

# Use Guide To Control Food Costs

Do you shop with an eye for meat grades? Do you choose correct market size for your family, so you won't have a lot of waste?

If you shop for food by price alone, you may not be getting your money's worth. "Food Shoppers Guide," a Cooperative Extension Service publication is designed to help homemakers make well informed consumer decisions. "Food Shoppers Guide" is available free of charge from the Cooperative Extension Service.

Send a post card to the Bulletin Office, Michigan State University in East Lansing, 48823.

Mrs. Anita Dean, Extension food specialist, says that the wise food shopper compares food purchases on the basis of weight, quality and food value. A high food bill doesn't insure a well-nourished family.

In the recently revised publication, "Food Shoppers Guide," which the authors, Mrs. Dean offers information in making such comparisons.

She covers how to figure average size of servings and gives handy charts in comparing sizes of cans and frozen food containers. She explains federal government, packer and retailer meat grades and shows how they can help the consumer in choosing. She also gives guides for selecting poultry, fish, dairy products, breads and cereals, fruits and vegetables.

Regardless of prices on individual commodities, Mrs. Dean believes that the food shopper will get more for her money if she plans wisely before going to the store.

Then she should shop intelligently, comparing weight, quality and food value, as well as price. The next step in saving food costs is to store food carefully and prepare it correctly to avoid waste.

# Medicine Chest Can Be Menace

Your medicine chest is a potential killer of curious children and careless adults. The array of pretty bottles and pills can be irresistible to children. More than a fourth of the persons killed by accidental poisoning each year in the United States are under five years of age, according to the National Safety Council.

A cluttered cabinet, the Council warns, can lead to adult booby traps — picking up the wrong bottle, using out-of-date prescriptions or unlabeled medicine.

To prevent your family from becoming statistics, the Greater Detroit Safety Council, a chapter of the NSC, offers a few simple precautions:

Keep all drugs and medicines far out of reach of children, even if it means a separate, locked cabinet.

Label all containers and mark prescriptions with the date of issue, the dosage, and the patient's name.

Do not keep cleaners or any other toxic chemicals in any place accessible to children.

Get rid of all old, unlabeled or discolored medicine by pouring it down the drain—never by throwing the bottles in the wastebasket where youngsters might find them.

Before administering any drug, read the label in good light.

Paste the day and night phone numbers of your doctor, druggist and any local poison control center to the wall of the cabinet.

When known poisons, such as iodine or alcohol, are necessary, treat them so they'll be recognizable even in a dark room. Tape the cap shut; glue on sandpaper, rough side out; or stick a sharp pin through the stopper.

With the above points in mind—check your medicine chest at least twice a year, making sure all dangerous drugs are out and all needed materials are at hand.

# DOUBLE TOP VALUE STAMPS

**Tenderay Steak**  
U.S. GOVERNMENT GRADED CHOICE

**ROUND STEAK** **79¢**  
**SIR LOIN OR RIB STEAK** **89¢**

U.S. CHOICE TENDERAY T-BONE STEAK **99¢**  
U.S. CHOICE TENDERAY STEAK PORTERHOUSE **119¢**

USDA CHOICE

**VALUABLE COUPON**

**DOUBLE TOP VALUE STAMPS**

Three Set, Nov. 12 with this coupon and 53 purchase or more, except Beer, Wine or Cigarettes. Coupon valid at Kroger in Detroit and Eastern Michigan.

**AMT.**

**CENTER CUT RIB PORK CHOPS** **79¢**

FRESH BOSTON BUTT **PORK ROAST**..... **59¢**  
COUNTRY CLUB SKINLESS **WIENERS**..... **59¢**  
U.S. CHOICE **CHUCK STEAK**..... **59¢**  
FRESH-SHORN FROZEN OCEAN **PERCH FILLETS**..... **39¢**

**FRESH PICNIC STYLE PORK ROAST** **39¢**

**YOUR CHOICE**

**SLICED BACON**

SERVE-N-SAVE 1-LB PKG **59¢** | KWICK KRISP 12-OZ PKG **55¢**

KWICK KRISP THICK OR THIN SLICED 2-LB. **113¢**

**COUNTRY CLUB CORNED BEEF** **59¢**

WHOLE **FRESH FRYERS** **29¢**  
WITH RIBS ATTACHED FRYER **BREASTS**..... **59¢**  
WITH BACK PORTION **FRYER LEGS**..... **49¢**

**ALL PURPOSE KROGER FLOUR** **5.39**

**KROGER ALL WHITE LARGE EGGS** **49¢**

**SPECIAL LABEL DOVE LIQUID** **57¢** SAVE 20¢

**FRESH LIKE VEGETABLES** **5.89**

**TANGY SNIDER'S CATSUP**..... **15¢**  
**AYONDALE BRAND SLICED OR CRUSHED PINEAPPLE**..... **5**  
**SEMI-SWEET CHOCOLATE NESTLE'S MORSELS**..... **38¢**  
**KROGER BRAND SALAD DRESSING**..... **39¢**  
**PURE GRANULATED PIONEER SUGAR**..... **5.49**  
**DOMINO BROWN OR CONFECTIONERS 10-X SUGAR**..... **15**  
**LIGHTLY SALTED BUTTER LAND O'LAKES**..... **75¢**

**VALUABLE COUPON**

WITH THIS COUPON & \$5 PURCHASE OR MORE

**YOUR CHOICE 2-LB COFFEE** **\$1.29**

**MAXWELL HOUSE OR HILLS BROS.** **1**

OR **\$1.19**

**KROGER VAC PAC**

Valid Thru Sun., Nov. 13, 1966. At Kroger Det. & East. Mich. Limit One Coupon.

**KROGER OR BORDEN'S PINT SOUR CREAM**..... **39¢**  
**AYONDALE BRAND SLICED OR HALVES PEACHES**..... **4**  
**5 VARIETIES-FROZEN MORTON DINNERS**..... **36**  
**FROZEN BEEF, CHICKEN OR TURKEY MORTON POT PIES** **6**  
**SUN GOLD BRAND WHITE BREAD**..... **2**  
**KROGER BRAND FROZEN CORN OR PEAS**..... **2.49**  
**SPECIAL LABEL-KING SIZE AJAX DETERGENT**..... **99¢**  
**SPECIAL LABEL LISTERINE**..... **64**  
**COUNTRY CLUB-SALTED ROLL BUTTER**..... **71**

**VALUABLE COUPON**

WITH THIS COUPON & \$5 PURCHASE OR MORE

**KROGO SHORTENING** **3.59**

Valid Thru Sun., Nov. 13, 1966. At Kroger Det. & East. Mich. Limit One Coupon.

**KROGER PRESERVES**

**3** 12-OZ. JARS **1** | **4** 12-OZ. JARS **1**

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**8-LB. BAG RUBY RED OR MARSH SEEDLESS GRAPEFRUIT OR FLORIDA SWEET JUICY ORANGES** **59¢**

**INSTANT SAVINGS UP TO 20¢**

**MELLOW GOLDEN RIPE BANANAS** **10**

**FRESH CRISP CALIFORNIA PASCAL CELERY** **19**

**FRESH HOT HOUSE LEAF LETTUCE**..... **19¢**  
**FRESH HOT HOUSE TOMATOES**..... **3** **79¢**

**50 TOP VALUE STAMPS**

WITH THIS COUPON ON ANY TWO PEGS EMBASSY BAGGED NUTS

Valid Thru Sun., Nov. 13, 1966. At Kroger Det. & East. Mich.

**50 TOP VALUE STAMPS**

WITH THIS COUPON ON ANY TWO JARS KROGER OLIVES

Valid Thru Sun., Nov. 13, 1966. At Kroger Det. & East. Mich.

**50 TOP VALUE STAMPS**

WITH THIS COUPON ON ANY 1-LB. 12-OZ. COUNTRY OVEN MULTI-LAYER CAKE

Valid Thru Sun., Nov. 13, 1966. At Kroger Det. & East. Mich.

**50 TOP VALUE STAMPS**

WITH THIS COUPON ON TWO 1-LB. PKGS. OR ONE 2-LB. PKG. KROGER GRAHAMS OR SALTINE CRACKERS

Valid Thru Sun., Nov. 13, 1966. At Kroger Det. & East. Mich.

**50 TOP VALUE STAMPS**

WITH THIS COUPON ON ANY BONELESS BEEF ROAST

Valid Thru Sun., Nov. 13, 1966. At Kroger Det. & East. Mich.

**50 TOP VALUE STAMPS**

WITH THIS COUPON ON 2 CUT-UP FRYERS, 2 PKGS FRYER PARTS OR 2 ROASTING CHICKENS

Valid Thru Sun., Nov. 13, 1966. At Kroger Det. & East. Mich.