



"Berry season" lasts all year with the availability of canned strawberry pie filling. In this recipe for Strawberry Nut Bread, the berry flavor is doubly accentuated: Some of the strawberry filling is baked into the bread (providing a fine aroma), and the spreads to serve with the sweet bread — Strawberry Butter or Strawberry Cream Cheese.

If the idea of strawberry nut bread sounds new, you may be surprised to learn that it has a very long history. Roger Williams, the founder of Rhode Island, one of the many parts of the world where strawberries grew wild, wrote in 1643, "The Indians bruise them (strawberries) in a Morter and mix them with meale and make strawberry bread."

Like other fruit nut breads, this recipe is good for snacks, to serve with meals or for dessert. And it freezes well, making it a nice treat for expected or unexpected guests.

1 can (21 oz.) strawberry pie filling
2 eggs
½ cup oil
2½ cups all-purpose flour
½ cup sugar
1 Tbsp. baking powder
½ tsp. salt
½ cup chopped nuts

Set aside $\frac{1}{2}$ cup of the strawberry pie filling to be used for either Strawberry Cream Cheese Spread or Strawberry Butter. Combine remaining strawberry filling, eggs and oil in large mixing bowl (use electric mixer, if available). Sift or thoroughly stir dry ingredients to evenly distribute baking powder and salt throughout the flour and sugar. Add nuts to dry ingredients.

Mix dry ingredients with strawberry-egg mixture, stirring only to combine. Pour batter into a 9-by-5-by-3-inch loaf pan that has been oiled and the bottom lined with waxed paper. (Two smaller loaf pans may be substituted). Bake at 350 degrees for 85-90 minutes or until a long toothpick inserted near center does not reveal any gumminess. Cool five minutes, remove from pan to finish cooling on rack. Serve with your choice of spreads.

Strawberry cream cheese spread
- Combine 1/2 cup strawberry pie filling with 3-oz. package softened cream cheese.

- Strawberry butter
- Combine ½ cup strawberry pie filling, ½ cup (1 stick) softened butter, and ¼ cup confectioners' sugar.

Italian Enchiladas is an example of a 60-minute meal. Half its preparation time is spent in the oven, leaving you free to make the other preparations. Toss a mixed green salad and heat tortillas to serve buttered and rolled instead of sliced bread or rolls.

So don't spend your summer inside, looking out at the long, beautiful days. Cook 60-minute meals such as Italian Enchiladas, and join your family in the great outdoors.

ITALIAN ENCHILADAS
(Makes 4 servings)

1 lb. ground beef
1/2 cup medium onion
1/2 cup medium green pepper
2 crushed garlic clove
2 cups (two 8-oz. cans) pizza sauce
1/2 cup grated Parmesan cheese
1 cup (4 oz.) shredded mozzarella cheese
1 cup (4 oz.) shredded cheddar cheese
Four 8-inch flour tortillas

1. Brown ground beef with onion, green pepper and garlic in large skillet. Drain off excess fat. Stir in 1 cup pizza sauce and Parmesan cheese. Boil gently, uncovered 5 minutes. Pour 1/2 of remaining pizza sauce in bottom of 8-by-8-by-2-inch square baking dish; reserve remaining sauce. Spoon equal amount of meat mixture in center of each tortilla. Reserve 1/2 cup each mozzarella and cheddar cheese. Divide remaining cheeses equally among tortillas. Roll up; place seam side down in dish. Pour remaining sauce over enchiladas. Sprinkle reserved cheeses over top. Bake at 350 degrees for 30 minutes.

Daily 8-9. Sunday 8-5

SAVE 10
per pound by pla

QUANTITY RIGHTS

WE FEATURE NATURALLY AGED WESTERN BEEF

Paul Bunyan
Whole Boneless
Hams
\$1.69
LB.
Halves \$1.89 LB.

A black and white illustration of a large ham and a smaller ham hock, both with decorative carvings. The ham is positioned in the upper right, and the ham hock is in the lower right.

IGA Bonus Coupon Bonus

DEEP SEA
Red
Salmon
\$2.79
15% oz

Light Chunk
Tuna
69¢
15% oz Can

Good through Monday, July 5, 1982.

IGA Bonus Coupon Book

Delicious Randall Eating Beans
\$1.29
48 oz. jar

Camp's
PORK-BEANS

59¢
16 oz. can

Van Camp's Pork Beans

Limit 2 - \$1 off

Good through Monday, July 5, 1982

IGA Bonus Coupon

EXTRA TOPPINGS!
GROUP 15/ANY PIZZA

ALL EXTRA TOPPINGS
Jen's
Piz
Buy one 15 or
Free

Good through Monday, July 1, 1997

IGA TABLET
Beef
Chuck
Steaks
\$1.49
LB.
BLADE CUTS

IGA
TABLERITE **Beef**
Round Steak
\$1.98
LB.
FULL CUT



Pass along the good feeling as IGA:



ALL VARIETIES

**Freshlike
Vegetables**

3/\$1.19

Pass along the word...ing at IGA!



CALIFORNIA • LONG • WHITE

Potatoes
\$2.49

IGA
TABLERITE
Sirloin Steak
\$2.99

IGA TABLERITE
Beef T-Bone or
Porterhouse
Steak
\$3.79



**Sweet & Juicy
Cantaloupe**
88¢ Each

Pairing the good feeling at IGA!

A clear glass filled with orange-colored juice, likely cantaloupe juice, with a small amount of ice cubes visible at the top. The glass is sitting on a dark surface.

13 lb. Bag

CALIFORNIA GOLDEN
nectarines or
Juicy Plums

69¢

Pass along the good feeling at IGA!

fried



HOLLY FARMS GRADE A
Cut-Up Fryers
79¢ LB.

Hygrade Meat Ball Park Franks
Hygrade Meat Hot Dogs

1 lb. Pkg. \$1⁸¹
1 lb. Pkg. \$1²¹

Eckrich Summer Sizzle Sale

Eckrich Beef Franks
Eckrich Sliced Bologna
Eckrich Smoked Sausage or Polish

\$2¹⁹ LB
\$2⁵⁹ LB
Sh Sausage \$2⁵⁹ LB

IGA TABLETITE WHOLE
Boneless N.Y. Strip Loins
 Will Slice
 Free **\$3.29** **LB.**

**Boneless N.Y.
Strip Steaks**
\$4⁹⁹ LB.

ALL FLAVORS
Faygo
2 Liter
89¢ + D

**Tab or
Coca Cola**
\$1.89
8 Pack/1/2 Liter
Plus Deposit

IGR Coupon Coupon Coupon

STANDARD 12 in
**Reynold's
Wrap** 2/\$1

Limit 2 - 2.5 lb. Roll Boxes

Limit one coupon per family.
Good through Monday, July 5,
1992.

ON 2 **SAVE** 26%

IGR Coupon Coupon Coupon

FAMILY™
White Plates

Level 1 +100 (1 Pk)

99¢

Limit one coupon per family.
Good through Monday, July 8,
1992.

7/8/92

SAVE 29¢

IGA **Common Coupon Coupon**

GRILLING TIME!
Kingsford
Charcoal \$3.99
Limit 1 • 20 lb. Bag
Good through Monday, July 5,
1992
N1191 **SAVE 9**

IGA Coupon Coupon Coupon

COTTONELLE® WHITE® PASTELS

Bath Tissue

99¢

Limit one coupon per family.
Good through Monday, July 3, 1992.

SAVE

IGA Coupon Coupon Coupon
ALL FLAVORS • MAKES 10 DR.
Kool Aid Drink Mix \$24
Limit 1 x 10 36oz. Cans
Good through Monday, July 3, 1992
Limit one coupon per family.
SAVING 1

IGA Coupon Coupon Coupon

REAL!
Kraft
Mayonnaise \$1.39
Low's 1 Qt Jar
Limit one coupon per family.
Good through Monday, July 3,
1982.

SAVE 19¢

[illegible]