

Sample tropical fare at home

CHIEF CHRISTIAN'S CHICKEN FLORIDA
2 chicken breast halves boned, skinned, split again

- 1 cup Triple Sec liqueur
- 1 cup flour
- salt and freshly ground pepper to taste
- 2 beaten eggs
- 1 cup freshly grated coconut
- 2 cups vegetable oil
- 2 cups orange marmalade
- 2 seeded and juiced limes
- 1/4 teaspoon thyme
- 1/4 teaspoon rosemary
- 1/4 teaspoon cinnamon
- 4 sectioned oranges
- 4 cups yellow rice
- fruit sections for garnish

Carefully heat the oil to about 375 degrees (medium high) and fry the chicken until golden brown. Do not overcook. Remove the chicken from the skillet. Pour off all oil except about 2 tablespoons. Add the marmalade, lime juice, and spices. Bring to a bubbly boil. Now add the chicken back into the pan and cook on each side for about 5 minutes.

Just before the chicken is ready, add the orange then heat. Serve over hot fluffy yellow rice and garnish with fruit sections. Serves 4.

AVOCADO/CRAB/GRAPEFRUIT SALAD

- 4 avocados
- 1 lb. crab meat, diced
- 1/2 cup pecans
- 1 cup mayonnaise
- 2 teaspoon ketchup
- dash of Worcestershire sauce
- lettuce

- 1 cup grapefruit sections, halved
- 2 hard boiled, chopped eggs
- black olives

Cut the avocados in half and remove the seeds. Combine the crab meat with the next four ingredients and spoon into the avocados. Serve on a bed of crisp lettuce surrounded by grapefruit sections and garnished with chopped eggs and black olives. Serves 4.

BAHAMA MAMA

- 1 1/2 ounces light rum
- 1 1/2 ounces Galliano
- splash grenadine
- splash orange juice
- splash pineapple juice
- splash coconut milk

Blend all ingredients. Pour into large glass filled with ice. Garnish with orange slice and cherry.



See Yourself For What You Can Be



ENTECH SERVICES

Putting the fizz in soda

Continued from Page 1
nation before the cap is placed on, whereupon the bottle is whirled to mix its contents. Some bottlers use a premix system that combines the proper amounts of syrup and water, which are then carbonated and bottled.

Probably the best thing that can be said about soft drinks is that their flavor encourages people to drink water. With some 147 calories for each 12 ounces, many people discount the nutritional shortcomings and indulge primarily because they enjoy the taste, the tingle of the carbonation and the mildly stimulating effects.

Just know that on a hot summer day, you won't see me very far away from a Big Gulp. We all know that water is a better thirst quencher, especially when a shot of fresh lemon is added. But who ever heard of potato chips with water?

Try these recipes using soda pop and let me know what you think.

Picking the best melons

Continued from Page 1

soft. According to Murchie's book, they "seem to go from one extreme to the other in a matter of hours." Finding a good Juan Canary is worth the effort, but because its season coincides with the more reliable cantaloupes and honeydews, sticking with these usually make more sense.

One of the things that make melons so popular are their simplicity and versatility. A scoop of low-fat cottage cheese nestled in half a cantaloupe, is a winning diet meal. A slice of prosciutto wrapped around a wedge of honeydew melon, is a simple, elegant appetizer.

Cook with soft drinks

- HOMEMADE FRUIT PUNCH**
- 2 cups water
 - 2 cups sugar
 - 1 cup pineapple
 - 1 cup strawberries
 - 1 cup bananas
 - 1 cup white grapes
 - 1 cup maraschino cherries
 - the juice of 6 oranges
 - the juice of 6 lemons
 - 2 quart water
- Boil water and sugar for 10 minutes. Cool and add crushed fruit and juice. Fill a tall glass half full with the fruit mixture, add ice and fill with soda water. Makes 10 tall glasses.

- GINGERBREAD**
- 1/2 cup shortening
 - 2 tablespoons sugar
 - 1 egg
 - 1 cup dark molasses
 - 1 cup boiling ginger ale
 - 2 1/4 cups flour
 - 1 teaspoon soda
 - 1/2 teaspoon salt
 - 1 teaspoon ginger
 - 1 teaspoon cinnamon

Mix together shortening, sugar and egg. Blend in molasses and ginger ale. Sift together dry ingredients and add to molasses mixture. Beat until smooth. Pour into a lightly greased and floured pan and bake 45-50 minutes.

- THE CLASSIC CHOCOLATE SODA**
- 2 tablespoons prepared chocolate syrup or sauce
 - 1/4 cup chilled club soda
 - 2 large scoops vanilla ice cream
- Mix in a tall glass chocolate syrup and club soda. Add vanilla ice cream and a little more soda if needed. Stir gently.

Paralegal

- Comprehensive Evening Program
- Taught by Experienced Attorneys
- Financial Aid Available if Qualified
- Classes Held Locally:

Franklin High School, Livonia
Concordia College, Ann Arbor
Legal Sect'l Career Inst., Southfield

Call: 559-8040

For Free Brochure

American Institute For Paralegal Studies Inc.
17515 W. 9 Mile Rd., #225, Southfield, MI 48075

Anna's Fresh Seafood Mkt.

24050 Joy Rd., Redford
(across from Reddazz's Fruit Market)

DIET RIGHT - EAT FISH

- Red Snapper • Sea Bass
- White Fish • Pickeral • Perch
- Shrimp • Squid • Smoked Fish
- Lobster Tail & Much More

JUST FOR THE HALIBUT SHOP AT ANNA'S

CARRY-OUTS FISH & CHIPS DINNERS
WE COOK IN CHOLESTEROL-FREE OIL
255-2112

HOURS: M-11:9 am-7 pm • FR. & Sat. 9 am-8 pm

Food Stamps Accepted

ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon. thru Sat. 8-9; Sun. 9-5

We Feature Western Beef At IGA I Get Attention

QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

DOUBLE! DOUBLE! DOUBLE!

COUPON! COUPON! COUPON!

DOUBLE COUPON DOUBLE COUPON DOUBLE COUPON

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. All coupons 50¢ or lower will be doubled. Coupons above 50¢ will be cashed at face value. Limit one coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. Other retailer and free coupons excluded. All cigarette coupons at face value. This offer in effect now through August 7, 1988.

IGA Tablerite

Full Cut Beef Round Steak

1.49 lb.

Save 1.00 lb.

IGA Tablerite

Boneless Rolled & Tied Rump Roast

1.89 lb.

Save 1.10 lb.

IGA Tablerite

Fancy Split Chicken Breast

1.49 lb.

Save .50 lb.

Produce

Fresh PLUS Service

Premium Bananas

3 lbs. / 1.00

1/2 lb. 1-cup portion
Sweet & Juicy Nectarines .89

Michigan Crop - 24 Oz. 1/2 lb. pack
Tender Celery .59

IGA BONUS COUPON

White or Assorted Pastels Charmin

Bath Tissue

.79

Limit 1 • 4 Roll Pkg.

Limit one coupon per family. Coupon good 11/11 or purchase required. Excludes other products. See store for details. Coupon expires August 7, 1988.

IGA Tablerite

Boneless Beef Top Round Family Steak

1.99 lb.

Save .90 lb.

IGA Tablerite

Boneless Beef Bottom Round Steak

1.79 lb.

Save 1.10 lb.

IGA Tablerite

Boneless Beef Cube Steaks

2.49 lb.

Boneless Beef
Denver Steaks 1.89 lb.

Dairy

Table Treat

American Singles

.69

12 oz. Pkg.

IGA BONUS COUPON

FAME • Assorted Flavors

Ice Cream

.99

Limit 1 • 1/2 Gallon Ctn.

Limit one coupon per family. Coupon good 11/11 or purchase required. Excludes other products. See store for details. Coupon expires August 7, 1988.

IGA Tablerite

Hamburger from Ground Chuck

1.39 lb.

Save .50 lb.

Thornapple

Sliced Bacon

1.19

12 oz. Pkg.

Save .50 Pkg.

Frozen

FAME Lemonade

.39

12 oz.

Dairy

Table Treat

Small or Large Curd FAME

Cottage Cheese

.89

Limit 1 • 24 oz. Ctn.

Limit one coupon per family. Coupon good 11/11 or purchase required. Excludes other products. See store for details. Coupon expires August 7, 1988.

IGA BONUS COUPON

Small or Large Curd FAME

Cottage Cheese

.89

Limit 1 • 24 oz. Ctn.

Limit one coupon per family. Coupon good 11/11 or purchase required. Excludes other products. See store for details. Coupon expires August 7, 1988.

Eckrich Cheese or Beef

Franks

1.89

1 lb. Pkg.

Save .60 Pkg.

FAME Lemonade

.39

12 oz.

Assorted Flavors • 10 oz. Pkg.

Hot Pockets 1.99

Assorted Flavors • 8 1/2 oz. Pkg.

Jell-O® Gelatin or Pudding Pops 2.49

Dairy

Table Treat

24 Lbs. 1/2 Gallon Size FAME MILK 1.59

1 lb. Square Pkg.
Parkay Margarine 1.19

Bakery

IGA

Hamburger or Hot Dog Buns

21.88

Dress Fresh Luncheon Pack 8 1/2 oz. Size • 24 oz. Ctn.

White Bread .89

100% Whole Wheat Bread .99

100% Whole Wheat Bread .99

100% Whole Wheat Bread .99

Grocery

For That Summer Cook-Out

Open Pit BBQ Sauce

1.88

42 oz.

Assorted Flavors Hi-C Drinks 1.79

48 oz. Can

Maxwell House Coffee 3.99

26 oz. Can

Final Touch Fabric Softener 1.69

Packed in Oil or Water Light Churn

Star Kist Tuna .69

6.5 oz. Can

IGA COUPON

1/2 lb. or 10 oz. Can

Purina Dog Food 1.00

100% Dog Food

Limit one coupon per family. Coupon good 11/11 or purchase required. See store for details. Coupon expires August 7, 1988.

IGA COUPON

1/2 lb. or 10 oz. Can

Kraft Dressings .20

1/2 lb. or 10 oz. Can

Limit one coupon per family. Coupon good 11/11 or purchase required. See store for details. Coupon expires August 7, 1988.

IGA COUPON

1/2 lb. or 10 oz. Can

Velveeta & Shells .99

1/2 lb. or 10 oz. Can

Limit one coupon per family. Coupon good 11/11 or purchase required. See store for details. Coupon expires August 7, 1988.

THE BODY SHOPPE

for Women & Men

1/2 Inch TANNING ISOMETRIC EXERCISE and WOLFE TANNING BEDS

24276 Mack Center Rd.
at 90 and Farmington Pike
477-SLIM