

Mom Can See Things In Oven

Half the fun in baking is watching the ingredients turn into savory golden brown morsels of delight. The view is made possible with special windows in today's modern ovens.

The job of making such oven doors with windows is that of Mills Products, Inc. of Farmington, who supply 192 manufacturers in different countries with high quality Perma View oven doors. Stainless steel is used in the making of the frames for their quality doors.

In addition, Mills Products use a patented method of securing the special tempered glass into the door frame that gives added strength to the door and releases tension on the glass. Bright annealed Type 434 stainless steel is used with a special polish finish to give harmony and eye appeal to the final assembly. The stainless steel will blend or contrast with all types of kitchen decor.

Housewives find it easy to clean, economical and sanitary.

The oven doors come in almost any size, but the most commonly used sizes are 14 by 23 inches and 16 by 22 inches.

Allegheny Ludlum Steel Corporation supplies the quality stainless steel for Mills Products.

The oven door firm has recently moved into their new larger plant with greatly expanded facilities.

Plan Meals In Advance; Save Costs

Meals hum-drum lately? Food costs beyond amounts budgeted? Never time enough to put a really good meal on the table?

Planned-in advance meals may help, according to Mrs. June L. Sears, home economist with the Cooperative Extension Service in Wayne, Oakland and Macomb counties.

"A general plan for all meals prepared for a week in advance saves time, money and helps avoid dreary, repetitious meals," she says.

Mrs. Sears suggests having well in mind the amounts of foods needed daily by the family. Their needs can be divided into basic food groups: milk and milk products; meat, poultry, fish, eggs and dried beans and peas; vegetables and fruits; and bread and cereals. You may notice that supermarkets are organized somewhat the same way.

In making your plan, it's easiest to start with main dishes. Select other foods to complete the meal. Mrs. Sears suggests. Remember to balance the meals . . . nutritional requirements, time requirements and expenses.

If a main dish is complicated, plan a simple dessert. If one item takes a lot of time, serve a couple of quick dishes to offset it, or you'll end up spending the entire day in the kitchen.

"Meals are most appealing when they're pleasant to look at as well as good to eat. To make each meal more satisfying, plan for variety in color, form and shape, texture and temperature of the foods."

By planning ahead, you can more easily balance low-cost and high-cost items in the menu to stay within your budget. Planning ahead means you're more likely to avoid last minute shopping that lets extra expenses creep in. But you have to remember to keep your planning flexible enough so you can take advantage of good buys and plentiful foods.

Soldier in Far East
An Army unit that took part in the Philippine Insurrection of 1898-1903 has again arrived in the Far East for combat service. The 11th Armored Cavalry Regiment landed recently.

Private Charles W. Barnes, 20, son of Mrs. Gertrude V. Barnes, 8332 Hugh, Garden City, was scheduled to accompany the unit as a truck driver in Headquarters Troop 3d Reconnaissance Squadron. He attended Bentley High School, Livonia.



DOUBLE TOP VALUE STAMPS

WED., SEPT. 21 THRU SAT. SEPT. 24 WITH COUPON AT RIGHT



WHOLE FRESH FRYERS

27[¢] LB

3-LBS & UP FRESH ROASTING CHICKENS 39[¢] LB

INSTANT SAVINGS UP TO 10[¢] LB

FULL SHANK HALF SMOKED HAM 59[¢] LB

CENTER CUT RIB PORK CHOPS

79[¢] LB

INSTANT SAVINGS UP TO 20[¢] LB

U.S. CHOICE TENDERBEEF RIB STEAK 89[¢] LB

U.S. CHOICE TENDERBEEF RIB ROAST 69[¢] LB

4TH AND 5TH RIBS

SERVE N' SAVE SLICED BACON 79[¢] 1-LB PKG

HYGRADE'S BALL PARK WIENERS 69[¢] LB
SHOULDER CUT LAMB ROAST 59[¢] LB

HALVES OR SLICED AVONDALE PEACHES 22[¢] 1-LB, 12-OZ CAN

AVONDALE UNPEELED WHOLE APRICOTS 5[¢] 1-LB, 14-OZ CANS

AVONDALE KIDNEY BEANS, PEAS OR GREEN BEANS 13[¢] 1-LB CAN

ALL PURPOSE GALLON WESSON OIL 17[¢] CAN

DELICIOUS TOMATO CAMPBELL'S SOUP 11[¢] 10.5-OZ CAN

PINEAPPLE-GRAPEFRUIT KROGER DRINK 5[¢] 1-7OZ 14-OZ CANS

KROGER BRAND FRUIT COCKTAIL 22[¢] 1-LB 1-OZ CAN

DELICIOUS N' TANGY SNIDER'S CATSUP 15[¢] 14-OZ BTL

KROGER WHITE, YELLOW, SPICE OR DEVILS FOOD CAKE MIXES 23[¢] 1-LB, 3-OZ PKG

PURE GRANULATED PIONEER SUGAR 49[¢] 5 LB BAG

MORTON BRAND 5-VARIETIES FROZEN DINNERS 36[¢] 11-OZ PKG

KROGER FRESH ALL WHITE GRADE "A" LARGE EGGS 65[¢] DOZEN

SUN GOLD BRAND WHITE BREAD 41[¢] 2 12-LB LOAVES

INSTANT SAVINGS UP TO 20[¢]

12 SIZE-FRESH SNO-WHITE CAULIFLOWER 25[¢] EACH

U.S. NO. 1 BARTLETT PEARS 49[¢] 3 LB BKT

ASSORTED COLORS DELSEY TISSUE 59[¢] 6 ROLL PACK

ELSIE OR OLD FASHIONED BORDEN'S ICE CREAM 79[¢] 1/2-GAL CTN

SPAGHETTI FRANCO-AMERICAN 12[¢] 15 1/2-OZ CAN

KROGER FROZEN VEGETABLES 6[¢] 10-OZ PKGS

GOLDEN RIPE BANANAS 10[¢] LB

U.S. NO. 1 JONATHAN APPLES 59[¢] 3 LB BAG



U.S. NO. 1 JONATHAN APPLES 59[¢] 3 LB BAG

VALUABLE COUPON
DOUBLE TOP VALUE STAMPS
Three Set, Sept. 24 with this coupon and 53 purchases or more, except Beer, Wine or Cigarettes. Coupon valid at Kroger in Detroit and Eastern Michigan.
AMT. 2

WHOLE OR HALF SEMI-BONELESS HAMS 69[¢] LB

U.S. CHOICE TENDERBEEF RIB STEAK 89[¢] LB

U.S. CHOICE TENDERBEEF RIB ROAST 69[¢] LB

4TH AND 5TH RIBS

VALUABLE COUPON
WITH THIS COUPON & 55 PURCHASE YOUR CHOICE

INSTANT SAVINGS UP TO 17[¢]

HILLS BROS COFFEE 59[¢] 1-LB CAN

OR SPOTLIGHT WHOLE BEAN 49[¢] 1-LB BAG

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

VALUABLE COUPON
WITH THIS COUPON & 55 PURCHASE-SPECIAL LABEL

COMET CLEANSER 10[¢] 14-OZ CAN

INSTANT SAVINGS UP TO 11[¢] ON 3 CANS

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

COUNTRY CLUB-BEEF, CHICKEN OR TURKEY

FROZEN POT PIES 6[¢] 8-OZ PKGS

FREE! 79[¢] VALUES

WITH COUPONS BELOW AND ANY PURCHASE SECTION 1-THE FAMILY HANDYMAN ENCYCLOPEDIA AND SECTION 1-MARY-McBRIDE ENCYCLOPEDIA OF COOKING.

VALUABLE COUPON
FREE! WITH THIS COUPON AND ANY PURCHASE 79[¢] VALUE SECTION 1 THE FAMILY HANDYMAN ENCYCLOPEDIA

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

VALUABLE COUPON
FREE! WITH THIS COUPON AND ANY PURCHASE 79[¢] VALUE SECTION 1 THE FAMILY HANDYMAN ENCYCLOPEDIA

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

VALUABLE COUPON
SAVE 50¢ WITH THIS COUPON TOWARDS THE PURCHASE OF ANY UNIT CORTINA TABLEWARE

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

VALUABLE COUPON
FREE! UNIT No. 1 Cortina 4-Piece Place Setting

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

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We Reserve The Right To Limit Quantities, Prices And Items Effective At Kroger in Detroit & Eastern Michigan Thru Sunday, Sept. 25, 1966. None Sold To Dealers. Copyright 1966, The Kroger Co.

50 TOP VALUE STAMPS

WITH THIS COUPON ON ANY 10-LB BAG POTATOES

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

50 TOP VALUE STAMPS

WITH THIS COUPON ON 4-OZ BTL KROGER VANILLA EXTRACT

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

50 TOP VALUE STAMPS

WITH THIS COUPON ON 2 CUT-UP FRYERS 2 PKGS FRYER PARTS OR 2 ROASTING CHICKENS

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

50 TOP VALUE STAMPS

WITH THIS COUPON ON ANY 2 PKGS COUNTRY CLUB SLICED LUNCHEON MEAT OR WIENERS

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

100 TOP VALUE STAMPS

WITH THIS COUPON ON 1-LB, 9-OZ PKG COCONUT OVEN COUNTRY OVEN LAYER CAKE

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

50 TOP VALUE STAMPS

WITH THIS COUPON ON TWO 1-LB PKGS COUNTRY OVEN COOKIES

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

50 TOP VALUE STAMPS

WITH THIS COUPON ON 4-OZ BTL KROGER VANILLA EXTRACT

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

100 TOP VALUE STAMPS

WITH THIS COUPON ON WILLING WILLIE MAGIC BROOM

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

50 TOP VALUE STAMPS

WITH THIS COUPON ON 2 CUT-UP FRYERS 2 PKGS FRYER PARTS OR 2 ROASTING CHICKENS

Valid thru Sun., Sept. 25, 1966 at Kroger Det. & East, Mich. Limit One Coupon.

50 TOP VALUE STAMPS

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