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School of Medicine, and

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عجنت رماند William Betament

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ONE MEDIUM ROUND PIZZA Crosse & 1-3 ferres

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DINNER FOR 4

\$4 4 93 REG \$15 99

s Square Pizza, Choese i ems, Large Salad, Chef, Anticesto or Greek Caron - Espen 13-11 M

BUDWEISER 18 PACK

James C. Carney, M.D. Scott G. Lewis, M.D. and Michael G. Kizy, M.D. Drs. Carney & Lewis, P.C.

are pleased to announce that

#### Barbara J. Cingel, M.D. Internal Medicine

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# New Generation

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#### **New Generation Deli**

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### Buffalo

from previous page

These findings fueled my fire they established the criteria for my research, time and recipe development — finding a solution to what we refer to as "the red meat dilemma" for a cardiac patient my artist husband, David. Three years after David's heart attack. Lopid (a typical cholesterol-control medication) ingrated numerous times daily and a diet that would send a bean curd over the edge. David was commissioned to do a painting for Mt. Rushmor's 50th anniversary. Buffalo lurgers and steaks were plentiful in South David's monument painting titled "Dakota Spirit" gave us the spirit and opportunity to taste

Wine from previous page

— is brimming with fresh strawberry and respherry fruit aromas and flavors. If you pre-fer red wines on the light, fruity side, you'll like this wine.

# 1993 Willamette Valley Pi-not Noir \$10.50 — comes from a tough year for Oregon vintners with rain at harvest.

With all the adversities, winemaker Dean Cox was able

to make a wine with good color, cherry fruit and black pepper spice. A very nice wine for the

1992 Willamette Valley Founder's Reserve Pinot Noir \$17 — is a wine from a hot year, unusual for Oregon. This wine sings cherry fruit from start to finish.

8 1992 Willamette Valley Founder's Reserve Cabernet Sauvignon \$17 — is alive with blackberry, cussis and dark cherry fruit. Chocolate hints

this lean, dense, delicious red meat that fit into the guidelines of his restricted diet. I returned to Michigan with a mission — to apread the word — to provide a solution for those in the same culinary strailjacket — I wrote a book.

The good news for today's health conscious public — eating buffalo meat is legitimate for those carefully watching their fair trake. Even enlightened cardiologists are saying OK to this red meat.

The good news for conservationists — bison are no longer endangered or on the brink of extinction. The buffalo head strained in the buffalo head at a conce covered the Eastern two-thirds of North America are re-

add interest to a very flavorful

Nor'Wester beers are all about \$3 per bottle. As bottled microbrews, they should stay cool from time of bottling to moment of consumption. Our check into distribution, finds good efforts to make this happen. If you buy some, make definit it reasonably soon. Nor'Wester's head brewer Andrew Fratianni maintains that microbrews are best when bottled, but 90 to 120 days later, they are terrible. Nor'Wester marks its bottling dates on cases, so sak about freshneas before buying.

M Nor Wester Hele Welzen is a

Corman name translating as yeast wheat. Origin of this malted barley and matted wheat ale is Bavaria. Bottled unfiltered, it retains its natural cloudiness, but all its great

cases, so ask before buying.

turning — perhaps not in the numbers of 60 to 100 million, but herds now totally 150,000-200,000 head are now peppered throughout the United States on private and the United States on private and the state of the

M Nor Wester Best Bitter Ale with its generous proportion of hops offers a bitter character balancing well with awest mal-ty qualities. A filtered brew.

Nor'Wester Raspherry Weizen is made from the brewery's Hefe Weizen with addition of local red raspherry julce. Lightly hopped, it has funtantic flavors when fresh. Unique raspherry elements faile dramatically as the bee edges toward a month past bot-

Collector's Connection verti-cal tasting of Kenwood Artist Series Cabernet Sauvignon (1978-1991), 7:30 p.m. Monday, October 16, Townstend Hotel, Birmingham. The cost is \$50 per person. Champagne hickoff. Cai: (810) 644-3443 for reserva-

tions.

To leave a message on the Heald's voice mail — dial 953-2047, mailbox 1864.

cooked slow and low and not as thoroughly as beef. If this meat is overcooked, it will become unpulatable. Recommended cooking range is rare to medium.

Butchered buffslo cuts are comperable to those of beef. This game is a winner no reatter I ow you cut it.

"The Buffslo Cookbook," published by "Hancock House Publishers" will be available in late October at local book stores and Williams-Sonoma.

#### COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspapers, 36251 Schooleraft, Livonia 48150, or by fax (313)591-7279.

Cooking demonstrations

ETTOGER BLADOR

ETTOGE dents. (313) 537-1300

FEEDING KIDS IN THE 808 Information on planning meds and relecting snacks, 7-9 p.m. Thursday, Oct. 5, Botsford Hospital's Health Development (B10) 477-6100

Classes

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# Call for nutrition information

Call the toll-free Nutrition Hot-

Call the toll-free Nutrition Hot-line of the American Institute for Cancer Research 1.(800) 843-8114 for free, personalized answers to nutrition questions from a regis-tered dietitian. The hotline oper-action weekdays 9 a.m. to 5 p.m. You can also call the hotline to request a list of free publications to help you eat for good health and lower cancer risk. The hotline is offered by the in-stitute as a public service. AICR's registered dictitians will return your call within 48 hours. The In-stitute focuses on the link be-tween diet, nutrition and cancer. Researchers estimate that 40 to 60 percent of all cancers are linked to our diets.

## Now's the time for fast & fresh tomato sauce

This is the ideal quick tomato sauce for this time of year when tomatoes are ripe, inexpensive and plential. This particular recipe is "hearment" and low in fat and calories. Combined with a good imported dry pasta (cappelint, speakattini, linquio or speaketti) it makes a parfect endo-deummer/senty fall entree, especially when coupled with a saised and sensible dessert.

TOMATO SAUCE 6 plum tomatoes, firm but ripd 3 cloves of garlic, pseled &

A tablespoons of extra virgin

G leaves of fresh beas, picked clean with no stams sait & pepper

Blanch tometone in boiling water for 2 minutes. After blanching, peal the tometone and dice, mearving the judes from the tometone. Brown pur-lie in olive oil: Add the diced tome-tone, fresh built judie from the thmatous and selt & popper, Let simmer for 5 minutes. Knough for 6 servines of pasts



# ROUND STEAK

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RUMP ROAST \$499





Kraft SINGLES CHEESE \$ 469 12 Oz. Pkg.





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