

# Try potato fritatta for a quick meal

Country-Style Potato Frittata is a nourishing and delicious suggestion for a late weekend breakfast or light supper. Best of all it's made with ingredients generally kept on hand.

Cooked russet potatoes are lightly browned in bacon drippings along with green onion and green pepper. A seasoned egg mixture is poured over the potatoes. When this is nearly set, shredded Cheddar cheese is sprinkled on top, and the frittata is popped under the broiler until the cheese is hot and bubbly.

For breakfast, accompany it with fresh fruit and at supper a green salad. Russets are rich in nutrients and stay moist and flavorful whether baked, broiled or fried. They are easily recognized by their oval shape, light netting and shallow eyes.

## COUNTRY-STYLE POTATO FRITTATA

- 4 slices bacon, diced
- 3 cups (about 1 lb.) cooked, pared and diced russet potatoes
- 1/2 cup each chopped green onion and green pepper
- 1 or 2 tbsp. butter or margarine (optional)
- 6 eggs
- 2 tbsp. water
- 1/4 tsp. pepper
- 1/2 cup shredded Cheddar cheese

Cook bacon in 10-inch oven-proof skillet until crisp; remove with slotted spoon and set aside. Fry cooked potatoes in drippings until lightly browned. Add green onion and green pepper; cook, stirring frequently until crisp-tender. Stir in bacon. Add butter if necessary; heat until melted.

Beat eggs with water and pepper; stir into potato mixture. Cook over medium heat until edges are set. With wide spatula, lift cooked portions and allow uncooked egg mixture to flow underneath. Continue cooking until almost set. Sprinkle with cheese; broil until cheese melts and is lightly browned. Cut into wedges to serve. Makes 4 to 6 servings.

## Wine tasting is OCC fund-raiser

Sample a variety of palate-pleasing wines at the "Eleventh Annual Wine Tasting" hosted by the Oakland Community College Culinary Arts Food Service Executive Association Thursday, March 24.

The Paul Mann Vintage Wine Co. will be featured in this year's event. The Wine Tasting will begin at 7 p.m.



Country-style potato fritatta is easy to make in a hurry because its ingredients are usually on hand.

at the MSU Management Education Center in Troy. All interested persons are invited.

Ticket donations are \$8.50. All proceeds will go to the OCC Culinary Arts Department Scholarship Fund. Door prizes will be awarded.

For tickets or information, call Susan Baier at the Orchard Ridge Campus, 471-7777.

## Nutty mince cake is easy

Walnut chocolate mince cake is moist and dependably easy. To make, follow the mixing and fluted tube pan baking directions for a pudding-type German chocolate cake mix. Add 1/2 cup prepared mincemeat and reduce

the water by 1/2 cup. Walnut "pancoat" a well-greased 12-cup fluted tube pan by sprinkling the bottom and sides with 1/2 cup finely chopped walnuts. Pour in the batter and bake as package directs.



pilot light  
Greg Melikov

## Weight and wait to have perfect eggplant every time

Whenever I prepare an eggplant dish that requires slicing the midnight purple vegetable, I must address the provocative question: to salt and weight or wait and salt?

Some cooks say just pick out the perfectly ripe eggplant and you needn't salt the slices and weight them down to draw out the bitterness and excess liquid. Other cooks say if you skip it, you'll cry sour grapes. My wife belongs to the latter crowd. She turns up her nose if the eggplant hasn't been treated accordingly.

If I could select the just-ripe eggplant from the grocery bin, I wouldn't worry about bitterness. But I fear I couldn't do it if my cooking reputation depended on it.

You're supposed to firmly press the skin to find eggplants that give slightly and bounce back. If the skin is hard and your finger leaves an indentation, the eggplant is overripe and will be bitter.

There are other clues to the just-ripe eggplant. It feels heavy for its size, looks shiny and smooth, has no soft spots, isn't shriveled and the green cap

- Salt  
1 1/2 lbs. lean ground beef  
1/2 cup chopped onion  
1 tsp. cooking oil  
1 tsp. all-purpose flour  
1 can (8 oz.) tomato sauce  
1/2 cup chopped green pepper  
1 tsp. dried oregano leaves  
1 tsp. chili powder  
Black pepper  
1 cup shredded sharp Cheddar cheese  
Grated Parmesan cheese

Pare eggplant, cut in 1/2-inch slices, lightly salt on both sides and weight down 30 minutes. In electric frypan, lightly brown meat and onion in hot oil at about 320 degrees. Sprinkle on flour and stir. Add tomato sauce, green pepper, oregano, chili powder and 1/2 tsp. salt, mix well and reduce heat to about 220 degrees. Lightly season eggplant on one side with pepper, arrange slices over meat, cover and cook 20 minutes. Top with Cheddar. Just before serving, sprinkle on Parmesan. Serves 6.

### ITALIAN EGGPLANT

- Olive oil  
1 small onion, finely chopped  
1 garlic clove, minced  
2 cups crushed Italian plum tomatoes

- Salt  
Black pepper  
All-purpose flour  
Pinch of oregano  
1 medium eggplant, about 1 1/2 lbs.  
1/2 cup evaporated milk  
2 eggs, beaten  
Italian style bread crumbs  
1 lb. Mozzarella cheese, sliced

Heat 1 tablespoon oil in medium saucepan, add onion and garlic and cook on medium heat several minutes. Add tomatoes, salt and pepper to taste, oregano, stir, reduce heat to medium low and cook covered 1 hour. Pare eggplant, cut in 1/2-inch slices, lightly salt on both sides and weight down while sauce cooks. Pat eggplant dry with paper towels, dredge in flour, dip in mixture of milk and eggs and coat with bread crumbs. Cover bottom of large skillet with oil, heat on medium brown eggplant on both sides, adding oil as needed and drain on paper towels. In 2-quart casserole, arrange layer of eggplant, half of sauce and top with some cheese. Repeat layering. Cover casserole and bake in 350-degree oven 20 minutes. Uncover and bake 15 minutes. Let cool 5 minutes before serving. Serves 6.

- MEXICAN EGGPLANT  
1 medium eggplant, about 1 1/2 lbs.

## Diet, cancer conference set at MSU

The relationship between diet and cancer will be discussed at a daylong nutrition conference March 22 at Michigan State University. The program, which is part of Farmer's Week, begins at 9 a.m. in B108 Wells Hall.

The opening speaker is Steven Stellman, an epidemiologist with the American Cancer Society in New York. Stellman will present data linking dietary practices to greater or lesser incidence of cancer.

Jay Goodman, MSU professor of pharmacology and toxicology, will discuss what takes place at the cellular level in the development of cancer cells. He will explain how carcinogens interact with normal body processes to produce mutant cancer cells.

AT 1:30 p.m., Ian Gray, MSU associate professor of food science and human nutrition will talk about toxic compounds in food, including those that occur naturally and those that are created or added during food processing.

Maurice Bennick, MSU associate professor of food science and human nutrition, will talk about specific dietary components and their protective or harmful effects in the development of cancer.

Following these presentations, there will be a panel discussion on diet and health with the four speakers and an opportunity for questions from the audience.

The program is intended for all consumers interested in the relationship of diet and cancer. It is co-sponsored by the American Cancer Society, Ingham County Unit; the MSU Cooperative Extension Service and the MSU Department of Food Science and Human Nutrition.



## DO YOU KNOW A CHILD WITH SPECIAL NEEDS?

Children with vision, speech or hearing problems, emotional, physical, intellectual or learning impairments often need special attention—special attention from special people. Michigan Project Find

CALL TOLL-FREE (800) 572-6955



Special Help for Michigan's Special Children

This message published as a public service by the Michigan Department of Education and your local school district.

**ORCHARD-10 IGA**  
24065 ORCHARD LAKE RD.  
Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5  
We Feature Western Beef

**Shopping Spree** **WIN FREE GROCERIES**

Order Your Easter Hams, Turkeys, Veal & Lamb Now!

Paper Plates 99¢  
FAME Soup 3/89¢

**FREE PEPSI**  
Get one half-liter 8-pack FREE when you buy TWO half-liter 8-packs and use Pepsi's valuable coupon.

\$2.29  
+Dop. 8 Pack

Look for the money-saving money-saving money-saving food savings.

Preserve the good feeling at IGA!

QUARTER 1/2 lb. Imperial Margarine 59¢  
HEALTHY 1/2 lb. Cheez Whiz \$1.99

Preserve the good feeling at IGA!

QUARTER 1/2 lb. Campfire Marshmallows 79¢  
Club Crackers \$1.19  
Chip n' Roos \$1.59

Preserve the good feeling at IGA!

FAME CREAMED Cottage Cheese 99¢  
24 oz. Can.

Preserve the good feeling at IGA!

ORE IDA Golden Crinkles 99¢  
2 lb. Bag

Preserve the good feeling at IGA!

White Bread 2/99¢  
Split Top Bread 69¢

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at IGA!

White Bread 99¢  
Lender's Bagels 59¢

Preserve the good feeling at IGA!

Spaghetti or Spaghetti's 59¢

Preserve the good feeling at IGA!

Grand Prize!  
LAS VEGAS  
3-1st Prizes  
MICROWAVE OVENS  
And Many More Prizes!

Preserve the good feeling at