

Meet Meatless Meals

By ELLY

It's a strange world. You spent years planning meals around a good cut of meat. You learned to dress up the cheaper cuts and serve ground beef a hundred interesting ways.

If you found the cupboard in a meatless state you offered an Apoligetio casserole of macaroni and cheese.

But times change. One day a large burlap sack appears in the kitchen. It contains 50 pounds of brown rice. From then on things are never the same.

EGGS ARE in great demand, as are cheese, vegetables, tuna fish and fresh fruit. The thought of eating "cooked animal muscle" has become repulsive to your family. You have a 19-month-old grandson who has never even tasted meat (yet seems to be thriving).

You think of the times you sympathized with your Catholic friends for their meatless Fridays and here you are with seven meatless days a week.

There is one consolation. If they are old enough to toss off the old dietary habits they are old enough to cook. Macaroni and cheese alternated with tuna noodle casserole could become pretty monotonous were we left to our old devices. So the vegetarians have taken over in the kitchen. We must admit they are eating well and have come up with some interesting and appetizing dishes.

VEGETABLE LOAF

- 4 medium sized carrots
- 6 medium sized boiled potatoes
- 4 small onions, minced
- 3 t. parsley
- 1/2 c. chopped celery
- 1 c. chopped cabbage
- 1/2 c. chopped spinach
- 1 c. chopped pecan meats
- 1 1/2 c. wholewheat bread crumbs
- 1/2 c. milk
- 4 eggs
- 2 t. salt
- 1/4 t. pepper

Grate carrots and potatoes. Combine with remaining vegetables and nuts. Soak crumbs in milk and add to vegetables. Blend in eggs and seasonings. Bake in a greased 9 by 6 loaf pan in a 350 degree oven for about two hours. Serve with tomato sauce. Green pepper and onion may be added if desired. This is rich and has a fine flavor. Makes six servings.

APPLE BREAKFAST MUFFINS

- 1 egg
- 4 T. butter or margarine
- 2 c. whole wheat flour
- 1 cup milk
- 1 heaping tablespoon baking powder
- 2 T. brown sugar or honey
- 1 1/4 c. thick apple sauce

Melt butter or margarine and add with the milk to the beaten egg. Use a sieve to sift the flour, sugar, baking powder and salt. Add dry ingredients to egg mixture and mix lightly. Place one tablespoon batter in the bottom of each oiled muffin tin. Over this place one tablespoon applesauce. Then fill muffin tins almost to top with remaining batter. Bake for 30 minutes in 350 degree oven.

SPINACH ROLL

- 1 pkg. prepared strudel dough.
- FILLING:
- 2 eggs
- 1/2 c. cooked, drained spinach
- 2 eggs
- 1/2 c. bread crumbs
- 1 1/2 c. grated pizza cheese (mozzarella and provolone)
- 1/2 t. salt

Mix all the filling ingredients together. On a damp towel, lay out one sheet of strudel dough. Sprinkle with melted butter then sprinkle lightly with bread crumbs. Lay another sheet of dough on top of this and repeat process. One inch from the nearest edge lay the filling one half inch wide and one inch thick the full length of the dough. Using towel roll the whole thing up. Bake in a well-buttered pan for 35 minutes at 350 degrees. For crispier dough sprinkle top with melted butter.



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THIS WEEK'S COUPON FEATURE

Everedy

Color Cookware

5 YULE SAVE STICKERS

WITH THIS COUPON ON ANY U.S. CHOICE TENDERAY BONELESS RUMP OR SIRLOIN TIP ROAST

2 YULE SAVE STICKERS

WITH THIS COUPON ON ANY 2 PKG. KROGER EXTRACTS OR FOOD COLORING

U.S. CHOICE TENDERAY

Round Steak

88¢ LB

MARHOEFER BONELESS

Canned Ham

8 59¢ LB CAN

SALAMI, MINCED LUNCHEON, SPICED LUNCHEON OR OLD FASHIONED LOAF KROGER SLICED

Lunch Meats... 8-OZ WT PKG 63¢

HICKORY BRAND Ring Bologna... LB 79¢

U.S. CHOICE TENDERAY SIRLOIN TIP OR Rump Roast..... LB \$119

MORTON FROZEN MINCE OR

Pumpkin Pie

18¢ 1-LB 4-OZ PIE

SWIFT'S

Prem..... 12-OZ WT CAN 39¢

FRANCO AMERICAN Spaghetti..... 15 15¢ 15 15¢ 15 15¢

SPECIAL LABEL PERSONAL SIZE Ivory..... 12 BAR PACK 78¢

SILVER FLOSS Sauer Kraut..... 1-LB 11-OZ CAN 18¢

ENFAMIL OR Similac Liquid..... 13-FL OZ CAN 22¢

KROGER Tomato Soup..... 11-FL OZ CAN 7¢

Sunrise Fresh Produce

MELLOW RIPE

Bananas

10¢ LB

JUMBO 27 SIZE VINE RIPENED

Cantaloupe..... 3 FOR \$1

U.S. NO. 1 YELLOW

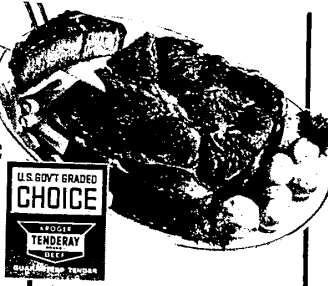
Onions..... 10 LB BAG 69¢

U.S. FANCY

Sweet Corn... 6 EARS FOR 49¢

CRISP LONG GREEN

Cucumbers..... EACH 10¢



U.S. CHOICE TENDERAY 4TH & 5TH RIB

Rib Roast

88¢ LB

WEAVER'S ALL WHITE MEAT SLICED

Chicken Roll

79¢ PKG

IN 3 - 5-LB PKGS BONELESS

Stew Beef

98¢ LB

LEAN MEATY PICNIC STYLE

Pork Roast

33¢ LB

SWANSOFT DECORATOR

Jumbo Towels

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ROMAN Bleach..... 1-GAL JUG 44¢

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ANGEL FOOD Cake..... 15-OZ WT PKG 39¢

FROZEN

French Fries... 5 LB BAG 59¢

KROGER FROZEN

Pot Pies..... 8-OZ WT PKG 16¢

U.S. NO. 1 IDAHO RUSSET

Potatoes

20¢ LB BAG \$139

NEW CROP

Green Cabbage

10¢ LB

LEAN COUNTRY STYLE

Sliced Bacon

48¢ LB

KROGER ALL BEEF

Wieners

69¢ LB

1M3 - 5-LB PKGS BONELESS

Pork Cutlets..... LB 88¢

THAW & SERVE

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4 YULE SAVE STICKERS

WITH THIS COUPON ON ANY YULE YOUNG READER'S NATURE LIBRARY BOOKS

Thru Sat., November 14, At Kroger Det. & East. Mich.

<p>5 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON ANY U.S. CHOICE TENDERAY BONELESS RUMP OR SIRLOIN TIP ROAST</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>3 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON ANY 2-LBS OR MORE GROUND ROUND OR GROUND CHUCK</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>3 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON ANY 2-LBS GORDON'S LINK OR BOB EVAN'S ROLL SAUSAGE</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>3 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON ANY 2 PKGS GOLDCREST KROGER SLICED LUNCHEON MEATS</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>3 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON TWO PKGS FRESH SPARE RIBS</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>8 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON 4 CONTAINERS KROGER SPICES</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>
<p>2 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON ANY 2 PKG. KROGER EXTRACTS OR FOOD COLORING</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>2 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON ANY 2 PKGS CAKE OR COOKIE DECORATIONS.</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>10 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON \$2.00 PURCHASE OR MORE HOLLAND BULBS</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>4 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON 3-LBS OR MORE APPLES</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>2 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON \$2.00 PURCHASE OR MORE HEALTH & BEAUTY AIDS</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>	<p>2 YULE SAVE STICKERS</p> <p>WITH THIS COUPON ON 5-LB BAG FLORIDA ORANGES</p> <p>Thru Sat., November 14, At Kroger Det. & East. Mich.</p>

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