

# You Can Cook Cool 147 Ways

By ELLY  
A brand new, 16-page booklet entitled "Great American Summer" includes some 147 recipes described as "147 ways to serve it cool."

There are illustrated menus for beach parties, picnics, city entertaining and fishing expeditions.

The booklet is available, free of charge, by writing: Four Roses Department of Consumer Affairs, Suite 1303, 4 West 58th St., New York, N.Y. 10015

Here are a few sample recipes:

### TROUT IN THE PAN

Nothing could be sweeter than a trout fresh from the pan — or even from the freezer — dusted lightly with crumbs seasoned with salt and pepper, and fried a delicate brown. Bacon is easier than butter to carry for cooking and if you nibble the strips while fish browns in the fat, that's your treat.

### MUSHROOMS BRAISED WITH CREAM

Wipe mushrooms clean — store-bought or from a field, if you know how to spot them or can find a guide. Cut into pieces. Mince a handful of green onions. Brown both lightly in butter, season well with salt and pepper and cook until liquid forms. Stir in sour cream to make a sauce, add a dash of paprika and stir just until smooth. Serve as an appetizer, or with cold meat.

### HERBED STEAKS

Grill small steaks — club steak cut from rib or chuck, for economy. Combine four tablespoons butter, two tablespoons chopped parsley, two chopped onions, juice of half a lemon. Spread over hot steak, slice.

### FISH-IN-A-CAGE

Dip whole, cleaned fish in lemon juice, then butter spiked with Worcestershire sauce. Broil in a wire cage until skin is crisp, meat opaque, about 10 minutes each side.

### MINUTE TERIYAKI

Cut minute steaks into strips about 1/2 inch wide. Marinate in mixture of 1/2 cup each soy sauce, honey, vinegar, one minced clove garlic, 1/4 teaspoon ground ginger, 1/2 cups bouillon. Thread on thin skewers or wet bamboo picks. Grill about two minutes on each side.

### QUICK VICHYSOISE

Defrost one can frozen condensed cream of potato soup. Slice 1/2 cup white portion of scallops; wilt in butter. Add soup, one cup milk, heat and stir smooth. Whirl in blender. Stir in 1/2 cup cream. Chill. Garnish with chives. Makes four servings.

### EASY COQUILLES

Heat two tablespoons butter with one tablespoon minced onion, one pound frozen, cooked crabmeat, one tablespoon lemon juice. Stir in one can condensed cream of mushroom soup, 1/2 cup sour cream, two beaten egg yolks. Spoon into scallop shells. Beat two egg whites, fold in two tablespoons parmesan, cheese, spread over filling. Bake in 325 degree oven, 12 minutes, until puffed. Makes four to five.

### HAM CROSSANTS

Unroll refrigerator crescent roll dough. Butter, place boiled ham slice on each, roll, bake.

### EGGPLANT SALAD

Bake eggplant in 350 degree oven one hour. Cool, peel, chop and drain. Combine with chopped garlic clove, 1/4 cup oil, two tablespoons vinegar, one teaspoon salt, 1/2 teaspoon each pepper, sugar, two tablespoons each parsley and onion; one cubed tomato. Toss and chill.

### CHICKEN WINGS CHINOISE

Marinate for two hours two pounds chicken wings in mixture of 1/2 cup honey, 1/2 cup soy sauce, two tablespoons lemon juice, one teaspoon dry mustard. Broil 15 minutes or until done. Serve cold.

### Spice CABINET

### CHOCOLATE EXPRESSO

- 1 ounce lemon glaze
- 1 ounce cream de coffee (42 proof)
- 1/2 ounce cold black coffee
- 2 tablespoons softened chocolate ice cream
- 1 teaspoon confectioners' sugar
- 3 ice cubes crushed

Combine all ingredients in electric blender and whirl briefly.



## SEMI-BONELESS WHOLE West Virginia Hams

# 69¢

HALF HAM LB 79¢



## Nobody But Nobody Beats Kroger For Meats!



<b>US CHOICE CENTER CUT</b> <b>Chuck Steak</b> LB <b>69¢</b>	<b>US CHOICE TENDERAY</b> <b>Rib Steak</b> LB <b>99¢</b>	<b>1/2 LOIN SLICED INTO</b> <b>Pork Chops</b> LB <b>88¢</b>
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US CHOICE 4TH & 5TH RIBS  
**Rib Roast**..... LB **89¢**

PICNIC STYLE  
**Pork Roast**..... LB **44¢**

MARHOEFER  
**Canned Ham**..... 5 LB CAN **\$4.44**

REGULAR SHANK PORTION  
**Smoked Ham**..... LB **59¢**

US CHOICE E-Z SLICE  
**Boneless Pot Roast**..... LB **99¢**

FARMER PERRY'S WHOLE OR PORTION  
**Boneless Ham**..... LB **98¢**

HYGRADE'S FRESH OR SMOKED  
**Liver Chubs**..... LB **49¢**

COUNTRY CLUB POINT CUT  
**Corned Beef**..... LB **69¢**

PETER'S VAC PAC  
**Wieners**..... 3 LB **\$1.66**

HICKORY BRAND CRY-O-VAC  
**Ring Bologna**..... LB **59¢**

## WHOLE Fresh Fryers

# 28¢

FRESH 3-LEGGED OR DOUBLE BREASTED Fryers **37¢**

BACKS, WINGS OR RIBS ATTACHED FRESH QUARTERED Fryer Legs or Fryer Breasts **44¢**

## SWANSOFT ASSORTED Jumbo Towels

# 19¢

2-PLY ROLL

## SPECIAL LABEL Giant Size Tide XK

# 69¢

2-LB 1-OZ BOX

## ASSORTED FLAVORS Hi C Drinks

# 25¢

1-OF 12-OZ CAN

## ALL VARIETIES STRAINED Heinz Baby Food

# 7¢

4 1/2-OZ JAR

## CANNED LUNCHEON MEAT

**Hormel Spam**..... 12-OZ WT CAN **49¢**

RICH TOMATO FLAVOR  
**Heinz Ketchup**..... 1-LB 10-OZ BTL **33¢**

SWIFT'S BRAND JEWEL  
**Shortening**..... 3 LB CAN **55¢**

ASSORTED COLORS  
**Northern Tissue**..... 4 ROLL PACK **33¢**

HORMEL BRAND  
**Vienna Sausage**..... 4-OZ WT CAN **23¢**

## ALL PURPOSE FLOUR

**Gold Medal**..... 10 LB BAG **88¢**

KELLOGG'S  
**Danish Go-Rounds**..... 8-OZ WT PKG **29¢**

JIFFY ASSORTED FROSTING OR  
**Cake Mixes**..... 7 1/2-OZ WT BOX **10¢**

GREEN GIANT BROWN SUGARED IN TOMATO SAUCE  
**Pork and Beans**..... 1-LB 5-OZ CAN **12¢**

HANDY NO DEPOSIT BOTTLES  
**Coca Cola**..... 4 QUART BTLs **\$1**

## KROGER FROZEN Orange Juice

# 6 89¢

6-FL OZ CANS

## DOLE LOW-CAL Fruit Cocktail

# 12¢

1-LB CAN

## Health & Beauty Aids!

LOTION SHAMPOO  
**Head & Shoulders**  
6.5-FL OZ BTL **99¢**

SPECIAL LABEL  
**Gleem 11 Toothpaste**..... 4 1/2-OZ **57¢**

SPECIAL LABEL SHAMPOO  
**Head & Shoulders**..... WT TUBE **\$1.09**

HOME PERMANENT  
**Lift Special**..... WT TUBE **99¢**

SPECIAL LABEL DEODORANT  
**Arrid Extra Dry**..... 6-FL OZ CAN **73¢**

## VALUABLE COUPON

SAVE 11¢ WITH THIS COUPON 18

ZANY ZOO ASSORTED Drink Mixes Without Coupon 50¢  
**6 PKGS 39¢**

Coupon Valid Thru Sat., July 25. Limit One Coupon

## FUDGEES OR Twin Pops

# 12 49¢

MEL-O-SOFT BUTTERMILK Bread..... 4 1-LB 4-OZ LOAVES **\$1**

## MELLOW RIPE CABANA Bananas

# 10¢

LB

WHOLE RED RIPE: 18-LB SIZE EA **99¢**

JUMBO 24 SIZE  
**Cantaloupe**..... 3 FOR **\$1**

FARESTONE  
**Peaches**..... 4 LB BASKET **99¢**

LANDSCAPING  
**Marble Chips**  
50-LB BAG **99¢**

<b>25 TOP VALUE STAMPS</b> WITH THE PURCHASE OF ANY 3x6 PLACE SETTING ITEM "DINNER PLATE, FRUIT DISH, BREAD & BUTTER PLATE, CUP OR SAUCER" Thru Sat., July 25, At Kroger, Det & East Mich. <b>K</b>	<b>100 TOP VALUE STAMPS</b> WITH THE PURCHASE OF ANY FANTASIA CHINA COMPLETER ITEM Thru Sat., July 25, At Kroger, Det & East Mich. <b>L</b>	
<b>100 TOP VALUE STAMPS</b> WITH THIS COUPON ON ANY <b>BUCKET FRIED CHICKEN</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>A</b>	<b>50 TOP VALUE STAMPS</b> WITH THIS COUPON ON ANY 2-PKGS <b>FRYER PARTS, ROASTERS or CUT-UP FRYERS</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>B</b>	<b>50 TOP VALUE STAMPS</b> WITH THIS COUPON ON ANY <b>BOSTON ROLL BEEF ROAST</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>C</b>
<b>50 TOP VALUE STAMPS</b> WITH THIS COUPON ON ANY <b>KROGER LAYER CAKE</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>D</b>	<b>50 TOP VALUE STAMPS</b> WITH THIS COUPON ON TWO 1-LB CARTONS <b>KROGER COTTAGE CHEESE</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>E</b>	<b>50 TOP VALUE STAMPS</b> WITH THIS COUPON ON TWO 16-OZ OR 8-OZ CTNS <b>YUBI YOGURT</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>F</b>
<b>50 TOP VALUE STAMPS</b> WITH THIS COUPON ON ONE PKG 24-CT <b>GOLDMINE BULLET POPS</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>G</b>	<b>75 TOP VALUE STAMPS</b> WITH THIS COUPON ON TWO 1/2-GALLS <b>KROGER BRAND ICE CREAM</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>H</b>	<b>50 TOP VALUE STAMPS</b> WITH THIS COUPON ON ONE BOX <b>NICE &amp; EASY HAIR COLOR</b> Thru Sat., July 25, At Kroger, Det & East Mich. <b>I</b>