

Dress Up Celery, Broccoli

By ELLY

There was a time when celery seldom was eaten raw and in Europe it still is usually served as a cooked vegetable.

Most of us keep celery on hand to chop into a salad but when was the last time you served your family cooked celery?

Braised fresh celery medley combines fresh celery with other vegetables in a delicate cream sauce. Buttery crumbs and shredded cheddar cheese add extra flavor and texture.

This handsome dish is a perfect vegetable accompaniment to your next roast leg of lamb or standing rib of beef.

BRAISED FRESH CELERY MEDLEY

- 4 T. butter or margarine
- 1 c. beef bouillon
- 3 c. julienned strips celery
- 1 c. julienned strips carrot
- 1 c. fresh green beans, halved
- 1 c. soft bread crumbs
- 1/2 c. shredded Cheddar cheese

Melt two tablespoons butter or margarine in saucepan. Add beef bouillon and bring to a boil. Add celery and carrot strips. Cover and cook five minutes. Add green beans. Cover and cook five minutes longer. Drain, reserving liquid for sauce. Place vegetables in a one-quart casserole. Add cream sauce. Mix remaining two tablespoons butter with bread crumbs and sprinkle over top. Bake in 350-degree oven for 15 minutes. Sprinkle with cheese and bake another five minutes. Makes six servings.

BROCCOLI WITH ALMOND-HERB SAUCE

- 2 c. water
- 2 pkg. (10-oz. each) frozen broccoli
- Salt
- 1/4 c. butter or margarine
- 2 T. flour
- 1/4 t. savory
- 1/4 t. oregano
- 1/4 c. minced parsley
- 1/4 c. chopped almonds
- 1 1/2 t. lemon juice
- 1/4 c. whole blanched almonds

Add water and salt to broccoli in a large saucepan. Bring quickly to a boil, then cook gently for 10 minutes or until tender crisp. Drain, reserving one cup liquid. Transfer to platter and keep warm. Melt butter in saucepan and mix in flour, 1/2 teaspoon salt, savory, oregano and parsley. Cook and stir until bubbly; add broccoli water and cook, stirring until the mixture boils and thickens. Add almonds and lemon juice; heat through. Pour over broccoli. Garnish with whole blanched almonds that have been split into halves and roasted in a slightly oiled pan. Makes four servings.

SHRIMP SAUCED ARTICHOKE

- 1 can (4 1/2 ounces) shrimp
- 4 medium artichokes
- 3 T. butter
- 3 T. flour
- 1/2 c. milk
- 1 c. grated mild cheddar cheese
- 1/4 t. cayenne pepper
- 1 t. Dijon style mustard
- Garlic seasoning to taste

Drain shrimp, reserving liquid. Boil artichokes about 40 minutes in enough salted water to cover. Turn upside down to drain. Probe from the top with the fingers to remove the pale, sharp-pointed leaves at the center. Use a teaspoon to scoop out the thistle-like "choke," growing out of the artichoke heart. Fill center with shrimp; keep artichokes warm over hot water. In a saucepan, melt butter; blend in flour; add milk and shrimp liquid. Cook to a thick, smooth sauce. Add cheese and seasonings. Spoon sauce over shrimp and serve. Makes four servings.

SPICE CABINET

- CALIFORNIA FRUIT SALAD
- 1 medium-sized pineapple
- 2 pints fresh strawberries
- Fresh mint, for garnish
- Dressings

Pare pineapple and cut into spears. Wash whole strawberries and hull, if desired. Chill fruit, then arrange on a serving platter. Garnish with mint and serve with one or several dressings.

XTRA LOW DISCOUNT PRICES

Kroger
DISCOUNT
FOOD STORES

THIS WEEK'S SPECIAL OFFERS FROM YOUR VALUABLES BOOKLET

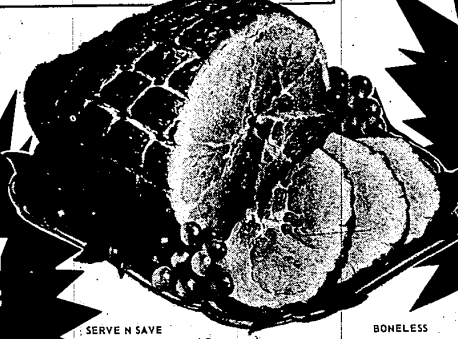
TRANSLUCENT FANTASIA CHINA CUP 39¢ WITH EACH \$3.00 PURCHASE NO COUPON
LIMIT: WORLD'S TREASURE OF CHILDREN'S CLASSICS VOL. 3 ONLY 99¢ NO COUPON REQUIRED, BRISTOL SLICES 10¢-OZ GLOBET 7¢-OZ SHERBET 3¢-OZ JUICE ONLY 39¢ EACH, NO COUPON
... NO LIMIT.

TOP VALUE STAMPS

plus
TOP VALUE STAMPS!

TOP VALUE STAMPS

XTRA low sale price
10-14 LB AVG BUTTER BASTED
ARMOUR GOLD STAR HEN TURKEY
59¢
LB



XTRA low sale price
REGULAR 17-19 LB AVG WATER ADDED
PESCHKE WHOLE SMOKED HAM
66¢
LB

U.S. GOV'T GRADED CHOICE
Round Steak..... **1.48**
LB

DELICIOUS
Red Snapper Fillets..... **88¢**
LB

MR. BOSTON FISH CAKES OR
Fish Sticks..... **2 LB PKG 88¢**

SERVE IN SAVE
Winers ... 3 LB PKG \$2.59
ALL MEAT OR JUMBO
Eckrich Franks 1-LB PKG \$1.09
HERRUD

Sliced Bologna 12-OZ PKG \$1.09
U.S. GOV'T GRADED CHOICE
Boneless Rump Roast ... \$1.69
LB

BONELESS
TURBOT FILLETS
59¢
LB

HERRUD
Smokey Links..... **10-OZ WT PKG 89¢**

CENTER CUT RIB
PORK CHOPS
1.28
LB

CENTER CUT LOIN
Pork Chops..... **1.38**
LB

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 39¢
BABY PRIDE
DAYTIME DIAPERS
99¢
30-CT PKG
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 13¢
WHITE OR COLOR
CHARMIN TISSUE
28¢
ROLL PKG
LIMIT 4 ROLLS

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 17¢
KROGER
HAMBURGER MAGIC
3.1
6-OZ PKGS
LIMIT THREE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 45¢
LAUNDRY AID
TIDE DETERGENT
99¢
5-LB 4-OZ BOX
LIMIT ONE

KROGER
Homo. Milk..... **99¢**
GAL PLASTIC JUG

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 59¢
ORANGE JUICE
59¢
12-OZ CAN
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 73¢
BOLD DETERGENT
73¢
3-LB BOX
LIMIT ONE

KROGER
Giant White Bread... **3.1**
1 1/2-LB LOAVES

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 78¢
CANADIAN COOKIES
78¢
3-PKG
LIMIT THREE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 45¢
HEINZ KETCHUP
45¢
1-LB BTL
LIMIT ONE

DELICIOUS
Premium Saltines..... **3.1**
1-LB PKGS

REFRESHING
Hawaiian Punch... **33¢**
1-QT 14-OZ CAN

B.B.Q. SAUCE
Open Pit..... **35¢**
1-PT 2-OZ BOTTLE

CLOVER VALLEY
Ice Cream..... **\$1.18**
GAL CTN

HOMESTYLE OR BUTTERMILK
Kroger Biscuits..... **8¢**
8-OZ WT TUBE

ABSORBENT
Fleece Towels..... **25¢**
JUMBO ROLL

REFRESHING
Pepsi Cola..... **8.99¢**
PT BVL

DIET DESSERT
Weight Watchers..... **88¢**
1/2-GAL CTR

KROGER
Egg Noodles..... **\$1**
3-VARIETIES 1-LB PKGS

Aqua Net Hair Spray... **43¢**
13-OZ WT CAN

NO PHOSPHATE
Instant Fels..... **97¢**
5-LB 6-OZ PKG

COCK O' THE WALK
Pear Halves..... **38¢**
1-LB 13-OZ CAN

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 47¢
FABRIC SOFTENER
47¢
1-LB 10-OZ BTL
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 83¢
TRASH BAGS
83¢
1-PT 10-OZ BTL
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 19¢
LIFEBUOY SOAP
19¢
1-LB BOX
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 68¢
IDAHOAN POTATOES
68¢
2-LB BOX
LIMIT ONE

XTRA low sale price
RIPE
BANANAS
10¢
LB

FRESH FRUITS AND VEGETABLES

VINE RIPE JUMBO SLICERS
TOMATOES
3.1
LBS

JUMBO
TEXAS JUICE ORANGES
1.99
18-LB BAG

CALIFORNIA
CELERY
39¢
STALK

CALIFORNIA
CAULIFLOWER
59¢
12-SIZE HEAD

RED RIPE
Strawberries..... **79¢**
QT

FRESH GREEN
Onions..... **2 FOR 29¢**

RED RADISHES..... **29¢**
1 LB BAG

ENDIVE OR
Escarole..... **29¢**
EACH