

Banish January Doldrums

By FAITH GILLESPIE
Queen of Hearts

Now is when the housewife feels like a hermit. The January days are gray and cold and generally dismal. It's the long, lonely stretch where we never see our neighbors, and we begin to fear that spring is a myth, an unreliable memory out of the collective unconscious, or something. Winter seems eternal. Cooped up with our machines and our babies, we begin to talk like the one and think like the other. The outer world recedes; our work becomes burdensome. We live lives of quiet desperation, as someone said, almost.

Pity. The more pity, because it is unnecessary. We can share with the world and never leave our houses, simply by observing the world's great events. There are celebrations to celebrate all the time, if we but knew about them.

This very week, for instance, we can bake a cake for the birthday of Robert E. Lee, or have a family sing-along with Mom in honor of Stephen Foster Memorial Week.

On Friday we can celebrate Bulgarian Grandmothers' Day, or Florida Arbor Day.

The whole month of January offers fascinating choices. You may be tempted to observe the 18th Annual Narcissus Festival of the Chinese Chamber of Commerce of Hawaii, and I may celebrate International Printing Week instead. There is something for everyone. Mothers of all temperaments can join the fun of Break-a-Cold Month, which is being carried on this month by a baking soda company whose product is said to provide relief for the discomfort of the common cold.

The sweet potato promoters have declared this to be Louisiana Yam Supper Season. They want people to get used to serving Louisiana yams as main-course dishes. They can just go ahead and promote; my family will never buy it.

I'm sure the family will cheerfully participate in Hot Chocolate Drink Month, which heralds dairy chocolate milk as a "nutritious, winter warm-up drink," under the auspices of (did you guess?) the American Dairy Association.

That outfit is also pushing something they call Kid Pleasing Meals Month, and my impression is that they have recipes for us. (Write a post card to American Dairy Association, Dairy Foods Publicity Div., 20 N. Wacker Drive, Chicago, Ill. 60608.)

Besides all these jolly events, it is National Colorado Beef Month, sponsored by some livestock producers in Colorado who want everybody to dine out on beef. I'll go along with that.

Most of this startling and hopeful information comes from an amazing publication called Chases' Calendar of Annual Events. It is published in Flint by the Apple Tree Press, which, by the way, is celebrating its tenth anniversary.

This recipe, however, comes from Kate Stribos, with some liberties taken by the Queen of Hearts. We dedicate it to the American Dairy Association and the National Colorado Beef Growers.

KATE'S HAMBURGER STROGANOFF

Brown in 1/2 cup butter; 1/2 cup chopped onion, 1 minced garlic clove, and 1/2 cup fresh sliced mushrooms (or 1 can drained). Add and stir to brown 1 pound ground round (or hamburger).

Add 2 tablespoons flour, 1 teaspoon salt, 1/2 teaspoon each of pepper, paprika, and MSG, 1/2 teaspoonful oregano (optional) and 1 teaspoon Worcestershire sauce. Mix well and add 1 can cream of chicken soup (or cream of mushroom soup, or even celery) and 1/2 cup beef or chicken bouillon (or dry red wine). Simmer for 10 or 20 minutes. Just before serving, stir in 1 cup sour cream. Serve on rice, noodles or mashed potatoes.

Do enjoy celebrating the various months of January!



FILL YOUR FREEZER

NOW AND SAVE MORE AT KROGERS...

WHOLE
FRESH FRYERS
27¢ LB.

INSTANT SAVINGS UP TO **10¢**

CENTER CUT RIB
PORK CHOPS
79¢ LB.
ECON CHOPS 8¢ LB.

WHOLE OR HALF
SEMI-BONELESS HAMS
69¢ LB.

GORDON'S ROLL
PORK SAUSAGE
279¢ LB ROLL

KROGER FLOUR..... 5 LB. BAG **39¢**

PIONEER SUGAR..... 5 LB. BAG **49¢**

PINEAPPLE JUICE..... 1-OT. 14-OZ. CAN **25¢**

PINK SALMON..... 1-LB. CAN **59¢**

3-LB. COFFEE YOUR CHOICE KROGER VAC PAC \$1.89 CAN SPOTLIGHT BRAND \$1.79 BAG	WHITE OR COLORED DELSEY TOILET TISSUE 10 ROLLS 5-2 ROLL PACKS \$1	LIGHT CHUNK CHICKEN OF THE SEA TUNA 6-1/2 OZ. WT. CAN 27¢
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MORTON DINNERS..... 11-OZ. WT. PKG. **36¢**

HUNT'S CATSUP..... 14-OZ. WT. BTL. **10¢**

KLEENEX TISSUE..... 5 200-CT. PKGS. **51¢**

ISLAND GOLD SLICED PINEAPPLE..... 4 1-LB. 4-OZ. CANS **11¢**

LIBBY BRAND TOMATO JUICE..... 7-OT. 14-OZ. CAN **29¢**

KROGO BRAND SHORTENING..... 3 LB. CAN **19¢**

HOMESTEAD GOLDEN MARGARINE..... 5 LB. CTNS. **99¢**

PACKER'S LABEL FROZEN STRAWBERRIES..... 4 10-OZ. WT. PKGS. **11¢**

KROGER FROZEN CORN OR PEAS..... 2 LB. PKG. **49¢**

SUN GOLD BRAND WHITE BREAD
5 1/2-LB. LOAVES **\$1**
LESSER QUANTITIES 2 LOAVES 41¢
KROGER FRESH ALL WHITE **LARGE EGGS**
49¢ GRADE "A"
DOZEN
FROZEN FLORIDA KROGER BRAND **ORANGE JUICE**
6 1/2-P. OZ. CANS **79¢**

MELLOW SWEET GOLDEN PIPE BANANAS
10¢ LB.
6 SIZE ROYAL HAWAIIAN **PINEAPPLE**
LB. **49¢**

ZIPPER SKIN TEMPLE ORANGES
5 LB. BAG **49¢**
YOUR CHOICE
ENDIVE, ESCAROLE OR ROMAINE
2 HEADS **29¢**

SALAD SIZE VINE RIPE TOMATOES
3 LB. BSKT. **69¢**

U.S. CHOICE TENDERAY **ROUND STEAK** LB. **89¢**
GLENDALE SMOKEHOUSE POLISH SAUSAGE OR LIVER SAUSAGE..... LB. **59¢**
U.S. CHOICE/ **CHUCK STEAKS**..... LB. **69¢**
U.S. CHOICE TENDERAY 7-INCH **RIB STEAKS**..... LB. **89¢**
FROZEN CHOPPED, CUBED ALL BEEF **FAMILY STEAKS**... 10 PATTIES **11¢**
LEAN MEATY **BEEF SHORT RIBS**..... LB. **49¢**

FRESH SMALL **SPARE RIBS**
49¢ LB.
FRESH BOSTON BUTT **PORK ROAST**
49¢ LB.

SPECTACULAR 10-DAY FREEZER SALE!

U.S. CHOICE TENDERAY WHOLE BEEF ROUND 70 TO 80 LB. AVG. 65¢ LB.	U.S. CHOICE TENDERAY BEEF ARM CHUCK 30 TO 35 LB. AVG. 49¢ LB.	U.S. CHOICE TENDERAY BEEF RIB ROAST 10-INCH AVERAGE 69¢ LB.
U.S. CHOICE TENDERAY LOIN OF BEEF 70-LB. AVERAGE 83¢ LB.	FRESH WHOLE PORK LOIN 12 TO 14 LB. AVG. 59¢ LB.	FRESH WHOLE LAMB 30-LB. AVERAGE 69¢ LB.
FRESH ALL BEEF HAMBURGER LESSER QUANTITIES AT REGULAR RETAIL... 10 LBS. 49¢ U.S. CHOICE TENDERAY BEEF FOREQUARTERS 160-LB. AVERAGE..... LB. 49¢ U.S. CHOICE TENDERAY BEEF HINDQUARTERS 160-LB. AVERAGE..... LB. 63¢		

VALUABLE COUPON Limit One Coupon.
WITH THIS COUPON & \$5 PURCHASE OR MORE BORDEN'S SHERBERT OR
COUNTRY CLUB ICE CREAM
FIRST 1/2 GAL. **65¢**
SECOND 1/2 GAL. **35¢** GAL. **\$1.00**
INSTANT SAVINGS UP TO **30¢**
Valid Thru Sun., Jan. 22, 1967 At Kroger Det. & East, Mich.

VALUABLE COUPON INSTANT SAVINGS UP TO **17¢**
WITH THIS COUPON & \$5 PURCHASE OR MORE
GIANT TIDE or BRIGHT KROGER.
SPECIAL LABEL
59¢ 3-LB. 2-OZ. PKG. **49¢**
Valid Thru Sun., Jan. 22, 1967 At Kroger Det. & East, Mich. Limit One Coupon.

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50 TOP VALUE STAMPS WITH THIS COUPON ON TWO PACKAGES BULK LINK GORDON'S PORK SAUSAGE Valid Thru Sun., Jan. 22, 1967 At Kroger Det. & East, Mich.	50 TOP VALUE STAMPS WITH THIS COUPON ON ANY TWO POUNDS SLICED BACON Valid Thru Sun., Jan. 22, 1967 At Kroger Det. & East, Mich.
50 TOP VALUE STAMPS WITH THIS COUPON ON ANY 10-LB. BAG POTATOES Valid Thru Sun., Jan. 22, 1967 At Kroger Det. & East, Mich.	50 TOP VALUE STAMPS WITH THIS COUPON ON 100-CT. BTL. BUFFERIN TABLETS Valid Thru Sun., Jan. 22, 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. 22, 1967 At Kroger Det. & East, Mich.	50 TOP VALUE STAMPS WITH THIS COUPON ON \$2 OR MORE SCHOOL SUPPLIES Valid Thru Sun., Jan. 22, 1967 At Kroger Det. & East, Mich.
50 TOP VALUE STAMPS WITH THIS COUPON ON ANY PKG. ROYAL VIKING DANISH PASTRY Valid Thru Sun., Jan. 22, 1967 At Kroger Det. & East, Mich.	50 TOP VALUE STAMPS WITH THIS COUPON ON ANY 2 PKGS. KROGER ZIPS CRACKERS Valid Thru Sun., Jan. 22, 1967 At Kroger Det. & East, Mich.