

pilot light Greg Melikov

So hurry and eat them!

Strawberries are scrumptious

Strawberries are scrumptious, period.

Have you ever met anybody who didn't love the beautiful berries? Sure, some people get the hives from overdosing on tem, but I can't think of another fruit that has a bigger following.

Of course, with the good comes the bad—strawberries spoil quicker than a wealthy child. T've tried storing them in a dark, airy place. Two days later the mold appears. I've tried leaving them in the refrigerator, No luck.

So when I get a yen for strawberries, I use them the same day I buy them.

I look for the cleanest, brightest red bries. I avoid the small, misshapen, leaky once, I also examine the bottom of the container for juice stains because a hidden layer or two may be moldy or squashed.

White strawberry shortcake is a favorite Ameri-

squashed.

While strawberry shortcake is a favorite American dish, the berries can be combined with other fruits in salad or for dessert.

Strawberries also are the key ingredient in an exotic lemonade. You can crush the berries with a potato masher, leaving them slightly lumpy, then pour juice and all into a container. After halving the lemons, squeezing and flicking out the seeds, you pour juice and pulp into the same container.

The syrup should be refrigerated until you thirst for lemonade. You won't get the raspberries for this drink.

STRAWBERRY LEMONADE
1 pint strawberries, washed and hulled
1 % cups lemon jaice (about 9 lemons)
2½ cups sagar
Chilled club soda or cold water

Crush stawberries and place in jar or plastic container with lid. Stir in lemon Julce. Add sugar in 3 increments, stirring until dissolved. Makes nearly 4 cups. Cover and store syrup in refrigerator until ready to prepare lemonade. For each serving, place 4 ice cubes in tall glass, add ¼ cup syrup, fill with club soda or water and stir well.

STRAWBERRIES AND PINEAPPLE IN SOUR CREAM

1 plot strawberries, washed and bulled
1 can (8 or.) pineapple chunks, drained
4 thep, brown sugar
3 cup sour cream

Halve strawberries and combine with pineapple

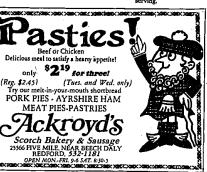
in bowl. Blend 3 tablespoons brown sugar with sour cream, toss with fruit mixture, cover and chill. Be-fore serving, sprinkle on remaining brown sugar. Serves 3.

Initals that are useful

Chances are, you see the initials "U.S.RDA" of-

Chances are, you see the initials 'U.S.RDA' of the food products you buy and prepare are labeled with nutritional information including the U.S.RDA.

But just what does U.S.RDA are used on food labels only and indicate the amounts of calories per serving, the protein, carbohydrate and fat in grams per serving.



IGR BORNS CONFOR Saltine Crackers

)0¢

Save (29°

59 T Limit 2 •18 oz. Pkg.

Limit one coupon per Coupon and \$15.00 p

GR BORES COUP

FAME Ice Cream

99¢

Save (80°)

GA Bonus Coupon

WHITE COLORED
HI Dri
Towels

39¢

nit one coupon per fa-upon end \$15.00 puro pulred, excluding tobe pholic beverages or c

LAS Save 20°

ORCHARD-10 IGA 24065 ORCHARD LAKE RD.

Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5 We Feature Western Beef

Not Responsible for Errors in Printing

DOUBLE COUPON
ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50° face value. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. All cigarette coupons at face value. Offer in effect now through Sunday, August 28, 1983.

FAME of Chief

Soup

10.5 3/895

₹£

TABLE TREAT

Green

Beans

Cut

Passing Along Summer Savings!



Turkey Franks

House of Reeford or Swifts Grade A Turkey Breast 7/11 Chops

Royal Crown

Braunschweiger or

Liver Sausage

IGA TABLERITE

Hamburger

from

Ground



44^ç



a Red \$1 29





Coke **Diet Coke** Caffeine Free Tab and Sprite

FAME Applesauce



5/1.00

Bread . 99¢ AME 39¢



Cheer

Detergent

\$145 Lunch 3/99¢ Instant Tea

Maple Village

7 FRIENDLY PHAMACISTS TO SERVE YOU! \$200

SOMY MEDICAD & BATH CONTROL NOT IN LIMIT ONE COUPON PER FAMILY, EXPRES NOT

NEW CO-PAY PRESCRIPTION
OR TRANSFER
FROM ANOTHER PHARMACY | SPECIALLY PRICED
ALL 1200 CO-PAY | ALL 1200 CO-PAY | PRESCRIPTIONS | PRESCRIPTIONS

4 49 49°

DEEP **DISCOUNT PRICES EVERY DAY**

Senior Citizens Always Receive A

15% Discount on all prescriptions.

Our prescription computer system automatically gives a 15% discount

Coke • Pepsi • 7-Up • Like

PLUS DEPOSIT
LIMIT 2 PER FAMILY
EXPRES EXT. 6, 1961

School Paper

~ 49¢

Timex Watches Everyday Discounted 30% OFF

Revion Cosmetics Everyday Discounted

20% off

Color Prints

Limit 1 Each --- Expires 9-5-83

KODAK COLOR

FILM
110-24 Exp. \$2.29
Disc.—15 Exp. \$2.39
Cos.—24 Exp. \$2.39

135—24 Ехр.

Distilled Water or-**Spring Water**

1 GALLON 39¢

EXPIRES SEPT. 5, 1983

Dairy Fresh Margarine

1 lb. \$1.00

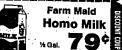
Limit 6

Tide Laundry Detergent

7 UP • Diet 7 UP 8 PACK 12 OZ. CANS \$1.49

DELSEY **Toilet Tissue**

4 Roll Pack 89¢





5 lbs. or more Armour Star Gold & Crisp Turkey Nuggets

99





1.69 8 pack + deposit



Cottage

Cheese

Imperial55¢

Orange \$129

Folger's Coffee

\$399







IGA) Caupon Caupan Caupan Dish Liquid **SAVE** (69°)

Fantastic **†1**89 **SAVE** (57°)

SAVE (98)

Cap'n Crunch SAVE 49º