

**"GOOD NEWS" FRESH PRODUCE AT EASTERN MKT. PRICES**

**FARM & MKT.**

33521 W. 8 MILE (JUST W. OF FARMINGTON RD.)  
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**Freezer Beef - Processed Here Cut and Wrapped**

**SIDES** ..... \$1.49 lb.  
**HINDS** ..... \$1.49 lb.  
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**PRODUCE** Washington Red Delicious Golden Delicious  
 2 99¢ Apples 29¢ lb.  
**Bananas** 4 lbs. 99¢

**DAIRY FRESH PURE** ORANGE & GRAPEFRUIT JUICE, 93¢ GALLON

**BRAVO PASTA** 2 LB. PKG. LINGUINE VERMICELLI \$1.19

**LOWEST PRICES ON CASE BEER IN TOWN**

**HOMEMADE NUT CAKE**  
 Mountain Choice Coffees 100% Natural - no chemicals or solvents used in preparation.

**ITALIAN PASTA - ALL KINDS**  
 WITH COUPON **OLD WORLD FAVORITE**  
**Homemade Sausage**  
 Italian \$1.79 lb.

**Byrd's Kitchen**  
 by Vivian Byrd



# Can't sleep? Bake banana bread

A friend of mine has just announced that she is pregnant, which brings us to the subject of banana bread, a jump admittedly requiring some explanation.

Although, perhaps for women who have been through pregnancy and the men who shared that time with them, following that announcement with any number of statements would not seem strange.

Due either to the body changes that occur, the excitement of the time, or both, expectant mothers sometimes have difficulty sleeping.

During the early morning hours of a recent night, after waking and being unable to get back to sleep, my friend decided to spend the time making banana bread.

She was wide awake, felt a burst of energy and thought she might as well use it. The house was quiet and there would be no interruptions.

just as nicely when baked during more conventional hours.

Bran, which aids the smooth operation of the lower digestive tract by providing roughage, also adds a chewy consistency to this bread. Nuts are optional in this recipe, but black walnuts add an interesting nutty flavor complementary to the bananas. The banana flavor seems to settle into the bread and grow stronger after cooling. My friend said she reheated the bread in the microwave on the second day and it came out with a "fresh-baked" flavor and appearance.

Another favorite made with bananas is a loaf cake that mixes up quickly. Sour cream, eggs and butter enhance the fresh fruit flavor. A light dusting with powdered sugar, through a sifter or sifter, tops it off prettily.

These versatile, oven-fresh treats can be served for breakfast, with lunch (great to put into a brown bag lunch), for snacks or for dessert.

- 2 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup butter or margarine
- 1 cup mashed ripe bananas (about 2 large bananas)
- 2 eggs, beaten
- 1/4 cup milk
- 1/2 cup chopped nuts, optional

Combine first five ingredients in a large bowl. With pastry blender or two knives, cut in butter until mixture resembles coarse cornmeal. Add next three ingredients and, if desired, nuts. Mix just until blended. Pour into a greased 9x5x3 inch loaf pan. Bake in preheated 350° oven for 50-60 minutes, or until a toothpick inserted in the center comes out clean. Cool in the pan at least 10 minutes. Remove to rack to cool completely.

**BANANA CAKE**

- 1 1/4 cups sugar
- 1/2 cup butter, softened
- 2 eggs
- 1 tsp. soda
- 4 tbsp. sour cream
- 1 cup bananas, mashed (about 2 bananas)
- 1 1/2 cups flour
- 1 tsp. vanilla
- 1/4 tsp. salt

Cream butter and sugar together in a large bowl. Add eggs, beaten lightly. Add soda dissolved in sour cream. Beat well. Add bananas (use slightly overripe bananas), flour, salt and vanilla. Mix well. Bake in a well-buttered loaf pan, 9x5x3, at 350° for approximately 50 minutes, or until a toothpick inserted in the center comes out clean. Time may have to be adjusted to fit oven. Cool and turn out cake onto cake plate. Sprinkle with powdered sugar.

Correspondence should be addressed to Vivian Byrd, P.O. Box 1024, Birmingham 48012.

**IGA SAVE!**

**WHAT'S SO SPECIAL AT IGA?**

Orchard-10 IGA  
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**DOUBLE COUPON**  
 Orchard-10 gives you 100% more on all cents off manufacturer's coupons up to and including 50c face value. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of item. Offer in effect now through February 1, 1981.

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**IGA TABLETTE OLD FASHIONED**

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 TABLETTE

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 8 1/2 SIZE  
 NATURALLY SWEET Western D'Anjou Pears 44¢  
 McINTOSH APPLES 66¢  
 3 1/2 BAG

**CALIFORNIA HEAD LETTUCE** 44¢

**SALADS ARE BASIC**

# Pot roast Neapolitan for a crowd

Italians are renowned for their generous family meals and hospitality. If you have a large crowd to feed, give them a flavor of old Italy with Pot Roast Neapolitan.

The chuck roast is browned, then simmered in spaghetti sauce loaded with ripe olives. Use a prepared spaghetti sauce or make your own. The crunchy dark ripe olives give this roast an extra special flavor and texture.

- POT ROAST NEAPOLITAN**
- 5 lb. rolled and tied boneless chuck roast
  - 2 tsp. oil
  - 1 cup diced onion
  - 1 cup diced celery
  - 1 cup water
  - 2 cups pitted ripe olives, halved
  - 2 cups prepared spaghetti sauce
  - 1 tsp. garlic salt
  - 1/4 cup flour
  - 1/2 cup cold water

Brown roast in oil, using a heavy oven-proof roasting pan. Add onion, celery and water. Roast covered in a 325-degree oven for 2 hours. Add olives, spaghetti sauce and garlic salt. Continue roasting, covered for an additional 2 hours or until tender. If desired, thicken sauce with flour blended with cold water. Makes 8 generous servings.

Suggestion: Serve with spaghetti and Italian green beans.

**IGA TABLETTE**

**Mac & Cheese Dinners** 7 1/2 oz. Boxes \$3.99¢

**Mueller's Spaghetti** 59¢

**SUNNY DELIGHT Citrus Punch** 1/2 Gallon Jug 79¢

**FARMERS CHOICE Crinkle Cut French Fries** 5 lb. Bag 1.29

**PEPSI COLA** 8 pk. 1/2 liter \$1.89

**Body-On-Tap Shampoo** 139¢

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**Instant Coffee** \$3.69

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**Stayfree Maxi Pads** \$2.69

**Orange Drink Mix** \$1.99

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**MARIA'S ITALIAN BAKERY**

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