy
2 cups orange juice
½ cup Southern Comfort
2 limes
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Discover Cool Comfort

Aaah! Find relief from the summertime heat by setting up your own "thirst-aid" station. This heat retreat's a juice bar featuring Comfort Orange Slushy (foreground). This thirst quenching sensation starts with the cool refreshment of orange juice -- a taste we can thank Christopher Columbus for! But for a real blissful bolstering, add the unique flavor of Southern Comfort, a distilled spirit founded at the turn of the century when folks found solace from the summer sun on shady verandas or by booking a ride on the paddlewheel steamers. Create your own summer escape by trying this recipe.

Kids Can Microwave Too!

If your kids can read, chances are they are ready for their first microwave cooking lesson. And with summer vacation time here, microwave cooking lessons will also provide a new summer activity for your family. Start with the basic operation of the oven with something a child would prepare, such as a sweet roll or hot dog bun. If your child then is enthusiastic about learning more, check the library for microwave

cookbooks written specifically for kids. In addition, many department stores, grocery stores and cooking school offer microwave cooking lessons for different age groups. Rest assured that the microwave oven is one of the safer appliances in the kitchen for kids to use because it does not involve an open flame or hit burner, such as conventional ranges do. Build some confidence in

your "new microwave cooks", by letting the kids prepare the following recipe from the Banquet Foods Test Kitchens.

Beefy Bunwiches
2 packages (4 oz. each) cookin' bag gravy with sliced beef
1 envelope (0.43 oz.) instant vegetable soup mix
1 tablespoon catsup
½ teaspoon prepared mustard
2 sandwich buns, toasted

Remove gravy and sliced beef from bags and place in 1-quart glass casserole. Heat, covered, on HIGH 2 to 3 minutes or until thawed. Stir in soup mix, catsup and mustard. Heat, covered, on HIGH 3 to 4 minutes or until hot, stirring once. Serve on buns. Makes 2 servings.

Better Living

Some Basic Facts About Buying A Man's Suit

By JOANNE FALLS
Chronicle Columnist

Some shoppers cannot afford to buy high quality suits, but these basic facts should prove helpful to shoppers, on all financial levels, in getting better fitting suits for the dollars they invest. This is what NCSU Clothing Specialist Harriet Tutterow says about the fit of a man's suit in her booklet "Basic Primer On Men's Suits." "Fit is the most important element in creating a well-dressed image. Without a good fit, a man does not stand a chance of looking 'carefully turned out.' Your aim in buying a suit is to present a look of

ease and naturalness while remaining comfortable and trim-looking when you are in motion. "When trying on a new suit, slip your wallet, keys and mementos in the pockets just as you would when wearing the suit. Be observant. Move around and sit down in the suit. A well-fitting suit should look good while you are in motion." (Don't forget your wallet and keys.) These are the inspections that you should make in buying a man's suit:



Falls

The collar should fit low and close around the neck with ½ inch (1.27 centimeters) of shirt collar showing in back. The collar should hug the neck smoothly and should not gap or fall away from the neck when the arms are in motion. The lapels should lie smoothly, without buckling or bulging. Grab both lapels in your hand and squeeze. The lapels should snap back immediately. The pockets should be flat and smooth. (If pockets hang away from your jacket or ripple with wrinkles, they probably have no interfacing.) The shoulders should be straight from the collar line to the tip of the shoulder. The chest should fit smoothly across the wearer's chest

area without pulling and wrinkling when buttoned. The waist should check for x-shaped lines radiating out from the top button(s) when the jacket is buttoned. If the "X" is too pronounced, the waist is too tight. If horizontal creases appear in the small of the back of the suit, it means that the waist is too tight. The sleeves should be cut full at the top and tapered to the cuff. The amount of taper depends on the dictates of fashion and your physique. The sleeves should be smooth without gathers puckers or indentations at sleeve cap. The sleeve should be cut so that at least ½ inch (1.27 centimeters) of shirt cuff shows at the wrist when your arm hangs loose. It should hang

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Health Point

Outpatient Surgical Procedure Removes Excess Fat

By JANET PIERCE FRYE
Duke Medical Center

It's probably everyone's dream to get rid of bulges of unwanted fat. But when diet and exercise fail, there has been little the average person could do because of the expense and hospitalization involved in plastic surgery. But a new European technique that removes fat by suction has changed that. The Duke University Medical

Center is one of the U.S. medical centers performing the procedure, called lipolysis, which removes unsightly bulges that resist dieting and exercise. The procedure received high recommendations from a panel of 14 American specialists and cosmetic surgeons who went to France and Switzerland to study the operation early this year, according to Duke Chief of Plastic Surgery Dr. Nicholas Georgiade and his colleagues. People appropriate for the procedure are generally under 40 years of age with "segmental" excess fat around

the thighs, hips, buttocks and abdomen or have "sad-dlebags," Georgiade said. Carolyn, 29, exercised regularly for two years but couldn't get rid of extra fat in her abdomen and outer thighs. Lipolysis solved her problem. "It smoothed out the lumps," she said. "It was more contouring than changing sizes, but now my clothes fit better. "I didn't have much pain at all and I was back playing (sports) a week and a half later. And I was real surprised

at how small the scars were." "Generalized obese people are not candidates for the procedure," Georgiade said. And a person over 40 is not as good a candidate because the tissue loses elasticity with age, and the skin won't tighten as easily. The procedure can be done on an outpatient basis under local or general anesthetic in an operating room, he added. In the past, a surgical procedure to remove these fat

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Chronicle Camera

Is Rev. Jesse Jackson Racist?

By RICHARD L. WILLIAMS
Staff Writer

The Rev. Jerry Falwell, leader of the Moral Majority, recently labeled the Rev. Jesse Jackson's efforts to register black voters "racist." The Chronicle asked Winston-Salem residents how they feel about Falwell's comment. Alexander Isalah, unemployed: "Falwell must be nervous about blacks turning out to vote for Jackson and now he's trying to turn them against him."

Harold Woods, unemployed: "He's not going to influence Jackson's votes one way or the other. People will vote for Jackson regardless." Earnestine Mitchell, student: "I think Falwell is racist in what he is doing. It won't hurt Jackson because he's popular with whites and blacks." Lee Grant Spears, unemployed: "Actually, by calling Jackson's motives racist, I think he was showing racism. As a preacher, he wasn't acting like a true Christian." Lewis Posey, retired: "I don't think it's right. He's

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Harold Woods

Lee Grant Spears

Phylliss Sturdivant

Cynthia Squires

(photos by James Parker)