

Greg Melikov ' light

Summer's heat brings winter's high food costs

The long, hot summer is over, but the mainty will linger on in the new year. Before unrelenting hot weather began in July, the U.S. Agriculture Department predicted that acreage cutbacks would reduce the corn and soy-

acreage cuthacks would reduce the corn and soption crope.

When drought continued in more than two dozen states through August, it became clear damage would weren and the meteorologists concluded that soll moisture was lower in more areas than any time since the Dust Bowl days.

I can't recall a summer when fruit was the least sweet and most pithy. Sure, prices declined and it appeared many fruit such as peaches were a real seguent and any fruit such as peaches were a real bargain. Frankly, peaches were a wful. Grapes were about the only satisfying buy.

Vegetables shot up. I couldn't shake the feeling that most everything in produce bins was 99 cents a pound or higher.

The worst is to come: Meat prices will soar. The coct of raising livestock became so expensive that many herds were sent to slaughter early. As the supply of bed and pork decreases, their prices will increase.

Supply us took sour present to help offset the You can stock your freezer to help offset the Hikes. You can also prepare meals that stretch the meat as well as your food dollars in 1984.

CINESE PORK STEW

4 cap all-purpose floor

2 tsp. ginger 2 ts lbs. boneless pork, cut in 1-inch chunks

cup peanut of bap, cornstare

2 % 15a. Someters possess and the second of the companies of the companies

Warm up with good, hot cereal

It's hot cereal season again and look no further than your own own kitchen cupboard when the urge for something quick and satisfying strikes your, you have 100-percent natural cereal on hand, you can turn it into a delicious hot cereal, too.

According to the Quaker Test Kitchens, you can make a hot natural cereal in a matter of minutes—either in a sauccean or in your microwave.

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APPLE CINNAMON HOT NATURAL CEREAL.

4 cap 100 percent natural cereal, any flavor

4 cup apple foice

1 tup, finely chopped apple

1 tup, butter or margarine

4 tup, firmly packed brown sugar (optional)

Dath of chanamon

Dash of cinnamon

For 1 serving: In heavy 1-quart saucepan, combine all ingredients. Bring to a boll over mediumbles heat. Reduce beat; almmer about 1 minute or until desired consistency, stirring frequently. Serve at once with milk, if desired.

For 4 servings: increase cereal and apple juice to 1 cup each. Increase chopped apple to ¼ cup, butter to 1 tablespoon, brown sugar to 2 teaspoons and cinnamon to ¼ teaspoon. In heavy 2-quart saucepan, combine all ingredients. Prepare as directed above, simmering about 2 minutes.

Microwave oven directions (For 1 serving):

In 2-cup microwavable bowl, combine all ingredients. Cook at bigh 1½ minutes, stir. Let stand 1 to 2 minutes or until desired consistency.

MAPLE NUT HON NATURAL CEREAL.

4c cap 160 percent natural cereal, any flavor

MAPLE NUT BOT NATURAL CEREAL

4 cep 100 percent natural cereal, any flavor

44 cep 100 percent natural cereal, any flavor

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45 cep milk

1 sp. happed suits

1 sp. batter or margarine

For 1 serving: In heavy 1-quart saucepan, combine all ingredients. Bring to a boll over mediumhigh heal. Reduce heat; tunner about 1 minute or

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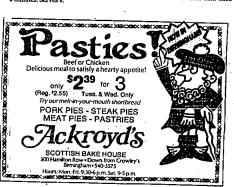
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DEARBORN REDFORD DETROIT LIVONIA 4911 Schauter Grand River 142 Broadway Wonderland Ct 80 of Michigan W. of Lahoppi near John R. Progoth Middlebr

When shopping for your ham, you'll find a wide selection to choose from. Bone-in styles include whole hams, shank and rum (but) halves and portions and center alices. A thick ham silce ar, salt, pepper and pork, reduce heat to medium low, cover and simmer I hour. Stir in green pepper and pineapple, cook uncovered 10 minutes. Stir in bean aprouts, water chesteuts and chili sauce, cook 5 minutes. Server 8



Ham — favorite for all seasons

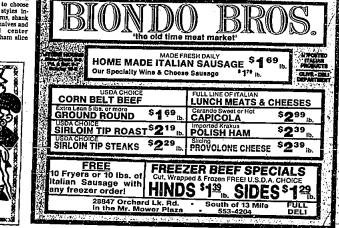
In many homes, ham is the favorite choice for special meals. And for many good reasons. Ham is nutritious, satisfying, economical, easy to pre-pare and best of all— delicinus!

is an especially good choice for a small gather-ing. Semi-boneless hams have had some of the bones removed and are easier to carve. Boneless hams are especially pop-ular for they have little

or no waste, are easy to carve and come in a wide range of sizes. Popular, too, are canned harms which are available in sizes ranging from 1% to 13 pounds. Most harms today are

fully cooked so they need only to be heated through to an internal tempera-ture of 130 degrees to 140 degrees. However, you'll need to check the label for some hams are the "cook before cating"

type. These hams should be cooked to an internal temperature of 160 de-grees. When cooking all hams, be sure to use a meat thermometer to



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Quarters W/Wings





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