

# Recipes

From Page C3

3. To serve: Stir in avocado; arrange on salad greens. Makes about 4 cups or 8 servings.

## BEEF AND BEER STEW WITH NOODLES

- 2 tablespoons butter or margarine
- 1/2 pound frankfurters, diagonally sliced
- 1 cup sliced onions
- 1 large clove garlic, minced
- 2 cans (19 ounces each) Chunky Beef Soup
- 1/4 cup diced pimiento
- 1/8 teaspoon cornstarch
- 1 cup beer
- cooked noodles

- In 3-quart saucepan over medium heat, in hot butter, brown frankfurters and cook onions with garlic until tender. Add soup, pimiento and pepper.
- In cup, blend cornstarch with beer until smooth; gradually stir into hot soup mixture; cook over medium heat, stirring constantly until thickened.
- To serve: Pour over noodles. Makes 7 cups or 7 servings.

# Coping

From Page C4

trap:

- Evaluate yourself fairly and you will find that you are a person whose good points far outweigh the bad.
- Know who you are. Be confident in yourself as a person. Maybe one person will snub you, maybe two, or three or four will snub you. But there are four billion people in the world, and 250 million in the United States. Surely your persistence will be rewarded. So the other person didn't speak. Does it really matter? Does it really change your life to any great degree? Of course not. So forget that person and continue to be your wonderful confident, assertive self.

If you really know who you are, you will not really care about the opinions of other people. If you really know that, you are a superior person who can stand on his own two feet. You will not modify your behavior. If you know that a person who has the problem and is missing a wonderful opportunity to meet you, you will not change your behavior in the least. If you understand that the opinions of other people can never detract from the fine qualities that you have, you will proceed with your life in a confident manner.

If you really know who you are, and what strong qualities you have, you are a sturdy pillar in a society that is not as secure about itself as you are about yourself.

## Losing weight without dieting

Most people can lose half a pound a week without eating less. Just exercise off an extra 250 calories a day.

To burn off the calories from one piece of apple pie, you need to walk for about an hour and 15 minutes.

Check refrigerator and freezer temperatures periodically. The refrigerator should be 38 to 40 degrees and the freezer at 0 degrees or lower.



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W-5-26



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