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New frozen treats for '99

In 1999 Breyers introduces three flavors to its line of Breyers All Natural Light ice cream, bringing the product line-up to eight. New in the freezer case are French vanilla, berry-licious strawberry and chunky Rocky Road. Each is made of all-natural ingredients and contains 5 grams of fat and 3 grams of saturated fat or less per one-half cup serving. Also this year, the company offers its new Breyers Homemade Fudge Brownie, chunks of soft brownies and fudge swirls in creamy vanilla ice cream.

Good Humor-Breyers Ice Cream
909 Packerland Drive
P.O. Box 19007
Green Bay, Wis. 54307-9007
(920) 499-5151



Award winning cooking oil



The American Tasting Institute has honored Loriva Supreme Culinary Oils as 1999 Gold Medal winners for Best Line of Specialty Oils in America. The winning flavors are toasted sesame, roasted peanut, and garlic flavored oil. The manufacturer uses a cold-pressing process and fresh ingredients. "The cold-pressing captures the true flavor and aroma of each source, a healthy alternative to hexane extraction and harsh refining methods, which rob vegetable oils of nutrients, flavor and aroma," according to a news release. The oils are low in saturated fat and have no cholesterol, the company says.

Loriva Supreme Foods
1981 Pond Road
Ronkonkoma, N.Y. 11779
(516) 737-4700; fax (516) 738-9469
www.loriva.com

Castles and siege warfare

Siege: Castles at War is a book about the development and practice of medieval siege warfare. It tells how the forts of ancient Egyptians, Greeks and Romans influenced the development of the stone castle in the Middle Ages. The book includes photographs of castle ruins and drawings of interiors and exteriors, as well as highlights on the development of the castle, the role of castles in medieval warfare and key field engagements of the Hundred Years War (1337-1453) such as the battles of Crecy and Agincourt. *Siege: Castles at War* is a companion book to "Castles Siege," a documentary produced for the Discovery Channel on cable television.

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