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TIDBITS® CHOKES DOWN

#### **FOOD FLOPS**

by Janet Spencer

Come along with Tidbits as we remember foods that make you say, "What were they thinking?"

#### **KETCHUP & FRIES**

- The Heinz Company figured that if red ketchup was good, green ketchup would be even better. Called EZ Squirt, it was released in 2000, followed shortly after by purple ketchup and blue ketchup. They followed that with Mystery Color, which could be purple, orange, or teal. Special nozzles made it easy to draw colored pictures or write words when dispensing the product. Colored ketchup was popular at first, selling 25 million bottles the first year, but by 2006 it had outlived its novelty and was discontinued.
- In 2002, Ore-Ida, which is owned by Heinz, thought that a way of improving upon their potato empire was to release a line of new products called "Funky Fries." Instead of boring French fries, you could have Kool Blue French fries, or Cocoa Crispers (chocolate-flavored fries) or Cinna-Stiks (cinnamon-covered fries). Turned out blue fries look moldy, chocolate fries turned everyone off, and cinnamon fries were so cloyingly sweet that they were more like a dessert. By 2003, this line of new potato products had been withdrawn from the shelves. Yet, for a short time in history, it was possible to put green ketchup on blue fries.

turn the page for more



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## FOOD FLOPS (cont'd)

- The company that manufactured Reddi-Wip, which freed people from having to whip their own cream, experimented with a new product designed to free them from the onerous chore of frying bacon. Called Reddi-Bacon, it consisted of four pre-cooked slices of bacon enclosed in a foil packet along with a paper towel to absorb grease. Just pop the entire packet into your toaster and wait for hot crispy bacon to pop up. Unfortunately, the bacon grease congealed inside the foil packet had a disconcerting way of melting under the heat of the toaster and dripping into the hot toaster coils, starting grease fires. The product died before ever being released to the public.
- In 1998 Kellogg thought they would simplify the complicated process of pouring milk over a bowl of cereal by packaging the whole kit and caboodle together. A single serving of cereal was packaged with a single serving of shelf-stable milk which would stay fresh at room temperature. A plastic spoon was included as well. The product was dubbed "Breakfast Mates." It was doomed from the beginning for four reasons. First, it was placed in the refrigerated section of supermarkets because people are turned off by room-temperature milk, no matter how safe it is. Yet, people never thought to shop for breakfast cereal in the refrigerated section of their supermarket. Second, it cost \$1.50 for a single serving, which was about the same price as a whole box of cereal or an entire gallon of milk. Third, though it was marketed as a way for kids to get their own breakfast while the parents slept in, it turned out that prying open the package of milk was far more difficult than unscrewing the lid to a gallon jug of milk, so the milk tended to spill all over the kitchen counter. Fourth, when stored in the pantry or kitchen cabinets at home, it resulted in warm milk on cold cereal, when everyone prefers cold milk on cold cereal. The product struggled for two years before dying.



- flopped?
- 2. Which toothpaste brand tried a line of frozen dinners in 1982?
- 3. What popular corn chip and snack food company tried and failed to break into the beverage market?
- 4. What candy company launched a line of beverages tha matched the flavors of its candy?
- 5. What beer company failed when it introduced a line of flavored sparkling waters?



- \* What's on sale in February? Get great deals on electronics -- including computers -- and mattresses, carpet/tile/laminates and other flooring, used cars, catalog closeouts and exercise equipment. Also, look for gift add-ons with perfume purchases and afterholiday deals on candy and red items (think ahead for Fourth of July and Christmas tableware!)
- \* "We recently got a cute pot rack, but when we put up our stainless steel pots, it became clear that we weren't doing a great job of cleaning them -- eew! My neighbor and best friend came to the rescue with a product called Barkeepers Friend. It's a scouring powder, but it doesn't scratch. Anyway, all the yellow stains on the bottom of our pots came off. And it de-grossed a castiron skillet too (we re-seasoned it). Our pot rack now looks great." -- M.D.
- \* Fine particles of dust and grease mix in the air in the kitchen, and when they settle on things, it can get



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- Gerber's baby food company made a serious miscalculation when they marketed a line of food for grown-ups in 1974. Called
- "Singles," the product consisted of delicious and inviting meals for one: Creamed Beef, Beef Burgundy, Chicken Madeira, Beef with Mushroom Gravy, Mediterranean Vegetables, Blueberry Delight and more. All were packaged in over-size baby food jars. It turned out that no one wanted to be caught eating Gerber's baby food for adults.
- In an effort to compete with coffee, the Pepsi company released a new product in 1989. Called "Pepsi AM," it contained "all the sugar and twice the caffeine" as regular Pepsi. With 28% more caffeine than a cup
- of coffee, it was designed to give extra morning pep. They found in short order that people just don't want to drink Pepsi with their bagels or eggs or donuts; that people tend to prefer hot drinks with their breakfast; and because the product was named "Pepsi AM" people didn't think about drinking it at other times of the day.
- Heublein was a company that manufactured alcoholic beverages, later branching out into food products as well. But they had a spectacular failure in the mid-1970s when they came out with Heublein's Wine & Dine. It looked like an upscale Hamburger Helper, and it included a tiny bottle of wine. On the surface it looked simple and straightforward, which is why people didn't

Continued pg.4

# BITS GOES LONG...

In 1918: Coffee-flavored Jello, with the thought that because people like a cup of coffee with dessert, coffee-flavored Jello would fulfill both slots. 1942: Cola-flavored Jello, and chocolate-flavored Jello. 1960s: Celery, Italian, Mixed Vegetable, and Seasoned Tomato, for use in gelatin salads.

sticky! If you have a buildup of this sticky dust on appliances, try this trick: Make a paste from baking soda or cream of tartar and water. Apply with a damp sponge for a little gentle abrasive. Follow with a clean damp cloth. This works especially well on the top of the fridge.

- \* If you dye your own hair, apply a border of petroleum jelly to the outside of your face at the hair line. This will keep those drips from staining your face. Apply some to your ears as well, and the back of your neck for the same reason.
- \* Don't forget to wash your kid's backpack from time to time. The places it goes and the things it sees make me shudder, especially in this cold and flu season.



"But all my diet pills have to be taken with food!'





by Samantha Weaver

- \* It was 19th-century French novelist and poet Victor Hugo who made the following sage observation: "Men hate those to whom they have to lie."
- \* If you're planning to visit the Hawaiian island of Kauai, you might want to trek up to Mount Waialeale. If you do, though, be sure to take an umbrella, as that mountain holds the distinction of receiving more rainfall than any other place on Earth, with an average of about 40 feet -- yes, feet -- of rain annually.
- \* According to the National Chicken Council's annual Chicken Wing Report -- yes, there is such a report, and it is strategically timed for release just before the Super Bowl -- 1.35 billion wings were consumed during Super Bowl weekend this year. That's an all-time high; the number crunchers have determined that if all those wings were laid end-to-end,

the resulting line of poultry would stretch 394 million feet. That would be long enough to circle the Earth three times -- or to cross a road 13 million times.

- \* When archaeologists discovered the tomb of King Tut, one of the objects they found inside was a bronze razor -- and it was still sharp enough to
- \* Did you ever wonder how the lollipop got its name? A man named George Smith first put the hard treat on the end of a stick, but candy-making wasn't his only interest. It seems that Smith also had a keen interest in horseracing, and he named the candy after a popular racehorse of the time, Lolly Pop.
- \* Those who study such things say that all mammals, from rodents to elephants, urinate for approximately 21 seconds. This is now known as the "Law of Urination."

Thought for the Day: "The universe is like a safe to which there is a combination. But the combination is locked up in the safe." -- Peter

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Weekly Sudoku Puzzle Sponsored by

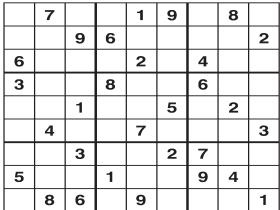


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# Weekly **SUDOKU**

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

#### **DIFFICULTY THIS WEEK:** ◆

◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

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Carlyne Lee lives in the Shuswap and is Author of 15 Cookbooks. For more information or to purchase your own copies of her books you can 250-836-3181 or 1-877-812-3181

#### NATHAN'S BEEF STIR-FRY

3-4 ounces lean, cooked beef, cut in strips 1/2 cup chopped onion 1/2 cup peppers, cut in strips 1 tablespoon butter 1/2 cup celery, cut in strips 3 cups cooked rice 1/2 cup of any cooked, leftover vegetables soy sauce and pepper to taste

Melt butter over medium heat. Stir-fry meat and onion for 3 minutes. Add celery and peppers. Stirfry for 1 minute. Add rice and leftover vegetables. Stir until hot. Add soy sauce and pepper to taste. (This hardy meal is quick and good. This recipe is from my "MAKE DELICIOUS MEALS WITH LEFTOVERS" COOKBOOK.)

All 15 of my cookbooks are available at many stores in the Okanagan-Shuswap. Please ask for them.

# **CryptoQuip**

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: T equals R

UZOI EJKOTOQLI TFAOTE ZVKO

NZOQT BJTIQIL BOVAE, HJ PJF

EFXXJEO NZOP UJFAH WZJJEO

NZO QBXOTQVA WOTOVA?

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King Crossword

#### **ACROSS**

- 1 Greek consonant
- 4 Cold War weapon
- 8 2000 election scrap
- 12 Fool
- 13 Law office worker, for short
- 14 "Les Miserables" author
- 15 Accelerator
- 17 Quite excited 18 Tidy (up)
- 19 Altar affirma-
- tive 21 Vanna's cohort
- 22 Flame from a burner
- 26 Impersonator 48 1944 Boyer/
- 29 Whatever amount
- 30 Timetable abbr.
- 32 Golfer Ernie
- 33 Bivouac
- structure 34 Fresh
- 35 Individual
- 36 Emanations
- 37 Big talker
- 39 Morsel 40 Playwright
- Levin 41 Strong points
- 45 Not up and about

- 10 11 13 14 15 16 17 19 20 21 22 25 23 24 27 28 29 30 31 32 33 36 35 39 38 40 41 44 42 43 46 47 48 49 50 51 52 55
- Bergman film 50 Burden 51 Otherwise
- 52 Exist 31 "American —" 53 Wrong
  - 54 God, in
  - Guadalajara 55 Doo-wop syllable
  - **DOWN**
  - 1 Labels
  - 2 Pronto
  - 3 Beatles¹ "Back in the
  - 4 Poison antidote, maybe

- 5 West Point newbie
- 6 Top supporter 7 Slanders
- 8 Utter disorder 33 Rwandan
- 9 Embrace 10 Past
- 11 Pooch 16 Student
- 20 Rotation duration 23 Scoff
- 25 Makes lace 26 Chinese
- dynasty 27 Notion 28 Neatens the

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- 24 Sicilian spout-

  - - applause 47 Listener
    - 49 Foreman foe

lawn

29 Microbrewery

product

32 Betrothed

tribe

38 Hen

35 Scull tool

36 Grocery areas

39 — profundo

43 From one end

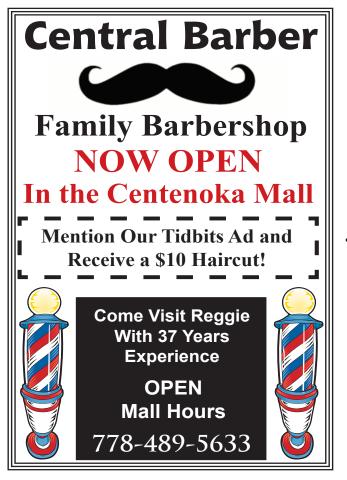
to t'other

45 Carte lead-in 46 Acknowledge

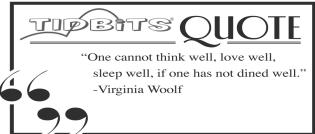
42 "Zounds!"

44 Branch

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### FOOD FLOPS (cont'd)

bother to read the complete directions. They boiled the pasta, added the sauce mix, stirred in the ground beef, then popped open the tiny bottle of wine to enjoy a drink with their dinner. However, the wine was supposed to be added to the pasta sauce and stirred into the meal, not sipped from a wine glass. Various seasonings and salt were dissolved in the wine, which tasted great in the sauce but terrible when drunk straight-up. The product died a speedy death.

- McDonald's introduced the McHotdog which fizzled in the U.S. but caught on in Japan. The McDonald's McPizza also failed, as did McSpaghetti. To entice Catholics who were barred from eating meat on Fridays at the time, McDonald's once offered the Hula burger, which consisted of pineapple and melted cheese on a bun. Catholics didn't go for it. The McAfrica consisted of beef, cheese, and tomatoes wrapped in pita bread and covered with a sauce supposedly based upon an authentic African recipe. It was released in 2002, at a time when many countries in Africa were dealing with a devastating famine. A public relations nightmare resulted.
- In 1994, the Original Pet Drink Company based in Florida introduced bottles of flavored water for pets. The carbonated, vitaminenriched beverage came in Crispy Beef for dogs and Tangy Fish for cats. The drink was even approved by the FDA for human consumption, in case anyone had a hankering for sirloin- or fish-flavored water, which they didn't. Neither did the dogs or cats.
- In 1997, the Clearly Canadian Beverage Corporation introduced a new beverage that was part drink and part lava lamp. The fruitflavored drink was spiked with little edible gelatin balls suspended in the liquid. Called Orbitz, and dubbed "a texturally enhanced alternative water," it tasted like cough syrup and looked odd. People didn't want textured drinks: you're either drinking or eating and mixing the two didn't work.
- In the 1970s, American Kitchen Foods thought that if they shaped peas to look like French fries, kids would love 'em. They called the product "I Hate Peas" but it turns out kids hate peas no

matter what shape they are in. They also hated "I Hate Corn," "I Hate Broccoli," "I Hate Spinach," and "I Hate Carrots."

# Fabulous Food **OLESTRA**

- In 1968, researchers for Procter & Gamble were experimenting with fats that could be easily digested by premature infants in order to help tiny babies gain weight more quickly. Their method was to fiddle with sucrose molecules, manipulating them into configurations that they hoped would be easier for delicate digestive systems to absorb. However, no matter how much of the substance they fed to babies, the babies failed to gain weight.
- What they intended to invent was an easily digested high-calorie baby formula. What they inadvertently invented instead was a fat-substitute that would pass through the digestive tract without being absorbed into the body at all.
- They called the new substance Olestra, presumably from "oil" plus "ester," with ester being the stuff that

Continued pg.6



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# **Tax News**

from Susan Grimes at H&R Block Salmon Arm

There are many different inexpensive computer programs in the stores right now and you may be tempted to buy one and prepare your own income tax this year and those of your family and perhaps even some friends. What you need to knowis that a program is no substitute for a qualified income tax specialist. If you are not fully trained on the tax laws and their applications you may be missing hundreds or even thousands of dollars on yours, your families and perhaps your friends income tax returns by not fully utilizing available credits and deductions. For instance, do you know under what circumstances dividends in your name can be transferred to a spouse, or when someone qualifies for the Working Income Tax Benefit, or the type of credits that can be transferred using a schedule 2, or under what circumstances tuition fees and education amounts can be transferred and to whom, or when to use schedule 5, or what type of medical expenses can be claimed? The list goes on and on. Just because a program gets you a refund doesn't mean that it is the best refund available to you. Remember, a computer program is only as good as the person using it. You may want to reconsider saving a tax preparation fee by buying a tax program – it could be costing you a lot more than you think.

# **Community Events**

1st Annual South Shuswap Seed Swap Saturday, February 24th at the Blind Bay Hall. 9am to 3pm 2510 Blind Bay Road. Featuring Local GMO FREE Seeds & Produce. FREE to the public. Sponsored by Good Stewart Heirloom Seeds and Produce and Balmoral Farms. For more info call Rebekah Smith at 250-253-1414

Let's Go to the Hop! February 16, at the Elks Hall, 3690 - 30 Street NE. Music by Rockstar DJ Liz Blair . Happy Days style menu. No host bar. Tickets \$40 available at Hidden Gems Bookstore

Sunnybrae Seniors Hall!! Sat. Feb 17th THE LEGENDARY COUNTRY BREAKFAST! \$8 (under 12 \$4) 8-11am Fresh Cooked! Delicious!!

#### INDOOR FLEA MARKET/ GARAGE SALE

12:30 Pm to 3:30 pm feb. 17Th, march 17th, April 21st & may 19th third saturday of the month, at the downtown activity centre 451 shuswap st. S.W. Admission, \$2 donation going to the proposed shuswap performing arts centre to reserve a table, \$10, call 250-832-2300 new or used items, crafts and produce accepted

Sunnybrae Seniors Hall Sat. March. 10th Chilli Reg. or Veg. Rice & Bun \$6 5:30 - 7:30pm Come for the Food Stay for the Sunnybrae Coffeehouse!!

Carlin Coffee House. Sat. March. 3rd, 7pm. Doors open and sign up at 6:30. Carlin Hall is now a scent free hall. Hall rentals call 250-835-8577

Lego club is every other Wednesday at Shuswap lake Estates: - Lego Club every other Wednesday: Feb 21, March 7, April 4, 18 All ages welcome. \$3.00 drop in fee includes take home project and snack.

Shuswap Garden club meeting February 22, 2018 at 7p.m. in the Scout Hall. Guest speakers from Enderberry Farm will discuss their berries and organic farming.

Sat. Feb. 17th, Annual Roast Beef Dinner. \$15.00 for Adults, \$7.50 for children 6-12 years old. 6pm Tickets can be purchased at the Silver Creek store. Raffel and door prizes. Sunday, Feb. 25th is our monthly pancake breakfast 8:00 to 10:30 a.m. Held at the Salmon Valley Seniors Branch # 107 3056 Hornsberger Road, Silver Creek Seniors Hall.

Shuswap Naturalist Club meeting Tues., March 6th, 7 pm. Guest speaker Marijke Dake sharing her research re coal dust that blows off the trains as they pass through Salmon Arm. Everyone welcome. Salmon Arm Secondary School, Sullivan Campus, 1641 - 30 St NE in the library.

Join the Blind Bay Blues Club for the Tuesday Night Jam Session at the Blind Bay Hall, 2510 Blind Bay Road, Blind Bay every 3rd Tuesday of the month at 7:00 pm. Cost is \$3.00 for BB Hall members and \$5.00 drop in fee. FYI contact Chris Emery at 250-675-2865 or ccemery@hotmail.com

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brand name Olean.

- The key is in the molecular structure: triglycerides consist of three fatty acids bonded to a "backbone" of glycerol. But Olestra is synthesized from sucrose and vegetable oil, and it can bond to up to eight different fatty acids. This makes a molecule of Olestra so gangly, unwieldy, and cumbersome that digestive enzymes released from the pancreas don't recognize it as food and ignore the substance. It therefore passes through the digestive tract without being absorbed. The researchers had not found the baby formula they were looking for, but they had stumbled instead on a diet food.
- The new substance was dubbed a "sucrose polyester," a synthetic fat substitute made by altering the chemical components of vegetable oil and sugar. It has the satisfying taste and feel of fat, without adding any absorbable calories.
- The FDA approved it as a food additive in 1996, and in 1998 Frito-Lay rolled out their new line of "WOW!" chips that had been fried in Olestra instead of normal fats. "No fat! Few calories!" shouted the advertising.
- However, there were drawbacks. One problem was that Olestra tended to bond with fat-soluble vitamins such as vitamin D, vitamin E, vitamin K, and vitamin A and flush them out of the body. Extra vitamins were added to the products that used Olestra in order to counteract this. But main problem was that because the fat was not absorbed, it was flushed from the body, sometimes in an uncontrollably messy way. The FDA subsequently required warning labels cautioning people about possible side effects such as gastrointestinal upset.
- People were not very fond of chips that carried a warning label about gastrointestinal upset. Sales of the chips declined precipitously before being removed from the market, though there are still products on supermarket shelves that contain Olestra, such as some Pringles varieties and Lay's Light Chips.

8. Woody or Ethan

9. Ledger entry 10. He takes orders

- binds the oil to the sucrose. It's also known by the Procter and Gamble were not done with Olestra, however. It turns out there are other uses for a sucrose polyester. Marketed under the name "Sefrose," it's used as an industrial lubricant and paint additive. Because it's made by chemically binding sugar and vegetable oil, it has no toxic fumes and is much more environmentally friendly then paints made from petrochemicals. It's used for deck stains and as a lubricant for power tools.
  - There are also practical applications for Olestra as a medicine. Because it binds so readily to so many things, it can lower cholesterol, it can remove toxins such as dioxin from the brain, and it can treat poisoning due to PCB contamination in the body.



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I just said we'd better duck when the	TODAY'S WORD
goes by."	

Even E	xchan	ge by Donr	na Pettman						
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.									
1. "High Noon" star	0	Penny metal	P						
2. Bat one's eyes		Dummy bullet	A						
3. Tightfisted	G _	Like a gym sock	K _						
4. Give the boot	P	Do particularly well	c						
<ol><li>Navigation map</li></ol>	R	Ritual incantation	N						
6. Curie or Trudeau	R	Poke with a knife	C _						
7. Recluse	H	"Sesame Street" frog	K						

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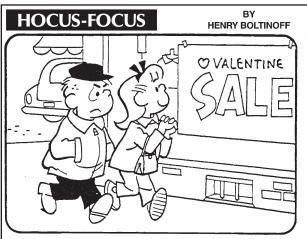
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Q: Did you hear about the guy who got hit in the head with a can of pop?

A: He was lucky it was a soft drink.



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solution 1. Spread; 2. Mingle;

3. Ramble; 4. Inane

Today's Word

BLIMP



PAW'S CORNER By Sam Mazzotta

# **Grieving Cat Needs Comforting**

DEAR PAW'S CORNER: My 3-year-old cat, "Rascal," is having a terrible time adjusting since my other cat, "Fresca," died just a few weeks ago. He roams the house at night, meowing for hours, and doesn't always eat his food. What can I do to help him? -- John C., El Paso, Texas

DEAR JOHN: I'm sorry to hear about the loss of Fresca. It can be surprising to learn that many animals go through a grieving process after losing a companion -- whether human or animal. And, just as with humans, grieving can take time.

The best thing to do is to be supportive of Rascal. Recognize that you're both missing Fresca, and give Rascal plenty of attention and cuddles.

However, don't change his routine. Mealtimes should stay the same, playing and socialization times should stay the same (though you can extend the length of that play time).

If Rascal starts eating less or stops eating altogether, try encouraging him to eat by adding a little bit of warm (not hot) broth to his food. Stay in the room while he eats -- many cats don't like being petted while they eat, but they often don't mind owners sitting nearby.

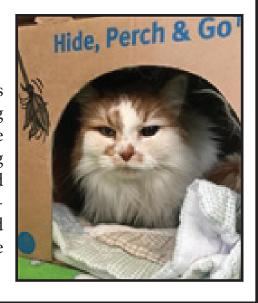
It may take as long as six months for Rascal to recover from the loss of his friend. Be as supportive as possible without changing his routine, or feeding him too many treats. If he stops eating for more than three days, still won't sleep or doesn't seem to be improving after a couple of months, contact the veterinarian.

Send your questions, comments and tips to ask@pawscorner.com. (c) 2018 King Features Synd., Inc.



250-832-7376

Toffee is a beautiful senior girl who enjoys spending time cuddling on your lap and being fussed over. She would enjoy a quieter home where she can spend time having her long beautiful fur brushed and a bowl of wet food ready for her. She has recently had dental surgery and is recovering, if you think you could provide a retirement home for sweet toffee come and meet her at the Shuswap SPCA.



Adoptables ad is donated by Tidbits. To sponsor call 250-803-4664

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250-463-1521

#### SCRAMBLERS Even Exchange

Cooper, Copper

6. Pierre, Pierce

Blink, Blank 7. Hermit, Kermit

Stingy, Stinky 8. Allen, Ellen

Expel. Excel

Chart, Chant Waiter, Waiver

9. Debit. Debut

TRIVIA NEWSFRONT ANSWERS flopped. and failed to break into the fr

# CryptoQuip

When sovereign rulers have their morning meals, do you suppose they would choose the imperial cereal?

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- \* Happy Days goat cheese
- \* Locally sourced bison
- \* Local microgreens
- \* Gluten-free options
- \* Vegetarian options

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