

Consider Nutrition Of Soybean

By ELLY

Someday, people considering purchase of a condominium may inquire about the types of fish available in the co-op pool. Their share of the crawfish in the co-op pond and their own garden plot could be prime selling points.

The prospective homeowner would check out the 25 by 25-foot backyard fish farm which should supply two meals a week. The small organic garden plot should supply the major portion of the vegetables his family will consume.

Aquaculture as a food source is still in the experimental stage in this country. So far, no one has matched the fish farmers in Thailand who raise 88,000 pounds of fish per year, in an acre of standing water.

There are more than 17,000 acres of crayfish farms in Louisiana where, due to the state's French heritage, crayfish are considered a delicacy. In some parts of the world crayfish are the main source of protein in the diet.

Many states are experimenting with crayfish ponds. In Washington, commercial culture has begun.

In the November 1970 "Natural Fisherman," Robert Crisp of North Pacific Ocean Products, Bellingham, Wash., is quoted as believing that an eight by 20 pond, seven feet deep, could produce about 1,000 pounds of crayfish annually.

The day may not be too far away—perhaps within the next 20 years according to some scientists—when the average family will be more self-sufficient in raising its foodstuffs.

Not only would the cost of living rise cease to be a threat, but a better balance in nature would lessen the pollution threat.

Fish farms and crowded pools are not available right now to combat high living costs. But, the soybean is.

Soybean is the richest in protein, vitamins and minerals of practically all foods known to man. Yet it costs but a fraction of other foods when considered in terms of nutrition per serving.

Consider a 25-pound bag of soybeans, which costs \$4.28, as compared to a roast of beef costing the same amount.

	BEEF	SOYBEANS
Servings	6	150
Day's protein	13	380
Total protein (gm)	265	4,540
Calories	3,529	37,539
Calcium (mg)	204	25,765
Phosphorus (mg)	3,841	66,511
Iron (mg)	53	908
Vitamin A (IU)	0	15,890
Vitamin B1 (mg)	3	91
Vitamin B2 (mg)	3	35

CRUSTY SOYBEAN CASSEROLE

- 1 1/2 c. dry soybeans, cooked
- 2 c. corn, fresh or frozen
- 2 c. canned tomatoes
- 1 c. chopped onion
- 1/2 c. chopped celery
- 1 clove crushed garlic
- 1/2 t. each thyme and summer savory
- 2 t. salt
- Pinch cayenne
- 1/4 c. tomato paste
- 3 T. brewer's yeast
- 1/2 c. stock
- Wheat germ
- 1/3 c. grated cheese
- Butter
- 2 1/2 c. raw brown rice, cooked

Combine soybeans, corn, tomatoes, onion, celery, garlic, herbs, spices and salt. Combine tomato paste, brewer's yeast and stock. Place half the cooked rice on the bottom of an oiled four to six-quart casserole. Cover with the vegetable mixture. Spread the tomato paste over the vegetables, and cover with the rest of the rice. Sprinkle with grated cheese and then wheat germ. Dot with butter and bake uncovered for 30 minutes at 350 degrees F. Serves six. Average serving contains approximately 11 g usable protein - 26 to 31 per cent of daily protein allowance.

DISCOUNT PRICES



THIS WEEK'S SPECIAL OFFERS FROM YOUR **VALUABLES BOOKLET**
 TRANSLUCENT FANTASIA CHINA BREAD & BUTTER PLATE 39¢ WITH EACH \$2.00 PURCHASE NO COUPON... NO LIMIT. WORLDS TREASURY OF CHILDREN'S CLASSICS VOL. 3 ONLY 59¢ NO COUPON REQUIRED. BRISTOL STEWWARE 10 1/2-OZ GOBLET, 7 1/2-OZ SHERBET, 5-OZ JUICE ONLY 39¢ EACH, NO COUPON... NO LIMIT.

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NEW SUNDAY STORE HOURS:
MOST KROGER STORES NOW OPEN **SUNDAY 10 a.m. to 7 p.m.**

U.S. GOV'T GRADED CHOICE **CENTER CUT CHUCK ROAST**
78¢ LB



HYGRADE **WEST VIRGINIA SEMI-BONELESS WHOLE HAM**
98¢ LB
 HALF HAM LB. \$1.08

- U.S. GOV'T GRADED CHOICE **Boneless Boston Roll Roast**... **\$1.38** LB
- U.S. GOV'T GRADED CHOICE BONELESS **Chuck Roast**... **\$1.38** LB
- U.S. GOV'T GRADED CHOICE **Chuck Steak**... **88¢** LB
- U.S. GOV'T GRADED CHOICE BONE-IN **New York Strip Steak**... **\$2.39** LB
- U.S. GOV'T GRADED CHOICE BONELESS **Top Sirloin Steak**... **\$2.39** LB

- Serve 'n Save 3** **\$2.69** PKG **Wiener's**
- KROGER **Beef Wieners**... **1-LB PKG \$1.19**
- REGULAR OR THICK **Kwik Krisp Sliced Bacon** **2** **\$1.98** PKG
- HERRUD **Party Assortment**... **1-LB PKG \$1.29**
- FARM FRESH **Mixed Fryer Parts**... **49¢** LB

HERRUD HOLLY RIDGE **SLICED BACON** **88¢** LB

BONELESS TURBOT FILLETS
59¢ LB

- IN 5-LB BOX **OCEAN PERCH** **69¢** LB
- HEAT & SERVE **JIFFY ENTREES** **2** **\$1.29** PKG
- MR. BOSTON **Fish Sticks or Cakes**... **2** **88¢** LB
- FRES-SHORE **Breaded Shrimp**... **10-OZ WT PKG \$1.29**
- CENTER CUT **Rib Pork Chops**... **\$1.38** LB
- COUNTRY STYLE **Spare Ribs**... **\$1.18** LB
- PORK **Cutlets**... **\$1.48** LB

Xtra coupon special
 With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE 25¢
 WHITE OR ASSORTED COLORS **FLEECE TOWELS**
5 **\$1** JUMBO ROLLS
 LIMIT FIVE

Xtra coupon special
 With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE UP TO 28¢
 BABY SWEETHEART **FABRIC SOFTENER**
25¢ QT. BTL
 LIMIT TWO

Xtra coupon special
 With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE UP TO 49¢
 AVAILABLE IN 10 COUNT BAGS **CHEESE G&W PIZZA**
5¢ 2 1/2-OZ PIE
 LIMIT TEN

Xtra coupon special
 With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)
SAVE UP TO 18¢
 DEODORANT **PALMOLIVE BAR SOAP**
18¢ BATH SIZE BAR
 LIMIT THREE

KROGER **HOMO MILK**... **99¢** GAL PLASTIC JUG

KROGER GIANT **White Bread** **3** **89¢** 1 1/2-LB LOAVES

*KROGER SMALL OR LARGE CURD **Cottage Cheese**... **49¢** 1 1/2-LB CTN

POLAR PAK **Vanilla Ice Milk**... **44¢** 1/2-GAL CTN

Xtra coupon special
WINDOW CLEANER... **37¢** 1-LB ONE

Xtra coupon special
AXION PRESOAK... **49¢** 1-LB ONE

Xtra coupon special
TIP TOP TOPPING MIX... **29¢** 4-1/2-PKG

Xtra coupon special
SWANSOFT Facial Tissue... **5** **\$1** 200-CT PKGS

Xtra coupon special
SALAD CRISPINS... **43¢** 1-LB ONE

Xtra coupon special
BUTTERMILK BREAD... **3** **85¢** 1-LB ONE

Xtra coupon special
BAGGIES FOOD BAGS... **29¢** 1-LB ONE

Xtra coupon special
SPOTLIGHT Bean Coffee... **79¢** 1-LB BAG

Xtra coupon special
15¢ OFF TOWARDS THE PURCHASE OF A 3-LB CAN **KROGER VAC PAC COFFEE**

Xtra coupon special
PILLSBURY FLOUR... **5** **53¢** 5-LB BAG

Xtra coupon special
COLD POWER... **68¢** 1-LB ONE

Xtra coupon special
REFRESHING Diet Rite Cola... **79¢** 6 16-OZ N.R. BTLs

Xtra coupon special
20¢ OFF THE PURCHASE OF ONE 24-OZ PKG FAMILY PACK FRESH **GORDON'S LINK SAUSAGE**

Xtra coupon special
10¢ OFF THE PURCHASE OF ONE OR MORE PKGS OF FRESH **STEUHWOWER'S SIZZLE STEAKS**

Xtra coupon special
10¢ OFF TOWARDS THE PURCHASE OF 4 OR MORE PKGS OF FRESH **JELLIES OR PRESERVES**

Xtra coupon special
ANTISEPTIC Listerine Mouthwash... **\$1.18** QT BTL

Xtra coupon special
20¢ OFF THE PURCHASE OF ONE 24-OZ PKG FAMILY PACK FRESH **GORDON'S LINK SAUSAGE**

Xtra coupon special
10¢ OFF TOWARDS THE PURCHASE OF 4 OR MORE PKGS OF FRESH **JELLIES OR PRESERVES**

Xtra coupon special
10¢ OFF TOWARDS THE PURCHASE OF 4 OR MORE PKGS OF FRESH **JELLIES OR PRESERVES**

Xtra coupon special
ANTISEPTIC Listerine Mouthwash... **\$1.18** QT BTL

U.S. NO. 1 **MICHIGAN POTATOES**
1098¢ LB BAG

Xtra coupon special
20¢ OFF THE PURCHASE OF ONE 24-OZ PKG FAMILY PACK FRESH **GORDON'S LINK SAUSAGE**

Xtra coupon special
10¢ OFF TOWARDS THE PURCHASE OF 4 OR MORE PKGS OF FRESH **JELLIES OR PRESERVES**

Xtra coupon special
10¢ OFF TOWARDS THE PURCHASE OF 4 OR MORE PKGS OF FRESH **JELLIES OR PRESERVES**

Xtra coupon special
ANTISEPTIC Listerine Mouthwash... **\$1.18** QT BTL

- STRAWBERRIES**... **89¢** QUART
- TOMATOES**... **39¢** LB
- CANTALOUPE**... **49¢** EACH
- APPLES**... **99¢** FOR
- Asparagus**... **69¢** LB
- Cherry Tomatoes**... **79¢** QUART
- Pascal Celery**... **33¢** STALK
- INDIAN RIVER JUNBO 27 SIZE White Grapefruit**... **5** FOR **\$1**
- JUNBO Watermelon**... **17¢** LB
- INDIAN RIVER 40 SIZE Pink Grapefruit**... **5** FOR **89¢**