

She added spice to her life by selling seasonings

Nancy Shields has found a way to add spice to her life and save time, too. The busy Troy mother of two has become an enthusiastic promoter of a time-saving cooking aid she discovered last spring while browsing at a local health food fair.

What Shields discovered at the fair is a new product, developed by a Minnesota chef, that combines many herbs and spices into a salt-free, additive-free method of making five-minute meals taste like the cook used to, 24 hours staving over a hot stove blending, brewing and tasting.

Called Fortner's Salt-Free Seasonings, the product consists of four seasoning combinations. Blend No. 37 combines garlic, paprika, bay leaf, onion, oregano, celery, thyme, sage, allspice, basil, rosemary, marjoram and pepper.

ANOTHER BLEND No. 89, combines paprika, rosemary, pepper, lemon, garlic, dill, fennel, allspice, bay leaf and basil.

The other two, Blends No. 55 and 75, are similar combinations. Blend No. 55, each different, said Shields, is the proportions of the ingredients used.

"The seasonings are marketed by Richard Fortner, whose father created them. The father had developed high blood pressure and started cooking to suit his needs, not just for himself but in his restaurant as well."

RICHARD FORTNER "thought his father had a good idea worth sharing with others. About a year and a half ago, he began packaging and selling the seasonings."

Believing that the product would sell itself once people had a chance to use it, Fortner decided to sell it through representatives, rather than in stores.

The business is a family operation. Fortner sells the seasonings through health fairs and mail shows.

It was at such a fair that Shields first saw Fortner's product. Her husband, Dennis, a salesman for a pharmaceutical firm, bought her a set as a gift.

He didn't know that he also had found her a part-time job. Shields was so impressed with the seasonings that she became a sales representative, selling from her home.

WHILE THE seasonings are ideal for those who can't eat salt for medical reasons, they are also fine for those who are just health conscious as her family came to be about three years ago, she said. Shields has two active children, Joseph, 1, and Carey, 6.

That doesn't mean the seasonings are

not for salt lovers. They are for anyone who enjoys the additional flavoring that herbs can bring to everyday or special-occasion cooking.

"They're ideal for people who love to cook with herbs but don't have the time — or are unsure about which to blend with which." The bottles do not have shaker tops "because the coarser herbs settle to the bottom and alter the flavor of what's left."

AT A RECENT luncheon, Shields served a marvelous quiche made with eggs, cheese, tomatoes, green pepper and Blend No. 89. There was also a tray of raw vegetables and dip made with No. 89 and fried chicken made with onion, green pepper and No. 37.

The saltaholic guest found the herb combinations very satisfactory. While the yen for salt occurred with the

quiche (eggs without salt!), the chicken tasted complete without it, as did the vegetable dip.

Fortner's Salt-Free Seasonings can be bought separately or in a four-blend pack. The pack contains one bottle of each of the blends and 12 recipes to get you started.

Each of the blends is designed to complement a particular kind of cooking. Blend No. 37 is recommended with poultry, pork and vegetable dishes. It is for pan-frying anything or as an addition to boiled vegetables.

For more information, contact Shields at 1934 Dorchester, Troy. Her phone number is 645-4559.

Save some summer in spaghetti sauce

By Margaret G. McCall
special writer

Before all our summer garden goodness disappears, I suggest you process and freeze some of it for the winter ahead. Think about all the fresh produce still available in gardens and markets that can be stored — it's like slimmering a bit of slimmer for the snow season.

For starters, you could make a rich spaghetti sauce, using about a dozen of the good things growing in Michigan. If you're going to freeze a batch or two, you can add cooked ground beef if you like.

Use the prepared sauce with spaghetti, in lasagna, in chili, or to make cream of tomato soup.

Start with a large heavy Dutch oven. Sauté in ¼ cup olive or vegetable oil one large chopped onion, two chopped green peppers, and 3 cloves minced garlic. Cook over low heat about five minutes, then add one pound sliced fresh mushrooms and eight cups peeled, seeded and chopped tomatoes. Add a half-cup fresh chopped parsley, 1 tablespoon fresh sweet basil, chopped, 1 tablespoon of salt, one of sugar, and a pinch of black pepper. Add 1 cup

chopped celery and a cup of shredded carrot. If you have zucchini, shred a cup and add that, too.

SIMMER ALL this slowly, uncovered, until vegetables are very tender and sauce is quite thick. Check for seasoning, and keep it light if you are freezing the mixture. (Flavors intensify in the freezer.)

For spaghetti sauce, brown a pound of ground beef, drain well and add to the vegetable mixture. You may also want to add a few slices of pepperoni, or combine a quarter-pound of hot Italian sausage (casings removed) with your beef when you brown it. A bay leaf adds to the flavor, too.

If you want to use this for tomato soup, puree the mixture in a blender or food processor. Then heat, thicken slightly with a mixture of equal parts of flour and butter (about 2 tablespoons each). If you are using three cups of your vegetable sauce, puree, then heat in another pan half at much cream, almost to boiling. Slowly stir the hot cream into the hot vegetable mixture and serve at once. Top with a spoonful of sour cream and a sprinkle of fresh parsley.

Mall will host food seminars

Northland Mall will host two food-related seminars during the coming weeks.


Old-Fashioned Southern Cooking will be presented by Dorothy Morgan of Morgan's Boarding House. She will appear at 9 a.m. Oct. 27 in the Northland Community Room. Morgan will share her recipes such as chicken and dumplings, peach cobbler and candied yams. By reservation only. For more information, call 569-6272.

You can partake in dinner for eight as you work side by side with chef Douglas Duglass in the community kitchen at Northland. The first session of the four-session seminar will be 6:30-8:30 p.m. Oct. 27. The seminar includes recipes and samplings as well as a dinner at Restaurant Duglass. By reservation only. For prices and more information, call 569-6272.

Northland Mall is on Greenfield south of Nine Mile in Southfield.

FISHER FOODS
U.S.D.A. Prime & Choice PRODUCE
210 N. Main Birmingham 210-1111
6710 Dixie Hwy. 210-7777

EXTRA SPECIAL
T-Bones or Porterhouse Steaks **\$2.99** lb.
MEAT MARKET
Fresh CHICKEN LEGS **39¢** lb.
Boneless (lower) CHUCK STEAKS **\$1.89** lb.
Homemade STUFFED CHICKEN BREASTS **\$1.99** lb.
Stuffed PORK CHOPS **\$1.99** lb.
WEDNESDAY & SATURDAY ONLY
GROUND ROUND (3 lbs. or more) **\$1.69** lb.
DELI
Kogels HOT DOGS **\$1.99** 10 to 12 box
HARD SALAMI **\$2.99** lb.
Longhorn COLBY CHEESE **\$1.99** lb.
Wisconsin MUENSTER CHEESE **\$1.69** lb.
GROCERY
Willson's LOWFAT MILK **\$1.69** gal.
Dairy Fresh ORANGE JUICE **\$1.19** gal.
BANANAS 4 lbs. **\$1.00**
COUPON
Boneless SIRLOIN TIP ROASTS **\$1.99** lb. expires 10/24/82
Prices Good Thru 10-24-82
INTERESTED WHOLESALE AND CO-OP PROGRAMS
PLEASE CALL FOR MORE INFORMATION
Prices good at Birmingham Store Only
Hours: Daily: 9-9, Sat. 9-7, Sun. 9-5

Grolsch®
a real masterpiece from Holland
The second time you'll buy it for the beer.

ASK FOR IT
at your favorite restaurant and club.
CITY BEVERAGE CO.
1020 Doris Road 373-0111

BROWN STREET MARKET
WHERE SERVICE & QUALITY OUTSELL THE REST
Visit Brown Street Market for these values:
Fresh MUSSELS **88¢** LB.
Large CHICKEN BREASTS **\$1.39** LB.
JARLSBERG SWISS **\$2.79** LB. Min.
CADILLAC COFFEE **\$2.99** LB.
LIVE LOBSTERS
HAVE A CLAM BAKE
• FRESH FISH • QUALITY MEATS • PRODUCE
Prices Good Through October 23, 1982
407 W. Brown at Chester Birmingham • 642-0450
OPEN Mon-Fri 10-11 Sat 10-7 Closed Sunday
We reserve the right to limit quantities

BIRMINGHAM COMMUNITY MARKET
Visit Birmingham Community Market for these values:
Villa Bella SOAVE WINE **\$2.99** Reg. \$4.99
1.5 Liter
Hoffman's HARD SALAMI **\$2.99** LB. Reg. \$3.99
1 LB. Min.
Borden ORANGE JUICE **\$1.29** Reg. \$1.89
½ Gal.
BUDWEISER Regular & Light **\$8.79** 24 Pak Cans Tax & Deposit
BEER, WINE & LIQUOR • PRIME & CHOICE MEATS • FRESH PRODUCE
230 W. Fourteen Mile at Pierce Birmingham • 644-6060
OPEN Mon-Sat 9-9 Sun 9-8

Sonny's
FRUIT & DELI
1st ANNIVERSARY SALE

DELI
Natural Casing BOLOGNA \$1.19 full lb.
POLISH HAM \$2.59 full lb.
Wisconsin LONGHORN CHEESE ... \$1.99 full lb.
Creamy HAVARTI \$2.79 full lb.
FETA CHEESE \$1.79 full lb.
Everyday Low Prices On: Smoked Fish, Red Caviar, Fresh Herring
HALLOWEEN PUMPKINS 7¢ lb.
BARRELS OF NUTS & COFFEE BEANS
7-UP & COKE \$1.79 8 pk. 16 oz. bottles
FREE 1 lb. bag CARROTS with purchase of \$5 or more with this coupon
PRODUCE
YELLOW ONIONS 39¢ lb.
U.S. #1 MICHIGAN POTATOES 10 lb. bag 49¢ lb.
MICHIGAN APPLES New Crop: Red & Golden Delicious, McIntosh 19¢ lb.
CABBAGE Michigan green 8¢ lb.
SQUASH acorn, butternut 15¢ lb.
Truckloads Delivered Fresh Daily
DAIRY
Homo MILK 1 gal. Plus \$1.69
ORANGE JUICE 100% pure \$1.09 ½ gal.
FRUIT BASKETS DELI-TRAY
4 S. Rochester (Corner of 14 Mile) Clawson
Open: Mon-Sat. 9 a.m.-8 p.m.
Sunday 9 a.m.-5 p.m. **585-5383**