

Ghost Time Eating

by Joyce Totten

There are still some people, they say, who believe in ghosts! If you have ever been to a Halloween party in the country on a dark night, where the scene has been set for attracting spirits and goblins, then perhaps you know that EERIE feelings.

Years ago, back in the time when Halloween began, most people did believe in spirits and ghosts,--and witches, fairies, elves, goblins, brownies, leprechauns, knockers, pookas and bogies!

SO THEY kept busy around the time of Halloween keeping away the witches and other scary creatures!

In Wales they used to say that "On November Eve there is a boy on every stile." In Scotland a cautious farmer always carried torches about the fields "widdershins" (backwards, in order to scare the witches from his property and save his crops.

The children in Scotland carried jack-o'-lanterns to protect themselves, not unlike our own pumpkin lanterns except that these were made from turnips and were called "bogies."

WHILE HALLOWEEN in America lacks the superstitious character of the Old World holiday, it does retain many of the old customs such as masquerading, visiting from house to house, bobbing for apples, and some delicious eating.

Here are a few suggestions:

PUMPKIN-NUT CAKE
1 c. white sugar
1 c. brown sugar, packed
1/2 c. butter
2 eggs, beaten
1 c. cooked pumpkin
3 c. sifted flour
1/4 t. soda
4 t. baking powder
1/4 t. salt
1/2 c. milk
1 t. maple extract
1 c. chopped nuts
Cream sugars and butter thoroughly; add eggs and pumpkin. Mix well. Sift together flour, soda, baking powder and salt; add alternately with milk to sugar mixture. Fold in flaking and nuts. Bake in greased and floured tube pan 1 hour in 350 degree oven. Yield: 15-2 servings.

PUMPKIN COOKIES
2 1/4 c. sugar
2 1/4 c. shortening
2 eggs, well beaten
1 large can pumpkin
1 1/4 t. soda
4 c. flour, sifted
2 T. baking powder
2 c. raisins
1 c. chopped nuts
1/2 t. ginger
1/2 t. cinnamon
1 t. salt
2 t. vanilla
1/2 t. allspice
1/4 t. cloves
Cream together sugar and shortening. Add eggs, pumpkin and soda. Mix in rest of ingredients. Drop on ungreased pan with tsp. Sprinkle with a sugar and cinnamon mixture. Bake at 375 degrees for 8 to 10 minutes. Yield: 9 dozen cookies.

PUMPKIN BREAD
2 2/3 c. sugar
2/3 c. shortening
4 eggs
1 No. 1 can pumpkin
2 3/4 c. water
3 1/4 c. flour, sifted
1/2 t. baking powder
1/2 t. cinnamon
1/2 t. cloves
2 t. soda
1 1/2 t. salt
2/3 c. walnuts
2/3 c. dates
Cream sugar and shortening. Stir in eggs, pumpkin and water. Sift dry ingredients together. Add to pumpkin mixture slowly. Blend in dates and nuts. Bake in 2 greased 9-5-3 inch pans, for 1 hour at 350 degrees.

Special Recipes Needed
When using a noncaloric or synthetic sweetener instead of sugar in cakes, cookies, or puddings, always follow a recipe written especially for the sweetener, advises Louise W. Hamilton, extension foods and nutrition specialist of The Pennsylvania State University. Sugar adds volume to a product and a synthetic sweetener does not. This is why other ingredients are adjusted in a recipe using a noncaloric sweetener. You can use a synthetic sweetener in freezing and canning fresh fruit, but you must follow a recipe designed especially for the fruit. This is essential to prevent an undesirable flavor.



KROGER BRINGS BACK

"MORE" LOW PRICES



KROGER WISHBONE
GRADE 'A' TURKEYS
28¢
17-LBS AND UP
10 TO 15-LB. SIZE **35¢**
LIMIT ONE WITH OTHER PURCHASES

U.S. CHOICE
CHUCK ROAST
49¢
BLADE CENTER CUT
USDA CHOICE
U.S. CHOICE TENDERAY BEEF BONELESS ROAST
BOSTON ROLLED **89¢** LB.

SHANK PORTION
SMOKED HAM
49¢ LB.
GLENDALE SMOKED OR FRESH LIVER SAUSAGE **59¢** LB.
GLENDALE RING BOLOGNA **59¢** LB.

FRESH PICNIC STYLE
PORK ROAST
39¢ LB.
COUNTRY CLUB POINT CUT CORNED BEEF **69¢** LB.
HYGRADE'S WEINERS BALL PARKS **69¢** LB.

CENTER CUT RIB
PORK CHOPS
79¢ LB.
LOIN CHOPS **89¢** LB.

SERVE 'N SAVE
SLICED BACON...**59¢** LB.
GORDON'S ROLL PORK SAUSAGE.....**2** LB **79¢**

7-RIB END
PORK LOIN ROAST
39¢ LB.
9-IN. LOIN END **49¢** LB.

ALL PURPOSE
JEWEL SHORTENING
3 LB CAN **44¢**

KANDU BRAND
GALLON BLEACH
29¢ PLASTIC JUG

KROGER ALL WHITE
GRADE 'A' LARGE EGGS
37¢ DOZ
LARGE GRADE AA EGGS **41¢** DOZ

MORTON FROZEN MINCE OR
PUMPKIN PIE
25¢ 1-LB 4-OZ PKG

PERMANENT TYPE
PRESTONE ANTI-FREEZE
1.59 GALLON CAN

AVONDALE BRAND
SLICED PEACHES.....1-LB 25¢
KROGER REGULAR OR DRIP
VAC PAC COFFEE.....1-LB 69¢ CAN

STRAINED VARIETIES
HEINZ BABY FOOD.....4 1/2-OZ 7¢ WT JAR

CREAM OF MUSHROOM
CAMPBELL'S SOUP.....10 1/2-OZ 15¢ WT CAN

DOMINO LIGHT OR DARK BROWN OR
10-X SUGAR.....1-LB 15¢ PKG

ASSORTED FLAVORS
BIG K CANNED POP.....12-FL 7¢ 12-OZ CAN

KROGER BRAND
PINEAPPLE JUICE.....1-QT 25¢ 14-OZ CAN

5¢ OFF LABEL
KROGER FLOUR
5 LB BAG **39¢**

KROGER FRESH
ANGEL FOOD CAKE
39¢ 1-LB CAKE

KROGER BRAND BEEF, CHICKEN OR TURKEY
FROZEN POT PIES.....8-OZ 15¢ 12-OZ PKG

KRAFT PHILADELPHIA
CREAM CHEESE.....8-OZ 29¢ WT PKG

KROGER FRESH
SKIMMED MILK.....3 1/2-CAL 1 1/2 11¢ CTNS

5¢ OFF LABEL-CHEF'S DELIGHT
CHEESE SPREAD.....2 LB 49¢ 1-LB LOAF

FOR ORAL HYGIENE
MICRIN MOUTHWASH.....12-FL 77¢ 8-OZ BTL

FAMILY SIZE
CREST TOOTH PASTE.....6 1/2-OZ 73¢ WT TUBE

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WITH THIS COUPON & 35 PURCHASE OR MORE ASSORTED COLORS
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ROLL LIMIT ONE 4 ROLL PACK
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GOLDEN RIPE
BANANAS
12¢ LB
CALIFORNIA STRAWBERRIES.....QT 69¢
NEW TASTE TREAT SUNRISE CITRUS FRUIT.....5 LB 59¢
PURE MICHIGAN APPLE CIDER **69¢** GAL JUG
COUNTRY CLUB PLAIN SUGAR OR COMBINATION DONUTS **19¢** DOZ

BE SURE TO PICK UP
STICKER NO. 7
THIS WEEK FOR TOP VALUE "YULE SAVE DAYS" COVERALL. ONLY 6 STICKERS NEEDED (INSTEAD OF 8) OUT OF 12 TO FILL THE SQUARES ON PAGE 2 FROM KROGER MAILER.

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