

Irish Luck Goes With Lent Dish

By FAITH GILLESPIE
Queen of Hearts

When we were little girls, our mother taught us a song to the tune of "For He's a Jolly Good Fellow." We sang it on St. Patrick's Day, and it went like this: "My father and mother are Irish, my father and mother are Irish, my father and mother are Irish, and I am Irish stew."

Our father wasn't Irish, we knew, but our mother was, and we were proud of it. Presbyterian to the bone, we were delighted to discover that one of the first chapters of the Friendly Sons of St. Patrick in colonial America was founded in New York as an ecumenical venture on the part of Irishmen of the Roman Catholic and Presbyterian faiths.

Ever since 1845, St. Patrick's Day has been a nationwide observance, held to celebrate the anniversary of the Saint's birth. I had always thought.

Not so. Nobody knows when the good Saint was born, exactly, but his death is a matter of historical record, and it is on this date that we remember him.

He was born sometime in 389 in England perhaps, or perhaps in Scotland, but when he was a lad he was captured by pirates, of all things, and taken to Ireland as a slave in Ulster for six years.

He was converted to Christianity, escaped to France, and became a monk, whereupon a vision sent him back to Christianize Ireland. He founded over 300 churches and baptized thousands of people and became Ireland's patron saint.

As for his sending all the snakes to the sea to drown, who are we to quarrel with legend? If someone must be expelled from Eden, better the serpent than the people.

The Queen of Hearts special recipe for St. Patrick's Day was last week's Irish soda bread. This week, I have a wonderful luncheon dish.

It isn't Irish, but it came from a purely Irish friend, and is a good thing to serve if you are planning a luncheon during Lent. Prepare it the night before.

MAUREEN'S CRAB MEAT FONDUE
Remove the crusts from 12 slices of white bread and cut each in two diagonally. Place 6 of the slices on the bottom of a buttered baking dish.

Mix together 2 cans crabmeat, 1/2 cup chopped green pepper, 1/2 cup chopped onion (or green onion), and 1/2 cup real mayonnaise. Spoon into the casserole, and top with the remaining 6 slices of bread.

Stir together 4 beaten eggs and 3 cups milk, and pour over the contents of the casserole. Top with 1 cup grated cheddar cheese, and refrigerate over night.

Remove the casserole from the refrigerator 2 hours before serving time, and pre-heat oven to 300 degrees. Bake for 1 to 1 1/2 hours, and serve with the following sauce: Heat to boiling 1 can mushroom soup, 1/2 cup water, and 1 teaspoon lemon juice.

Spoon the hot sauce over the top to serve, and pass extra sauce at the table. This casserole is delicious with a molded fruit and gelatin salad and hot crusty bread. Serves 6 to 8.

One nice thing about St. Patrick's Day in America is that it isn't the private reserve of Irishmen of the Roman Catholic and Presbyterian faiths. On this day, everyone is Irish. We can stand together and say:

"Here's to the land of the Shamrock so green,
Here's to each lad and his darling colleen,
Here's to the ones we love dearest and most —
And may God save old Ireland!"

That's an Irishman's toast!"

Shellaee the Shades, Too
The life and beauty of a parchment lamp shade can be lengthened with a thin coat of shellac. First clean the shades with a damp cloth. When they are completely dry, simply apply a thin coat of clear shellac.



DOUBLE TOP VALUE STAMPS

THRU SAT. MARCH 18, WITH COUPON AT RIGHT



Tenderay Steak

U.S. GOVERNMENT GRADED CHOICE

7-IN CUT
RIB STEAK
79¢ LB

SIRLOIN STEAK
89¢ LB

U.S. CHOICE TENDERAY
T-BONE STEAK
99¢ LB



PICNIC STYLE

PORK ROAST
29¢ LB

SILVER PLATTER
CENTER CUT RIB PORK CHOPS
77¢ LB
WHOLE OR HALF
SEMI-BOONESS HAM
69¢ LB

SILVER PLATTER PORK LOIN ROAST

FULL 7-RIB END

39¢ LB

9-INCH LOIN END

49¢ LB

SMOKED PICNICS

39¢ LB

ALL BEEF-IN 3-LB TUBE

HAMBURGER.....**49¢**

TASTY

LEG O' LAMB.....**79¢**

SERVE N' SAVE

SLICED BACON.....**59¢**

FANCY U.S. GRADE 'A'

ROASTING CHICKENS

39¢ LB.

FROZEN 4 TO 5 LB SIZE

2 POUND COFFEE
MAXWELL HOUSE **1.29** CAN
KROGER VAC PAC **1.19** CAN

LO SUDSER
BRIGHT DETERGENT
39¢

REGULAR
BOUNTY TOWELS
2 ROLL PACK **29¢**

12-OZ KROGER WHOLE KERNEL
SWEET CORN
14-OZ KROGER BRAND
WHOLE BEETS
14-OZ KROGER BRAND
CATSUP
5 FOR 89¢

KROGER BRAND
FRUIT COCKTAIL....**3** 1-LB. **89¢**
KROGER GRAPEFRUIT, BLENDED OR
ORANGE JUICE....**3** 1-QT. **89¢**
KROGER FRESH ALL WHITE
LARGE EGGS GRADE "A".....**47¢** DOZEN
CHUNK STYLE TUNA
BREAST 'O CHICKEN 4 1/2-OZ WT. CAN **27¢**
44 OFF LABEL-ASSORTED COLORS
SOFTEX TISSUE.....**4** ROLL PACK **29¢**
KRAFT PHILADELPHIA
CREAM CHEESE.....**29¢** 8-OZ WT. PKG
KRAFT PLAIN
VELVEETA CHEESE....**2** LB **88¢**

CHEF'S BEST FROZEN
FRENCH FRIES
5 LB BAG **59¢**
KROGER PLAIN OR
SUGAR DONUTS
4 DOZEN **89¢**

KRAFT SALAD DRESSING
MIRACLE WHIP.....**48¢** 1-PT. JAR
KROGER BRAND
FROZEN CORN.....**2** LB PKG **39¢**
KROGER BRAND
SWEET POTATOES.....**2** 1-LB. **49¢**
COUNTRY CLUB BEEF, CHICKEN OR TURKEY
FROZEN POT PIES.....**15¢** 8-OZ WT. PKG



FRESH
RED RIPE STRAWBERRIES
59¢ QUART

24 SIZE ICEBERG
HEAD LETTUCE.....**19¢** HEAD
U.S. NO. 1 MICH. RUSSSET
BAKING POTATOES.....**50¢** LB BAG **17¢**

100 SIZE EXTRA FANCY
RED OR GOLDEN DELICIOUS APPLES
OR 100 SIZE
REDDI-RIPE PEARS
12 FOR 79¢
SLICER SIZE VINE RIPE
TOMATOES
29¢ LB

GLENDAL PARK
GRASS SEED.....**5** LB BAG **17¢**

50 TOP VALUE STAMPS
WITH THIS COUPON ON 27¢-or Golden Sns, 27¢-or Choc. Devilfood or 27¢-or Shadow Silver Country Oven LAYER CAKE
Valid Thru Sun., Mar. 19, 1967 At Kroger Del. & East. Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON 52 PURCHASE OR MORE EASTER CANDY
Valid Thru Sun., Mar. 19, 1967 At Kroger Del. & East. Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON ANY TENDERAY BONELESS BEEF ROAST
Valid Thru Sun., Mar. 19, 1967 At Kroger Del. & East. Mich.

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WITH THIS COUPON ON ANY 2 JARS KROGER OLIVES
Valid Thru Sun., Mar. 19, 1967 At Kroger Del. & East. Mich.

VALUABLE COUPON
WITH THIS COUPON & \$5 PURCHASE OR MORE BORDEN'S SHERBET OR
COUNTRY CLUB ICE CREAM
FIRST 1/2 GAL **65¢**
SECOND 1/2 GAL **35¢** GAL \$1.00
Valid Thru Sun., March 19, 1967 At Kroger Del. & East. Mich.
INSTANT SAVINGS UP TO **30¢**

20 VARIETIES
KROGER BREAD
INCLUDING WHEAT, RYE, SANDWICH OR RAISIN EXCEPT BUTTERCRUST OR GIANT LOAF
4 LOAVES **89¢**

KROGER MANDARIN ORANGES 11-12 OZ
KROGER SMALL PEAS 1-LB. 1-OZ
HART ASPARAGUS SPEARS 14-OZ
KROGER PEAR HALVES 1-LB

Your Choice **4 CANS 89¢**

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50 TOP VALUE STAMPS
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