

# Be Cool: Use Ice In Cubes

By JOYCE TOTTON

On these hot summer days we like to have something cool and refreshing and still receive the necessary nutrients in our diet.

One way to do this is to plan ahead and prepare foods in the cool of the day, which seems to be the early morning.

Main dish salads are easy to prepare and contain protein as well as many vital nutrients. If you want to get your jello to set quickly you can do it with ice cubes. If you are using a three ounce package of gelatin, add six ice cubes in place of cold water, stir until melted.

Are you aware of the many uses of ice cubes? Here are a few.

The cubes are one of the best first-aid devices.

1. FISH. Place a turned finned fish in water or apply ice directly over the burn until the pain is gone. This will cut down swelling and blisters, as well as relieve pain.

2. FISH. An ice cube will check a burn and keep germs dormant.

3. FISH. Hold the ice cube over the silver until the area is numb, then lift out the silver with a sterilized needle.

4. FISH. The ice cube will also reduce swelling and relieve muscle pain.

5. FISH. Place an ice cube in a jar of water. Place an onion in the jar until it is very cold. Then carefully scrape off the onion skin.

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# TOP VALUE

WHOLE

Fresh Fryers

29<sup>¢</sup>

LB.

Compare anywhere!

You'll find no other but Kroger, in this entire area, offers you this outstanding combination of savings and service features.

Compare any time!

\*Weekly sale-price specials on items you want and need.

\*Deep-cut discount prices in every department every day of the week.

\*Kroger Tenderay Brand Beef—and Tenderay takes the guesswork out of buying beef.

Why Settle For Less?

Semi-Boneless Hams

59<sup>¢</sup>

WHOLE LB.

HALF LB. 65<sup>¢</sup>

WHOLE SEMI-BONELESS

West Virginia Ham

89<sup>¢</sup>

LB.

COUNTRY CLUB

Canned Ham

10<sup>¢</sup>

LB. CAN

77<sup>¢</sup>

SERVE N' SAVE

Sliced Bacon

59<sup>¢</sup>

1-LB. PKG

SPENCER SKINLESS

Wieners

2<sup>¢</sup>

LB. PKG

97<sup>¢</sup>

RATH BACON

Rath Bacon

79<sup>¢</sup>

1-LB. PKG

U.S. CHOICE TENDERAY

Rib Roast

79<sup>¢</sup>

4TH & 5TH RIBS LB.

U.S. CHOICE BRISKET OR BOSTON ROLLED

Boneless Roasts

89<sup>¢</sup>

LB.

U.S. CHOICE 7 IN. CUT BEEF

Rib Steak

99<sup>¢</sup>

LB.

WHOLE OR RIB HALF

Pork Loin

59<sup>¢</sup>

LB.

GORDON'S ROLL

Pork Sausage

79<sup>¢</sup>

2-LB. ROLL

SALE PRICE

USDA CHOICE

U.S. CHOICE

Chuck Roast

49<sup>¢</sup>

BLADE CENTER CUT LB.

FRESH PICNIC STYLE

Pork Roast

35<sup>¢</sup>

LB.

CENTER CUT RIB

Pork Chops

89<sup>¢</sup>

LB.

LOIN CHOPS 99<sup>¢</sup>

CHOICE OF GRINDS

Maxwell House Coffee

69<sup>¢</sup>

1-LB. CAN

FOR FRYING OR COOKING

Jewel Shortening

3<sup>¢</sup>

3-LB. CAN

39<sup>¢</sup>

SPECIAL LABEL

Fab With Borax

88<sup>¢</sup>

5-LB. 4-0Z PKG

IN HANDY NO DEPOSIT-NO RETURN BOTTLES

Pepsi-Cola

8<sup>¢</sup>

PT. BTL.

99<sup>¢</sup>

WHIPPED TOPPING RICH'S

Spoon n' Serve

2<sup>¢</sup>

PT. CTNS

33<sup>¢</sup>

COUNTRY CLUB

Fudgees or Twin Pops

12<sup>¢</sup>

BARS

44<sup>¢</sup>

KROGER WIENER OR

Hamburger Buns

5<sup>¢</sup>

8-CT PKGS

1<sup>¢</sup>

KROGER FRESH BAKED

Angel Food Cake

39<sup>¢</sup>

1-LB. PKG

16 VARIETIES INCLUDING DATE FILLED, CHERRY, APPLE, RASPBERRY

Homestyle Cookies

3<sup>¢</sup>

12-CT PKGS

1<sup>¢</sup>

Dairy Features!

KROGER WHITE GRADE 'A'

Large Eggs

49<sup>¢</sup>

DOZEN

LIGHTLY SALTED

Swift's Butter

66<sup>¢</sup>

1-LB. ROLL

KROGER BRAND

Sour Cream

39<sup>¢</sup>

PT. CTN

KROGER BRAND

Cottage Cheese

49<sup>¢</sup>

1-LB. CTN

IN QUARTERS-CLOVER VALLEY

Margarine

14<sup>¢</sup>

1-LB. PKG

Back to School Needs

6 PIECE SCHOOL

Starter Set

1<sup>99</sup>

SET

8 INCH BY 10 INCH

Pencil Tablet

24<sup>¢</sup>

EACH

8 1/2 X 11 SIZE

Typing Tablet

37<sup>¢</sup>

EACH

JUBILEE MICRO MESH

Seamless Nylons

29<sup>¢</sup>

PAIR

All prices shown here are EVERYDAY DISCOUNT PRICES!

You'll find these same items at these same low prices week after week to help you save more on your food bill when you shop at Kroger regularly.

SPECIAL LABEL

Joy Liquid Detergent

39<sup>¢</sup>

1-PT. 4-0Z BTL

SPECIAL LABEL

Comet Cleaner

14<sup>¢</sup>

14-0Z WT CAN

SUPER CLEANER

Miracle White

1<sup>99</sup>

GAL. JUG

SPECIAL LABEL

Top Job

55<sup>¢</sup>

QT. BTL

GREAT LAKES CHARCOAL

Briquets

99<sup>¢</sup>

10-LB. BAG

SPECIAL LABEL

Ajax Detergent

68<sup>¢</sup>

3-LB. 1-0Z BOX

BABY FORMULA-SILAC OR

Enfamil

22<sup>¢</sup>

13-FL. 0Z CAN

PACKER'S LABEL

Sweet Peas

10<sup>¢</sup>

1-LB. 1-0Z CAN

CHOCOLATE, VANILLA OR NEAPOLITAN

Polar Pak Ice Cream

59<sup>¢</sup>

1-GAL. 4-0Z CTN

ASSORTED VARIETIES

Betty Crocker Cake Mixes

25<sup>¢</sup>

1-LB. PKG

CHOICE OF GRINDS

Kroger Vac Pac Coffee

3<sup>¢</sup>

1-LB. CAN

1<sup>99</sup>

IN DECORATED ALL-AMERICAN CANISTER

KROGER FROZEN

Pot Pies

15<sup>¢</sup>

8-0Z WT PKG

RICH TOMATO FLAVOR

Del Monte Catsup

18<sup>¢</sup>

14-0Z BTL

KROGER REFRESHING

Tomato Juice

24<sup>¢</sup>

1-QT. 14-0Z BTL

KRAFT SALAD DRESSING

Miracle Whip

48<sup>¢</sup>

QT. JAR

FOR FRYING OR COOKING

Crisco Shortening

73<sup>¢</sup>

3-LB. CAN

JIFFY ASSORTED FROSTING OR

Cake Mixes

10<sup>¢</sup>

7 1/2-0Z WT PKG

ASSORTED FLAVORS

Big 'K' Pop

8<sup>¢</sup>

12-FL. 0Z CAN

GREEN GIANT PEAS OR

Cut Giant Beans

19<sup>¢</sup>

1-LB. CAN

ASSORTED COLORS

Northern Tissue

4<sup>¢</sup>

ROLL PACK

28<sup>¢</sup>

THOMPSON

Seedless Grapes

19<sup>¢</sup>

LB.

JUMBO & SIZE Honeydews

59<sup>¢</sup>

EA

RED RIPE

Straw-Berries

59<sup>¢</sup>

QUART

HOME GROWN

Green Beans

19<sup>¢</sup>

LB.

U.S. NO. 1 MICHIGAN

Potatoes

20<sup>¢</sup>

LB. BAG

89<sup>¢</sup>

GOLDEN PE

Bananas

2<sup>¢</sup>

LBS

29<sup>¢</sup>

Store Hours

MOST KROGER STORES OPEN SUNDAY

Closed Labor Day

MONDAY SEPT. 2

Northland, Eastland and Westland Open til 9 p.m. Tues., Sept. 3

50 TOP VALUE STAMPS

WITH THIS COUPON ON QUART KROGER BRAND HALF & HALF

Valid Thru Sun., Sept. 1, 1968 At Kroger Det. & East. Mich.

50 TOP VALUE STAMPS

WITH THIS COUPON ON ANY TENDERAY BONELESS BEEF ROAST

Valid Thru Sun., Sept. 1, 1968 At Kroger Det. & East. Mich.

50 TOP VALUE STAMPS

WITH THIS COUPON ON 2-PKGS CUT-UP FRYERS 2-PKGS FRYER PARTS 2-QUANTERED FRYERS OR 2-SPLIT BROILERS

Valid Thru Sun., Sept. 1, 1968 At Kroger Det. & East. Mich.

50 TOP VALUE STAMPS

WITH THIS COUPON ON ANY TENDERAY BONELESS BEEF ROAST

Valid Thru Sun., Sept. 1, 1968 At Kroger Det. & East. Mich.

# Schwartz To Head Drug Chain

Dr. Nathan S. Shapiro, the founder and past chairman, announced his retirement from the active management of the company and will continue his association with Cunningham as an honorary chairman of the board and director, and will also remain as chairman of the board of trustees of the Cunningham Drug Company Foundation.

Schwartz brings to his new position a vast experience in retail finance and management. He previously served as chairman of the board of Arian's Department Stores, Inc., and during the last two and one-half years as chairman of the board of directors of Federal's, Inc., of Detroit, operators of Federal Department Stores in Michigan, Ohio and New York.

Schwartz is a vice president of the Jewish Welfare Federation of Detroit, Temple Beth El, and of the Detroit Symphony Orchestra. He is also a director of Harper Hospital, Jewish Home for the Aged, Detroit Opera Association and Cranbrook School.