Recipes

From Page C3

and filling, the dish has only 462 calories a serving.

Crisp Noodles with Chicken and Tofu is another quick-to-fix dish that is also easy on the budget. Diced tofu is briefly marinated in soy sauce, browned and combined with stir-fried celery. A can of chunky old fashioned chicken soup is added along with thinly sliced radishes. Served over crisp chow mein noodles, the dish is a delicious contrast of tastes and textures with only 378 calories in a serving.

PORK BALLS LO MEIN

3/4 pound lean ground pork 1/4 pound soft tofu, crumbled

1/4 cup fine dry bread crumbs 2 tablespoons chopped

green onions 2 tablespoons chopped water chestnuts

l egg, slightly beaten

2 teaspoons soy sauce

1/2 teaspoon ground ginger 2 tablespoons salad oil 2 cups chopped bok choy

(about 8 ounces) 3 cups cooked linguine noodles

1 can (19 ounces) Chunky Vegetable Soup

Calories per serving: 388

NOTE: Meatballs can be

Faulkner

From Page C4

visit your friends. Your former acquaintances seem to have forgotten that you

This is the terrible reality. No one seems to care about anyone else. It seems that everyone has his own problems that occupy all of his time. Once you accept the reality of the world, you can then take some steps to resolve the terrible loneliness with which you are confronted.

But what do you do? People tend to find a fantastic number of ways to deal with loneliness. Some of the methods are good and some simply make the problem worse. Some of the escapes from loneliness are enter graduate school, join a singles club, use drugs, move to another city or visit discos. Some of these techniques may even create new problems. Following are a few steps that you can take to cone with foneliness:

1. Change your style of living. Volunteer your services to community organizations, join a church, try to spend more time around people and less time alone.

2. Rely on your own capabilities to solve your problems. Stop depending on other people who may actually be lonelier than yourself. You don't to be alone if you really do not want to be.

3. Use your time constructively. Exercise, improve your education, learn a skill, play sports. There are a lot of ways that you can fill your empty time with things that will make you a better person.

4. Find a person who understands your plight and with whom you can talk personally about your situation. A sympathetic acquaintance can provide you with a wonderful opportunity to release your pentup frustrations.



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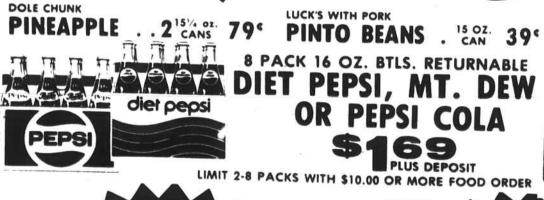
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