

## 20-year-old recipe still a favorite one

AP — This hearty main dish is a 20-year favorite. Folks like the robust beef flavor and easy preparation. Top it with the biscuit lattice given here, or a dollop of mashed potatoes and sprinkle with shredded cheese.

### LATTICE-TOPPED HAMBURGER PIE

1 pound ground beef  
1 large onion, chopped (1 cup)  
1/2 cup chopped celery  
1/2 cup chopped green pepper  
1 clove garlic, minced  
2 teaspoons chili powder  
1/2 teaspoon pepper  
one 10 1/2-ounce can condensed tomato soup  
1 cup loose-packed frozen cut green beans  
1 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/4 cup flaky shortening American cheese  
2 tablespoons shortening  
1/2 cup milk

In a large skillet cook beef, onion, celery, green pepper and garlic until beef is brown and vegetables are tender. Drain off fat. Stir in chili powder and pepper; cook 1 minute. Add soup and green beans; bring just to boiling. Turn into an 8-by-11 1/2-inch round baking dish.

Meanwhile, for crust, in mixing bowl stir together flour, baking powder and salt. Cut in cheese and shortening. Add milk; mix well. Form into a ball. On a lightly floured surface roll crust to a 9-inch square about 1/4-inch thick. Using fluted pastry wheel or knife, cut into 18 1/4-inch-wide strips. Weave strips on top of casserole, forming lattice crust. Trim strips at casserole edge, pressing down slightly. Bake, uncovered, in 425-degree oven 15 minutes or until golden. Makes 4 servings.

Nutrition information per serving: 526 cal., 28 g. pro., 43 g. carb., 27 g. fat, 85 mg. chol., 867 mg. sodium. U.S. RDA: 26 percent vit. A, 78 percent vit. C, 28 percent thiamine, 25 percent riboflavin, 28 percent niacin, 18 percent calcium, 33 percent iron.

## Healthy lifestyle is all-important



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Modern lifestyles influence and are blamed for many things, not the least of which are food habits.

Meals are characterized by being more fragmented, eating on the run, eating away from home, buying take-out foods or ordering foods delivered to the house.

We eat fewer meals together as a family, and consume smaller but more frequent meals throughout the day (grazing).

Visit the local grocery store to see how it has changed to meet the demands of modern lifestyles. The fastest growing areas in the store are deli, bakery, salad and soup bars, fresh fish departments, in-store restaurants and more fresh produce.

MANY OF us are making changes in our lifestyles in an effort to live longer and be healthier.

What we eat may affect our risk of coronary heart disease, stroke, arteriosclerosis, diabetes and some types of cancer. We have gone from diseases of nutritional deficiencies to the diseases of excess and imbalance.

There no longer can be any doubt about the link between diet and disease," U.S. Surgeon General C. Everett Koop said. "Your choice of

diet can influence your long-term health prospects more than any other action you might take."

Scientific investigations and research are producing abundant amounts of information on ways personal behavior affects health.

CURRENT NUTRITION research indicates that proper food choices can reduce related risk factors of coronary heart disease, high blood pressure, obesity and high blood cholesterol.

Health professionals recommend lowering the intake of total fat, but in particular, saturated fats and cholesterol in order to control these risk factors. Reduce consumption of foods high in saturated fats. These foods include:

• red meats, especially those that are fatty and/or well-marbled.  
• full-fat dairy products, such as whole milk, butter, cream cheese,

hard cheese and ice cream.

• fatty luncheon meats.  
• hard shortenings, lard, beef tallow, palm and coconut oils and foods made with them.

Reduce consumption of foods high in cholesterol. These foods include:

• egg yolks.  
• organ meats (brains, sweetbreads and liver).  
• meat, poultry, fish and seafood.  
• full-fat dairy products.

EXERCISE MORE and do it "aerobically" ... use rhythmic movement to raise your heartbeat moderately for 20-30 minutes.

Aerobic exercise, in addition to helping you feel great, can reduce total body fat, and even decrease total cholesterol while increasing the level of HDL (the "good" cholesterol) in your blood. Examples are brisk walking, swimming and biking.

Stop smoking! In addition to the damage to your lungs, tobacco use of any kind increases the risk of CHD dramatically. If you do stop smoking you may gain an additional benefit beyond CHD risk reduction ... some of the lung damage will be reversed.

FOR HEALTH and fitness, a well-balanced diet includes all foods in moderation. For those of you who are into eating "by the numbers," the following information from the American Heart Association may serve as a guideline:

- 15 percent of calories from protein.
- 50 to 55 percent of calories from carbohydrates (primarily complex carbohydrates).
- 30 percent of calories or less from fat (less than 10 percent from saturated fat).
- less than 300 milligrams cholesterol per day.
- less than 3,000 milligrams sodium per day.

Nutrition is fast becoming a primary and pivotal force in preventive medicine. Simply think of nutrition as an investment for good health of mind and body.

## Make these meatloaves quickly in microwave

AP — Moist, delicious meat loaf in 15 minutes? That's all the time it takes to mix these individual meat loaves and cook them in your microwave.

You can make the loaves ahead. Just chill the uncooked loaves until dinner time, and add an extra minute to the first cooking time.

### MUSHROOM-STUFFED MINI-LOAVES

1/2 cup dairy sour cream  
3 tablespoons fine dry bread crumbs  
dash pepper  
1 pound ground beef  
one 4-ounce can chopped mushrooms, drained  
1 slice tomato, halved  
2 slices Swiss cheese, cut in half  
canned french fried onions (optional)

In a mixing bowl stir together sour cream, bread crumbs and pepper. Add beef; mix well. Shape meat mixture into eight 5-by-2 1/2-inch oval patties. Evenly divide mushrooms among 4 patties. Spread mushrooms to within 1/4 inch of edge. Top with remaining meat patties. Seal edges and shape into loaves. Place in a microwave-safe 8-by-8-by-2-inch baking dish.

Cook, uncovered, on 100 percent power (high) 3 minutes. Rotate dish a half turn. Cook, uncovered, on high 3-5 minutes more or until done. Drain off fat. Top loaves with tomato and Swiss cheese. Cook, uncovered, on high 1-2 minutes more or

with french fried onions, if desired.

Makes 8 servings.  
Nutrition information per serving: 376 cal., 26 g. pro., 7 g. carb., 27 g. fat, 115 mg. chol., 242 mg. sodium. U.S. RDA: 10 percent vit. A, 17 percent riboflavin, 28 percent niacin, 19 percent calcium, 17 percent iron.

## Muffins get a nutty flavor from cereal mixture

AP — Fresh from the oven, bread makes any weekend-breakfast tender. Even better yet, these tender muffins start with packaged biscuit mix for less measuring and quick mixing. Their nutty flavor comes from muesli, a mixture of whole-grain cereal, dried fruit and nuts. Look for a box of it in the cereal aisle of your grocery store or in a local health food store.

### YOGURT MUESLI MUFFINS

1 1/2 cups packaged biscuit mix  
1 cup muesli  
1/4 cup packed brown sugar  
2 beaten eggs  
one 8-ounce carton strawberry-banana yogurt

3 tablespoons cooking oil

Grease 12 muffin cups; line with paper bake cups or spray with non-stick spray coating. In a large mixing bowl stir together biscuit mix, muesli and brown sugar. Make a well in the center. In a small mixing bowl stir together eggs, yogurt and oil. Add all at once to muesli mix-

ture. Stir just until moistened (batter should be lumpy). Fill prepared muffin cups two-thirds full. Bake in a 400-degree oven 16-18 minutes or until golden. Remove from pans; serve warm. Makes 12.

Nutrition information per serving: 173 cal., 5 g. pro., 28 g. carb., 7 g. fat, 47 mg. chol., 213 mg. sodium.

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