

# Buying processed foods?

# USDA standards help you decide

When you're buying processed foods at the grocery store, do you know what you're getting?

There are standards set by the U.S. Department of Agriculture for those products that contain meat and poultry, assuring that if a product goes by a particular name, it will have a certain amount of meat in it. To find out about the ones that are on your family's shopping list, send for a free copy of "Meat and Poultry Products." Write Consumer Information Center, Department 559K, Pueblo, Colo. 81009.

The U.S. Department of Agriculture (USDA) has standards of composition and standards of identity. Standards of composition identify the minimum amount of meat or poultry required in a product's recipe. For example, the standard of composition for "chicken a la king" states that if a product carries this name on its label, at least 20 percent cooked poultry meat must be used in the recipe.

But standards of composition don't prevent a manufacturer from increasing the meat or poultry content or adding other ingredients to increase a product's appeal. For instance, a processor has the option of using more than the required amount of chicken in chicken a la king and adding other ingredients to make the product unique.

Standards of identity, on the other hand, set specific requirements for a food's makeup; the kind and minimum amount of meat or poultry, maximum amount of fat or moisture, or any other ingredients allowed.

A number of labeling regulations apply across-the-board to all meat and poultry products. These include: accurate product names; ingredients listed from most to least weight in the product

recipe; net quantity of the package contents; name and address of the manufacturer, packer or distributor; the USDA mark of inspection; and any special care of handling instructions, such as "keep refrigerated." In addition, label photographs or artwork must not be misleading.

You can learn a lot about what to expect from a product by just noting the order in which major ingredients appear. For example, the name "Beef with Gravy" tells you that there is more beef in that product than in one called "Gravy with Beef."

The information in the USDA booklet includes listings for more than 250 popular meat and poultry products — from baby food to wonton soup.

Knowing ahead of time that a certain expensive meat product may contain as little as 10 percent meat may help you decide to choose another product high in meat content or lower in cost. Here's a sampling of products:

- Beans with frankfurters in sauce — at least 20 percent frank.
  - Beans with meat in sauce — at least 12 percent meat.
  - Beans with meatballs in sauce — at least 20 percent meatballs.
  - Beef with barbecue sauce — at least 50 percent beef (cooked basis).
  - Breakfast sausage — no more than 50 percent fat; contains 3% percent binders and extenders, and 3 percent water.
- When you order "Meat and Poultry Products" you'll also receive a free copy of the Consumer Information Catalog. Published quarterly by the Consumer Information Center of the General Services Administration, the catalog lists 200 selected free and low cost government booklets.

## Nice price for rice pudding

Budget-conscious homemakers will welcome this idea for a dessert that's made in minutes, costs pennies and is nutritious to boot.

It's called Broiled Butterscotch Rice Pudding, and it's an easy version of that old favorite done in a new flavor and topped off with a crunch glaze of coconut, butter and sugar. The basic ingredient is pennywise rice, a good bet any time of the year.

**BROILED BUTTERSCOTCH RICE PUDDING**  
1/2 cup uncooked rice cup water  
1 cup water  
1/4 tsp. salt  
1/4 cup maple extract  
1 pkg. (1 1/2 oz.) butterscotch flavor pudding and pie filling

2 cups milk  
1 tbsp. butter or margarine  
**TOPPING**  
1/2 cup maple syrup or brown sugar  
2 tbsp. melted butter or margarine  
1 cup shredded coconut  
Combine rice, water, salt and maple extract. Heat to boiling over high heat. Stir once. Cover, reduce heat and simmer for 15 minutes. Blend pudding mix with milk and butter; cook over medium heat, stirring constantly for about 5 minutes. Fold in cooked rice. Spoon into an ovenproof serving dish or individual dishes and chill. When ready to serve, spread with mixture of topping ingredients and broil slowly until golden, 2 to 3 minutes. Makes 6 servings.

**BROWN STREET MARKET**  
 WHERE SERVICE & QUALITY OUTSELL THE REST

**BIRMINGHAM COMMUNITY MARKET**

Make us your neighborhood grocery stores — complete & convenient —

<p align="center"><b>Fresh CHICKEN SALAD</b>                  \$2.39 lb. <i>reg. \$2.89</i></p>	<p align="center"><b>Hot or Mild ITALIAN SAUSAGE</b>                  \$1.79 lb. <i>reg. \$2.19</i></p>
<p align="center"><b>COLE &amp; POTATO SLAW SALAD</b> 69¢ lb. <i>reg. 85¢</i></p>	<p align="center"><b>Large CHICKEN BREASTS</b>                  \$1.39 lb. <i>reg. \$1.69</i></p>
<p align="center"><b>FRESH SEA SCALLOPS</b> \$4.99 lb.</p>	<p align="center"><b>STROH'S</b> \$8.69                  24-pak cans <i>reg. \$9.89 &amp; dep.</i></p>
<p align="center"><b>HAAGEN DAZS ICE CREAM</b> \$1.49 pint <i>reg. \$1.89</i></p>	<p align="center"><b>X-tra Fancy Red DELICIOUS APPLES</b>                  69¢ lb. <i>reg. 85¢</i></p>

**LIVE LOBSTERS**  
 • FRESH FISH • QUALITY MEATS & PRODUCE

**BEER, WINE & LIQUOR**  
 • PRIME & CHOICE MEATS • FRESH PRODUCE

Prices Good Thru May 22, 1982

407 W. Brown at Chester Birmingham • 642-0450  
 OPEN: Mon-Fri 11-8 • Sat. 11-7 • Closed Sunday

130 W. Fourteen Mile at Pierce Birmingham • 644-6060  
 OPEN: Mon-Sat 9-9 • Sun. 10-4

## Quick maple ice cream

Here's a homemade maple-ice cream so old-fashioned rich and delicious that your party guests will think you spent hours cranking a freezer in your back yard!

But it takes no longer than 10 minutes to whip the cream and fold it into a combination of sweetened condensed milk, maple flavored table syrup, chopped nuts, rum and salt.

You'll love the way the maple-flavored table syrup provides the sweetness and the rich maple-flavor that goes so well with the "crunch" of chopped walnuts or pecans. Maple-Crunch Ice Cream doesn't even require an ice cream freezer. It is spooned into a 9-by-5-inch loaf pan. Tightly wrapped in foil, it can be made two weeks be-

fore your shower or patio party. This rich 'n' creamy ice cream is served in dainty dips in your best sherbet glasses with crisp, thin cookies alongside.

**MAPLE-V CRUNCH ICE CREAM**  
1 1/4-cup. can sweetened condensed milk  
1/2 cup maple flavored table syrup  
1/2 cup chopped nuts  
1 to 2 tsp. rum  
Dash of salt  
1 pt. (2 cups) heavy cream, whipped

In large bowl, combine all ingredients except whipped cream; mix well. Fold in whipped cream. Spoon in pan. Cover, freeze about 6 hours or until firm. Scoop into dessert dishes to serve. Makes about 1 1/2 pints.



## Trying to keep costs down?

Two-person families are becoming the norm, rather than the exception. Perhaps the biggest problem in cooking for fewer people is to keep the nutrition up and the costs down. That means purchasing only the needed amounts of all foods and either cooking just the right amount or managing leftovers carefully.

If keeping track of leftovers isn't your thing, consider a recipe leaflet from the Rice Council of America. Each recipe uses rice, which keeps the costs down. Rice costs as little as four cents per half-cup serving. The recipes are specially designed for two generous servings.

For your free copy, send a stamped, self-addressed, business size envelope to: Rice Council, P.O. Box 740121, Houston, Texas 77274. Ask for "Easy 'n' Thrifty."

**FISHER FOODS**

219 N. Eton Birmingham 649-6010

5713 Dixie Hwy. Waterford Plaza Waterford 623-7766

**EXTRA SPECIAL**

<b>BONELESS SIRLOIN STEAKS</b>	<b>\$2.99 lb.</b>
<b>WHOLE TENDERLOINS</b>	<b>\$3.99 lb.</b>
<b>MEAT MARKET</b>	
<b>SIRLOIN TIP STEAKS</b>	<b>\$2.49 lb.</b>
<b>GROUND ROUND 3 lbs. or more</b>	<b>\$1.89 lb.</b>
<b>BABY SPARE RIBS</b>	<b>\$2.19 lb.</b>
<b>CHUCK STEAKS</b>	<b>\$1.99 lb.</b>
<b>WEDNESDAY &amp; SATURDAY ONLY</b>	
<b>GROUND CHUCK</b>	<b>5 lbs. or more</b>
<b>KOEGELSKINLESS HOT DOGS</b>	<b>\$1.29 lb.</b>
<b>DELI</b>	
<b>CHEESE SALE!</b>	
<b>MUENSTER</b>	sliced to order <b>\$1.99 lb.</b> 1/2 lb. min.
<b>AMERICAN</b>	
<b>MOZERELLA</b>	
<b>PROVOLONE</b>	
<b>LONGHORN - COLBY</b>	
<b>GROCERY</b>	
<b>MILLER LITE, 12 OZ. CANS,</b>	<b>\$8.99</b>
<b>Wilson's Homogenized MILK plus gal.</b>	<b>\$1.89</b>
<b>Twin Pine LARGE EGGS</b>	<b>89¢ doz.</b>
<b>WINE SALE EVERYDAY</b>	
<b>10% off</b>	
<b>INTERESTED WHOLESALE AND CO-OP PROGRAMS PLEASE CALL FOR MORE INFORMATION</b>	
<b>Price good at Birmingham Store Only</b>	
<b>Hours: Daily: 9-9, Sat. 9-7, Sun. 9-5</b>	

**NOW OPEN SUNDAYS**

# Little Tony's Italian Bakery & PIZZA

Everything is baked on our premises.

**Orchard 10 Shopping Center**  
 24101 Orchard Lake 474-1720  
 Daily 8-9, Sunday 8-9

**A NOTE FROM OUR MANAGEMENT:**  
 AT LITTLE TONY'S, QUALITY IS OUR MAIN CONCERN. WE TRY TO GIVE OUR CUSTOMERS THE BEST POSSIBLE QUALITY AT THE MOST REASONABLE PRICE. WE WILL ALWAYS TRY TO SELL YOU A GOOD PRODUCT AT A GOOD PRICE. ONE ITEM WHICH WE ARE PROUD OF IS OUR SQUARE PIZZA. WE THINK WE MAKE THE BEST PIZZA MONEY CAN BUY. IF YOU HAVE NEVER TRIED OUR PIZZA, ASK SOMEONE WHO HAS, OR MAYBE TRY IT YOURSELF. WE CANNOT MAKE EVERYONE HAPPY; HOWEVER, WE WILL ALWAYS LISTEN TO OUR CUSTOMERS' COMMENTS. THIS IS OUR PLEDGE TO YOU.

*Aldo Stenta Dan Nussato*



**THERE IS NO OTHER PLACE TO SHOP FOR MEMORIAL DAY WEEK - END BUT AT...**

**LITTLE TONY'S**

<p align="center"><b>TUESDAY</b></p> <p align="center"><b>ONE DOZEN DONUTS</b> \$1.49</p> <p align="center">Whole Grade "A" <b>FRYERS 59¢</b> LB. <small>Good 5/18 &amp; 25</small></p>	<p align="center"><b>WEDNESDAY</b></p> <p align="center"><b>HOMEMADE ITALIAN BREAD</b> 3/51</p> <p align="center">Center Cut <b>PORK CHOPS \$2.19</b> LB. <small>Good 5/19 &amp; 26</small></p>	<p align="center"><b>THURSDAY</b></p> <p align="center"><b>CHOICE ROUND STEAK</b> \$2.49 lb.</p> <p align="center">Choice <b>POT ROAST \$1.69</b> lb. <small>Good 5/20 &amp; 27</small></p>	<p align="center"><b>FRIDAY</b></p> <p align="center"><b>FREE MILK</b> 1 gallon Homo Milk with purchase of one large pizza</p> <p align="center">FRESH <b>OCEAN PERCH \$1.49</b> lb. <small>Good 5/21 &amp; 28</small></p>
<p align="center"><b>SATURDAY</b></p> <p align="center"><b>GROUND CHUCK</b> \$1.29 lb.</p> <p align="center">FRESHLY MADE <b>DONUTS \$1.39</b> DOZ. <small>Good 5/22 &amp; 29</small></p>	<p align="center"><b>SUNDAY</b></p> <p align="center">Individual Choice U.S.D.A. <b>STRIP STEAKS</b> \$4.49 LB. <small>Good 5/23 &amp; 30</small></p>		

<p align="center"><b>MUENSTER CHEESE</b> \$1.99 lb.</p>	<p align="center"><b>BOILED HAM</b> \$1.99 lb.</p>	<p align="center"><b>FISH Fresh Cod</b> \$2.19 lb.</p>	<p align="center"><b>Scallops</b> \$5.89 lb.</p>
<b>Good thru 5/31/82</b>		<b>Good thru 3-31-82</b>	
<p align="center"><b>Hoffman's Hard Salami</b> \$1.49 1/2 lb.</p>	<p align="center"><b>Jarlsberg Cheese</b> \$2.79 lb.</p>	<p align="center"><b>Salmon Fillets</b> \$3.49 lb.</p>	<p align="center"><b>Alaskan King Crab</b> \$7.39 lb.</p>