

Let's Try Something New for '67

BY FAITH GILLESPIE

Queen of Hearts

To some people, I understand, January is a fresh start, and the beginning of the optimism for a year as new as a crisp head of lettuce. They face the flickering future with the strength that comes from debts paid, resolutions made, the house in order, and the oil changed.

Such sturdy folk close up the old year and pack it away with the Christmas tree balls, fondly but firmly, finished.

These are persons with stronger character than I can muster.

My year never starts absolutely clean. I find myself every January with the past year's residue heaped around me like leftover Brussels sprouts. My dislike of leftovers is a matter of principle, but there they always are.

There are last year's bills, and last year's buttons to sew on, and last year's letters to answer. There are stacks of old magazines and stacks of old ironing.

I'm not hopelessly discouraged, however. In spite of the Brussels sprouts that surround me, I believe that the old self can be given a new spirit, at least from time to time. Let's get into this thing together.

Try these ideas for starters: Get a hair cut. Make or buy a new nightie, ruffled. See an art exhibit. Take a nap. Stop smoking. Stop biting fingernails. Get a new broom. Have hot fudge sundae with nuts. Let the children finger paint. Sew on buttons. Read a mystery.

Want something more vigorous? Rearrange the living room furniture. Visit someone who's lonely. Do sit-ups. Join a choir. Write to your mother-in-law. Buy a new girdle. Return the books you've borrowed. Call up an old friend on her birthday. Press your husband's pants. Buy a hair-piece. Bake bread.

Ready for a deeper commitment? Take a night class —try China painting or data processing. Be a den mother. Make soup for a sick neighbor or keep her kids tomorrow. Give up hot fudge sundae. Read a non-fiction best-seller, maybe "Tell No Man." Find a new friend. Donate blood. Learn to tolerate something that has been intolerable, like Picasso or puppies who turn left without signaling. Write a book. Have a baby.

Too drastic? Well then, buy a new herb, try thyme (pronounced "time"), the symbol for courage. Learn to cook a new dish. Invite someone to dinner and serve Carnarolos. "I's Flanadas, which is a fancy name for beef in beer.

CARNAHOLAS à la FLAMANDE:

Cut 2 pounds beef chuck or round into 1-inch cubes. Dredge in mixture of 1/2 cup flour, 1 teaspoon salt, and 1/4 teaspoon fresh-ground pepper.

Heat a large skillet 1/4 cup cooking oil. Add 6 medium onions, sliced or chopped, and 1 or 2 minced garlic cloves. Cook till tender and remove from pan.

Brown beef quickly in the pan, adding more oil if necessary. Return the onions and add 1 tablespoon dark brown sugar, 2 tablespoons red wine vinegar, 1 tablespoon chopped parsley, 1 bay leaf, 1/4 teaspoon ground thyme, and a 12-ounce can of beer. Bring to a boil, cover, and bake in 325 degree oven for 1 1/2 to 2 hours, till tender. If liquid evaporates down too far, add half a cup of beef bouillon to keep the pot from drying out. Serve hot with boiled potatoes. 6 servings.

There probably won't be any left over; any how leftover beef isn't a bad problem.

Indeed, there are some things left over from last year that I'm happy to keep: my husband, for instance, and the children. I need my good friends and old favorite books. I'd love to keep the Christmas tree.

I might even learn to tolerate leftover Brussels sprouts, as long as they aren't moldy.

DOUBLE TOP VALUE STAMPS

THRU SAT. JAN. 14 WITH COUPON AT RIGHT



Kroger

SILVER PLATTER PORK LOIN ROAST

FULL 7-RIB END 9-IN. LOIN ROAST
43¢ **53¢** LB.

FRESH PORK BUTTS LB. 59¢

LEAN HEAVY SPARE RIBS

HYGRADE'S
SMOKED
PICNICS

GORDON'S ROLL

PORK SAUSAGE

49¢ **39¢** LB.
2 LB. 79¢

SUN GOLD SLICED
**WHITE
BREAD**
5 LB. 1 LESSER QUANTITIES 2 FOR 44¢
ASSORTED FLAVORS
**BORDEN'S
ICE CREAM**
69¢ OLD FASHION
1/2 GAL. CTN. 79¢

KROGER REG. OR Drip
**VAC PAC
COFFEE**
2 LB. CAN 129¢
FRENCH BRAND 2-LB. BAG 51.25¢

Kroger White Sale!
KING SIZE FOAM
BED PILLOW
\$1.88 21" X 27" SIZE
ASSORTED COLORS
PILLOW CASES
\$1.00 21" X 36"

SCATTER RUGS
\$2.99 ASSRT. COLORS
21" X 36"

U.S. NO. 1
**MICHIGAN
POTATOES**
20 79¢
LB. BAG

GOLDEN RIPE
BANANAS
2 LBS. 29¢

CRISP ICEBERG
**HEAD
LETTUCE**
2 24 SIZE HEADS

RED RIPE
STRAWBERRIES
LB. 69¢

100 SIZE REDDI-RIPE
PEARS
OR 100 SIZE WASH. STATE
RED OR GOLDEN
DELICIOUS APPLES
2 FOR 79¢

50 TOP VALUE STAMPS
WITH THIS COUPON ON
ANY 1 PKG
COUNTRY OVEN
TURNOVERS
Valid thru Sun., Jan. 15, 1967
at Kroger Det. & East. Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON
1-1/2 LBS OR MORE HAMBURGER
OR 2 LBS OR MORE OF EXTRA
LEAN OR GROUND ROUND
Valid thru Sun., Jan. 15, 1967
at Kroger Det. & East. Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON
2 PKGS CUT-UP FRYERS
2 PKGS FRYER PARTS OR
2 ROASTING CHICKENS
Valid thru Sun., Jan. 15, 1967
at Kroger Det. & East. Mich.

100 TOP VALUE STAMPS
WITH THIS COUPON ON
ANY 21" X 36" SCATTER RUG
Valid thru Sun., Jan. 15, 1967
at Kroger Det. & East. Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON
2 PKGS COUNTRY OVEN
COOKIES OR
ZIPS CRACKERS
Valid thru Sun., Jan. 15, 1967
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