

# Chill out

## Sausage trims salad prep time

Keeping cool and cooking fast. Those are two objectives of summer-time cooks. One way to meet these objectives is to choose readily available ingredients that require a minimum amount of measuring and preparation. Refreshing Sausage and Fruit Salad is an ideal recipe candidate.

One of the world's first convenience foods is the main ingredient in this recipe - sausage. History shows that people preserved meat into sausage for times when their food supplies were scarce. Today we use sausage when time is scarce.

Today's ready-to-eat sausages include cooked sausages; cooked, smoked sausages; dry and/or semi-dry sausages; and specialty meats (luncheon meats). Refreshing Sausage and Fruit Salad uses a cooked, smoked sausage called New England-Style sausage. It's a mild-flavored, lean ham-style seasoned with cloves.

Store this type of sausage in the refrigerator. Use opened packages of this ready-to-eat sausage within a week after purchasing; unopened packages can be kept a little longer, but check the freshness date marked on the package.

**REFRESHING SAUSAGE** and Fruit Salad also is convenient because it uses readily available ingredients that require a minimum amount of measuring and preparation. Quickly mix a simple salad dressing of mayonnaise, sour cream and ginger and refrigerate while

completing the salad.

Serve this flavor-pleasing salad on a bed of lettuce along with its dressing. And to add a bite of crunch, garnish with chopped pecans.

**Refreshing Sausage and Fruit Salad**  
Preparation time: 20 minutes

8 oz. sliced New England-Style sausage, cut into 1/4-inch strips  
1/4 cup each mayonnaise and dairy sour cream  
1/4 tsp. ground ginger  
1 medium apple  
2 cups green grapes  
1 cup sliced celery, cut 1/4 inch

Boston or hibernia lettuce leaves, if desired  
1/4 cup chopped pecans

To prepare dressing, combine mayonnaise, sour cream and ginger in small bowl; cover lightly and refrigerate while assembling salad. Core apple and cut into eight wedges; cut each wedge crosswise in half. Place New England-Style sausage, apple, grapes and celery in bowl, tossing lightly to combine. Line serving platter with lettuce, if desired; spoon sausage mixture over lettuce. Garnish with pecans. Pass dressing with salad. Makes 4 servings.



Keep the heat out of your kitchen by preparing convenient Refreshing Sausage and Fruit Salad.

## A defense against cancer can be cooked up in your kitchen.

There is evidence that diet and cancer are related. Some foods may promote cancer while others may protect you from it.

Foods related to lowering the risk of cancer of the larynx and esophagus all have high amounts of carotene, a form of Vitamin A, which is in cantaloupes, peaches, broccoli, spinach, all dark green leafy vegetables, sweet potatoes, carrots, pumpkin, winter squash, and tomatoes, citrus fruits and Brussels sprouts.

Foods that may help reduce the risk of gastrointestinal and respiratory tract cancer are cabbage, broccoli, Brussels sprouts, kohlrabi, cauliflower.

Fruits, vegetables and whole grain cereals such as oatmeal, bran and wheat may help lower the risk of colorectal cancer.

Foods high in fats, salt or nitrite-cured foods such as ham, and fish and types of sausages smoked by traditional methods should be eaten in moderation.

Be moderate in consumption of alcohol also. A good rule of thumb is cut down on fat and don't be fat. Weight reduction may lower cancer risk. Our 12-year study of nearly a million Americans uncovered high cancer risks particularly among people 40% or more overweight.

Now, more than ever, we know you can cook up your own defense against cancer. So eat healthy and be healthy.

No one faces cancer alone.

AMERICAN CANCER SOCIETY

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### BUTCHER BLOCK MEATS

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**HOW ABOUT A BEAUTIFUL VEGETABLE TRAY TO ACCOMPANY YOUR DELI TRAY?**

Consisting of: a dip in the center surrounded by broccoli, cauliflower, mushroom, carrot sticks, celery sticks, and green pepper wedges. Always a hit at parties or meetings!

Small - 12 inches. Serves 10-15 people **\$15.00**  
Large - 18 inches. Serves 25-30 people **\$30.00**

**CUSTOM MADE CHEESE TRAYS ARE ANOTHER SNACKING FAVORITE!**

Consists of: sliced cheese, sliced meats, and a hot covered cheese ball in the middle.

Small - serves 10-15 people **\$9.99**  
Large - serves 20-25 people **\$29.99**

**NO TWO ARE ALIKE!**

**ON THE LIGHT SIDE...**  
Try a freshly made Toss Salad

Consisting of: lettuce, tomatoes, sliced cucumber, carrots, and onions with a side of dressing.

Small - serves 10 people **\$9.99**  
Large - serves 20-25 people **\$19.99**

**ITALIAN PARTY SUBS**  
AT \$6.00 a foot, great for shop employees or after work parties!

6 LB. TRAY OF PRECOOKED STUFFED CABBAGE ROLLS - 11 OR 12 LARGE ROLLS **\$13.49**

**SOME IDEAS FOR THAT PARTY!**

**SHRIMP TRAYS: 150 SHRIMP AND SAUCE ON A GARNISHED TRAY**

**FRUITED CARVED PRE-BAKED HAMS**

**RELISH TRAYS** **SPIRAL CUT**  
**FRUIT TRAYS** **HONEY BAKED HAMS**

**THAT OF YOUR HEAVY MEAT ON VARIETABLE LARABIN \$14.95** 5 LBS.

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BEAUTIFUL PARTY TRAYS CONSISTING OF:

ROAST BEEF - CORNED BEEF  
DRESS OF TURKEY - POLISH HAM  
HOTTAWAY'S HARD SALAMI  
CHEESES, DRESS, PICKLES, OLIVES, PEPPERS

**YOUR CHOICE OF SALADS:**  
POTATO SALAD - COLE SLAW - MACARONI SALAD  
MUSTARD, MAYONNAISE

**ALL FOR A LOW \$3.29 PER PERSON**

**BRING IN THIS COUPON:**  
6 LB. BOX OF GERMAN FRANKS  
5 TO A B. \$10.14/box

**FRESH CUT CHICKEN DREASTS** **SAVE 50¢ LB.**  
NO BONES **\$1.39 lb.**

**FRESH CUT CHICKEN LEGS** **SAVE 50¢ LB.**  
BACKED ATT. **49¢ lb.**

**OUR FAMOUS LEAN GROUND CHUCK**  
**\$14.95 10 LB. BAG**  
COUPON

## ORCHARD-10 IGA

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# PRICE - QUALITY - SERVICE

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Great for Bar-B-Queing **\$1.39 lb.**  
Save 50¢ lb.

### Apple Wood Farm Fresh

## Bucket O'Chicken

6 Wings  
6 Thighs  
6 Drumsticks  
Save 39¢ lb. **49¢ lb.**

### IGA Tablerite

## Chicken Legs

44¢ lb. Save 15¢ lb.

### IGA Tablerite

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Great B-B-Queed **\$1.19 lb.**  
Save 50¢ lb.

### Fame Sliced

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Save 30¢ lb.

### Holly Farms

## Boneless Skinnless Fryer Breast

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Save 40¢ lb.

### IGA Tablerite

## Hamburger from Ground Chuck

5 lbs. or more **\$1.39 lb.**  
Save 30¢ lb.

### Woodley's

## Eggs

Large **59¢ doz.**

### Produce

Red Ripe Juicy Whole Watermelon **\$2.89**

Halves - 1/2" Quarters - 89¢

Southern Juicy Sweet Peaches ... **59¢ lb.**  
Snowwhite Cauliflower ... **\$1.19 ea.**

### Imperial

## Margarine

1 lb. Pkg. **55¢**

### Tropicana

## Juice

12 oz. Ctn. **88¢**

### IGA COUPON

## Ice Cream Pails

1 Qt. Pail **\$3.89**

### IGA BONUS COUPON

## Gold Medal Flour

5 to 10 lb. **79¢**  
Limit 1 - 20¢ bag

### IGA BONUS COUPON

## Wheaties or Cheerios

5 to 10 lb. **99¢**  
Limit 1 - 10 lb. bag

### Tropicana

## Orange Juice

12 oz. Ctn. **\$1.49**

### FAME Milk

## 1/2% Low Fat

1/2 Gallon Jug **\$1.39**

### IGA COUPON

## Cottonelle Bath Tissue

4 Roll Pkg. **99¢**

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## Del Monte Vegetables

16-17 oz. Cans **3/\$1.19**

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