



Stuffed cabbage is simply delicious

I had been looking for a simple recipe to stuff cabbage that wouldn't take most of the day to prepare. It had been a futile search until I spotted a blurb in one newspaper's Cook's Corner.

I enjoy reading food sections from papers around the country because it gives me an idea what's happening in cooking circles from coast to coast.

"I used to make cabbage rolls using tomatoes and tomato paste and ginger snaps and a hundred other ingredients — a big bother, believe me," Rose wrote. "But this recipe surpasses all I've ever made, and I've been making cabbage rolls for the 37 years I've been married."

Rose was right, but I had to make several minor adjustments.

First, I didn't need two pounds of ground beef, so I stored a half-pound of filling in the refrigerator for a future meal. Secondly, while my wife enjoyed the cabbage rolls, she suggested a little salt and pepper would enhance the dish.

Anita proved right when she combined the leftover filling with two hamburger patties that didn't make the grill from a previous lunch.

"What should I fix?" she asked.

"Why not some meatballs," I suggested.

"With a simple sauce," she said. Anita steamed eight meatballs and created a sauce from the drippings, a little flour and some Worcestershire sauce. She threw in two cut-up potatoes, and I must admit the results were tasty.

We enjoyed the leftover cabbage rolls at another sitting.

I'll take four meals for the price of two any week.

CABBAGE ROLLS

1 head cabbage
1 bottle (14 oz.) Heinz hot ketchup
1 1/2 lbs. lean ground beef
Salt and black pepper to taste

2 eggs
1 onion, diced
1 cup uncooked rice

Steam cabbage, let cool, cut out core and remove leaves. Empty ketchup in large pot, fill bottle with water and add to pot, stirring. Mix well meat, salt, pepper, eggs, onion and rice. Place small amount of meat mixture on each cabbage leaf, roll up and place seam side up in layers in pot. Cover and cook on lowest heat setting 4 to 5 hours. Yields 18 to 18 cabbage rolls.

Study says beef has new look

Today's beef has a new look and it's leaner than ever before. This was the conclusion reached by a comprehensive study that used the latest in laboratory methods and computer technology to determine just how beef contributes to a balanced diet.

The study, which was a joint effort of the U.S. Department of Agriculture and the National Live Stock and Meat Board, determined that now, more than ever, beef has an important place as a good-tasting part of a nutritious, balanced diet. Modern

beef contains less fat and has fewer calories. A 3-ounce serving of cooked lean beef provides only 192 calories. This is just 8 percent of the average daily caloric intake of an adult male.

Yet beef still contributes a significant portion of many essential nutrients. A 3-ounce serving of beef contains 45 percent of a man's Recommended Dietary Allowance for protein, 34 percent of his RDA for iron, 38 percent of his needed zinc, 70 percent of his vitamin B-12 and 19 percent of his niacin.

BIONDO BROS.

"the old time meat market"

HOME MADE ITALIAN SAUSAGE \$1.78 lb.	
MADE FRESH DAILY	
OUR SPECIALTY: CHEESE & WINE SAUSAGE \$1.89 lb.	

USDA CHOICE CORN BELT BEEF	FULL LINE OF ITALIAN LUNCH MEATS & CHEESES
EXTRA LEAN - 6 lbs. or More	SPECIAL Imported Krakus
GROUND CHUCK \$1.59 lb.	POLISH HAM \$1.99 lb.
U.S.D.A. Choice	AMERICAN OR MUENSTER CHEESE \$1.09 lb.
RUMP ROAST \$2.29 lb.	Homemade Sicilian-style OLIVES \$1.99 lb.
U.S.D.A. Choice	
CLUB STEAK \$2.09 lb.	

FREE
10 Fryers or 10 lbs. of Italian Sausage with any freezer order!

FREEZER BEEF SPECIALS
Cut, Wrapped & Frozen FREE U.S.D.A. CHOICE
HINDS \$1.45 lb. **SIDES \$1.35 lb.**

28547 Orchard Lk. Rd. • South of 13 Mile
In the Mr. Mower Plaza • 553-4204 • FULL DELI



ORCHARD-10 IGA
24085 ORCHARD LAKE RD.
MON.-FRI. 9-9; SAT. 8-8; SUN. 9-5
WE FEATURE WESTERN BEEF
NOT RESPONSIBLE FOR ERRORS IN PRINTING

Nobody Cooks Like you...

IGA TABLETTE WESTERN BEEF

Round Steak

Full Cut Sold as Steak Only

\$1.89 lb.

PAUL BUNYAN Great Tasting

Boneless Ham

Whole

\$1.49 lb.

HOLLY FARMS GRADE A Mixed Fryer Parts

59¢ lb.

IGA TABLETTE Hamburger from Ground Round

\$1.89 lb.

IGA TABLETTE WHOLE OR HALVES FRESH HAM

Pork \$1.29 lb.

IGA TABLETTE Economy Bacon Ends & Pieces

59¢ lb.

FARMER PEET RANCH STYLE THICK Sliced Bacon

\$1.59 lb.

FAME All Meat Skinless Wieners

\$1.19 lb.

HYGRADE BALL PARK Meat Franks

\$1.69 lb.

Seedless Oranges 10/99¢

KRAFT Macaroni Dinner 36¢

Kraft Velveeta \$2.99

YOUR CHOICE... Green Peppers or Green Onions or Cucumbers \$3/89¢

CRISPY Apples 99¢

Or Ida Tater Tots 59¢

Bakery

Lumberjack Bread 79¢

IGA Donuts 79¢

Town House Crackers \$1.29

NOW...Sweet Savings on Beautiful "Strawberries n Cream" STONEWARE

79¢

Nobody Coupons Like IGA!

Starburst Tums 58¢	FAYGO Pop 69¢	Hot Chili Beans 2/89¢	FAME Cheese 30% OFF	Premium Cream 30% OFF
Corn Flakes 79¢	Tomato Juice 69¢	FAME Syrup 89¢	Cottage Cheese 30% OFF	Campbell Soup 3/1
Tide Detergent \$1.89	Parade Towels 49¢	Hellmann's Mayonnaise \$1.49	Orange Juice \$1.00 OFF	Clip & Save

MAPLE VILLAGE DISCOUNT DRUGS

FARMINGTON - DRAKESHIRE MALL
35151 GRAND RIVER • PHONE: 471-0328
PACKAGE LIQUOR DEALER

FARMINGTON - DOWNTOWN SHOPPING CENTER
23306 FARMINGTON ROAD • PHONE: 476-6320
BEER • WINE • CHAMPAGNE

NEWEST STORE - WESTLAND
34500 FORD RD. BET. VENNY & WAYNE RDS.
PACKAGE LIQUOR DEALER • 729-2200

CABANA POTATO CHIPS

1 LB. BAG

\$1.29

CORONET FACIAL TISSUES

200 Count

39¢

\$ CITIZENS \$ MONEY ORDERS

BONDED UP TO \$200.00

19¢ ea.

NORTHERN TOILET PAPER

4 ROLL PACK

99¢

HI-DRI PAPER TOWEL

JUMBO ROLL

49¢ EACH

WESLEY'S ICE CREAM

1/2 GALLON SIZE • YOUR CHOICE OF ASSORTED FLAVORS

\$1.79

9-LIVES CAT FOOD

8 1/2 OUNCE SIZE CAN • CHOICE OF ASSORTED FLAVORS

3.99

20¢ U.S. POSTAGE STAMPS

5 FOR 90¢

WINDSHIELD WASHER SOLVENT

1 GALLON • ANTI-FREEZE

69¢

SHELL 10W-40 FIRE & ICE

QUART MOTOR OIL • ALL SEASON

89¢ QUART

COKE 8 PAK

\$1.79

MASON VITAMIN E

400 I.U. 100 COUNT

\$2.49