Imperial Margarine

SAVE 30

Natural Sun

Drinks

Libby' Libby' Libby'

Tab, Sprite or

Coca Cola

\$489

Wisk Detergent

aroni & 3/99¢

Libby's

Vegetables

59¢

Eggs: Medium size is the best value

Egg prices are down, even though production is below that of a year ago. Lower exports and the slow economy are two factors contributing to this bonanza for consumers. Prices are expected to rally this fall, but even then price increases will be modest.

Eggs are a good value anytime but

price increases will be modest.

Eggs are a good value anytime but are especially attractive now, with meat prices strengthening. Two large eggs are considered equal to a serving of meat. At doday's egg prices, that makes the cost a mere 10-12 cents per

serving.

Egg prices are determined by grade (measure of quality) and size (weight per dozen) in addition to supply and demand and other market behavior. The most common egg sizes sold in Michigan are extra large, large and medium.

The medium size is the best value. The total cost is less and the medium size is adequate for all recipes and masse.

The other factor one considers when egg shopping is the grade. If you have a choice between higher priced grade A eggs and lower priced grade A eggs, choose the grade A. Store sampling shown little difference between the two grades.

grades.
Some people who really like eggs would eat more of them if it weren't for something called cholesterol. No general recommendation on deltary cholesterol has been made for the population as a whole. Most experts agree, however, that everyone should avoid horiously high amounts of cholesterol. For most people, an egg a day is not

considered excessive. One must take into account, of course, that eggs are in many foods — lemon pie, noodles, etc. Eggs from these sources must also be counted.

Eggs from these sources must also be counted.

If you've been told by a physician that you have a problem with cholesterol, follow the doctor's advice. In many cases, that will be to limit egg consumption to two eggs per week. But you can sometimes have your cake and eat it, too, to a certain extent. All the cholesterol is in the yolk, so eat less of it, or use only one yolk with two egg whites. The taste is barely altered.

For people who can eat an egg a day, consider keeping a covered container of hard-cooked eggs in the refrigerator. A chilled, hard-cooked egg is a good protein snack for adults and kids. Hard-

cooked eggs also make a handy protein addition to a fruit plate or a tossed

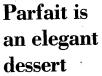
To cook eggs so they will be most flaworful and attractive, hard-cook rather than boil them. Start eggs in cold water at least 1 inch above the surface of the eggs. Quickly bring the water to a rolling boil and cover with a tight-fitting lift. Remove the pan from heat and let it stand for 20 minutes. Pour off the hot water immediately and cool the eggs in cold, running water.

Hard-cooked eggs will be easier to peel if you remove them from the re-frigerator six to eight hours before cooking.









Looking for a dessert that takes company in its stride, and very little effort from you? Search no

strice, and very fines extended from the more.

The answer is our Ambrosia Parfait, a fabulous, fancy, fluffy conecction of fresh fruit, yogurt and chocolate sandwich cookies. Fixed in a jitfy but looking like hours of painstaking preparation, it is truly a dessert to dazzle.

AMBROSIA PARFAITS
20 chocolate sandwich cookies, finely rolled
(about 2 caps crumbs)
2 (6-02, cartons low-fat, vanilla-flavored yogurt
2 (4-02, cartons low-fat, vanilla-flavored yogurt
2 4 caps fresh pineapple chunks (about half
medium-site fresh)
3 h-02. flaked ecoconst (about 1 ½ caps)
3 medium oranges

Sprinkle 1 Thsp. Oreo chocolate sandwich cookle crumbs evenly in bottom of six [10-02.) standard-size wine glasses or dessert glasses.

In medium bowl, combine yogurt, pineapple chunks and coconut, sit multi well blended. Spread about 16 cup evenly ower crumbs in each glass to forma layer.

Sprinkle 2 Thsp. cookie crumbs over each yogurt layer to cover. Peel and section 3 oranges; arrange segments evenly in each glass on top of cookie crumb layer.

segments evenly in each games or crumb layer.
Reserving 3 tsp. cookie crumbs for garnish, top orange layers with remaining crumbs; cover with remaining yogurt mixture, using approximately 4x cup per glass. Spriklet top of each lightly with ½ tsp. cookie crumbs. Chill at least 30 minutes before serving. Garnish with orange peel curl. Serve immediately. Makes six servings.

Orange cookies avoid sugar

For those of us with a "sweet tooth," reducing sugar in the diet is difficult. But we know sugars contribute to the decay process.

There are ways to satisfy the sugar is a sweet tooth without destroying the properties of the properties of the sugar. Many of the foods we are contain sugar. When sugar is combined with plaque, the coloriess film that daily coals our teeth, acids are formed. These acids attack the teeth, causing tooth decay.

Brushing and flossing to remove plaque are two important ways of protecting teeth. A blird way is to keep sugar intake at a minimum. Here is a delicious sugarless recipe for sunny Orange Cookies to tickle your palate, compliments of the American Dental Hygienists' Association.

ORANGE COOKIES

1 egg 1 tsp. grated orange rind ½ cup orange juice 2 cups flour 2 tsp. baking powder

14 tsp. cinnamon
14 tsp. salt
14 cup chopped nuts
15 cup seedless raisins

In a bowl, beat egg into sofened butter. Stir in orange rind and orange juice. In another bowl, combine the dry ingredients and add to wet ingredients. Beat until well blended, then stir in nuts and ratisins. Drop dough by rounded teaspoonfuls onto cookle sheet 2 inches apart.

Bake at 375 for 20 minutes until lightly brown. Cool on a wire rack. Store in a tightly closed container. Makes about 2 dozen cookles.



Boneless Beef Chuck

Steaks

149

LB.

Irish Potato

\$139

LB.

IGA TABLERITE

Hurry! This is Your Last Week To Complete Your Ecko Cutlery Set!

Denver Steaks

Skinless Franks 1 LB. PKG.

Boneless