



Orchard-10 IGA 24065 Orchard Lake Mon.-Fri. 9-9 Sat. 8-9 • Sun. 9-5

COUPON & A HALF ORCHARD-10 gives you 50% more on all (certain) manufacturers' coupons up to and including 50¢ face value.

Ad Good thru Sun. 2-15-81

Campbell's Chicken Noodle Soup 10 1/2 oz. can 29¢

Fame Potato Chips 13-14 oz. Bag Regular or Ruffle 69¢

Waldorf Bath Tissue White or Colors 79¢ 4 roll pack

IGA Tablerite® Boneless Chuck Roast \$1.78 lb.

Woodleys Grade A Large Eggs 69¢ doz.

IGA Tablerite Boston Butt Pork Steak \$1.29 lb.

Banquet Fried Chicken 10 piece 2 lb. Box \$2.29

Crisp Fresh Head Lettuce 2/88¢

Fluff up your pillow and rest

"What the mind conceives, the body achieves." This optimistic statement expresses the philosophy of the current power-of-positive-thinking school of self-improvement.



A Question of Taste By Hilary Keating Callaghan

The goal of this movement is to harness and direct the immense, untapped potential of the human mind.

An indication of popular fascination with this mental-physical connection was the sequence in "The Empire Strikes Back" in which Luke Skywalker, under the tutelage of the ancient Yoda, learns to move physical objects through mental concentration.

The mind, however, works on the subconscious as well as the conscious level, and our subconscious may desire what the conscious mind would reject.

If these precautions fail and you do succumb, give in and pamper yourself.

FLUFF UP the pillows and take to your bed for the duration, armed with

germs surround us. Why, at a particular time, do we fall victim? Why will one person pick up a bug while someone else, similarly exposed, will not?

Faking sensible preventative measures is beneficial whether one subscribes to this theory of the subconscious or to a pure germ theory.

Dressing and eating right should enable the body to carry out the mind's bidding.

Eating to ward off colds or flu means basically following a normal, prudent diet, with attention to obtaining adequate amounts of vitamin C.

mountains of light reading and tissues. Plan to drink plenty of fluids — preferably hot and loaded with vitamin C. Meals should be light. The body is too busy repairing itself to be digesting heavy meals.

BREAKFAST TORTILLAS 12 to 16 strips bacon, crisply cooked, drained, crumbled (or substitute imitation bacon bits)

EGG LEMON SOUP 7 cups strong vegetable stock or chicken broth salt and pepper 3 eggs 1 lemon 1 1/2 cups cooked long-grain rice lemon slices

ture, drain briefly over dish, then fry in butter for about 1 minute on each side or until golden brown. Repeat for all tortillas. Serve tortillas hot at table; pass condiments to spoon onto them. Roll up to eat. Makes 4 servings of 2 each.

This will serve 6 and goes nicely with slices of black bread spread with dill butter. The bread and butter should be chilled. (adapted from "The Vegetarian Epicure" by Anna Thomas).

MARIA'S ITALIAN BAKERY COUPON SPECIALS AT ALL THREE LOCATIONS WESTLAND CANTON NOV 41652 W. 10 Mile and Meadowbrook 348-0545



COLD AND FLU

Little things do a big job!

PEPPERIDGE FARM THRIFT STORE 10% OFF ON ALL ORDERS WITH AD

Why do Libby's Lite Fruits have a fresher fruit taste?

NO SUGAR ADDED

It's as plain as the sign on our can, Libby's doesn't add sugar to its Lite line of Peaches, Pears, Fruit Cocktail and Chunky Mixed Fruits.

Libby's Lite FRUIT COCKTAIL NO SUGAR ADDED

Other fruit products do contain added sugar. And you can taste it! It's a heavier, more syrupy taste.

Save 10¢ on any can of Libby's Lite (Peaches, Pears, Fruit Cocktail and Chunky Mixed Fruits) Offer expires June 30, 1981. 10¢ STORE COUPON

CONSUMER One coupon per purchase. Good only on product indicated. Redeem from consumer on terms stated upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD.

Maple Village DISCOUNT DRUGS. PEPSI OR COKE 169. MILK 87¢. ORANGE JUICE 89¢. CIGARETTES 489. SUNGLASSES 50% OFF. FREE! Ear Piercing Gold Earrings 7.99. VITAMIN 'E' 1.99. VITAMIN 'C' 1.29. ANY NEW PRESCRIPTION 3.00 OFF. MAALOX ANTACID 1.49. CREST TOOTHPASTE 1.19. JHIRMACK E.F.A. SHAMPOO 1.89. WINE SALE 20% OFF. TIMEX WATCHES 40% OFF.

Classified Ads 644-1070 Oakland County 891-0600 Wayne County 853-2200 Rochester/Troy