

Soul Food  
Good For  
The Heart

By ELLY  
One of the most heart-warming acts of giving during the recent holiday season was the gift of thousands of cans of food to Mother Waddies by area students.  
The Rev. Charlesetta Waddies is an expert at stretching a dollar when it comes to preparing meals. In her Perpetual Mission Kitchen in Detroit, 70,000 meals are served yearly at 35 cents each, or free for those who have no money.  
In her "Soul Food" cookbook, recipes are interspersed with "reflections" and this is what Mother Waddies has to say about neck bones:  
"Lord, you know we have had neck bones most every day."  
"But it's the cheapest meat I can find."  
"So I'll just have to fix them another way."  
"Today is Sunday and my family likes a change too 'thank you Father'."  
AND THE THINGS the lady does with neck bones are quite remarkable.  
She says, always wash neck bones and soak in cold water for 20 minutes. Pour this water off. Put them in a pot with water to cover about two inches above meat. After they come to a boil, turn down flame and cover; let them cook slowly, the taste differs a little according to what ingredients you may use. Neck bones are sold by the pound, so buy according to family size.  
NECK BONES AND RICE  
Neck bones  
1 or 2 large onions  
3 stalks celery (optional)  
1 c. flour (for thickening)  
1 green pepper  
1 c. rice (1 lb. if family is large)  
Seasoning salt  
Pepper  
After the neck bones have been cooking about an hour add onion, celery and green pepper which have been chopped. Continue to cook until done, about another half hour. Mix together flour, seasoning and cold water in a bowl and make sure all the lumps are out. Add this to the neck bones and let simmer until you have a nice thick gravy for your rice. Follow directions on rice, or fix it in your own usual manner and you will have a soul dish that's out of sight. Most important, this meal costs less than a dollar.

NECK BONE STEW  
3 lb. neck bones cut small  
1 large onion  
3 stalks celery  
1 green pepper  
2 lb. white potatoes  
1 bunch carrots  
Salt and pepper  
Soak neck bones 20 minutes in cold water. Pour off water and wash. Put on flame in boiler large enough to hold vegetables. Let cook one hour. While neck bones are cooking, prepare vegetables. Peel potatoes, carrots and onion. Cut up potatoes and carrots to desired size. Chop celery, onion and green pepper. Add vegetables and let cook another 45 minutes. Be sure there is enough water. Add salt and pepper.  
BARBECUED NECK BONES  
Neck bones  
3 c. vinegar  
Red pepper  
Barbecue sauce  
Wash neck bones; soak 20 minutes; pour off water. Place neck bones in a roaster or casserole with lid. Sprinkle with salt and pepper, add two cups of water to the vinegar and pour into pan. Cover and let cook in oven for about 1 1/2 hours, until fork tender. Remove from oven and pour on the barbecue sauce. Return to oven uncovered. Cook about half an hour. Be sure to watch them so the sauce does not burn. Preheat oven to 350 degrees.

NB. SAUERKRAUT.  
POTATOES  
2 lb. neck bones, cut small  
4 medium sized potatoes  
Small can sauerkraut  
Salt and pepper  
Soak neck bones 20 minutes. Pour off water and wash. Open kraut and pour off excess juice. Put neck bones in boiler with enough water to cover them. Add sauerkraut. Put on stove. When it gets to boiling point turn down heat to low. Let cook about 30 to 40 minutes. Peel potatoes and cut into quarters. Put on top of neck bones and sauerkraut. Add some water if needed. Season. Let cook another 20 or 30 minutes. Serve with hot corn bread.



U.S. GOV'T. GRADED CHOICE  
**Porterhouse Steak** ..... **\$1.69** LB  
**Smoked Ham** ..... **44¢** LB  
WHOLE OR BUTT PORTION  
LB 55¢

VALUABLE COUPON  
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE  
ASSORTED FLAVORS  
**Hi-C Drinks** ..... **22¢** 1-QT 14-OZ CAN  
LIMIT 2 CANS

KROGER HOMESTYLE  
**Buttermilk Biscuits** ..... **43¢** 8-OZ TUBES  
SCOTT  
**Decorated Towels** ..... **3 ROLLS \$1**  
WIDE, MEDIUM OR EXTRA WIDE  
**Kroger Noodles** ..... **29¢** 1-LB PKG

**Sunrise Fresh Fruits & Vegetables!**  
**Michigan Potatoes** ..... **20¢** LB BAG  
U.S. NO. 1  
2 lb. neck bones, cut small  
4 medium sized potatoes  
Small can sauerkraut  
Salt and pepper  
Soak neck bones 20 minutes. Pour off water and wash. Open kraut and pour off excess juice. Put neck bones in boiler with enough water to cover them. Add sauerkraut. Put on stove. When it gets to boiling point turn down heat to low. Let cook about 30 to 40 minutes. Peel potatoes and cut into quarters. Put on top of neck bones and sauerkraut. Add some water if needed. Season. Let cook another 20 or 30 minutes. Serve with hot corn bread.

U.S. GOV'T. GRADED  
**Choice Steak Sale!**  
SWISS OR  
**Round Steak** ..... **\$1.09** LB  
RIB OR  
**Sirloin Steak** ..... **\$1.39** LB  
CLUB OR  
**T-Bone Steak** ..... **\$1.59** LB  
U.S. GOV'T. GRADED CHOICE BONELESS  
**Top Sirloin Steak** ..... **\$1.69** LB  
U.S. GOV'T. GRADED CHOICE BONELESS  
**Strip Steak** ..... **\$2.29** LB  
WISHBONE GRADE 'A' 1-LB 6-OZ  
**Cornish Hens** .... **6 For \$4.99**

OLDE VIRGINIE HICKORY SMOKED  
**Slab Bacon** ..... **49¢** LB  
WHOLE OR END PIECE  
ALL BEEF (IN TWO 5-LB PKGS)  
**Hamburger** ..... **10 LBS \$5.98**  
ALL BEEF  
**Breakfast Sausage** ..... **39¢** LB  
1/2 LOIN SLICED INTO  
**Pork Chops** ..... **69¢** LB  
KROGER  
**All Beef Wieners** ..... **69¢** LB  
FRESH FROZEN BONELESS  
**Turbot Fillets** ..... **69¢** LB  
SERVE 'N SAVE 7 VARIETIES SLICED  
**Lunchmeats** ..... **1-LB PKG 69¢**  
SERVE & SAVE LIVER SAUSAGE OR  
**Chunk Bologna** ..... **49¢** LB  
GORDON'S FAMILY PAK  
**Pork Sausage Links** ..... **88¢** LB

U.S. GOV'T. GRADED CHOICE BONELESS  
**Rump Roast** ..... **\$1.39** LB  
U.S. GOV'T. GRADED CHOICE BONELESS  
**Boston Roll Roast** ..... **\$1.19** LB  
U.S. GOV'T. INSPECTED WHOLE  
**Fresh Fryers** ..... **29¢** LB  
TOP VALUE STAMPS  
SERVE 'N SAVE  
**Skinless Wieners** .... **3 LBS \$1.59** PKG

VALUABLE COUPON  
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE  
BETTY CROCKER ASSORTED  
**Cake Mixes** ..... **22¢** 1-LB 2-OZ PKG  
3 FOR 66¢  
LIMIT 3

VALUABLE COUPON  
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE  
KROGER  
**Cottage Cheese** ..... **22¢** 1-LB CAN  
KROGER  
**Sweet Peas** ..... **15¢** 1-LB 1-OZ CAN  
TOP VALUE STAMPS

200-CT WHITE OR 175-CT PRINTS  
**Puffs Tissue** ..... **4 BOXES \$1**  
TASTY  
**Mott's Applesauce** ... **3 LB JAR 59¢**  
DELICIOUS SYRUP  
**Mrs. Butterworth** .... **1-PB 8-OZ BTL 49¢**  
**Frozen Morton Dinners**  
MEAT LOAF, CHICKEN, TURKEY, FISH, SALISBURY STEAK, BEANS & FRANKS OR MACARONI & BEEF  
**36¢** 11-OZ WT. PKG

PACKER LABEL FROZEN  
**French Fries** ..... **5 LBS 59¢** BAG  
EATMORE  
**Soft Margarine** ..... **3 LBS \$1** 1-LB PKGS  
PEACH, GRAPE, STRAWBERRY OR BLACKBERRY  
**Kroger Preservers** .... **12-OZ JAR 29¢**  
VALUABLE COUPON  
With this coupon and \$5.00 purchase or more  
WHOLE BEAN-FRESH ROASTED  
**Spotlight Coffee** ..... **59¢** 1-LB BAG  
KROGER  
**Buttermilk Bread** ..... **4 LBS \$1** 1-LB 4-LOAVES

24 SIZE CRISP ICEBERG  
**Head Lettuce** ..... **29¢** HEAD  
U.S. NO. 1 MICHIGAN MACINTOSH, JONATHAN OR RED  
**Delicious Apples** ..... **6 LBS 99¢** BAG  
6 X 7 SIZE VINE-RIPE  
**Tomatoes** ..... **10¢** EA  
TEXAS ORANGES OR RUBY RED  
**Grapefruit** ..... **18 LBS \$1.99** LB BAG

RECEIVE UP TO  
**1225 Top Value Stamps**  
WITH PURCHASE OF ITEMS BELOW. PLEASE PRESENT THIS STRIP TO CASHIER TO CHECK OFF ITEMS.  
T.V. STAMPS  
GROCERY  
100 INSTANT COFFEE  
50 BLACK PEPPER  
50 DRY MILK  
25 FIG BARS  
25 ORANGE JUICE  
25 FROZEN VEGETABLES  
50 ICE MILK OR SHERBET  
25 PINEAPPLE CUPS  
50 VICKS COLD REMEDIES  
100 LIGHT BULBS  
25 LYSOL PRODUCT  
50 CORNED BEEF  
50 CANADIAN BACON  
25 SLICED LUNCHEATS  
25 SLICED BACON  
50 CANNED HAM  
100 BONELESS BEEF ROAST  
50 LEGS OR BREASTS  
100 SINGLETON SHRIMP  
TOTAL