



Dairy products are an excellent source of calcium, but for those kids who resist them, creative cooking is the answer.

Calcium is a bone builder that makes easy, great meals

All parents are concerned about providing their children with a healthy diet. But most children are just concerned that their food tastes good. Reaching a balance between the two doesn't have to end in a battle at the lunch or dinner table if parents and kids join together on the same team.

Many parents and pre-school teachers have already discovered that the key to mealtime victory is: start young by involving children in the all-important job of keeping their bodies healthy. By instilling pride in a healthy body, discussing the advantages of a balanced diet, and introducing some creative cooking, parents and kids can work together to build good eating habits.

For example, calcium is an important nutrient for both adults and children. Yet according to a study on nutrient intakes by the United States Department of Agriculture, half of American children do not receive the recommended dietary allowance of calcium, 800 milligrams per day. Growing children need calcium to build strong bones and to help develop healthy teeth. One of the best food sources of calcium are dairy products.

Most children who are told these facts will be more interested in their diet and take pleasure in pointing out that a slice of American cheese, for example, is "helping my bones get strong!"

Parents help by estimating the amount of calcium for each meal and snack. One ounce of cheese for instance, delivers 167 milligrams or about 21 percent of a child's need for calcium. Individually wrapped slices of American cheese are ready to use as snacks or as nutritious additions to lunch boxes and sandwiches.

Other convenient and important calcium sources are milk (an eight ounce cup provides 288 milligrams) and yogurt (347 milligrams in eight ounces of plain, low-fat kind).

For those kids who balk at straight dairy products, creative cooking is the answer. The featured recipe for Roma Pie was developed specifically to appeal to children. The quick one-dish meal tastes like the all-American child's favorite dishes of pizza and spaghetti, and an individual serving provides 295 milligrams of calcium or nearly 37 percent of the child's calcium need.

More great-tasting, high-calcium recipes are provided in a new brochure. Each recipe notes the calcium content per serving. To receive a free copy, send a name and address to: Calcium Recipes, P.O. Box 836, South Holland, IL 60473. Children can also be enlisted in the preparation of these easy-to-make, economical dishes.

ROMA PIE
1 lb. ground beef
¾ cup milk
½ cup dry bread crumbs
½ cup green onion slices
6 American cheese singles, cut in half diagonally
1 6-oz. can tomato paste
1 tsp. dried oregano leaves, crushed
¼ cup mushroom slices

3 tbsp. grated Parmesan cheese
Combine meat, milk and crumbs; mix lightly. Press mixture onto bottom of 9-inch pie plate. Cover with ½ cup onions, four cheese slices, tomato paste, oregano and mushrooms; top with remaining cheese slices and Parmesan cheese. Bake at 375 degrees, 20 minutes. Sprinkle with remaining onions; continue baking 5 minutes. 6 servings. Calories: 330.

rooms; top with remaining cheese slices and Parmesan cheese. Bake at 375 degrees, 20 minutes. Sprinkle with remaining onions; continue baking 5 minutes. 6 servings. Calories: 330.

Burghardt's WITH THE OLD FASHIONED BREAD & BUTTER QUALITY
FAMOUS GERMAN RYE BREAD
2 LB. LOAF (Good at Baker's Location Only)
"Crunchy outside, soft and moist inside, it's one of our best loaves to be topped with cheese and served with gravy." - Patricia Chatter
25% OFF TEA COOKIES EVERY WEDNESDAY
ALSO FEATURING FANCY TORTES, COFFEE CAKES, AND SUMMER SPECIALS
BURGHARDT'S BAKERY
33309 W. 1st Mile at Farmington Rd.
477-7153
HOURS: Tues.-Sat. 9-5 Closed Sun. & Mon.

SUPERIOR FISH CO.
NEW LOCATION
SUMMERTIME BARBEQUE SPECIALS!
Fresh **YELLOW FIN TUNA** \$5.99 lb.
Fresh **FLORIDA SHARK** \$4.95 lb.
Fresh **HAWAIIAN KAJIKI** (ideal for the Grill) \$5.59 lb.
Fresh Canadian **LAKE TROUT FILLETS** \$3.79 lb.
Offer good thru 8/16/86
SUPERIOR FISH CO.
House of Quality
Serving Metro Detroit for over 40 years
FREE Recipes
309 E. Eleven Mile Rd. • Royal Oak • 461-5432 M-W 6-5; TH & FR 8-4; SAT. 8-1

Ackroyd's Birmingham 300 Hamilton Rd. 340-3575
2556 Five Mile Rd. 532-1181
SCOTTISH BAKE HOUSE
This Week's Special thru 8/16/86
MEAT PIES 6 for \$2.85 (limit 3 doz. @ sale price)
CINNAMON ROLLS 4 for 89¢ (with ad only)
Pasties! Tues. & Wed.
Beef or Chicken
Delicious meal to satisfy a hearty appetite!
Ask about our new **Pizza Pasties!**
Only \$2.35 for 3 (Reg. \$2.65)
1 lb. ground beef
¾ cup milk
½ cup dry bread crumbs
½ cup green onion slices
6 American cheese singles, cut in half diagonally
1 6-oz. can tomato paste
1 tsp. dried oregano leaves, crushed
¼ cup mushroom slices

Orange chiffon cake is still a sweet deight

Chiffon cake has captured the hearts of dessert lovers since the 1920s. The secret behind its success was the use of cooking oil, instead of the usual solid shortening or butter — a new concept in the baking industry.

ORANGE CHIFFON CAKE

2 ¼ cups cake flour
1 ¼ cups sugar
3 tsp. baking powder
1 tsp. salt
½ cup vegetable oil
5 egg yolks, at room temperature
3 tbsp. grated orange peel
¾ cup orange juice

8 egg whites, at room temperature
¼ tsp. cream of tartar
Sift flour, sugar, baking powder, and salt into mixer bowl. Make a well in the center and add oil, egg yolks, and orange peel. Beat on low speed 30 seconds. Stop and scrape bowl. Add orange juice. Beat on high speed 1 minute. Remove from bowl and set aside.

Place egg whites and cream of tartar in a clean mixer bowl. Beat on high speed until stiff but not dry. Fold flour mixture into egg whites, just until blended. Pour batter into an ungreased 10-

inch tube pan. Bake at 325 degrees for 55 minutes. Increase oven to 350 degrees and bake 10 minutes longer. Invert cake to cool.

To remove from pan, gently loosen all edges with a paring knife. Place on serving plate and drizzle Orange Glaze over top.

ORANGE GLAZE
¼ cup orange juice
4-5 tbsp. sugar
Place orange juice and sugar in small saucepan. Bring to a boil over medium and stir until slightly thickened. Remove from heat and cool.

Rice cakes are a light, healthy treat for snacks

Light, healthful and convenient often describe the way people want to live and eat today. Rice cakes are also light, healthful and convenient, and that makes them perfect for today's style of eating.

Rice cakes are whole grain cakes made from puffed brown rice. The crunchy texture is a result of placing brown rice, other grains, seeds and salt in a specially designed mold and

heating it under pressure. The rice grains puff up and interweave with one another to form a patty.

DEVILED EGG SANDWICH
3 hard-cooked eggs, chopped
2 tbsp. light mayonnaise
¼ tsp dry mustard or 1 tsp prepared mustard
Dash of salt

4 rice cakes, any flavor
lettuce
4 tomato slices

Combine eggs, light mayonnaise, dry mustard and salt; mix lightly. Top rice cakes with lettuce, tomato and egg mixture. Garnish with paprika and sliced stuffed green olives, if desired.

CLIP & SAVE
No Limit!
Dry Cleaning
1¢
*Bring in Any 2 Like Garments; pay the regular price on the 1st item, get the 2nd one for only 1¢.
(Offer Excludes Suits, Fur & Leather) Hours: Mon.-Sat. 7:30 a.m.-7 p.m. Expires August 16, 1986
31711 Five Mile Civic Center Plaza At Farmington Rd. Livonia, MI 48154 261-4445
Touch of Spring Cleaners
1 HOUR SERVICE AVAILABLE! (Covers Most Pre-arranged With Laundry Orders Monday thru Saturday 7:30 a.m. to 7:00 p.m.)
22012 Farmington Rd. Farmington Crossroads At 9 Mile 478-0180
CLIP & SAVE

SUMMER Specials

SANDILAR REMODELING SALE STARTING TODAY

MON., AUG. 11 THRU THURS., AUG. 14
WE ARE MAKING ROOM FOR OUR NEW FALL INVENTORY AND NEWLY REMODELED STORE
800 PRS. OF SPRING & SUMMER SHOES
SAVE! SAVE! SAVE!
BRING A FRIEND, RELATIVE, NEIGHBOR - SHARE THE COST

NOW \$39.90 2 pairs \$75

SAVE ON DESIGNER SHOES

Regularly \$80 to \$300

- STUART WEITZMAN FOR MARTINIQUE
- MAUD FRIZON • ANNE KLEIN • PANCALDI
- PETRA • WALTER STEIGER • ALLURE
- CARLOS FALCHI • D'ROSSANA

SANDILAR

Applegate Square, Northwestern Hwy. and Inkster Rd.