

Duestion Taste

By Hilary Keating Callaghan

No additives in co-op foods

BIRMINGHAM 1950 SOUTHFIELD (Comm. of 1 6 4 2 - 4 2 4 2 10-6 Mon.-Fri. 9-5 Sat.

FARM@MKT

33521 W. 8 MILE (JUST W. OF FARMINGTON RD.)

OPEN 478-1323 9 AM-8 PM

Freezer Beef - Processed Here

cinec

FRONTS

U,B.D.A. Choice

U.S.D.A, Choice Ground Beef HAMBURGER \$159 lb.

Whole H.Y. STRIPS \$329 lb.

CUTUPTREE

Celery 69¢ Stalk Cabbage 19¢ lb. Bosco Pears 65¢ lb. Lettuce - 2 heads 99¢ Bananas 4 lbs. 99¢

er Beet - Process Cut and Wrapped*14° lb.

PRODUCE SPECIALS
69e Stalk Idaho Potatoes
19e tb.
19e tb.
10 lb. Bag 12n
Washington Red
2 heads 99e and Golden Deliclous
4 lbs. 99e Apples 29e tb.

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

I recently picked up a carton of a popular techese spread and read the label.

To be more precise, I read it twice, the second in search for the word "cheese" in the wine search for the word "cheese" in the wine search for the word "cheese" in but no cheese.

"was grominently listed as preservatives, and artificial colors — but no cheese.

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TES WORTH THE TETE SAVE TORS TO DOS ON THERET

BREAD ROLLS COOKIES & FROMEN GOODIES ALSO NEW DANISH AND COFFEE CALES

LU / ULL ORDERS

EXCLUDING SENIOR CITIZEN DISCOUNT Chrift denotes returned product or deviation from rigid quality standard

"GOOD NEWS" FRESH PRODUCE AT EASTERN MKT. PRICES

....... 14º lb. L

U.S.D.A. CHOICE FRYERS FRYERS

69¢ 115.

with coupon

ITALIAN PASTA - ALL KINDS OLD WORLD FAVORITE

Homemade Sausage

· Italian \$ - 79 · Polish

477-2046 9:30-5:30 Mon.-Fri. 9-5 Sat.

FRESH BAGELS

BULK IMPORTED Imported Jarisberg Cheese

WITH COUPON-

FREE 3 BOTTLES
OF 1 LITER
FAYGO
WITH \$20 WORTH OF
Frosh Moot

BEER

75¢ on

\$269

\$24

\$219 2 LO. LIMI

past issues of the co-op's monthly newsletter. After all is said about suppliers, philosophy, and policy, this is what co-ops like Stone Soup are all about — delicious, healthy food at its natural best.

SPINACH PIE

SPINACH PIE
10-12 oz. fresh spinach or
1 pkg. (10 oz.) frozen
spinach
1 lb. tofo
2 eggs, lightly beaten
1½ cups grated Cheddar
cheese

Steam the fresh spin-ach or cook the frozen spinach. Drain well. Mash the tofu well with a fork. Thoroughly mix all ingredients and turn into an oiled casserole. Bake in a preheated 350 degree

3 eggs, lightly beaten
¼ cup honey
1 cup raisins
1 thsp. grated orange
rind
⅙ tsp. salt
⅙ tsp. mace

Landgrebe)
GREEN DRINK JUICE
2 cups pineapple juice
1 cup sprouts — alfalfa,
ming, or other
45 banana
Slices of lemon, peel
and all, but with center removed
Combine all ingredients in a blender.
Blend until smooth.
WHOLE WHEAT

's tsp. mace
2 cups fresh berries,
sliced peaches, or applesauce
Preheat oven to 325.
Mix together all
ingredients except
fruit and turn into except
fruit and turn into a
well-buttered baking
dish or casserole.
Bake one hour or until
set. Serve warm or
cold, topped with the
fruit. Makes 6 servings. WHOLE WHEAT BERRY PUDDING



BUY ONE LARGE PIZZA ANY COMBINATION AND GET ONE SMALL CHEESE AND PEPPERONI FREE!

Expires 2/28/81

BOILED

PEPSI \$189 | deposit



COFFEE WHIPPED TOPPING
Combine 3s cup cold milk, 3s cup sugar, I table
spoon Instant quality coffee, 5s teaspoon vanilla
and 1 cavelope whipped topping mix in deep narrow-bottom bowl. Whip with rotary beater or at
ligh speed of electric mixer until topping peaks.
Continue whipping until topping is light, furfy, and
fully whipped, about 2 minutes longer. Makes about
2 cups.

Great American Beer Switch

THE FINAL SCORE: OF 200 LOYAL BUD DRINKERS 48%

PREFERRED **TODAYS SCHLITZ**

OF 100 MICHELOB DRINKERS **50%**

PREFERRED TODAYS SCHLITZ

Schlitz Beer





OAK DISTRIBUTING CO.

5600 Williams Lake Road

674-3171



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 (cents off) manufacturers' coupons up to and including 50° face value. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 50% bonus cannot exceed price of the item. Offer in effect now through February 8, 1981.

Ad Good thru Sun. 2-8-81



FAME TISSUE

ASS'T COLORS

FAME **LOW FAT** MILK

Plastic \$ 4 49

FAME FROZEN ORANGE JUICE



FLEISCHMANN'S MARGARINE

1 lb. Otrs.

ALL PURPOSE RUSSET **POTATOES**

Bag

COCA COLA TAB

489

