&Shakers Knew How To Cook

By ELLY
High above the palisades of
the Kentucky River in the
fertile Blue Grass country lies
the small, 18th century Shaker
community of Pleasant Hill.
The village Began in Bekör
French State State
Began in Bekör
French State

Shaker food:
From the Shaker
'Manifesto.'' the order's
monthly newsletter, came this
advice on preparing salads:
''To make a good salad, four
persons are wanted; a
spendthrift to furnish the oil, a
miser to measure the vinegar,
a councilor to dole out the salt
and spice, and a madman to
toss it!"

toss it!"
SHAKER EARLY SPRING
SALAD
4 c. dandelion leaves, cut

4 sinces bacon
½ c. vinegar
2 T. sugar
½ c. water
1 t. sait
½ t. pepper
1 T. onion, chopped
4 hard-cooked eggs

4 hard-cooked eggs
Gather the first dandelion
leaves before the plant blooms
and cut in two-inch lengths.
Fry the bacon crisp. Remove
from pan, reserving the fat.
To the bacon fat add vinegar,
sugar, water, salt and pepper
and stir until well blended.
Cool and toss dressing through
greens and onion. Heap salad
in a mound and garnish with
strips of bacon and slices of
egg.

egg. MOTHER ANN'S BIRTHDAY CAKE

1 c. butter 2 c. sugar 3 c. flour, sifted

½ c. cornstarch
3 t. baking powder
1 c. milk
2 t. vanilla
12 egg whites, beaten

"12 egg whites, beaten t. salt Creambutter and sugar. Sift together flour, cornstarch and baking powder. Add flour mixture alternately with milk to butter mixture. Beat after each addition, about 200 strokes in all. Add vanilla and lightly fold in the beaten egg whites to which the salt has been added. When cool fill between layers with peach jamor jelly and frost with any delicate icing.

delicate icing.

Ann Lee, who fled from Manchester, England to the colonies with seven of her followers bir for the followers bir for Shakers.

Mother Ann's birthday fell on Feb. 29 but was celebrated on March 1st. The original recipe for her birthday cake adds: "Out a handful of peach twigs which are filled with sap at this season of the year. Clip the ends and bruise them and beat the cake batter with them. This will impart a delicate peach flavor to the cake."

CORNED BEEF AND CABBAGE 4 lb. corned beef

GABBAGE
4 lb. corned beef
5 potatoes
6 carrots
6 carrots
6 carrots
6 carrots
7 corned beef in cold water for
1 small cabbage, cut in 6 parts
Soak choice brisket of
corned beef in cold water for
the corned beef in cold water for
pently for four hours. Thirty
minutes before meat is done,
boil, in a separate pot the
potatoes, turnips, carrots, and
onloss, lightly salted. In
another pot, cook the cut
cabbage is minutes. Lift the
brisket onto a large, wellheated platter and surround
with the cooked vegetables.
Serve with fresh horseradish
or mustard.

Redeem 7th Week "Barrel of Bargains" Booklet Coupons for

XTIU TOP VALUE STAMPS

Dlus 54.55 Cash Savings!



1/2 LOIN SLICED INTO

Pork Chops......

Kroger

U.S. GOV'T. INSPECTED FRYER Legs or Breasts...... 69°

All Beef Wieners 83° Skinless Wieners 3 PKG \$1.98 U.S. GOY'T, GRADED CHOICE BONELESS

Boston Roll Roast

U.S. GOV'T. GRADED CHOICE

Chuck Steak

PESCHKE'S THRIFTY BRAND Sliced Bacon

U.S. GOV'T. GRADED CHOICE 4TH & 5TH RIBS **Rib Roast**

\$709

Ham WHOLE 88 U.S. GOV'T. INSPECTED-AUTUMN GOLD OR ROASTRITE LIMIT 10 TO 14-LB AVG

Perch Fillets	\$ 19 PKG
Fres-shore Fish Sticks	3 wt PKGs \$1
BONELESS Turbot Fillets	
Perch Fillets	69°
SINGLETON PEELED & DEVEINED Cooked Shrimp	10-OZ \$1.19

VALUABLE COUPON W

Northern Tissue

DOLLAR DAYS SALE!

LIBBY CUT OR Green Beans

Cocktail

Fruit Tomato Catsup

Campbell's Soup 6 wt cans \$1

VALUABLE COUPON W Kroger Coffee

Cottage Cheese

Buttermilk Bread

Wiener Buns 4 PKGS \$1

KROGER 2% BUTTERFAT Hi-Nu Milk

Applesauce...... 6 1-LB \$1 Tomatoes 5 Lake \$1

CREAM STYLE OR WHOLE KERNEL Libby Corn AVONDALE SHELLED BEANS OR

Sweet Peas..... 6 NT CANS \$ 1 8 Laks \$1 Beets

Morton Dinners PROTEIN 21 Pound Cake 4cakes 88

Sunrise-Fresh Fruits and Vegetables!



113 SIZE CALIF. SEEDLESS SUNKIST Navel Oranges 20

U.S. FANCY MICH. CONTROLLED ATMOSPHERE JONATHAN, MACINTOSH OR RED **Delicious**

Apples

Yellow Onions... Reddi-Ripe Pears ... 18 FOR \$1

Candy	Yams	10
CALIFORNIA	ZIPPER SKIN	79

		TO CHE	CK OFF ITEMS			
F.V.	GROCERY					
	TEAK SAUCE			100	PANTY HOSE	
	HEY CANDY BARS		_		MEAT	
O FABR	L JUG HOME PRIDE IC SOFTENER		TOP	25	WITH ANY PEG BOS EVANS FAMILY PAR PORKLINKS	
5 AFTER	DINNER MINTS		VALUE	100	WITH ANT PEG STEUMDHER'S	_
	COLATE CANDY		SEAMIS	25		_
	T) PEGS BAKING OF				with 3-LB OR ADEL CENTER CUT	
	Y GRAHAMS			50	HAM SLICES) [
	IC BREAD		,	25	WITH ANY PEC HERRUD OR MICEORY MOST	
	OL MA COLD CREST		TOD	25	LUNCHMEAT ITEMS	
	E JELLY		TOP	25	MRS. PAULS SEAFOOD	П
SHORTE	T PEG COUNTRY OVER STEIPED	_	STAMIN		PRODUCE On ANY 2-LE MG	
	IAM SOUARES			50	APPLES	
	OF DE 18-02 FAR SPOTLISHT			50	GRAPEFRUIT	
50 COTT	-CT PEC JOHNSON & JOHNSON ON SWABS				Total or Everyor on Day, & East, Born.	\neg