

Check All Prices for Low Costs

Although food is usually the largest single expense in a family budget, you can generally reduce the amount you spend for food by...

Checking weekly specials in food store advertisements says Mrs. June L. Sears, Michigan State University Extension Home Economist. Preparing a grocery list before you shop.

Comparing costs and buying food in the form—fresh, frozen or canned—or the weight of the package—that gives the most savings for the money. To make an intelligent choice among brands of the same product, test different ones to see which one gives the greatest quality and number of servings for the money.

Shopping carefully for low-cost foods within each food group.

Using grades in making food purchases. Government grades will enable you to be sure of the quality of the food you buy, and you are then better able to compare prices asked.

Taking advantage of seasonal abundances. Radio, television, and newspapers call attention to foods in plentiful supply, as listed each month by the United States Department of Agriculture. These foods will be at their peak of quality, and sometimes will be offered at lower prices, says Mrs. Sears.

Limiting perishable food purchases to amounts that can be used while they are in top quality.

Preventing food waste by proper storage and by cooking methods that conserve nutrients. Increasing skills in cookery. Considering family likes and dislikes when food shopping. Thrifty food buys pay off only if your family eats and enjoys the food.

Scholarships Available by Dairy Group

The Michigan dairy industry provides about 10 scholarships annually at Michigan State University for study in dairy production, dairy marketing or dairy food science.

Most recent contributor to the Michigan Dairy Memorial Scholarship Foundation was the Michigan Milk Producers Association.

Commemorating its 50th year of service to Michigan's dairy industry, the board of directors voted \$8,000 for the scholarship fund, with the annual aid to a student being designated as the "MMPA President's Scholarship".

Only the interest from the foundation fund can be used for scholarships, but this amount will provide full tuition for one student each year.

Don Murray, MSU Extension dairyman, is the secretary-treasurer of the foundation. Prospective college students can get full information on scholarships by writing him at the Dairy Department, Anthony Hall, Michigan State University, East Lansing.

Teen Talent Show Set for Wonderland

A contest open to teens with any kind of entertainment talent will be staged Oct. 15, in conjunction with Wonderland Center's seventh anniversary celebration.

Competition is open to all boys and girls between 13 and 19. A \$100 grand prize will be awarded to the top performer.

Musicians, dancers, singers, magicians, acrobats and other artists are invited to enter the contest, according to Ernie Epps, Wonderland Center promotion director.

Contestants should send complete details, including name, age, address, telephone number and their specific talent to "Teen Talent Contest," Box 2387, Livonia.

All entries must be postmarked not later than midnight, Oct. 18.

YOU ALWAYS



GET INSTANT SAVINGS

WE INVITE YOU TO TAKE ADVANTAGE OF KROGER "INSTANT SAVINGS" SPECIALS WHILE YOU'RE SHOPPING. CHECK OUR REGULAR EVERYDAY PRICES AND PROVE TO YOURSELF YOU SAVE ON YOUR TOTAL FOOD BILL WITH "INSTANT SAVINGS" EVERYDAY, ANY WEEK AT KROGER!

CASH & STAMPS AT KROGER!

WHOLE FRESH FRYERS

25¢ LB

3 LBS & UP FRESH ROASTING CHICKENS... 39¢

INSTANT SAVINGS UP TO 14¢ LB

CENTER CUT RIB PORK CHOPS 89¢ LB

LOIN CHOPS 99¢ LB

FRESH PICNIC STYLE PORK ROAST 39¢ LB

U.S. CHOICE TENDERAY ROUND STEAK 89¢ LB

USDA CHOICE

KROGER TENDERAY BEEF

U.S. CHOICE TENDERAY T-BONE STEAK... LB \$1.09
U.S. CHOICE TENDERAY SIRLOIN STEAK... LB 99¢

INSTANT SAVINGS UP TO 20¢ LB

WHOLE OR HALF SEMI-BONELESS HAMS 79¢ LB

TASTY FLAVORFUL LEG O' LAMB 79¢ LB

U.S. CHOICE ROUND BONE SWISS STEAK 79¢ LB

HYGRADE BALL PARK WIENERS 69¢ LB

FLAVORFUL SMOKED PICNICS 39¢ LB

PIZZA FLAVOR HUNTS CATSUP 10¢ 14-OZ BTL

ASSORTED VARIETIES PILLSBURY CAKE MIX 29¢ 1-LB 3-OZ PKG

SPECIAL LABEL GIANT RINSO 59¢ 3-LB 7-OZ PKG

FROZEN GREEN GIANT VEGETABLES PEAS, CORN OR CUT GREEN BEANS 4 9-OZ PKGS. \$1

ORANGE-GRAPFRUIT OR BLENDED KROGER JUICE 3 1-QT, 14-OZ CANS \$1

TOMATO CAMPBELL'S SOUP 11¢ 10-OZ CAN

CLOVER VALLEY CREAMY OR CRUNCHY PEANUT BUTTER 2 1-LB JAR 69¢

DOMINO BROWN OR 10-X SUGAR 15¢ 1-LB PKG

PURE GRANULATED PIONEER SUGAR 5 5-LB BAG 49¢

GREEN GIANT-GREEN BEANS OR SWEET PEAS 2 1-LB CANS 39¢

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

SPECIAL LABEL LUX LIQUID 39¢ 1-PT 6-OZ BTL

EATMORE MARGARINE 19¢ 1-LB ROLL

DRY BREAKFAST CHERIOS CEREAL 40¢ 15-OZ PKG

KROGER ELBOW MACARONI 19¢ 1-LB PKG

HORTON CHICKEN, TURKEY OR BEEF FROZEN POT PIES 5 8-OZ PKGS. \$1

KROGER FRESH ALL WHITE LARGE EGGS GRADE 'A' 59¢ DOZ

U.S. NO. 1 RUSSET POTATOES 20 99¢ POUND BAG

88 SIZE U.S. EXTRA FANCY WASH. RED DELICIOUS APPLES 6 to 59¢

MELLOW GOLDEN RIPE BANANAS 10¢ LB

8 SIZE HONEYDEW MELONS 59¢ EACH

INSTANT SAVINGS UP TO 30¢

INSTANT SAVINGS UP TO 9¢ LB

INSTANT SAVINGS UP TO 10¢

INSTANT SAVINGS UP TO 10¢

We Reserve The Right To Limit Quantities, Prices And Items Effective At Kroger In Detroit & East on Michigan Thru Sunday, Oct. 9, 1966. None Sold To Dealers. Copyright 1966, The Kroger Co.

50 TOP VALUE STAMPS WITH THIS COUPON ON 2 PKGS CUT-UP FRYERS, 2 PKGS FRYER PARTS OR 2 ROASTING CHICKENS Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS WITH THIS COUPON ON ANY BONELESS BEEF ROAST Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS WITH THIS COUPON ON ANY PKG COUNTRY CLUB CORNED BEEF BRISKET Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS WITH THIS COUPON ON ANY 2 PKGS KROGER SPICES Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.

25 TOP VALUE STAMPS WITH THIS COUPON ON 1-LB PKG KROGER HONEY GRAHAMS Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.

75 TOP VALUE STAMPS WITH THIS COUPON ON 4 LBS MEL-O-SOFT BREAD OR 4 PKGS KROGER BUNS Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS WITH THIS COUPON ON 32 PURCHASE OR MORE HALLOWEEN CANDY Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.

VALUABLE COUPON WITH THIS COUPON AND ANY PURCHASE, FREE! 74¢ VALUE SECTION 1 MARY MARGARET MURBIDE ENCYCLOPEDIA OF COOKING Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.

VALUABLE COUPON WITH THIS COUPON AND ANY PURCHASE, FREE! 79¢ VALUE SECTION 1 THE FAMILY HANDYMAN ENCYCLOPEDIA Valid thru Sun., Oct. 9, 1966 at Kroger Det. & East, Mich.