

# It's Easy To Prepare If You...

By Joyce Totten

In several years of teaching home economics, I have found many helpful hints for preparing different foods. In the way it will help and be easier to do, here are a few you might like to try in the near future.

**BAKING:** Before filling a measuring cup with molasses, flour the inside, the molasses will not stick to the cup then, if molasses and shortening are to be used-measure shortening first, then add molasses-both will slip out easily. For a picnic or storing cake, sprinkle wax paper with powdered sugar before wrapping, frosting will stick to the cake instead of the paper. If you are uncertain whether your baking powder is fresh, put 1 teaspoon in half a glass of hot water, if it is fresh, it will bubble actively.

**MEATS:** To thoroughly mix seasoning with meat for hamburgers, hash, or stew, mix the seasoning in meat stock, then add to meat. For basting roasting lamb try 2 cups of strong coffee, for a delightful taste. A boned and rolled roast requires ten more minutes cooking time per pound than one cooked with bones.

**SALADS:** To slice bananas for a salad use an egg slicer. To give a salad a varied taste add crisp bits of fried bacon. Stuffing celery? Try ground ham, pickle, little onion and mayonnaise. Or how about peanut butter, they are all very good.

**VEGETABLES:** For baking whole tomatoes, peppers, onion, and potatoes, use a muffin tin, they are very useful. To slice potatoes thin, dip blade of knife into boiling water. When cooking spinach, add a pinch of garlic for a pleasant taste, you never know maybe the kids will even like spinach this way.

## CARROT-PECAN CAKE

- 1 1/4 c. salad oil  
2 c. sugar  
2 c. sifted flour  
1 t. baking powder  
1 t. baking soda  
1 t. salt  
4 eggs  
3 c. grated raw carrots  
1 c. finely chopped pecans

Combine oil and sugar; mix well. Sift half of dry ingredients into sugar mixture; blend.

Sift in remaining dry ingredients alternately with eggs, one at a time, mixing well after each addition. Add carrots and mix well; mix in pecans. Pour into lightly oiled 10-inch tube pan. Bake in 325-degree oven about 1 hour and 10 minutes. Cool in pan upright. Remove from pan.

## ORANGE GLAZE

- 1/4 c. cornstarch  
1/2 t. salt  
1 t. fresh lemon juice  
2 T. grated orange peel  
1 c. fresh orange juice  
1 c. sugar  
2 T. butter

Combine all ingredients; mix well. Split cake into three layers, and spread glaze between layers also on top and sides of cake.

## ANGEL MERINGUE

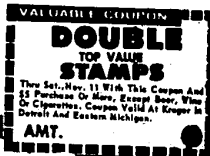
- 5 egg whites  
1/4 t. salt  
1 c. sugar

Beat egg whites with salt until soft peaks form. Gradually beat in sugar; continue to beat until stiff peaks form. Spread mixture in a well-greased 8 x 8 x 2-inch pan. Place in oven preheated to 450 degrees and close door. Turn off heat. Let stand overnight or at least 5 hours before removing from oven. Cut and top with fresh fruit, ice cream, whipped cream and nuts. Yield: 4-5 servings.



# DOUBLE TOP VALUE STAMPS

THRU SAT. NOV. 11, WITH COUPON AT RIGHT



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

**ROUND OR RIB STEAK** 89¢ LB  
**SIRLOIN STEAK** 99¢ LB  
**T-BONE STEAK** 1.00 LB

U.S. CHOICE TENDERAY  
USDA CHOICE  
TENDERAY

**SILVER PLATTER PORK LOIN ROAST**  
FULL 7-RIB END 39¢ LB  
9-INCH LOIN END 49¢ LB

**GORDON'S ROLL PORK SAUSAGE** 2 LB ROLL 79¢

**SILVER PLATTER CENTER CUT RIB PORK CHOPS** 79¢ LB  
LOIN CHOPS 89¢

U.S. CHOICE TENDERAY  
BEEF RIB ROAST 4TH & 5TH RIBS 79¢ LB  
WHOLE FRESH FRYERS 29¢ LB

SERVE N'SAVE  
SLICED BACON 59¢ PKG  
WHOLE OR HALF Semi-Boneless Ham 69¢

**PURE GRANULATED PIONEER SUGAR** 5 LB BAG 44¢

NO COUPON NECESSARY WITH OTHER PURCHASES

**ALL PURPOSE FLOUR PILLSBURY or GOLD MEDAL** 5 LB BAG 44¢

NO COUPON NECESSARY WITH OTHER PURCHASES

**FOR WHITER CLOTHES ROMAN BLEACH** GALLON JUG 44¢

NO COUPON NECESSARY WITH OTHER PURCHASES

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

**ASSORTED FLAVORS BORDEN'S ICE MILK** 1/2 GAL CTN. 44¢

**SMALL LEAN SMOKED PICNICS** 39¢ LB  
**WHOLE-WITH RIBS OR BACK ATTACHED-FRYER LEGS OR BREASTS** 49¢ LB  
**BLACK HAWK SLICED RATH BACON** 1-LB PKG 69¢ LB  
**SMALL LEAN MEATY SPARE RIBS** 49¢ LB

**SEMI-SWEET NESTLE'S MORSELS** 12-OZ WT PKG 39¢  
DOMINO LIGHT OR DARK BROWN OR 10-X SUGAR 1-LB PKG 15¢  
FRESH ROASTED-SPOTLIGHT COFFEE 1-LB BAC 59¢ 3 LB 11¢  
13 VARIETIES KROGER BREAD 4 LOAVES 89¢  
2¢ OFF LABEL AJAX CLEANSER 14-OZ WT CAN 10¢  
2 PLY SWANSOFT FACIAL TISSUE 200-CT PKG 16¢

**12¢ OFF LABEL COLGATE TOOTHPASTE** FAMILY SIZE 41-0Z WT TUBE 49¢  
**ASSORTED FLAVORS HI-C DRINKS** 1-QT 14-0Z CAN 25¢

**JIFFY BRAND BISCUIT MIX** 2 1/2 LB PKG 29¢  
IN 4-ROLL PACKS CHARMIN TISSUE 12 ROLLS 11¢  
EMBASSY BRAND FROZEN FRENCH FRIES 5 LB BAG 59¢  
KROGER FROZEN STRAWBERRIES 1-LB PKG 39¢  
KROGER BEEF, CHICKEN, OR TURKEY FROZEN POT PIES 8-0Z WT PKG 15¢

**MELLOW GOLDEN RIPE BANANAS** 12 LB 12¢

**JUICY FLORIDA MARSH SEEDLESS GRAPEFRUIT** 5 LB BAG 57¢

FOR BAKING OR SNACKING 10-0Z WT PKG 99¢  
PECAN MEATS  
U.S. NO 1 TENDER SWEET CORN 10 EARS 59¢

FOR YOUR PIES **KROGER PIE PUMPKIN** 1-LB CAN 10¢

**CLOVER VALLEY STRAWBERRY PRESERVES** 2 LB JAR 49¢

**KROGER FRESH WHITE, GRADE 'A', LARGE EGGS** DOZ 39¢  
LARGE GRADE AA EGGS DOZ 43¢

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THIS WEEK FOR 500 EXTRA TOP VALUE STAMPS WITH TOP VALUE 'YULE SAVE DAYS' COVERALL BONUS PAGE 2 FROM KROGER MAILER!

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**50 TOP VALUE STAMPS** WITH THIS COUPON ON 7.2-0Z WT PKG SEALTIST CHIPP-NICS Valid thru Sun. Nov. 12, 1967 at Kroger Det & East Mich

**50 TOP VALUE STAMPS** WITH THIS COUPON ON TWO 1-LB PKGS KROGER SALTINES OR OYSTER CRACKERS Valid thru Sun. Nov. 12, 1967 at Kroger Det & East Mich

**50 TOP VALUE STAMPS** WITH THIS COUPON ON COUNTRY OVEN 155-0Z 1-LB BUTTER POUND CAKE Valid thru Sun. Nov. 12, 1967 at Kroger Det & East Mich

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**50 TOP VALUE STAMPS** WITH THIS COUPON ON ANY THREE 3-0Z WT PKGS BUDDIG SLICED LUNCHEON MEATS Valid thru Sun. Nov. 12, 1967 at Kroger Det & East Mich

U.S. NO. 1 RUSSET **BAKING POTATOES** 20 LB BAG 99¢

Prints By Amen  
Shown In  
U-D Gallery

An exhibit of prints by the noted artist, Irving Amen, will be on display through Nov. 28 in the University of Detroit Student Union.

His works are represented in collections of the finest museums on both continents. Amen is included in the "Who's Who in America" and "Who's Who in American Art."

The gallery is open from 9 a.m. to 9 p.m. Sunday through Thursday and 9 a.m. to 7 p.m. Fridays and Saturdays. A few of the prints are on sale.