

Cereal Treats

(Continued from Page B6)

with jelly. Sprinkle remaining crumb mixture and 1/2 cup cereal over top. Pat gently. Bake at 350 degrees for 30-35 minutes or until firm and lightly browned. Cool in pan. Cut into bars. Makes 12.

INDOOR S'MORES

- 8 cups Golden Graham cereal
- 5 cups miniature marshmallows
- 1 1/2 cups milk chocolate chips
- 1/4 cup light corn syrup
- 5 tablespoons butter
- 1 teaspoon vanilla
- 1 cup miniature marshmallows, if desired

Butter rectangle pan, 13x9x2-inches. Measure cereal into large bowl; set aside. Heat 5 cups marshmallows, the chocolate chips, corn syrup, and butter in 3-quart saucepan over low heat, stirring occasionally, until melted. Remove from heat. Stir in vanilla. Pour over cereal in bowl; quickly toss until evenly coated. Stir in one cup marshmallows. Press in pan, using buttered back

of spoon. Let stand uncovered at least one hour, or refrigerate for a firmer bar. Cut into squares. Store loosely covered or at room temperature for up to two days.

POWER PACKED PEANUT BARS

- 2 1/2 cups toasted rice cereal
- 2 cups rolled oats
- 1/4 cup chopped peanuts
- 1/2 cup peanut butter
- 1/2 cup firmly-packed brown sugar
- 1/2 cup light corn syrup
- 1 teaspoon vanilla

Grease 9-inch square pan and set aside. In a large bowl, mix together rice cereal, oats, and peanuts. Set aside. Place peanut butter, brown sugar, and corn syrup in a small saucepan over low heat. Stir constantly until mixture is smooth and just starts to boil. Stir in vanilla. Pour over cream mixture. Gently toss to mix well. Pour into prepared pan and press level. Cool completely and cut into 12 bars approximately 1 1/2 x 4 1/2 inches. Wrap bars in plastic wrap and store in airtight container.

Yields 12 bars.

Raspberries Possible Cancer Inhibitor

COLUMBUS, Ohio - Raspberries, which contains compounds that may prevent, stop or reverse the development of certain cancers, has produced such promising results in studies of lab rats that one Ohio State University researcher intends to begin human clinical trials upon approved funding.

Gary Stoner, head of the Laboratory of Cancer Chemoprevention and Etiology at OSU's James Cancer Hospital and Solove Research Institute, found that by feeding cancer-induced rats 5-10 percent of freeze-dried raspberries in their diet over a 36-week study reduced the development of tumors in the colon by 50 percent and reduced esophageal cancer by nearly 70 percent.

"The results provide the basis to consider using berries as an inhibitor of these cancers in humans," said Stoner.

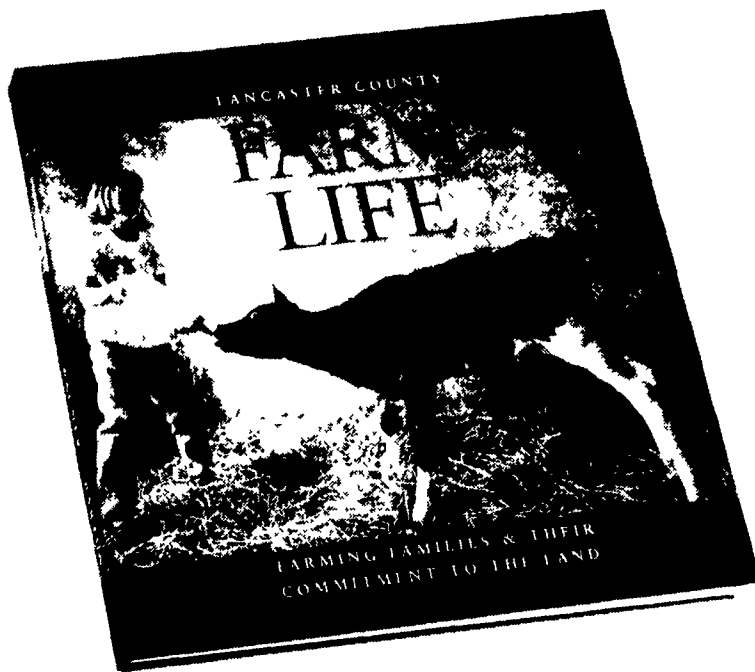
The findings are the latest in a series of studies in recent years that consistently point to fruits such as strawberries, cranberries, blackberries, blueberries and varieties of raspberries as being inhibitors of colon and esophageal cancer in animals.

Stoner hopes that the human trials will produce the same results. "We are taking a food-based approach to cancer prevention," said Stoner. "If the berries provide protection in animals, then ultimately they would provide protection in humans."

If the human trials are approved, the research will focus on two conditions: Barrett's Esophagus, a disorder in which the lining of the esophagus goes through cellular changes caused by acid reflux, and Familial Adenomatous Polyposis (FAP), a rare genetic disease that can lead to colon cancer.

Stoner said that there is an increasing number of Americans who have Barrett's Esophagus and at least 10 percent of those with Barrett's develop a type of cancer called esophageal adenocarcinoma.

"The rate of increase in the development of the disease exceeds that of any other cancer at the moment," said Stoner, adding that the survival rate is very poor. "The survival rate is about 3 percent."



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