

Up Nutrition With Whole Grain Flour

By ELLY
"Brown bread and the Gospel
is good fare." - from a Puritan
prayer.

If your reading of late has
included any of the articles
dealing with lack of nutrients
in white flour you may be
ready to add to your file of
whole grain flour recipes.

A recent Saturday Review
editorial claims (with the fig-
ures to back it up) that pigs
get more vital nutrients in the
wheat residue than humans get
in the white milled flour.

Nader's Raiders' new book
"The Chemical Feast" makes
the statement that insects pre-
fer whole wheat bread, avoid-
ing white bread because it
"doesn't have enough food
value to keep them alive."

Any combination of whole
grain flours can be used for
variety: wholewheat, rice,
oat, millet, cornmeal, rye,
buckwheat, Graham, bolted
wheat. Bread made entirely of
rye is very dark and heavy,
and buckwheat flour is also
heavy so it's best to add a
small amount of these to other
flours.

FOR HEALTH reasons you
may prefer to eat unyeasted
bread since yeast is sugar-
based. It is a very easy
bread to make. It will not be
soft and light because no leav-
ening agent is used.

UNYEASTED BREAD

3 c. flour (all wholewheat or
any combination)

1/4-1/2 salt per c. flour

Water-approximately 1 1/2 c.

Mix flour and salt well. Add

water gradually, stirring well.

Be sure that all the flour has

absorbed the water. Place in

an oiled bread pan and bake

for 1 1/2 hours in a 350-degree

oven. (Since no two ovens are

alike the heat and time sched-
ule may vary. Experiment.

Check the process of baking

periodically. When baked,

remove from the pan immedi-
ately and let cool on a rack

before slicing.

WHOLE WHEAT BREAD

2 c. lukewarm water

2/3 c. powdered skim milk

2 t. salt

2 T. liquid shortening

2 T. molasses

2 T. honey

4 T. lukewarm water

1 envelope yeast

4 2/3 c. whole wheat flour

Dissolve yeast in four table-
spoons lukewarm water; let

stand. In a big bowl dissolve

powdered milk in two cups

lukewarm water. Add salt,

shortening, molasses and

honey. Stir until well blended.

Add yeast. Stir in flour until

well moistened, cover, let rise

to double in volume in warm

place (80-90 degrees). Knead

for 10 minutes and make into

two loaves. Place into well

greased and flour loaf pans

(8-1/2 x 4-1/2 x 2-1/2). Cover with

damp cloth. Set in warm place

until doubled in bulk, about an

hour. Preheat oven to 375 de-
grees. Bake 30 minutes. Turn

out on rack and butter tops of

loaves to soften crust.

CRANBERRY WHEAT

BREAD

2 c. unsifted whole wheat flour

1 c. sugar

1/2 c. wheat germ

2 t. baking powder

1/4 t. salt

1-1/2 t. salt

1 c. halved raw cranberries

1/4 c. chopped pecans

3 T. grated orange rind

1/4 c. orange juice

1/4 c. warm water

1 egg

2 T. Cooking oil or melted

shortening

Measure flour, sugar,

wheat germ, baking powder

and salt into mixing bowl.

Stir well to blend. Stir in cran-
berries, nuts and orange rind.

Combine orange juice, water,

egg and oil in small bowl. Mix

well. Add liquid ingredients to

blended dry ingredients all at

once. Stir until all ingredients

are moistened. Spread in well

greased 9x5x3-inch loaf pan.

Bake at 350 degrees for 50-60

minutes or until toothpick in-
serted in center comes out

clean. Remove from pan im-
mediately. Cool on rack.

APPLE BREAD

1 c. sugar

1/4 c. shortening

2 eggs beaten

1 c. grated apples

1/4 t. salt

1 t. soda

1-1/2 T. buttermilk or 1 T. milk

and 1/4 T. vinegar

2 c. wholewheat flour

1 c. nut meats

Cream sugar and shortening.

Add eggs and apple, sifted dry

ingredients and milk. Pour into

one large or two small loaf

pans. Combine three table-
spoons sugar and one table-
spoon cinnamon and sprinkle

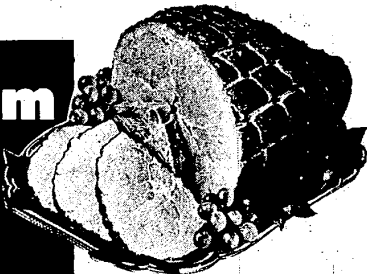
on top of batter. Bake in 350-
degree oven for 45 minutes for

small loaves and about one

hour for large loaf.



Here's Proof! You Still Get Low Prices Plus Top Value Stamps

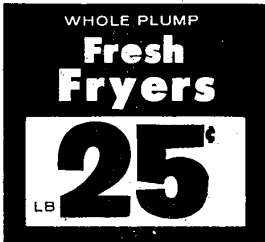


LEAN MEATY
**Spare
Ribs**
LB **59¢**

U.S. CHOICE TENDERAY
**Chuck
Steak**
LB **68¢**

U.S. CHOICE TENDERAY
**Rib
Steak**
LB **98¢**

COUNTRY STYLE
**Sliced
Bacon**
LB **59¢**



MARHOEFER
Canned Ham... 5 LB CAN **39¢**
WHOLE OR SHANK PORTION FRESH
Ham Roast... LB **49¢**
SERVE 'N SAVE
Wiener... 3 PKG **19¢**
WHOLE FRESH STEWING
Chickens... LB **49¢**
LEAN PORK STEAK OR BOSTON BUTT
Pork Roast... LB **69¢**
FRESH-SHORE
Fish Sticks... 3 10-OZ PKGS **19¢**

FAMILY PAC CENTER CUT
Ham Slices... LB **77¢**
FAMILY PAC 3 TO 5-LB
Ground Chuck... LB **85¢**
U.S. CHOICE 4TH & 5TH RIBS
Rib Roast... LB **88¢**
FULLY COOKED WHOLE
Semi-Boneless Ham... LB **69¢**
GORDON'S PURE
Pork Sausage... 2 LB ROLL **99¢**
COUNTRY CLUB POINT CUT
Corned Beef... LB **79¢**



SEMI-SWEET CHOCOLATE
Nestle's Morsels... 12-OZ WT PKG **39¢**
GRANULATED
Pioneer Sugar... 5 LB BAG **55¢**
ALL PURPOSE FLOUR
Gold Medal... 10 LB BAG **88¢**
CAMPBELL'S
Tomato Soup... 10 1/2-OZ WT CAN **10¢**

ASSORTED
Swansoft Towels... JUMBO ROLL **22¢**
ASSORTED COLORS
Northern Tissue... 4 ROLL PACK **28¢**
MORTON FROZEN
Fruit Pies... 1 1/2-LB PIE **21¢**
KROGER BEEF, CHICKEN OR TURKEY
Pot Pies... 8-OZ PKG **16¢**

KROGER SANDWICH OR
Wiener Buns... 3 12-CT PKGS **19¢**
CLOVER VALLEY
Peanut Butter... 3 LB JAR **99¢**
SUN GOLD
Saltine Crackers... 1-LB PKG **22¢**
REFRESHING FRUIT DRINKS
Captain Kidd's... 1-OT 14-OZ CAN **19¢**

IN QUARTERS
**Clover Valley
Margarine**... 1-LB CTN **12¢**

9 VARIETIES FROZEN
**Morton
Dinners**... 11-OZ PKG **36¢**

HEINZ STRAINED
**Baby
Food**... 4 1/2-OZ WT JAR **7¢**

3 YULE SAVE STICKERS

WITH THIS COUPON ON 2-LBS OR MORE SLICED BACON

Thru Sat., October 10, At Kroger Deli & East Mich.

3 YULE SAVE STICKERS

WITH THIS COUPON ON 2 PKGS GORDON'S LINK OR BOB EVANS ROLL PORK SAUSAGE

Thru Sat., October 10, At Kroger Deli & East Mich.

3 YULE SAVE STICKERS

WITH THIS COUPON ON 12-GAL CTN KROGER ICE CREAM

Thru Sat., October 10, At Kroger Deli & East Mich.

3 YULE SAVE STICKERS

WITH THIS COUPON ON 2 PKGS 12-OZ KROGER SLICED LUNCHEATS OR KROGER WIENERS

Thru Sat., October 10, At Kroger Deli & East Mich.

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WITH THIS COUPON ON 2-PKGS CUT-UP FRYERS 2-PKGS FRYER PARTS OR 2-FRESH ROASTERS

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2 YULE SAVE STICKERS

WITH THIS COUPON ON 3-8-OZ CTNS YOGURT

Thru Sat., October 10, At Kroger Deli & East Mich.

2 YULE SAVE STICKERS

WITH THIS COUPON ON 12-CT PKG BROWN & SERVE BISCUITS

Thru Sat., October 10, At Kroger Deli & East Mich.

2 YULE SAVE STICKERS

WITH THIS COUPON ON 10-LB BAG POTATOES

Thru Sat., October 10, At Kroger Deli & East Mich.

2 YULE SAVE STICKERS

WITH THIS COUPON ON 3-LBS APPLES

Thru Sat., October 10, At Kroger Deli & East Mich.

Only At Kroger!
Time-Life

YOUNG READERS NATURE LIBRARY

This Week's Feature
"The Reptiles" \$1.99 Ea.

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Get Extra
Top Value Stamps
For Christmas Gifts
SAVE
Yule Save
STICKERS
Now Thru Dec. 5th.
Here's How!

YOU WILL RECEIVE ONE "YULE SAVE STICKER" WITH EACH \$2.00 PURCHASE AT KROGER IN DET. & EAST MICH. AREA THRU DEC. 5, 1970. EXAMPLE: IF YOU PURCHASE AMOUNTS TO \$2.00 (EXCLUDING BEER, WINE OR CIGARETTES) YOU WILL RECEIVE THREE STICKERS.

WHEN YOUR CARD IS FILLED, YOU GET 300 FREE TOP VALUE STAMPS, AND ANOTHER CARD AT KROGER TO START ON YOUR NEXT 300 STAMPS. IF ALL SPACES ARE NOT FILLED, THE SPACES YOU HAVE FILLED WILL BE REDEEMED FOR 10 TOP VALUE STAMPS EACH.

PICK UP EXTRA CARDS AT KROGER

1/2 LOIN SLICED INTO
**Pork
chops**
LB **79¢**

Save \$1.08
WITH COUPONS BELOW.

VALUABLE COUPON
SAVE 14¢ WITH THIS COUPON
AND 35 PURCHASE OR MORE CINDY

**Gallon
Bleach**
GAL JUG **25¢**

Thru Sat., October 10, At Kroger in Wayne, Oakland, Macomb, Livingston and Washnaw Counties. Limit One Coupon.

VALUABLE COUPON
SAVE 50¢ WITH THIS COUPON
AND 35 PURCHASE OR MORE CHOICE OF GRINDS

**Maxwell
House Coffee**
3 LB CAN **\$1.79**

Thru Sat., October 10, At Kroger in Wayne, Oakland, Macomb, Livingston and Washnaw Counties. Limit One Coupon.

VALUABLE COUPON
SAVE 24¢ WITH THIS COUPON
ON 6 CANS AND 35 PURCHASE OR MORE ASSORTED FLAVORS

**Big 'K'
Canned Pop**
12-FL OZ CAN **5¢**

Thru Sat., October 10, At Kroger in Wayne, Oakland, Macomb, Livingston and Washnaw Counties. Limit One Coupon.

VALUABLE COUPON
SAVE 20¢ WITH THIS COUPON
AND 35 PURCHASE OR MORE SPECIAL LABEL

**Liquid
Ajax**
1-PT 6-OZ BTL **29¢**

Thru Sat., October 10, At Kroger in Wayne, Oakland, Macomb, Livingston and Washnaw Counties. Limit One Coupon.