

Good Food Begins Year Of Ox

By ELLY

Deck the halls with boughs of sesame and pine. Chinese New Year is fast approaching and time to decorate your home the traditional Chinese way.

Chinese New Year falls this year on Feb. 3. It'll be the first day of the year 4671 in the Chinese calendar and the beginning of the year of the Ox.

For the Chinese it's a big day for giving and receiving presents. Fruit (especially oranges), foods, potted plants for friends; fabrics and ornaments for one's own family are the traditional gifts.

Children are dressed in new clothes and parents and relatives give them small amounts of money, wrapped in red paper that symbolizes good luck.

To assure good luck for your own family in the Year of the Ox, write "luck phrases" on pieces of red paper.

The Chinese use words such as prosperity, longevity, good health, happiness or wealth. Then hang the red papers throughout the house and have a happy Chinese New Year. THE YEAR of the Ox brings to mind a Chinese style beef fondue.

Allow 1 1/2 to 2 pounds of beef tenderloin, cut into one-inch cubes per person. Provide an assortment of oriental sauces, such as soy, teriyaki or sweet and sour. Each of these is available bottled.

Place about 1 1/2 inches of cooking oil in an electric fondue pot and turn to "meat" setting. In a non-electric pot, heat oil on range in fondue pot, then transfer to canned heat.

Give each person a long-handled fork and let him spear his own chunks of meat, cook it in the oil until it is done to his liking, and dip it in one of the sauces. Provide additional forks for eating. Fondue forks can get very hot.

Serve with egg rolls and a salad.

GOOD FORTUNE MEATLOAVES

- 1 can (6 ounces) tomato sauce
- 1/3 c. sweet and sour sauce
- 2 T. soy sauce
- 2 lb. ground beef
- 2 eggs, beaten
- 1 t. dry mustard
- 2 t. onion powder
- 1 can (3 ounces) chow mein noodles, finely crushed
- 1 can (1 pound) fancy Chinese mixed vegetables, drained and rinsed
- 1/2 t. pepper
- 1/2 t. salt

Combine sauces; reserve 1/4 cup for baste. Combine remaining sauce and ingredients. Shape into eight loaves. Place in shallow baking pan. Bake at 350 degrees for 50 minutes, basting occasionally with sauce.

CHINESE CHICKEN WITH NUTS

- 2 whole chicken breasts, boned, skinned (4 pieces)
- 1 c. cornstarch
- 2 t. salt
- 1 t. sugar
- 1 t. monosodium glutamate (optional)
- 2 egg whites
- 1/2 t. dry sherry or shao hsing wine
- 1/3 c. finely chopped fresh walnuts, or an equal amount of skinned, chopped Brazil nuts
- Peanut, vegetable or corn oil for deep frying
- Parsley

Slice the chicken breasts at an angle into paper-thin slices. This is easier to do if the meat is partially frozen. Set aside on waxed paper.

Place the cornstarch, salt, monosodium glutamate and sugar in a bowl. Add the wine and blend. Beat the egg whites lightly but not until frothy, and gradually stir them into the cornstarch mixture. Stir until smooth. Arrange the chopped nuts in a pie plate or other plate.

Dip the chicken fillet first into the cornstarch mixture on both sides, then into the chopped nuts. Place on waxed paper, and let stand until all the pieces are coated.

In a wok or deep-fryer, heat the oil to almost the smoking point. Turn off the heat and add the chicken pieces, a few at a time, without crowding. Cook, stirring and turning the pieces until golden brown, no longer than two or three minutes. Turn on heat, if necessary, for the past pieces, but do not overcook. Drain on paper toweling. Garnish with fresh parsley sprigs and serve immediately. Serves eight.

DISCOUNT PRICES



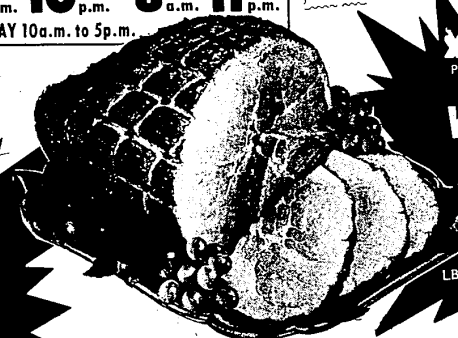
NEW STORE HOURS:
MOST KROGER STORES OPEN
MON-TUE-WED 8 to 10 p.m.
THUR-FRI-SAT 8 to 11 p.m.
SUNDAY 10 a.m. to 5 p.m.



plus TOP VALUE STAMPS!

We reserve the right to limit quantities. Prices and items effective at Kroger in W. Va., Md., Pa., N.C., S.C., Ga., Fla., Tex., Ark., La., Miss., Ala., Ky., Tenn., Mo., Ill., Ind., Ohio, Pa., N.Y., N.J., Del., Md., Va., W. Va., D.C., and Puerto Rico. Jan. 29 thru Sun., Feb. 4, 1973. None sold to dealers. Copyright 1973. The Kroger Co.

XTRA low sale price
FARM FRESH
MIXED FRYER PARTS
33¢



XTRA low sale price
PESCHKE WATER ADDED
SEMI-BONELESS WHOLE HAM
69¢
HALF LB. 79¢

OVEN READY Turkey **29¢**
Drumsticks **29¢**
HERRUD HICKORY HOT PLAIN OR GARLIC Ring Bologna **\$1.09**
LEAN Pork Steak **89¢**
FARMER PEET TRAY PAK Ring Bologna **99¢**

ALL BEEF Breakfast Sausage **98¢**
1/2 LOIN SLICED INTO Pork Chops **98¢**
OSCAR MAYER HEAD CHEESE OR Liver Cheese **8-OZ WT PKG 73¢**

WEIGHT WATCHER SPECIAL TURBOT FILLETS **69¢**
FRESH Picnic Pork Roast **69¢**
U.S. GOV'T GRADED CHOICE Sirloin Steak **1.58**
U.S. GOV'T GRADED CHOICE Round Steak **1.48**
U.S. GOV'T GRADED CHOICE BONELESS Delmonico Steak **2.59**
PESCHKE SLICED BOLOGNA OR All Meat Franks **14-OZ WT PKG 69¢**

FRESH Boston Butt Pork Roast **79¢**
U.S.D.A. CHOICE STEAK SALE
U.S. GOV'T GRADED CHOICE T-Bone Steak **\$1.68**
U.S. GOV'T GRADED CHOICE Porterhouse Steak **1.78**
U.S. GOV'T GRADED CHOICE Cube Steak **\$1.68**
HYGRADE SLICED Ball Park Bologna **\$1.09**

KWICK KRISP REGULAR OR THICK SLICED BACON
2 LB PKG \$1.99

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 44¢ ASSORTED FLAVORS FAYGO POP
8¢
PINT 18D
LIMIT EIGHT

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 38¢ BI-PAK LA CHOY CHOW MEIN
69¢
2-LB 105-OZ CAN 18D
LIMIT TWO

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 14¢ KRAFT PARKAY MARGARINE
22¢
1-LB PKG 18D
LIMIT TWO

DISINFECTANT Lysol Spray **99¢**
ASSORTED COLORS Kleenex Tissue **300-CT 79¢**

DISHWASHER - SPECIAL LABEL Cascade 3-LB 2-OZ BOX **69¢**
Detergent **69¢**

KROGER GIANT White Bread **89¢**

COUNTRY CLUB Ice Cream **68¢**
EXCEPT BEEF AND CHICKEN N DUMPLINGS Morton Dinners **36¢**
CAMPBELL'S Chicken Noodle Soup **6¢**
ANTISEPTIC Listerine Mouthwash **89¢**

SAVE WITH THESE COUPONS

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
12-OZ BTL BOWL CLEANER **66¢**
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
1-LB PKG CHEESE PIZZA **63¢**
LIMIT ONE

Xtra coupon special
WITH THIS COUPON
ON THE PURCHASE OF ONE 2-LB CAN
10¢ OFF KROGER VAC PAC COFFEE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
18D SOOPER SIP DRINK **43¢**
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
18D PEANUT BUTTER **2.69**
LIMIT ONE

Xtra coupon special
WITH THIS COUPON
ON THE PURCHASE OF ONE OR MORE 10¢ OFF
GORDON'S FRESH SAUSAGE LINKS

Xtra coupon special
WITH THIS COUPON
ON THE PURCHASE OF ANY BRAND
50¢ OFF 5LB OR 8LB CANNED HAM

CREAM STYLE OR WHOLE KERNEL Kroger Corn **6 1-LB 1-OZ CANS \$1**
KROGER Applesauce **6 1-LB CANS \$1**
SHOWBOAT SLICED OR Whole Potatoes **7 145-OZ WT CANS \$1**
SLICED, CHUNK, CRUSHED Mandalay Pineapple **5 1-LB CANS \$1**
STEWED Hunt's Tomatoes **5 145-OZ WT CANS \$1**

XTRA low sale price
GOLDEN BANANAS
10¢
LB

FRESH FRUITS AND VEGETABLES
125 SIZE FLORIDA Temple Oranges **12 FOR 59¢**
1135 SIZE Anjou Pears **9 FOR 99¢**
U.S. NO. 2 TEXAS JUICE ORANGES OR Grapefruit **18 LB BAG \$1.99**
CALIFORNIA 180 SIZE Tangerines **24 FOR 99¢**
113 SIZE Navel Oranges **10 FOR 99¢**
MEXICAN Vine Ripe Tomatoes **39¢**