

Snack With Apples

By JOYCE TOTTON

Apples are on parade, glowing beauties in an array of colors. They run in various shades, depending on the variety, and are refreshing for out-of-the-hand eating. Although three meals a day are customary in this country, it's no secret that many of us eat at other times.

The choice of snacks is important. Snacks should make a contribution to the diet beyond that of calories. For instance, sweet snacks add calories without other nutrients yet may spoil the appetite for well-planned meals. Also, sweet, sticky foods contribute to tooth decay, because we seldom brush our teeth afterward.

AN APPLE is a snack with built-in values. Get into the habit of having this kind of snack instead of empty-calorie snacks like soft drinks, candy and potato chips.

Since this is the season for apples, go on a cooking spree and prepare a variety of pies and cakes using cooking apples. Or put in apples and create a dessert.

APPLE NUT PUDDING

3/4 c. sugar
1 egg, well beaten
1/2 c. flour
1/2 t. salt
1 t. baking powder
1/2 t. almond extract
1 c. finely chopped tart apple
1/2 c. chopped nuts

Beat egg until quite thick, gradually add sugar, beating until sugar is dissolved. Add sifted dry ingredients, stir in almond flavoring, add chopped apples and nuts. Stir well and pour into eight-inch square pan. Bake at 350 F. 35-40 minutes and serve with cream, whipped cream or ice cream over top.

APPLESAUCE CAKE (WITH LEMON ICING)

1/2 c. shortening
1 c. granulated sugar
1 egg
1 c. unsweetened applesauce
1/2 t. salt
1 t. baking soda
1/2 t. nutmeg
1 t. allspice
1 t. cinnamon
1/2 t. salt
1 c. seedless raisins.

Cream the shortening, add sugar and blend thoroughly. Add the beaten egg and applesauce, mix well. Sift the dry ingredients together into the mixture, add the raisins and mix well. Pour into a greased and floured pan 10x10x2 or line the pan with waxed paper. Bake at 350 F. for one hour or until done. Remove from the oven, set pan on cake rack for about five minutes. Loosen edges of cake from the pan, invert on rack, remove pan and turn cake right side up. When cool, top with lemon icing if desired.

Lemon Icing:

2 T. butter or margarine
Grated rind of 1/2 lemon
1 1/2 c. confectioners' sugar
1 1/2 T. lemon juice

Cream butter, add grated lemon rind and blend. Gradually add the confectioners' sugar alternating with the lemon juice until icing has a creamy spreading consistency.

Prepare Your Home For Winter Rigors

Fall and spring are fix-up, clean-up time in most American homes.

Before the rigors of winter, the homeowner will want to touch up exterior paint and perhaps repaint his entire house. The fence may need repair. Storm windows need to be checked and repaired, if required.

The home craftsman will want to clean his basement and see that he has a supply of lumber, hardware and other materials for winter projects. He should include short lengths of Masonite Tempered Presdwood for numerous fix-up and mending projects around the home, from toys to workbench tops.

Among the indoor projects he may want to carry out are lining the garage or utility room with Patterned Peg-Board. This heavy-duty, predecorated hardboard will hold heavy items on hooks and hangers, getting them off the floor.

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Pork Chops
LB **87¢** LOIN CHOPS **97¢** LB

PICNIC STYLE
Fresh Pork Roast.....LB **39¢**
U.S. CHOICE BOSTON ROLL OR CHUCK
Boneless Roast.....LB **89¢**
U.S. CHOICE TENDERAY BEEF
Rib Roast 4 & 5TH RIBS.....LB **89¢**

Smoked Hams
FULL SHANK HALF
49¢ LB
WHOLE OR BUTT PORTION
59¢ LB

GORDON'S ROLL
Pork Sausage.....2 LB ROLL **79¢**
SERVE N' SAVE
Sliced Bacon.....LB **65¢**
MICHIGAN GRADE 1
Skinless Wieners 2 LB PKG **99¢**
COUNTRY CLUB POINT CUT
Corned Beef.....LB **69¢**

SHALL 3 LBS & DOWN
Fresh Spare Ribs
LB **59¢**

FRESH FRYER
Legs or Breasts
WHOLE WITH RIB OR BACK PORTION
LB **59¢**

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FRESH ROASTED
Spotlight Coffee
1-LB BAG **49¢** 3-LB BAG **\$1.45**

BLUEMONT
Bartlett Pear Halves
15-OZ WT CANS **5¢**

LADY MYERS STEMS & PIECES
Mushrooms.....4-OZ WT CAN **19¢**
SPECIAL LABEL DETERGENT
Ajax.....5-LB BAG **99¢**
SUPER CLEANER
Miracle White.....GAL JUG **\$1.19**
REFRESHING FLAVORS
Stokely Drinks.....14-OZ CAN **21¢**
BABY FORMULA—SIMILAC OR ENFAMIL.....13-FL OZ CAN **22¢**
PINK
Recipe Salmon.....1-LB CAN **69¢**
WHOLE KERNEL OR CREAM STYLE
Freshlike Corn.....12-OZ WT CAN **19¢**

JIFFY BRAND
Biscuit Mix 2-LB 8-OZ PKG **29¢**
5 VARIETIES INCLUDING SUGAR AND APPLE N' SPICE
Kroger Donuts 4 DOZ **\$1**
MORTON ASSORTED FROZEN
Dinners.....11-OZ WT PKG **36¢**
KROGER FROZEN CRINKLE CUT
French Fries.....3 2-LB BAGS **\$1**
FOR FRYING & COOKING JEWEL
Shortening.....3 LB CAN **39¢**
CHOICE OF GRINDS COFFEE
Maxwell House 1-LB CAN **69¢**
PURE GRANULATED
Pioneer Sugar 5-LB BAG **49¢**

ASSORTED COLORS
Charmin Tissue
4 ROLL PACK **28¢**

KRAFT
Philadelphia Cream Cheese
3-OZ PKG **10¢**

DELICIOUS
Franco-American Spaghetti.....15-LB OZ WT CAN **12¢**
TASTY
Appian Way Pizza Mix.....12-1/2 OZ WT PKG **25¢**
KROGER LABEL
Fruit Cocktail.....5 1-LB 1-OZ CANS **\$1**
1 1/2-LB MEL-O-SOFT SANDWICH, BUTTERMILK, 1-LB CRACKED, WHOLE OR REG. WHEAT
Kroger Bread.....4 LOAVES **\$1**
MORTON FROZEN MINCE, APPLE OR
Pumpkin Pie.....1 1/2-LB PIE **25¢**
KROGER FROZEN BEEF, TURKEY
Chicken Pot Pies.....8-OZ WT PKG **15¢**
VANILLA, CHOCOLATE OR NEAPOLITAN
Polar Pak Ice Cream.....1/2-GAL CTN **59¢**
SPECIAL LABEL
Quart Joy Liquid.....BTL **55¢**

REG., HARD-TO-HOLD OR UNSCENTED
Aqua Net
12-FL OZ CAN **44¢**

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Alka Seltzer
25-CT PKG **38¢**

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DOZ **48¢** GRADE 'AA' OR EXTRA LARGE DOZ **53¢**

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50 TOP VALUE STAMPS
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Valid thru Sun., Oct. 13, 1968 at Kroger Det. & East. Mich. **E**

50 TOP VALUE STAMPS
WITH THIS COUPON ON 1-LB OR MORE FRANKENMUTH CHEESE
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50 TOP VALUE STAMPS
WITH THIS COUPON ON TWO 1/2-GALS KROGER LABEL SKIMMED MILK
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WITH THIS COUPON ON ANY TWO 1/2-GALS KROGER LABEL ICE CREAM
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50 TOP VALUE STAMPS
WITH THIS COUPON ON ANY 2 PKGS GORDON'S LINK PORK SAUSAGE
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MELLOW
Golden Ripe Bananas
2 LBS **29¢**

U.S. NO. 1
Yellow Onions.....3 LB BAG **39¢**
BLUE, RED TOKAY OR
Seedless Grapes.....LB **29¢**

25 TOP VALUE STAMPS
WITH THIS COUPON ON ANY PKG COUNTRY CLUB CORNED BEEF BRISKET
Valid thru Sun., Oct. 13, 1968 at Kroger Det. & East. Mich. **B**

U.S. NO. 1 MICHIGAN
Potatoes
20 LB BAG **69¢**

50 TOP VALUE STAMPS
WITH THIS COUPON ON ANY 2-LBS SLICED BACON
Valid thru Sun., Oct. 13, 1968 at Kroger Det. & East. Mich. **C**

CRISP ICEBERG
Head Lettuce
24 SIZE HEAD **19¢**
SALE PRICE

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