

Corn Has Delicious History

By ELLY

A thousand years before Columbus, Indians in the southwestern part of what was to become the United States had learned to hybridize corn. In the year 1000, when the Norsemen visited these shores, Leif Ericson told of the corn he found growing in the Cape Cod area. Botanists believe corn originated in Peru. Whole ears of corn, thousands of years old, have been found in ancient pre-Incan graves.

Whatever its origin, the Michigan corn season is here.

Thanks to planned planting and the development of new species, corn lovers here are assured of plenty of fresh corn from now until the frost comes.

To boil fresh corn ears, plunge the husked ears into a large kettle of rapidly boiling water, enough to cover the ears. Do not salt during cooking. Cover and cook over high heat for eight to 10 minutes. Very fresh corn takes less cooking time. Drain at once and serve with butter, salt and pepper.

ROASTED CORN
Pull back the husks and remove the silk. Replace the husks and tie into place with a piece of the husk. Soak corn in salted water for five minutes. Drain. Roast on grill over hot fire for 10 to 15 minutes, turning frequently. Remove husks and serve with butter, salt and pepper.

Ears may also be buried in hot coals after being soaked. Roast for 10 to 12 minutes. Remove husks and serve with butter, salt and pepper.

FRESH CREAMED CORN
Cut uncooked kernels of corn from the cob with a sharp knife. Place kernels in melted butter in a saucepan. Use two tablespoons of butter to each cup of corn. Cover, and cook over very low heat, stirring a few times until corn no longer has a starchy taste. Season with salt and pepper and add two tablespoons of cream to each cup of corn. For a thicker sauce add one tablespoon of cornstarch to the cream before adding it to the corn. Simmer for five minutes, stirring all the time.

SAUTEED CORN AND MUSHROOMS
1 c. sliced fresh mushrooms
1 T. minced onion
2 T. butter or margarine
2 c. cut fresh corn
1 t. salt
1 t. sugar
¼ t. pepper
Few springs parsley
1 pimiento, diced
Cook mushrooms and onion in butter in skillet for about five minutes. Add remaining ingredients except parsley and pimiento and saute for about five minutes longer. Put in serving dish and sprinkle with parsley and pimiento. Makes four to six servings.

CORN PIE
2 c. fresh corn
1 lb. ground beef
1 large onion, chopped
1 T. salad oil or butter
2 T. chili powder (optional)
¼ t. salt
4 fresh tomatoes, peeled and diced
½ pkg. corn muffin mix
Brown meat and onion in salad oil (or butter). Add the chili (or curry powder), salt and tomatoes. Cover and simmer over low heat for 15 minutes. Add the corn. Blend well. Pour into a greased 1½-quart casserole. Top with corn muffin batter, spreading it all over with a knife dipped in cold water. Bake in a 450-degree oven for 20 to 30 minutes or until batter is cooked.

CORN QUICHE
½ c. fresh corn
¼ c. grated Swiss or Parmesan cheese
5 eggs
1½ c. light cream
1 t. instant minced onion
1 t. seasoned salt
4 slices crisp bacon, crumbled
Pastry for one crust 9-inch pie, unbaked
Line nine-inch pie pan with pastry. Mix corn and cheese and put in bottom of pastry-lined pan. Beat eggs with cream, onion and seasonings. Pour over corn. Sprinkle with bacon. Bake in preheated 400-degree oven for 25 minutes. Reduce heat to 350 degrees and bake for about 20 minutes longer. Serve at once. Makes six servings.

DISCOUNT PRICES

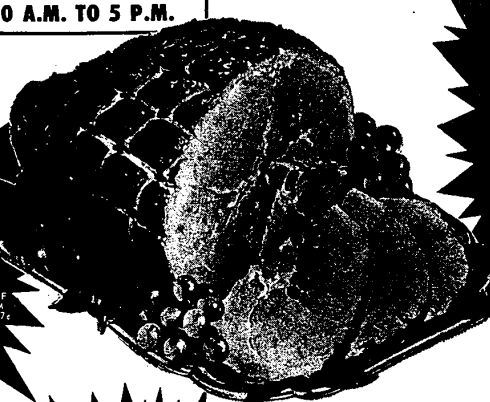


NEW STORE HOURS
MOST KROGER STORES NOW
OPEN MON. THRU SAT.
8 A.M. TO 11 P.M.
SUNDAY
10 A.M. TO 5 P.M.

We reserve the right to limit quantities. Prices and items effective at Kroger in Wayne, Macomb, Oakland, Washington, Livingston & St. Clair Counties. Mon. July 31 thru Sun., Aug. 6. None sold to dealers. Copyright 1972. The Kroger Co.

plus **TOP VALUE STAMPS!**

XTRA low sale price
HYGRADE OR PESCHKE FULLY COOKED
SEMI-BONELESS WHOLE HAM
68¢ LB
HALF HAM LB 77¢



XTRA low sale price
YOUNG 10-16 LB
HEN TURKEY
31¢ LB
LIMIT 2 PLEASE



Day after day, week after week, you can depend on the outstanding quality of Kroger ground meat.

What's our secret? It's simple...

1. When the label reads "GROUND BEEF ROUND" you can be sure it's ground ONLY from the round. Our sale with fresh ground round...14¢ fat for flavor.
2. When the label reads "GROUND BEEF CHUCK" you can be sure it's ground ONLY from the chuck. Our sale with fresh ground chuck...17¢ fat for flavor.
3. Our "EXTRA LEAN HAMBURGER" is all beef from several different cuts, freshly ground. Our sale...22¢ fat for flavor.
4. Our "HAMBURGER", too, is made only from beef, making added. With hamburger, our aim is...25¢ fat for flavor.

ALL BEEF - ANY SIZE PACKAGE
Fresh Hamburger LB 75¢

U.S. CHOICE BONELESS	
Boston Roll LB 1.09	
Roast LB 1.09	
U.S.D.A. CHOICE BONELESS	
Delmonico Steak LB \$2.39	
U.S.D.A. CHOICE BONELESS	
Top Sirloin Steak LB \$1.89	
FRESH LEAN	
Pork Steak LB 77¢	

XTRA LOW SALE PRICE
FROZEN, MEDIUM SIZE
SPARE RIBS
69¢ LB

OR 1/2 LBS LION SLICED INTO:	
Pork Chops LB 88¢	
PORK ROAST SALE	
FRESH PICNICS LB 49¢	
BOSTON BUTT LB 69¢	

Xtra coupon special
WITH THIS COUPON AND \$3.00 PURCHASE OR MORE
SAVE 26¢
PIONEER SUGAR
39¢ 5 LB BAG

Xtra coupon special
WITH THIS COUPON AND \$3.00 PURCHASE OR MORE
SAVE 8¢
HEINZ KETCHUP
14¢ 14-OZ BTL

Xtra coupon special
WITH THIS COUPON AND \$3.00 PURCHASE OR MORE
SAVE 50¢
REFRESHING PEPSI COLA
79¢ 8 12-OZ WT CANS

Xtra coupon special
WITH THIS COUPON AND \$3.00 PURCHASE OR MORE
SAVE 48¢
KING SIZE OXYDOL
97¢ BOX

LIQUID Palmolive Detergent 1-PT 6-OZ BTL **43¢**

KROGER LARGE OR SMALL CURD Cottage Cheese 1-LB CTN **29¢**

WITH GUARD ALL Colgate Toothpaste 5-OZ WT TUBE **54¢**

WHITE OR ASSORTED COLORS Bounty Towels 3 JUMBO ROLLS **1.00**

50 FREE
EXTRA TOP VALUE STAMPS
WITH THE PURCHASE OF 2 PGS
18 KROGER SAUCES & GRAVIES G1

100 FREE
EXTRA TOP VALUE STAMPS
WITH THE PURCHASE OF 4 PGS
18 ANY 5-LB HORMEL CANNED HAM M1

KROGER PORK & BEANS 8 1-LB CANS **88¢**

CLOVER VALLEY UNPEELED Apricot Halves 1-LB 12-OZ CAN **28¢**

50 FREE
EXTRA TOP VALUE STAMPS
WITH THE PURCHASE OF 2 PGS
18 POLAR PAK FUDGE BARS G3

25 FREE
EXTRA TOP VALUE STAMPS
WITH THE PURCHASE OF 1 PG
18 MIXED FRYER PARTS M2

SUNSWET PRUNE JUICE 46¢

WHOLE Libby Tomatoes 5 1-LB CANS **\$1**

50 FREE
EXTRA TOP VALUE STAMPS
WITH THE PURCHASE OF ONE CTN
18 POTATO SALAD, OR MACARONI SALAD G4

50 FREE
EXTRA TOP VALUE STAMPS
WITH THE PURCHASE OF A 3-LB BAG
18 ONIONS P1

XTRA low sale price
GOLDEN RIPE
BANANAS
10¢ LB

HOME GROWN Green Cabbage LB **10¢**

4 X 7 SIZE Vine Ripped Tomatoes EA **10¢**

Bartlett Pears 30 SIZE CRISP FOR **129¢**

PASCAL CELERY EA **25¢**

XTRA LOW EVERYDAY DISCOUNT PRICES

- ✓ **FAMILY SIZE Kroger Catsup** QT BTL **39¢**
- ✓ **KROGER Homogenized Milk** GAL PLASTIC JUG **89¢**
- ✓ **ALL PURPOSE GRIND Beech-Nut Coffee** 2 LB CAN **\$1.18**
- ✓ **SPECIAL LABEL - FABRIC SOFTENER Downy** 1/2-GAL JUG **\$1.11**
- ✓ **WHOLE Libby Tomatoes** 5 1-LB CANS **\$1**
- ✓ **CLOVER VALLEY UNPEELED Apricot Halves** 1-LB 12-OZ CAN **28¢**
- ✓ **LOW IN CAFFEINE Instant Nescafe** 6-OZ WT JAR **99¢**
- ✓ **VARIETIES CHECKERBOARD Dinners** 1-LB 12-OZ PKG **77¢**
- ✓ **ALL PURPOSE Crisco Oil** 1-QT 1-PT BTL **89¢**
- ✓ **BAKERS Fudge Chips** 6-OZ WT PKG **10¢**