

# Fish Can Help Your Busy Days

By ELLY  
Everyone has days when there aren't enough hours to accomplish all that is scheduled.

Fish stick wrap-ups make a hot, satisfying lunch or an in-a-hurry dinner. This easy entree may be prepared ahead and refrigerated until time to pop it in the broiler.

The recipe from the National Marine Fisheries Service, calls for pre-cooked fish sticks which are sandwiched with strips of pimiento cheese and wrapped in bacon slices. They may be served on buns or as the main course for dinner.

Sole filets offer fine eating and cook quickly. These tender pieces of fish adapt well to rolling or stuffing.

Sole are members of an amusing fish family called flatfish. Their unusual characteristics make them distinctive from other species. These funny fish, shortly after beginning life, change from the average shape to a flat shape that, strangely enough, resemble a flying saucer.

The Saucy Sole recipe presents the filets broiled with a tasty, low-calorie sauce that keeps them moist. Each serving contains approximately 175 calories.

### FISH STICK WRAP-UPS

24 frozen fried fish sticks  
6 slices (one ounce each) pimiento cheese, cut in 4 strips  
12 slices bacon

Top 12 frozen fish sticks with two strips of cheese. Cover with remaining 12 fish sticks. Wrap bacon lengthwise around sides. Secure with toothpicks. Cover broiler rack with heavy duty aluminum foil. Cut four or five slits in foil to allow fat to drain during cooking. Place fish sticks on broiler rack. Broil about four inches from source of heat for 10 to 15 minutes or until bacon is crisp. Turn once during broiling. Makes six servings.

**SAUCY SOLE**  
2 lb. sole filets, fresh or frozen  
2 T. butter or margarine, melted

2 T. chili sauce  
1/2 c. low calorie mayonnaise  
1/2 t. celery salt  
1/2 t. dry mustard  
1/2 t. paprika  
1/2 t. white vinegar

Thaw frozen filets. Skin filets and cut into six portions. Place fish in a single layer on a well-greased bake and serve platter, 16 by 10 inches. Pour butter over fish. Combine mayonnaise and seasonings. Broil fish about four inches from source of heat for five minutes. Spread mayonnaise mixture over fish. Broil three to five minutes more or until fish flakes easily when tested with a fork. Makes six servings.

**FLAKY CRAB SNACKERS**  
1 can refrigerated butterflake biscuits  
2 egg whites  
1/4 t. salt  
1 can crabmeat (7 1/2 ounces) finely flaked  
1 c. mayonnaise  
1 T. chili sauce

Pull apart each biscuit to make two thin biscuits. Bake on ungreased cookie sheet at 400 degrees for eight to 10 minutes until golden brown. Beat egg whites and salt until stiff peaks form. Fold in crabmeat, mayonnaise, chili sauce and a dash of pepper. Spread each biscuit with about one tablespoon of the crab mixture. Bake at 475 degrees for three to five minutes, until golden brown. Watch carefully. Serve hot. Canapés may be assembled ahead of time, refrigerated one to three hours, then browned, just before serving. Makes 24 canapés.

**CLAM BISQUE**  
1/4 c. margarine  
2 T. cornstarch

Liquor from canned clams  
Milk to bring volume of liquor to 1 1/2 cups  
1 c. light cream  
1 (8-ounce) can minced clams  
Melt margarine in two-quart saucepan. Remove from heat. Add cornstarch and pepper and stir until smooth. Drain clams, reserving liquor. Add enough milk to make 1 1/2 cups. Gradually stir into cream. Cook over medium heat, stirring constantly, until mixture comes to a boil and boils one minute. Add minced clams and boil one minute. Makes three cups or about four servings.



# BARREL OF BARGAINS

REDEEM THE FIFTH WEEK  
COUPONS IN THE BARREL OF BARGAINS BOOKLET THAT WAS SENT TO YOUR HOME

We reserve the right to limit quantities. Prices and items effective at Kroger in Wayne, Macomb, Oakland, Washburn, Livingston and St. Clair Counties from Feb. 14 thru Sun., Feb. 20. Home sold to dealers. Copyright 1972. The Kroger Co.

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



U.S. GOV'T. GRADED CHOICE  
**Round or Swiss Steak**  
**\$1.08**  
LB

WINDSOR  
**Sliced Bacon**  
**49¢**  
1-LB PKG

FRESH PICNIC STYLE  
**Pork Roast**  
**45¢**  
LB

OLDE VIRGINIE  
**Semi-Boneless Whole Ham**..... **63¢**  
LB

ECKRICH BEEF  
**Smorgaspak** .... 12 oz. wt. pkg **\$1.19**  
ECKRICH  
**Smorgaspak** ..... 1 lb. pkg **\$1.29**  
ECKRICH THREE VARIETIES  
**Smok-Y-Links** ..... 10 oz. wt. pkg **83¢**  
ECKRICH REGULAR OR THICK  
**Sliced Bologna** ..... 1 lb. pkg **\$1.09**

WHOLE FRYER  
**Legs or Breasts**..... **69¢**  
LB  
U.S. GOV'T. GRADED CHOICE  
**Rump Roast**..... **\$1.38**  
LB  
U.S. GOV'T. GRADED CHOICE  
**Sirloin Tip Roast**..... **\$1.58**  
LB  
U.S. GOV'T. GRADED CHOICE  
**Boston Roll Roast**..... **\$1.28**  
LB

U.S. GOV'T. GRADED CHOICE  
**Rib Roast**  
**\$1.08**  
LB

COUNTRY CLUB  
**All Meat Hamburger**  
**10¢ 688**  
LBS

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

**VALUABLE COUPON**  
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE  
KROGER GRADE 'A'  
**Large Eggs**  
**3¢ 1**  
1-DOZ CTNS LIMIT THREE

**VALUABLE COUPON**  
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE  
KROGER CHOICE OF GRINDS  
**Vac Pac Coffee**  
**2¢ 1.09**  
LB CAN LIMIT ONE

KROGER LARGE OR SMALL CURD  
**Cottage Cheese**  
**44¢**  
1-PT 8-OZ CTN

EMBASSY  
**Salad Dressing**  
**39¢**  
QT JAR

**VALUABLE COUPON**  
WITH THIS COUPON AND \$1.00 PURCHASE OR MORE  
ASSORTED FLAVORS STRAINED  
**Heinz Baby Food**  
**7¢**  
1-PT 4-OZ JAR LIMIT ONE

MUELLERS SPAGHETTI OR  
**Elbo Macaroni**..... **59¢**  
3-LB PKG  
ASSORTED FLAVORS GELATIN  
**Jello**..... **10¢**  
3-OZ WT PKG  
FOR DISHES  
**Ajap Liquid**..... **39¢**  
1-PT 6-OZ BTL  
SYRUP-CRUSHED, CHUNKS OR  
**Dole Sliced Pineapple**..... **51¢**  
3 1/2-LB CANS

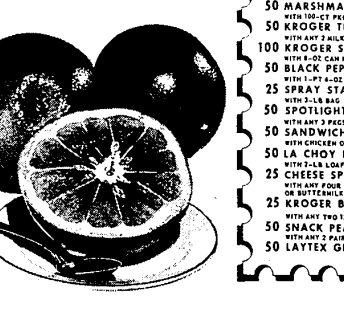
COUNTRY CLUB  
**Ice Cream**  
**66¢**  
1/2-GAL CTN  
KROGER ELBO MACARONI OR  
**Spaghetti**..... **39¢**  
2-LB PKG  
KROGER CHILI OR  
**Beef Stew**..... **83¢**  
2 1/2-LB CAN

LIPTON  
**Cup-A-Soup**..... **29¢**  
4 CT PKG  
MARK  
**Trash Bags**..... **99¢**  
25-CT PKG  
MEL-O-SOFT  
**Buttermilk Bread**..... **54¢**  
4 1/4-LB LOAVES  
KROGER REGULAR OR MONEY  
**Graham Crackers**..... **29¢**  
1-LB PKG  
KROGER RED PITTED  
**Tart Cherries**..... **51¢**  
4 1-LB CANS

*Sunrise Fresh Fruits & Vegetables!*  
U.S. NO. 1 WESTERN RED  
**Potatoes**  
**20 99¢**  
LB BAG  
113 SIZE CALIF. SEEDLESS SUNKIST  
**Oranges**  
**20 99¢**  
FOR 1

JUMBO 27 SIZE PINK OR MARSHSEEDLESS  
**Grapefruit**..... **49¢**  
FOR 89¢  
U.S. NO. 1 JUMBO  
**Idaho Potatoes** 20 **\$1.99**  
LB BAG  
SWEET  
**Candy Yams**..... **10¢**  
EA  
4 X 7 SIZE VINE RIPE  
**Tomatoes**..... **12¢**  
EA

INDIAN RIVER PINK OR MARSHSEEDLESS  
**Grapefruit**  
**579¢**  
LB BAG



RECEIVE UP TO **1000 Top Value Stamps**  
WITH PURCHASE OF ITEMS BELOW. PLEASE PRESENT THIS STRIP TO CASHIER TO CHECK OFF ITEMS.  
T.V. STAMPS  
GROCERY  
WITH 17-OZ PITTED OR 3-LB LARGE  
**25 SUNSWEET PRUNES**  
WITH ANY 3 PKGS GOLD CREST  
**50 MARSHMALLOWS**  
WITH 100-CT PKG  
**50 KROGER TEA BAGS**  
WITH ANY 2 MILK CLASS DECORATOR JARS  
**100 KROGER SPICES**  
WITH ANY 2 PKGS COUNTRY OVEN SANDWICH COOKIES  
WITH CHICKEN OR SHIMP  
**25 SPATY STARCH**  
WITH 3-LB BAG  
**50 SPOTLIGHT COFFEE**  
WITH ANY 2 PKGS COUNTRY OVEN SANDWICH COOKIES  
WITH CHICKEN OR SHIMP  
**50 LA CHOY DINNERS**  
WITH 1-LB LOAF PROCEUR  
**25 CHEESE SPREAD**  
ON BUTTERFLINE  
**25 KROGER BISCUITS**  
WITH ANY TWO 13-OZ BAGS GOLD CREST  
**50 SNACK PEANUTS**  
WITH ANY 2 PAIR BUTTERFLINE LINED  
**50 LAYTEX GLOVES**  
WITH TWO 2-PACK WESTINGHOUSE  
**100 LIGHT BULBS**  
MEAT  
WITH ANY PKG STEAKHOVERS  
**100 BEEF SIZZLE STEAKS**  
WITH ANY TWO 8-OZ OR 4-OZ PKGS ECKRICH  
**25 SLICED LUNCHEATS**  
WITH ANY PKG JONES SAGMOON  
**25 PORK LINKS**  
WITH 3-LB OR MORE FAMILY PAK  
**100 CENTER CUT HAM SLICES**  
WITH ANY PKG CHICKEN BREAST MEAT STEAKS OR  
**25 BONELESS HAM SLICES**  
WITH 8-OZ PKG OLIVE ROPER HARD SALAMI, Liver Chunks, 1-Lb Liver Sausage or 1-Lb SALAMI or  
**25 HAM STEAKS**  
Valid at Kroger in Del. & East. Mich. from Feb. 14 thru Sun., Feb. 20, 1972.  
TOTAL