

# Summer Desserts Are Light

by ELLY

When the living is light and easy in summer, meals, especially desserts, should set the same leisurely pace.

Swiss-style yogurt, a veritable orchard of real fruit flavors, is a speedy, skiny lunch "as is" right from the cup. Combined with fresh seasonal fruits, yogurt adds that subtle "something" that makes a refreshing summer dessert.

## YOGURT PARFAITS

3 containers yogurt (8 ounce size)  
blueberry  
strawberry  
mandarin orange  
sliced strawberries, sliced peaches or blueberries  
6 parfait glasses (6-ounce size)

Carefully spoon blueberry yogurt into each glass, then a layer of strawberry yogurt. Complete the parfait with a layer of mandarin orange yogurt. Refrigerate until ready to serve. Top with fruit.

## FRESH FRUIT WITH YOGURT DIP

Arrange crisp pear and apple slices, grapes, strawberries and peeled orange slices around a bowl of yogurt. Let everyone pick and dip.

## FRESH FRUIT PIE (156 calories per serving)

Crust:  
1/4 c. butter or low calorie margarine  
1 c. flaked coconut  
1/2 c. flour

Melt butter. Stir in coconut and flour. Cook over low heat stirring frequently until mix is golden brown, about five minutes. Place in a nine-inch pie pan, pressing against bottom and sides. Let cool.

Filling:  
1 envelope unflavored gelatin  
1/4 c. cold water  
3/4 c. boiling water  
2/3 c. Sprinkle Sweet or 1 T. liquid sweetener  
1/2 t. salt  
1 T. lemon juice  
1 c. unflavored yogurt  
4 drops yellow food coloring  
1-1/2 c. sliced strawberries, peaches, bananas or grapes.

Soften gelatin in cold water. Add boiling water and stir until dissolved. Add sweetener, salt and lemon juice, stir well. Add yogurt and mix well, then stir in food coloring. Chill until thickened but not set. Fold in fruit and pour into pie shell. Chill for two hours before serving.

NOTE: If you are not counting calories you may substitute one cup of dairy sour cream for the yogurt and two thirds cup of sugar for the sweetener. This way it comes out 254 calories per serving.

NO YOGURT In this one but with sun ripened peaches appearing in the markets and at the roadside stands it's definitely peach pie time.

## FRESH PEACH PIE

Pastry:  
1 c. sifted flour  
1/2 t. salt  
4 to 6 T. lard  
2 to 3 T. ice water

Mix flour and salt. Cut lard into flour until crumbs are the size of small peas. Add ice water a little at a time, mixing quickly and evenly through flour with a fork until dough just holds in a ball. Use as little water as possible. Roll to one eighth-inch thickness and line a nine-inch pie pan, allowing pastry to extend one half-inch over edge. Fold this over or under and crimp edge.

Filling:  
3/4 c. sugar  
1/8 t. salt  
1/4 c. cornstarch  
1/4 t. nutmeg  
4 c. sliced fresh peaches

Combine sugar, salt, cornstarch and nutmeg. Add to peaches and mix lightly. Spoon into pastry-lined pan. Bake in hot oven (425 degrees) for 30 minutes.

Caramel Nut Topping:  
2 T. melted butter or margarine  
1/4 c. brown sugar  
3/4 c. pecan halves  
1 T. grated orange rind



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KROGER INSTANT  
**Freeze-Dried Coffee**  
8-OZ. WT. JAR **\$1.20** WITHOUT COUPON \$1.45  
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LEAN  
**Center Cut Rib Pork Chops**  
**99¢** LB

U.S. CHOICE  
**Round Steak**  
**99¢** LB

WHOLE  
**Fresh Fryers**  
**33¢** LB

KROGER  
**Fruit Cocktail**  
**19¢** 1-LB CAN

BONUS PACK  
**Quart Detergent Thrill Liquid**  
**49¢** PLASTIC BOTTLE

REGULAR OR DIET  
**Pepsi-Cola**  
**8 79¢** 10-FL OZ BTL

RICH'S  
DESSERT TOPPING  
**Spoon & Serve**  
**29¢** QUART CONTAINER **19¢** PINT

WHOLE-COOKED  
**Semi-Boneless Ham**  
**75¢** LB

U.S. CHOICE BEEF  
**Boneless Rump Roast**  
**\$1.19** LB

FRESH PICNIC  
**Pork Roast**  
**49¢** LB

GORDON'S  
**Pork Sausage** 2-LB ROLL **\$1.19**  
U.S. GRADE A  
**Cornish Hens** 1-LB 6-OZ SIZE **88¢**  
MICH. GRADE 1 SKINLESS  
**Peter's Wieners** 1-LB PKG **67¢**

U.S. CHOICE TENDERAY 4TH & 5TH RIBS  
**Beef Rib Roast**.. **99¢**  
COUNTRY STYLE  
**Spare Ribs**..... **79¢**  
COUNTRY STYLE-RANDOM WEIGHT  
**Sliced Bacon**..... **79¢** LB

**Gallon Clorox**  
**49¢** JUG  
KROGER GRADE 'A'  
**Large Eggs**  
DOZEN **52¢**  
KROGER RED TART PITTED  
**Pie Cherries**..... **19¢** 1-LB CAN  
CREAMY MAYONNAISE  
**Hellmann's**..... **48¢** QT JAR

KROGER  
**Giant White Bread** 4 1/2-LB LOAVES **\$1.49**  
WHOLE BEAN  
**Spotlight Coffee** 1-LB BAG **49¢**  
NON-DAIRY COFFEE CREAMER  
**Coffee-Mate**..... **77¢** 1-LB 2-OZ JAR  
KROGER VAC PAC  
**Coffee**..... **2 99¢** 2-LB CAN

KROGER  
**2% Hi-Nu Low Fat Milk**  
**89¢** GAL CTN

**BACK TO SCHOOL VALUES**  
NOTEBOOK  
**Filler Paper** 300 SHEETS **39¢**  
6 PIECES INCLUDING BINDER  
**Loose Leaf Starter Set** **\$1.99**  
IN PLASTIC BOX  
**24 Crayolas**..... **41¢**  
**Stapler Kits**..... **62¢**  
**Elmer's Glue All** 4-OZ **54¢**  
BIC RETRACTABLE PENS  
**Twelve-Pak Pencils**  
**3-Pak Bic Pens-Flair Pens**  
YOUR CHOICE **44¢**  
ROCKET BRAND  
**Cellophane Tape** 1 1/2" X 800" **19¢**  
6" X 9" **Steno Book**..... **31¢**  
8" X 10" **Pencil Tablet**..... **22¢**  
**Paper Mate Pens**.. **88¢**

KROGER FROZEN  
**Lemonade** 6-FL OZ CAN **9¢**  
ASSORTED FLAVORS  
CAPT. KIDD'S **Drinks** 14-OZ CAN **19¢**

SPECIAL LABEL  
**Giant Gain** 3-LB 1-OZ PKG **73¢**  
SPECIAL LABEL-ASST. FACIAL  
**Kleenex Tissue** 200-Ct PKG **21¢**

JUBILEE  
**Panty Hose** PAIR **\$1.29** PLUS 50 EXTRA STAMPS WITH COUPON  
ANTI-PERSPIRANT SPRAY  
**Dial Deodorant** 5-FL OZ CAN **58¢**  
ADORN NORMAL OR EXTRA HOLD  
**Hair Spray**..... **11¢** 13.7-FL OZ  
REG. OR EXTRA HOLD SETTING GEL  
**Dippity Do**..... **68¢** 8-OZ WT JAR  
GILLETTE ANTI-PERSPIRANT DEOD.  
**Soft & Dri**..... **63¢** 3.3-FL OZ CAN

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
2-PKGS CUT-UP FRYERS  
2-PKGS FRYER PARTS OR  
2-FRESH ROASTERS  
Valid Thru Sun., Aug. 24, 1969  
At Kroger Det. & East Mich. **A**

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
ANY TENDERAY  
BONELESS RUMP  
OR SIRLOIN TIP ROAST  
Valid Thru Sun., Aug. 24, 1969  
At Kroger Det. & East Mich. **B**

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
ANY COUNTRY CLUB  
CORNED BEEF BRISKET  
Valid Thru Sun., Aug. 24, 1969  
At Kroger Det. & East Mich. **C**

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
ANY 2-PKGS  
DANISH PASTRY  
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At Kroger Det. & East Mich. **D**

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
ANY TWO 1/2-GAL  
COUNTRY CLUB  
ICE CREAM  
Valid Thru Sun., Aug. 24, 1969  
At Kroger Det. & East Mich. **E**

**25 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
1/2-GAL CTN  
KROGER LABEL  
CHOCOLATE MILK  
Valid Thru Sun., Aug. 24, 1969  
At Kroger Det. & East Mich. **F**

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
1-LB 14-OZ CTN  
KROGER LABEL  
COTTAGE CHEESE  
Valid Thru Sun., Aug. 24, 1969  
At Kroger Det. & East Mich. **G**

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
ANY 2 CTNS  
KROGER PARFAIT OR  
GELATIN SALADS  
Valid Thru Sun., Aug. 24, 1969  
At Kroger Det. & East Mich. **H**

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON  
ANY PAIR  
JUBILEE PREMIERE  
PANTY HOSE  
Valid Thru Sun., Aug. 24, 1969  
At Kroger Det. & East Mich. **I**

MICHIGAN  
**Fresh Blueberries**  
**59¢** FULL QUART  
RED RIPE  
**Watermelons**..... WHOLE **88¢**  
FRESH SWEET  
**Prune Plums**... 3 LB BSKT **59¢**  
175 SIZE  
**Fresh Limes**..... DOZ **69¢**  
JUMBO 5 SIZE  
**Honeydews**  
EACH **49¢**

27 SIZE  
**Vine Ripened Cantaloupe**  
**3 1** FOR