



## Chili dilemma

### To bean or not to bean

You can call me a chilihead — I'm proud of it. When I eat chili, I don't want salad or dessert. I just want to detract from the chili taste — I wish to savor it.

However, I must admit that I am surrounded by bean lovers. When disappointed, they politely say, "What, no beans?" They include my wife, but she is courteous and will put away a bowl or two without a whimper.

Chili purists, you see, demand that beans stay on the sidelines. Put anything in chili, they say, except beans.

I walk both sides of the chili street because I aim to please.

The No. 1 chiliheads appear to be those who compete for the world championship each year. They have nifty nicknames such as "Nevada Annie," who won the 1978 title. She used a jalapeno pepper, nearly a half pound of dried green chilies and six ounces of chili powder.

Some do like it hot. I prefer my chili more subtle.

I have concocted three chili recipes over the years that I can proudly call my own. None contains beans. So it's only fair that I prepared a special beanless chili.

Do you have a favorite chili recipe? Whether it's with or without beans, write to me. I'll be waiting.

**CHILI SURPRISE IV**  
2 tbsp. olive oil  
2 lbs. pork shoulder steak, cubed  
4 lbs. beef chuck roast, cubed  
1/2 cup all-purpose flour  
1/4 cup chili powder  
1 can (15 oz.) Hunt's tomato sauce  
1 can (8 oz.) tomato sauce  
2 garlic cloves, cut up  
1 can (12 oz.) beer, opened & chilled  
1 can (14 1/2 oz.) clear beef broth  
1 bay leaf  
1 tsp. cumin  
1 tsp. oregano  
1/2 tsp. garlic salt  
1 can (3 oz.) green chilies, cut up

Heat 1 tablespoon oil in large skillet, brown pork and place in large pot with slotted spoon. Drain grease from skillet. Coat beef with mixture of flour and chili powder, brown in 1 tablespoon hot oil and put in pot, reserving leftover flour mixture. Heat tomato sauces in skillet until bubbly, stir in garlic and add to pot. Add beer, broth, seasonings and chilies, bring to boil on medium heat, reduce to medium low, partially cover and cook 3 hours, adding reserved flour midway and water as needed, occasionally stirring. Serves 8.

Readers may write to Greg Melikov at 630 NW 153rd St., Miami, Fla. 33169.

# Calcium: It's not just kid stuff

Nutritionists and health experts do not always agree. One area in which they are in agreement, however, is that the need for calcium is not just kid stuff; adults require it, too.

Most of us can recall how we were encouraged as children to drink plenty of milk because of its high nutritional value and the fact that the calcium contained in it helped build strong bones and healthy teeth.

The problem is that many of us grow away from this healthy advice as we become older. The general belief held by many adults is that because their bones and teeth are no longer growing, the need for calcium in their diets is greatly diminished. Researchers and medical experts are concerned about this trend.

Calcium is not only important to us as children, when we are in the growing, bone-making phase of our life cycle, but also as young adults, when our bone mass increases, and as older adults, when we begin to lose bone, said Dr. Robert Recker, chief of the endocrinology and metabolic research section at Creighton University in Omaha, in a recent article in Contemporary Nutrition, a national newsletter published for health professionals.

THIS is particularly true for women, who generally become more vulnerable, as they grow older, to the weakening of their bone structure. Recent published data indicate that one out of four white females over the age of 60 suffer from the crippling bone disease known as osteoporosis, a progressive disorder hastened by long-term calcium deficiency that often leaves its victims susceptible to painful fractures, chronic spinal problems and gradual loss of height.

About 99 percent of the calcium in the body is found in the skeletal structure and the teeth. The remaining 1 percent is transported in body fluids to other parts of the anatomy. In addition to its impor-

tance to bone health, calcium is used by the body to control nerve impulses, muscle contraction and heart rhythm and aid in blood clotting.

Contrary to what some believe, bone is not a static, unchanging material. Calcium comes and goes from bone continuously. The calcium that is lost must be replaced daily through ingestion of adequate amounts of dietary calcium. If it isn't replaced, serious problems can set in over time.

When the body does not take in enough calcium to replace what is lost, it will steal what is lost, it will steal what it needs from the only natural reservoir it has — bone — medical experts warn.

The loss of bone mass is a natural process that begins as early as age 30, according to Dr. Morris B. Nieves, head of the University of Florida's Center for Climacteric Studies. While both sexes

lose bone tissue as they age, women lose it more rapidly after menopause, he says, at a rate twice as fast as men of the same age, leaving them at greater risk for bone fracture — especially of the hip and wrist.

If you suspect you suffer from a calcium deficiency, ask your doctor about calcium supplementation.

Michigan's largest selection of

## HEALTH FOODS and VITAMINS

at money-saving prices  
We honor all competitor's coupons

### VITAL FOODS

W. BLOOMFIELD 6730 Greenview Lake  
MADISON HTS. 13-Mile & John R.  
HARPER WOODS 8-Mile & Katon Rd.  
DEARBORN 4511 Schaefer  
REDFORD Grand River  
DETROIT 1454 Broadway  
LIVONIA Waverly & Middlebelt

## FRANKLIN KOSHER MEATS

### Is Back In Action!

Drake Summit Shopping Center  
Walnut & Drake Roads

681-2590 We Deliver 681-2591  
Milton Burg Dan Barden

## Beef is ideal for today's light diets

Several generations ago, hearty meals were a must for the everyday physical demands were much greater than they are today. Most often, it was beef that cooks relied upon to be at the center of those nutritious, satisfying meals.

Today, however, modern technology has made life easier and, as a result, meals need to be lighter. Fortunately, beef has also changed with the times. Today's beef is still an important source of many valuable nutrients, but it is leaner, making it an excellent choice for mealtime in the '80s.

The fact that beef is leaner is just one of the findings of a new nutrient composition study presented at a press seminar in New York City on Oct. 12. The study, conducted by the National Live Stock and Meat Board and the U.S. Department of Agriculture, used the latest in laboratory methods and computer technology to determine that more than ever, beef has an important place in a nutritious, balanced diet.

Because today's beef contains less fat, it has fewer calories. A three-ounce serving of cooked lean beef provides only 192 calories, or 8 percent of the average daily caloric intake of an adult male. Yet the research indicated that the new, leaner beef is still an excellent source of high-quality protein. In exchange for those 192 calories, the adult male receives 25 grams of protein or 45 percent of his Recommended Daily Allowance for this essential nutrient.

Other important nutrients in beef are B-vitamins, most notably B-12 and niacin. Like all red meats, beef is a good source of dietary iron. This is especially important since 62 percent of the iron in beef is "heme" iron, the type of iron far more useable to the body. Beef is also one of the best sources of dietary zinc.

Modern cooks find it easy to include today's leaner beef often in meal plans for there are dozens of cuts available that can be prepared in a variety of ways. If it's a crowd you're cooking for, treat them to the fun and flavor of Chicago-Style Italian Beef Sandwiches.

A lean beef rump roast is first roasted just to rare, then chilled and thinly sliced. The beef is served on crusty rolls with a spicy cooking liquid that's flavored with Italian seasonings, garlic, green pepper and onion.

### CHICAGO-STYLE ITALIAN BEEF SANDWICHES

4-lb. boneless beef rump roast  
5 cups water  
2 tsp. Italian seasoning  
2 beef bouillon cubes  
2 cloves garlic, minced  
1 tsp. salt  
1/4 tsp. freshly ground pepper  
1/4 tsp. crushed red pepper  
3 medium green peppers, cut into 1/4-inch strips  
1 large onion, sliced  
12 crusty rolls, split

Place roast, fat side up, on rack in open roasting pan. Insert roast meat thermometer so bulb is centered in thickest part. Do not add water. Do not cover. Roast in a slow oven (325 degrees) until meat thermometer registers 135 degrees. Allow 20 to 25 minutes per pound. Remove roast to a large platter. Pour drippings into 1-cup measure; skim off fat and discard. Reserve drippings. Cover roast and refrigerate until chilled. To prepare seasoned cooking liquid, combine drippings, water, Italian seasoning, bouillon cubes, garlic, salt, pepper and crushed red pepper in Dutch oven or large saucepan. Bring to boil, add green peppers and onion and simmer, covered, 20 minutes. Meanwhile, carve roast across the grain into thin slices or slice with meat slicer. Remove seasoned liquid from heat. Add sliced beef, cover and let stand 5 to 8 minutes, stirring once. Serve on crusty rolls. 12 servings.

For nice color and texture contrast, serve the beef sandwiches with an assortment of relishes and fresh vegetables. Then for a refreshing and nutritious ending, pass a tray of fresh fruits and cheeses.

## STOP AND SAVE AT

# Oakland Farmers Market

31550 Grand River (located in Farmington Plaza)  
1 blk. W. of Orchard Lake Rd.

Open All Year Around

**WINTER HOURS**  
Daily 9 a.m. - 8 p.m.  
Sunday 9 a.m. - 5 p.m.

**FRESH CALIFORNIA HEAD Lettuce**  
39¢ each

**FLORIDA VINE-RIPE Tomatoes**  
59¢ lb.

**FRESH Endive & Escarole**  
29¢ lb.

**LARGE, CALIFORNIA, NAVEL Oranges**  
8/1

**SWEET, JUMBO Pineapples**  
69¢ each

**CALIFORNIA Carrots**  
3 lb. bag 69¢ each

**FLORIDA, WHITE & PINK Grapefruit**  
8/1

Progresso Spaghetti Sauce \$1.69  
32 oz. jar

**FROM OUR DAIRY**  
Lo-Fat Milk \$1.39 gal.  
Dannon Yogurt 2/1  
Sour Cream lb. 69¢

**Green Grapes 3 lbs. \$1**  
**Jumbo Lemons 6/1**  
6 oz. pkg.  
**Radishes 6/1**  
**Large Cauliflower 88¢ ea.**

**Stop & See Our Deli Specials**  
Italian & Polish Sausage \$1.59 lb.  
Regular & Garlic Bologna \$1.89 lb.  
Fresh Ground Round \$1.49 lb.  
Colby Cheddar Cheese \$1.99 lb.  
Fresh, Homemade Italian Bread Baked Daily at our store 59¢ loaf

**Pasties!**  
Beef or Chicken  
Delicious meal to satisfy a hearty appetite!  
only \$2.25 for three!  
(Reg. \$2.45) (Tues. and Wed. only)  
Try our melt-in-your-mouth shortbread  
PORK PIES - AYRSHIRE HAM  
MEAT PIES - PASTRIES  
**Ackroyd's**  
Scotch Bakery & Sausage  
2556 FIVE MILE, NEAR I-75 DAILY  
REDFORD, 532-1181  
OPEN MON-FRI 9-6 SAT 8:30-3

**PRICES GOOD THRU 2-11-84**

## Oakland Farmers Market

31550 Grand River (located in Farmington Plaza)  
1 blk. W. of Orchard Lake Rd.  
Open all year around - Winter hours: Daily 9 a.m. - 8 p.m., Sunday 9 a.m. - 5 p.m.