

Specials To Try In Lent

The way you organize your shopping can make meals easier. Whenever possible, shop once a week for basic food supplies, taking advantage of the good buys that bring our current food costs down.

Any meal is easier when you plan it completely before you begin to cook. Use the foods that take drudgery out of cooking.

DECIDE the main point of emphasis in your meal, generally the main course, and plan the rest around your choice. Now, in the Lenten season, you might have certain days when you prepare a meatless main dish.

TUNA BAKE WITH CHEESE SWIRLS
 3 T. onion, chopped
 1/3 c. green pepper, chopped
 3 T. fat
 1 t. salt
 6 T. flour

1 1/2 oz. can condensed cream of chicken soup or chicken rice soup
 1 1/2 c. milk
 1 7-oz. can tuna
 1 T. lemon juice
 Brown onion and pepper in hot fat. Add salt and flour; blend. Add soup and milk; cook until sauce is thick and smooth. Add flaked tuna and lemon juice. Pour into greased casserole.

CHEESE SWIRLS:
 2 c. flour
 1/2 t. salt
 3 t. baking powder
 4 T. shortening
 2/3 c. milk
 1/2-1 c. American cheese, grated
 1/4 c. pimento, finely chopped (opt.)

Mix together dry ingredients; cut in shortening. Add milk all at once and mix just until dough follows fork around bowl. Turn on lightly floured surface and knead gently for 30 seconds. Roll dough 1/4-inch thick. Sprinkle with cheese and pimento. Roll like jelly roll. Slice and place on tuna mixture. Bake at 450° for 15 minutes. Reduce heat to 425°, and bake for 15 minutes, or until brown. Note: If desired, spread dough with butter. Sprinkle with two tablespoons chopped pimento. Casserole may be baked at 425° for the entire 30 minutes. Yield: 6 servings.

ASSORTED WALDORF TISSUE
 2 T. margarine
 1/4 c. chopped onion
 2 T. chopped green pepper
 1 (3oz.) can tomato sauce
 1/4 c. lemon juice
 1/4 c. Karo dark corn syrup
 1 T. Worcestershire sauce
 1 t. salt
 1/4 t. garlic powder
 Pepper
 2 pounds fish filets

Melt margarine in skillet. Add onion and green pepper. Saute about five minutes or until tender, stirring occasionally. Stir in tomato sauce, lemon juice, Karo syrup, Worcestershire sauce, salt, garlic powder and pepper. Simmer five minutes. Pour over fish filets in shallow pan. Marinate in refrigerator 30 minutes, turning once. Remove fish from marinade. Broil six inches from source of heat, eight to 10 minutes, or until fish flakes easily with fork. Baste occasionally with marinade. Pour remaining sauce over fish to serve. Makes six servings.

YEN-A-PLE SHRIMP DISH
 1 (1 pound, 4-ounce) can pineapple chunks, drained with 1/2 c. syrup reserved
 1/4 c. Karo dark corn syrup
 1 T. soy sauce
 1/4 t. salt
 1/4 t. ground ginger
 1 t. monosodium glutamate
 1 1/2 T. corn starch
 1/3 c. vinegar
 1 medium green pepper, cut into strips
 1 medium onion, sliced and separated into rings
 1 pound cooked shell shrimp, halved lengthwise

Hot cooked rice
 Combine reserved 1/2 c. pineapple syrup, Karo syrup, soy sauce, salt and ginger in large saucepan. Blend corn starch and vinegar. Stir into mixture in saucepan. Bring to boil over medium heat, stirring constantly. Stir in green pepper strips, onion rings and pineapple chunks. Cook three minutes. Add shrimp; heat, stirring constantly. Serve on hot rice. Makes four servings.



WHY SETTLE For LESS?

AT KROGER YOU ALWAYS GET LOW PRICES, TENDERAY BEEF PLUS TOP VALUE STAMPS!

Whole Fresh Fryers
27¢ LB.
 FRESH 3-LBS AND UP
Roasting Chickens LB 39¢

SHANK PORTION
Smoked Ham
45¢ LB.
 U.S. CHOICE TENDERAY
Beef Rib Roast
79¢ LB.
 4TH & 5TH RIBS

UP TO **750 EXTRA TOP VALUE STAMPS**
 THIS WEEK WITH COUPONS FROM BOOKLET-PLUS A BONUS OF **500 FREE TOP VALUE STAMPS**
 WITH THE TOP VALUE "COVERALL" CARD ON PAGE 2 IN THE BOOKLET!

Bacon & Eggs Feature
 SERVE N' SAVE
Sliced Bacon
49¢
 1-LB. PKG.

FRESH SMALL
Spare Ribs.....**59¢** LB.
 FRESH LEAN WHOLE
Pork Butts.....**59¢** LB.
 HYGRADE'S
Ball Park Wieners.. **69¢** LB.
 GLENDALE FRESH OR SMOKED
Liver Sausage.....**49¢** LB.
 U.S. CHOICE BEEF CHUCK
Boneless Roast.....**79¢** LB.

USDA CHOICE
Chuck Roast
49¢ LB.
 U.S. CHOICE
 BLADE CENTER CUT

CENTER CUT RIB
Pork Chops
79¢ LB.
 Loin Chops LB 89¢

KROGER GRADE 'A'
Extra Large Eggs
42¢ DOZ.
 Large Eggs DOZ 41¢

KRAFT SALAD DRESSING
Miracle Whip
44¢ QUART JAR

SUN GOLD
Sliced White Bread
39¢ 2 1/2-LB LOAVES

SPECIAL LABEL
Crisco Oil
39¢ 1-PT 8-OZ BTL

CLOVER VALLEY CALIFORNIA CLING
Peaches.....**59¢** 5 1-LB 13-OZ CANS
 ASSORTED
Waldorf Tissue.....**28¢** 4 ROLL PKG
 SPECIAL LABEL
Spry Shortening.....**66¢** 2-LB 10-OZ CAN
 COUNTRY CLUB
Ice Cream.....**59¢** 1/2-GALLON CARTON

CHEF'S DELIGHT
Cheese Spread.....**49¢** 2 LB LOAF
 PENN DUTCHMAN STEMS & PIECES
Mushrooms.....**19¢** 4-OZ WT CAN
 GRANULATED
Pioneer Sugar.....**49¢** 5 LB BAG
 CHEF BOY-AR-DEE
Cheese Pizza.....**39¢** 15 1/2-OZ WT PKG

VITA-DIET WHOLE
Purple Plums.....**25¢** 2 1-LB CANS
 ASSORTED VARIETIES-BETTY CROCKER
Cake Mixes.....**29¢** 2-OZ PKG
 SPECIAL LABEL
Clorex Bleach.....**48¢** GAL JUG
 ROYAL VALLEY WHOLE FROZEN
Strawberries.....**39¢** 1-LB CTN

DEL MONTE
Pineapple Juice
19¢ 1-QT 14-OZ CAN

HICKORY FLAVORED
Hunt's Catsup
10¢ 14-OZ WT BOTTLE

SPECIAL LABEL
King Size Tide XK
99¢ 5-LB 4-OZ PKG

KROGER CREAMED
Cottage Cheese
39¢ 1-LB 14-OZ CARTON

Everyday Low Coffee Prices!
 REG OR ELECTRIC PERK
Hills Bros. Coffee
39¢ 3 LB CAN
 REGULAR OR DRIP
Maxwell House Coffee
72¢ 1-LB CAN
 REGULAR OR DRIP
Kroger Vac Pac Coffee.. **89¢** 2 LB CAN
 INSTANT
Hills Bros Coffee.....**89¢** 10-OZ WT JAR
 REGULAR OR DRIP
Maxwell House Coffee.. **89¢** 3 LB CAN

MORTON FROZEN CASSEROLE
Macaroni & Cheese 3 1/2-LB PKGS **99¢**
 SPECIAL LABEL
Ivory Liquid.....**39¢** 1-PT 6-OZ BTL
 WHOLE KERNEL GREEN GIANT
Niblets Corn.....**19¢** 13-OZ WT CAN
 KROGER BRAND DELICIOUS
Fruit Cocktail.....**99¢** 3 1-LB 14-OZ CANS

SWEET & FRESH
Del Monte Peas.....**18¢** 1-LB 14-OZ CAN
 LIGHT CHUNK TUNA
Breast O' Chicken.....**25¢** 6 1/2-OZ WT CAN
 KROGER BRAND
Tomato Juice.....**25¢** 1-QT 14-OZ CAN
 LIGHT
Gallon Kraft Oil.....**76¢** CAN

CRISP ICEBERG
Head Lettuce
19¢
 24 SIZE HEAD
 SALAD SIZE VINE RIPENED
Tomatoes 3 LB PKG **69¢**

CALIFORNIA
88 Size Navel Oranges
79¢ DOZEN
 MELLOW GOLDEN
Bananas 2 LBS **29¢**

FLORIDA PINK OR MARSH SEEDLESS
Grapfruit.....**69¢** 5 LB BAG
 U.S. NO. 1
Michigan Potatoes.....**69¢** 20 LB BAG
 RED RIFE
Fresh Strawberries..... **69¢** QUART

Save on Health & Beauty Aids!
Maclean's Toothpaste
 6 1/2-OZ WT TUBE **53¢** NEW! SPEARMINT FLAVORED
 STAINLESS STEEL BLADES
Gillette Injector..... **67¢** 7-CT PKG
 SAVE 25¢
Dial Shampoo..... **64¢** 7-FL OZ BTL

U.S. NO. 1
Sweet Candy Yams
29¢ 2 LBS
 SWEET
Zipper Skin Tangelos
79¢ 5 LB BAG

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 WITH THIS COUPON ON
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 2-PKGS FRYER PARTS OR
 2-ROASTING CHICKENS
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