

## Diabetics Can Enjoy Holidays

These days, there is no need for the diabetic in the family to feel excluded when the clan gathers for the traditional Thanksgiving turkey. His holiday meal will very likely look like a feast to the calorie-conscious who are trying to stick to the latest weight-reducing diet.

There is nothing to prevent a diabetic from enjoying a Thanksgiving dinner that is appetizing and satisfying and gives him no cause to be jealous of the rest of the group.



We reserve the right to limit quantities. Prices and items effective at Kroger in Wayne, Macomb, Oakland, Washington, Livingston and St. Clair Counties Mon., Nov. 15 thru Sun., Nov. 21. Items sold to date. Copyright 1971, The Kroger Co.

**MENU 1**  
1 c. consommé  
Roast turkey (1 ounce cooked for each meat exchange allowed)  
Bread stuffing (1/2 c. stuffing for each bread exchange allowed)  
Green beans  
1 wedge of lettuce  
1/3 c. cranberry relish  
1 portion of pumpkin custard  
**CRANBERRY RELISH**  
1 lb. or 4 c. cranberries  
1 orange  
1 unpeeled apple  
noncaloric sweetener to taste  
Grind all fruit together in a food chopper. Add the noncaloric sweetener in the amount desired. Mix well and chill. Serve with lettuce or watercress. Serves eight; 40 calories in one serving. (Note to diabetics: 1 fruit exchange)

**PUMPKIN CUSTARD**  
2 c. cooked or canned pumpkin  
2 eggs  
1 c. skim milk  
1 t. cinnamon  
1 t. ginger  
12 tablets saccharin (1/4 grain) (Dissolve in 1 T. of water.)  
Beat the eggs well and combine with the saccharin. Add the milk and mix well. Add the spices and pour into an eight-inch pie pan. Bake in a moderate oven for 50 to 60 minutes. Test by inserting a knife near the edge. When it comes out clean the custard is finished. Cut into six equal portions when chilled. This custard will keep the pie-wedge shape without a crust. Serves six; 61 calories in one serving. (Note to diabetics: 1 B vegetable and 1/2 meat exchange)

**FOR A CHANGE OF pace,** the diabetic and his family might have the following meal:

**MENU 2**  
1/2 c. melon ball fruit cup (one fruit exchange)  
Roast chicken  
Mashed potatoes (1/2 c. for each Bread Exchange allowed)  
Brussels sprouts  
Celery hearts  
1 portion cranberry whip with custard sauce  
**CRANBERRY WHIP WITH CUSTARD SAUCE**  
1/2 c. cranberries  
1/4 c. water  
1 T. Main gelatin  
1/4 c. cold water  
3 egg whites  
1 1/2 t. lemon juice  
6 saccharin tablets - 1/4 grain (Dissolve in 1 T. water.)  
Wash the cranberries and place in a saucepan covered with water. Bring to a boil and cover the pan, allowing the berries to cook slowly for eight to 10 minutes. Stir occasionally. When well cooked, remove from the stove and put through a sieve. Mix the gelatin with 1/4 cup cold water and allow to swell; dissolve by placing over hot water. Add the dissolved gelatin to the cranberry mixture. Mix well and chill. Beat egg whites until stiff. When the mixture of dissolved gelatin begins to thicken, add beaten egg whites. Add lemon juice and noncaloric sweetener as desired. Beat well with rotary egg beater. Divide into six equal portions and place in refrigerator to chill.

**CUSTARD SAUCE**  
3 egg yolks  
1 c. milk  
1/4 t. vanilla  
Few grains salt  
3 tablets saccharin - 1/4 grain (Dissolve in 1 T. water.)  
Combine the beaten egg yolks and salt. Scald milk and add slowly, stirring constantly. Cook in the top of a double boiler until the mixture coats the spoon. Add the vanilla and cool. Add dissolved saccharin and mix well. Divide into six equal portions and pour over the cranberry whip when ready to serve. Serves six; 72 calories in one serving. (Note to diabetics: 1/2 milk exchange, 1/2 fruit exchange and 1 meat exchange).

**1/4 OR 1/2 LOIN SLICED INTO**  
**Pork Chops** ..... LB. **69¢**

**REGULAR OR THICK**  
**Eckrich Bologna** ..... 16. **99¢**

**PATRICK CUDAHY**  
**Canned Ham** ..... 8 LB. **\$8.29**

**PESCHKE'S WHOLE FULLY COOKED**

**Semi-Boneless**  
**Hams**  
**58¢**

**KROGER FRESH**  
**Whipping Cream**  
**19¢**

**VALUABLE COUPON**  
**50 Extra Top Value Stamps**  
ON PURCHASES TOTALING \$5 TO \$9.99  
Not including Beer, Wine or Cigarettes at Kroger in  
Oak & East Mich. Coupon valid Mon., Nov. 15  
thru Sun., Nov. 21, 1971.  
**COUPON A**  
Coupons A and C are worth 200 Top Value Stamps  
with purchase of \$20.00 through \$24.99

**VALUABLE COUPON**  
**100 Extra Top Value Stamps**  
ON PURCHASES TOTALING \$10 TO \$14.99  
Not including Beer, Wine or Cigarettes at Kroger in  
Oak & East Mich. Coupon valid Mon., Nov. 15  
thru Sun., Nov. 21, 1971.  
**COUPON B**  
Coupons B and C are worth 250 Top Value Stamps  
with purchase of \$25.00 through \$29.99

**VALUABLE COUPON**  
**150 Extra Top Value Stamps**  
ON PURCHASES TOTALING \$15 TO \$19.99  
Not including Beer, Wine or Cigarettes at Kroger in  
Oak & East Mich. Coupon valid Mon., Nov. 15  
thru Sun., Nov. 21, 1971.  
**COUPON C**  
Coupons A, B and C are worth 300 Top Value  
Stamps with purchase of \$30.00 or more



TENDER WHITE OR ROYAL ROCK  
U.S. GOV'T. INSPECTED YOUNG TOM 18 LBS & UP

**Turkeys**  
**33¢**

**ROASTERS**  
**Men Turkeys**  
**39¢**  
10 TO 15-LBS

TENDER-TIMED 20-LBS & UP  
**Norbest Turkey** ..... LB. **39¢**

TENDER-TIMED 16 TO 19-LBS  
**Norbest Turkey** ..... LB. **45¢**

SWIFT'S SELF BASTING 20-LBS & UP  
**Butterball Turkey** ..... LB. **49¢**

SWIFT'S SELF BASTING 10 TO 15-LBS  
**Butterball Turkey** ..... LB. **55¢**

U.S. GOV'T. INSPECTED WHOLE  
**Fresh Fryers** ..... LB. **29¢**

U.S. GOV'T. GRADED CHOICE BONELESS  
**Cube Steak** ..... LB. **\$1.49**

U.S. GOV'T. GRADED CHOICE BONELESS  
**Delmonico Steak** ..... LB. **\$2.58**

U.S. GOV'T. GRADED CHOICE 4TH & 5TH RIBS  
**Beef Rib Roast** ..... 98¢

U.S. GOV'T. GRADED CHOICE BONELESS  
**Boston Roll Roast** ..... LB. **98¢**

GORDON'S  
**Pork Sausage** ..... 2 LB. ROLL **78¢**

COUNTRY CLUB ALL BEEF IN 2, 5-LB PKGS  
**Hamburger** ..... 10 LBS **\$5.98**

ECKRICH  
**Smorgas Pak** ..... LB. **1.19**

U.S. GOV'T. GRADED CHOICE CENTER CUT  
**Chuck Roast** ..... LB. **58¢**

**KROGER QUALITY**  
**Ice Cream**  
**79¢**

**OCEAN SPRAY**  
**WHOLE OR STRAINED**  
**Cranberry Sauce**  
**21¢**

**BIRDS EYE**  
**Cool Whip** ..... QT. CTN. **44¢**

**LADY MYER'S STEMS & PIECES**  
**Mushrooms** ..... 4-OZ. WT. CAN. **22¢**

**WHOLE KERNEL OR CREAM STYLE**  
**Del Monte Corn** ... 1-LB. 1-OZ. **15¢**

**ASSORTED FLAVORS**  
**Faygo Pop** ..... QT. **23¢**

**CRANBERRY WHIP WITH CUSTARD SAUCE**  
1/2 c. cranberries  
1/4 c. water  
1 T. Main gelatin  
1/4 c. cold water  
3 egg whites  
1 1/2 t. lemon juice  
6 saccharin tablets - 1/4 grain (Dissolve in 1 T. water.)  
Wash the cranberries and place in a saucepan covered with water. Bring to a boil and cover the pan, allowing the berries to cook slowly for eight to 10 minutes. Stir occasionally. When well cooked, remove from the stove and put through a sieve. Mix the gelatin with 1/4 cup cold water and allow to swell; dissolve by placing over hot water. Add the dissolved gelatin to the cranberry mixture. Mix well and chill. Beat egg whites until stiff. When the mixture of dissolved gelatin begins to thicken, add beaten egg whites. Add lemon juice and noncaloric sweetener as desired. Beat well with rotary egg beater. Divide into six equal portions and place in refrigerator to chill.

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**ASSORTED COLORS**  
**Viva Towels** ..... JUMBO ROLL. **29¢**

**AUNT NELLIES RED CABBAGE OR HARVARD OR**  
**Sliced Beets** ..... PT. JAR. **23¢**

**FOR EASY PIE MAKING**  
**Del Monte Pumpkin** ... 1-LB. 13-OZ. **18¢**

**ITALIAN STYLE**  
**Wishbone Dressing** ... PT. BTL. **48¢**

**HOME PRIDE 18" WIDE**  
**Aluminum Foil**  
**39¢**

**SPECIAL LABEL**  
**Dove Liquid**  
**49¢**

**FOR LAUNDRY**  
**Drive Detergent** ..... 3-LB. BOX. **69¢**

**KROGER**  
**Skim Milk** ..... 1/2-GAL. CTN. **39¢**

**ASSORTED COLORS**  
**Northern Tissue** ... 4 ROLL. **35¢**

**PET RITZ MINCE OR**  
**Pumpkin Pie** ..... 1-LB. 4-OZ. **29¢**

**RECEIVE UP TO**  
**1175 Top Value Stamps**

WITH STRIP BELOW PLEASE PRESENT THIS STRIP TO CASHIER TO CHECK OFF ITEMS

**GROCERY**

WITH ANY 2 PKGS  
50 KROGER SPICES

WITH ANY 2 PKGS GOLD CREST  
50 CAKE DECORS

WITH ANY 30-OZ. JAR OR LARGER  
50 KROGER OLIVES

WITH ANY 3 PKGS  
50 KROGER MARSHMALLOWS

WITH 1-LB. BAG COLONIAL VILLAGE  
50 CANDY

WITH 4-OZ. BTL. KROGER  
100 VANILLA EXTRACT

WITH 1-LB. BAG KROGER WHOLE-DAIRY  
50 COFFEE CREAMER

WITH ANY PKG COUNTRY OVEN  
25 CROUTONS

WITH 10-OZ. CAN MINUTE MISO  
25 ORANGE JUICE

WITH ANY PKG HILLCREST  
25 FRANKENMUTH CHEESE

**MEATS**

WITH 1-LB. OR MORE ROYAL  
50 ROLL PORK SAUSAGE

WITH ANY 2 PKGS FRESH-ROAST  
50 BREADED SHRIMP

WITH ANY 2 PKGS 8-OZ. OR 4-OZ. PKGS  
25 ECKRICH LUNCHEATS

WITH ANY 2 SLOWLY-T-BONE, RIB OR  
50 CLUB STEAKS

WITH ANY 2 PKGS 1-LB. OR 8-LB.  
100 HORMEL CANNED HAM

WITH ANY PKG GORDON'S FAMILY PKG  
50 PORK LINKS

WITH ANY 2 PKGS CENTER CUT  
50 HAM SLICES

**PRODUCE**

WITH 3-LB. BAG  
50 APPLES

WITH 12-50 PURCHASE OR MORE  
100 HOUSE PLANTS

**VALUABLE COUPON**  
With this coupon and \$5.00 purchase or more  
1-QT 6-OZ. BTL.  
**Crisco Oil**  
OR 3-LB. CAN  
**Crisco Shortening**  
YOUR CHOICE **69¢**

Mon., Nov. 15 thru Sun., Nov. 21 at Kroger in Wayne, Macomb, Oakland, Westland, Livingston & St. Clair Counties. Subject to applicable store & local sales tax. Limit one coupon.

**VALUABLE COUPON**  
With this coupon and \$5.00 purchase or more  
10-X CONFECTIONER, LIGHT OR DARK BROWN  
**Domino Sugar**  
1-LB. PKG. **12¢**

Mon., Nov. 15 thru Sun., Nov. 21 at Kroger in Wayne, Macomb, Oakland, Westland, Livingston & St. Clair Counties. Subject to applicable store & local sales tax. Limit one coupon.

**VALUABLE COUPON**  
With this coupon and \$5.00 purchase or more  
CHOICE OF GRINDS  
**Kroger Coffee**  
**21¢**

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**VALUABLE COUPON**  
With this coupon and \$5.00 purchase or more  
AUTO-RIDE  
**Anti-Freeze**  
GAL. CAN. **99¢**

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**VALUABLE COUPON**  
With this coupon and \$5.00 purchase or more  
WE REDEEM  
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