Snacks go with outdoor exercise

Ah, yes, fall has arrived.

This is the season that I think sets Michigan apart from all the other states. It is the time when each tree selects a slice of the spectrum it would like to wear, and the animals prepare for a very long nap.

Like the hibernating bear, however, we are often guilty of giving up on the fall and winter months, making the VCR our new best friend. Well, get out a pen and notebook because it is time to rewrite your fall exercise itinerary.

With each day of fall offering a new and more beautiful picture, fill in line one of your notebook with an exhilarating walk. Michigan trees are everywhere, so you don't have to drive great distances to view the scenery. Too many times we overlook what is the easiest to see. A simple walk around the block gives the legs great exercise, while giving the eye a treat of its own.

So, walking is not your idea of exciting exercise? If you're writing in pencil, erase "exhilarating walk" and write in "exhilarating bike ride."

I'LL ADMIT nothing beats bicycling with a beautiful summer breeze at your side, but a cool fall breeze also makes an excellent campanion. Hop on your bike a few times a week, and you'll find bicycling is just as much fun in the fall as it is in the summer.

If all this exercising has made you hungry, it at this point that our "exhilarating exercise" becomes "smart exercise."

There is nothing wrong with packing a snack while you are sneaking a peak at nature, but make it something light and nutritional so all your exercise isn't nullified by a moment of weakness.

While you are walking or bicycling and adoring nature, take a piece of nature along, such as an apple, banana or raisins.

Also, for something different and nutritious, pack a couple of parsley-cheddar biscuits and an assortment of vegetables. They are very simple to make, and in just 15 minutes they will be ready to accompany you on your walk or bike ride.

Another tasty tag-along is a beefy Italian hero sandwich, which can be topped with a zesty dressing.

All these snacks are not only easy to take along, but they are healthy, too. Go ahead, indulge yourself in exercise and help yourself to one of the above ideas while you do.

Lite success

Florine Mark

PARSLEY-CHEDDAR BISCUITS

1 ½ cups all-purpose flour
2 ½ teaspoons baking powder
¼ teaspoon salt
2 tablespoons margarine, well chilled, cut into small pieces
2 ounces cheddar cheese, grated
2 tablespoons chopped fresh parsley
¾ cup chilled buttermilk

Preheat oven to 425 degrees. In large bowl, stir together flour, baking powder and salt. With pastry blender or fork, cut in margarine until mixture forms coarse crumbs. Stir in cheese and parsley until evenly mixed. Pour in buttermilk and stir just until dry ingredients are moistened.

Lightly spray work surface and a 3-inch biscuit cutter with nonstick cooking spray. Place dough on work surface and pat or roll out ½ thick. (If dough is sticky, top with a light film of non-stick cooking spray.) Cut out eight 3-inch biscuits, rerolling scraps if necessary, using all dough. Place biscuits on heavy baking sheet. Bake 12-15 minutes, until biscuits are lightly browned. Let cool on rack. Makes 4 servings of 2 biscuits each.

Each serving provides:½ protien exchange, 2 bread exchange, 1 ½ fat exchange, ¼ milk exchange. Per serving: 266 calories, 10 grams. protien, 7 grams fat, 39 grams carbohydrate, 562 milligrams sodium.

BEEFY ITALIAN HERO SANDWICH

8-ounce loaf Italian bread
1 cup Boston lettuce leaves, washed and dried
1 cup sliced ripe tomato
12 ounces thinly sliced provolone cheese
½ cup drained jarred roasted red bell peppers (packed without sugar)
½ cup red onion rings
½ cup green bell pepper rings
¼ cup no-oil Italian salad dressing (4 calories per tablespoon)
2 tablespoons plus 2 teaspoons reduced calorie mayonnaise
1 teaspoon prepared white horseradish
granulated sugar substitute to equal ½ teaspoon sugar
½ teaspoon sugar
freshly ground pepper to taste

To prepare sandwich, slice bread in half horizontally. Evenly layer sandwich ingredients on bread in order given and top with other half of bread. Cut into 4 equal peices. To prepare dressing, in small bowl, whisk all ingredients until evenly blended. Just before serving, drizzle ¼ of the dressing over each sandwich. Makes 4 servings.

Each serving provides: 4 protein exchanges, 2 bread exchanges, 1 ¾ vegetable exchanges, 1 fat exchanges, 5 calories optional exchange. Per serving: 453 calories, 40 grams protein, 16 grams fat, 36 grams carbohydrate, 732 milligrams sodium.

There is nothing wrong with packing a snack while you are sneaking a peak at nature, but make it something light and nutritional so all your exercise isn't nullified by a moment of weakness.

Clip and Save
DISCOUNT POP & BEER
7-UP, Canada Dry, Sunkist, Hires, R.C., Lipton Tea, Hawaiian Punch 6 - 12 oz. Cans $4.99 + dep.
7-UP, Canada Dry, Sunkist, Hires, R.C. 6 - 16 oz. Bottles $1.79 + dep.
FAYGO 6 - 1½ Liter Bottles $1.39 + dep.
COKE, Tab, Squirt, Sprite, Dr. Pepper, Minute Maid 6 - 12 oz. Cans $1.99 + dep.
COKE, Tab, Squirt, Sprite, Dr. Pepper, Minute Maid 6 - 1½ Ltr. Bottles $2.19 + dep.
No Coupons Necessary • NO LIMIT • Good Oct. 3rd thru Oct. 17th, 1988
POP CANS FOR OFFICE OR SHOP — CALL FOR INFO
32434 Grand River W. of Powers 477-6479
15348 Middlebelt N. of 5 Mile 421-5670
2434 Telegraph S. of Michigan 277-3080
Clip and Save

COUPON
Dollette
SUPER-K SUPREME KEROSENE $1.00 OFF
BETTER THAN K
ONE 5 GAL. FILL-UP
Limit 1 Per Customer Thru 10-31-88
LOCAL True Value HARDWARE
33533 FIVE MILE AT FARMINGTON RD.
422-1155 937-1611

NOTICE

TO RONALD G. HENDERSON AND OTHER INTERESTED PARTIES

Unit No. D-74 was rented to Ronald G. Henderson on May 11, 1988. The contents of Unit D-74, at Your Attic of Farmington Hills, 38875 Grand River, will be sold on November 2, 1988, at 1:00 P.M., to satisfy Your Attic of Farmington Hills' lien unless this lien is satisfied before the sale date. The items will be awarded to the highest bidder (minimum bid $42.20).

The contents of Unit D-74 will be available for inspection between the hours of 9:00 A.M. and 5:00 P.M. on November 1, 1988 and includes, but is not limited to Painters Equipment.

Your Attic of Farmington Hills
38875 Grand River
Farmington Hills, Michigan 48331

Publish September 26 and October 3, 1988

End of Season SALE
Simply Beautiful!
Lustra Wall® Porch Enclosures
• 10% Over Wholesale
• Call for Estimate
• White
WALLS, ROOF or CEMENT
Patio Door Sales, Inc.
Factory/Showroom
25461 W. Seven Mile Rd., Redford Twp., MI 48240
538-6288 Since 1963 538-6212
Lic. #21004

BERGSTROM'S INC.
HEATING • COOLING • PLUMBING
522-1350
STORE HOURS MON.-FRI. 8-7 SAT. 9-4
EXPIRES 9-30-88
25429 W. FIVE MILE REDFORD, MI 48239
WEATHERMAKER HIGH-EFFICIENCY FURNACE
• UP TO 97.3% EFFICIENT
QUIET OPERATION
CALL FOR FREE ESTIMATES
$200.00 REBATE
LIFETIME LIMITED WARRANTY ON HEAT EXCHANGERS
GET A JUMP ON WINTER CALL TODAY!
PRE-SEASON GAS FURNACE CLEAN AND CHECK
REG. $51.50
$39.95
CALL FOR DETAILS
AN INEFFICIENT FURNACE MEANS EXTRA DOLLARS ON YOUR ENERGY BILL
CARRIER POWER HUMIDIFIER
SAVE $50.00
INSTALLED & RUNNING
$199.95
49WS High-Output

IGA
ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon. thru Sat. 8-9; Sun. 9-5
We Feature Western Beef
QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING
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 Sunday, October 9, 1988.

IGA BEEF roundup
Save 1.20 lb.
IGA Tablerite Beef Boneless Bottom Round Roast
SOLD AS ROAST ONLY 1.69 lb.
IGA Tablerite Assorted Pork Chops
7-11 Chops Per Pkg. 1.29 lb.
Save .60 lb.
IGA Tablerite Bottom Round Steaks..... 1.89 lb.
Eye of Round Steaks..... 2.19 lb.
Save 1.00 lb.
IGA Tablerite Center Cut Pork Chops
Rib Chops..... 2.29 lb.
Loin Chops..... 2.49 lb.
Save .50 lb.
Hamburger From Ground Chuck
5 lbs. or More 1.39 lb.
Save .50 lb.
IGA Tablerite Beef Cube Steaks ..... 2.49 lb.
Boneless Beef Stew ..... 1.99 lb.
IGA Tablerite Breakfast Link Sausage
Save .20 lb. 1.79 lb.
Thornapple Sliced Bacon
12 oz. pkg.
Save .60 pkg. 1.29
IGA's Annual Beef Round-Up means big savings on quality beef. IGA Tablerite Beef plus savings storewide.
AT IGA I GET ATTENTION!
IGA Tablerite Whole, Boneless New York Strips
Cut and Wrapped FREE! 2.69 lb.
Save .70 lb.
Coca Cola, Diet or Reg., Caffeine Free, Squirt, or Sprite
8 Pak ½ Liter 1.89 + Deposit

Grocery
Northern Bath Tissue 4 Roll Pkg. .99
Stove Top Stuffing 6 oz. .89
Del Monte Catsup 32 oz. .99
Hawaiian Punch 46 oz. or 2 Pack/25.5 oz. .79
Del Monte Green Beans 2/1.00
Del Monte Fruit ..... .79
Gala Towels ..... .69
FUNK & WAGNALLS NEW ENCYCLOPEDIA Latest Edition Featuring This Week Volume 21
Volume 1 only 9¢
Volume 2 only 99¢
Volumes 3-29 only $4.99 ea.

Produce
Fresh PLUS Savings
U.S. No. 1 Michigan All Purpose Russet Potatoes
10 lb. Bag 1.39
Seedless Grapes ..... .89
#3 Michigan Delicious Apples... 3 lbs. 1.39

Dairy
Limit 2 Please! Quarters
Imperial Margarine 1 lb. Pkg. .49
Colby Cheese 2.19
FAME Milk 1.89
Italian Bread ..... .89
Fried Cake Donuts 1.79

IGA BONUS COUPON
Maxwell House Coffee 5.79
Limit 1 • 3 lb. Can or 39 oz. ... Save 2.70
Limit one coupon per family. Coupon and $15.00 purchase required, excluding tobacco, alcoholic beverages or other coupon items. Coupon expires: Sunday, Oct. 9, 1988.
NR 91-1
IGA BONUS COUPON
BUY 1 GET 1 FREE AT THE CHECK OUT From Quaker Oats
NR 92-2

Frozen
Banquet Dinners 10-12 oz. .99
Bread Dough 1.59
Premium Ice Cream 2.19

Bakery
Save .20
IGA Butter Split Top Wheat Bread 20 oz. .69

IGA COUPON
Wisk Liquid 5.99
Limit 1 • 128 oz. Save 1.30
NR 95-5
IGA COUPON
Del Monte Snack Cups .20
Limit 2 • 4 Pack. Save .20 On Each
NR 94-4