

Low-Cal Recipes Winners

By ELLY

Among the hundreds of entrants in the 1972 Michigan State Fair Weight Watchers recipe contest was 15-year-old Colleen Tague of Westland. Her recipe for pineapple cheesecake was awarded second place honors.

Grand prize went to an Ohio entry for an eggplant casserole.

- PINEAPPLE CHEESECAKE**
- 1 slice bread
 - Dry sweetener equal to 3 T. sugar
 - 2 slices pineapple, canned in its own juice
 - 2/3 c. cottage cheese
 - 2 T. pineapple juice
 - 1/4 t. imitation butter flavoring
 - 1 t. vanilla
 - Artificial sweetener equal to 2 T. sugar (liquid)
 - 1/2 t. pineapple flavor (optional)
 - 1/4 c. skimmed evaporated milk
 - 1 T. unflavored gelatin

In blender, place bread and blend to fine crumbs. Mix with dry sweetener and press into pie plate. Bake at 350 degrees for five minutes or until light brown; cool. Chop pineapple in blender; set it apart in medium-sized bowl. Place in blender: cottage cheese, pineapple juice, butter flavoring, vanilla, liquid sweetener, pineapple flavor (if desired), blend well. In saucepan over medium heat, pour evaporated milk and mix in the gelatin. When gelatin is dissolved, heat until warm, then add to cottage cheese mixture and whip for three to five minutes. Pour into bowl with pineapple and blend. Pour into pie plate. Refrigerate until solid. Makes one luncheon serving. Recipe equals half milk, one fruit and one bread.

EGGPLANT CASSEROLE

- 1 c. eggplant, raw peeled, cut into 1/2-inch slices
- 3 oz. cooked, ground veal
- 4 oz. onions, chopped
- 1 c. tomato juice
- 1/2 oz. Parmesan cheese
- Salt and pepper to taste

Heat ground veal with onions in small casserole dish. Leave half the veal mixture in casserole; cover with layer of eggplant. Repeat layers. Pour tomato juice over entire dish to cover. Sprinkle with Parmesan cheese. Bake uncovered 1 1/2 hours in 350-degree oven. Makes one serving equal to ladies lunch and one cup tomato juice.

SOURDOUGH PANCAKES

Boil four potatoes in water to cover. Save two cups of the water. To the lukewarm water, add two cups flour, one tablespoon sugar and one teaspoon salt. Put in a crock and let stand in a warm spot, loosely covered, for three or four days, or until it is "working" and has a sour odor. At this stage it may be stored in the refrigerator or freezer, or it is ready to use. Always replace the starter used with equal amounts of flour and water.

To make the pancakes: Take two cups of starter from the crock. Add one cup of flour and one cup of water. Cover bowl and allow to stand in a warm place overnight. Next morning stir in one teaspoon sugar, 1/2 teaspoon baking soda, salt to taste, and one well-beaten egg. If too thick add more water, if too thin add more flour. Stir in two tablespoons of melted butter; batter is ready. Serves about six.

Spice CABINET

HORSERADISH SAUCE

- 1 cup (1/2-pt.) heavy cream, whipped
 - 1/2 cup prepared horseradish
 - 1 tablespoon prepared mustard
 - 2 teaspoons vinegar
 - 1 teaspoon Angostura aromatic bitters
- Blend ingredients and chill. Spoon over sliced hot-boiled beef. Makes 8 servings.

XTRA LOW DISCOUNT PRICES

plus **TOP VALUE STAMPS!** You Asked For It...Kroger's Got It!



STORE HOURS
MOST KROGER STORES NOW
OPEN MON. THRU SAT.
8 A.M. TO 11 P.M.
SUNDAY
10 A.M. TO 5 P.M.



XTRA low sale price
U.S. GOV'T GRADED CHOICE BONELESS
SWISS or ROUND STEAK
98¢
LB



OVEN READY
Turkey Drumsticks
29¢
LB

U.S. GOV'T. GRADED CHOICE
Boneless Rump Roast.....**1³⁹**
LB
FRESH BOSTON BUTT ROAST OR
Pork Steak.....**.79¢**
LB
FRESH, PICNIC STYLE
Pork Roast.....**59¢**
LB

U.S. GOV'T GRADED CHOICE
Chuck Steak.....**79¢**
LB
HERRUD'S SHANK PORTION WATER ADDED
SMOKED HAMS
49¢
LB
WHOLE OR BUTT PORTION
LB 59¢

XTRA low sale price
COUNTRY CLUB
HAMBURGER
55¢
LB
IN 5-LB TUBE

You asked for **FRESH, TENDER BEEF.**
Kroger's got it!

Modern distribution centers. Up-to-the-minute processing. Speedy handling. All these Kroger facilities make it possible for us to bring tender beef to Kroger stores as near to the peak of freshness as humanly possible.

You asked for **DISCOUNT PRICES.**
Kroger's got 'em!

Compare Kroger's Xtra Low Discount Prices on "People's Choice" Beef with any other beef sold locally. Prove to yourself that Kroger's combination of high quality and low prices offers you the best beef value every time.

You asked for a
TOTAL SATISFACTION GUARANTEE.
Kroger's got it!

Every cut of Kroger Beef is sold with a money-back guarantee of total satisfaction. All Kroger Beef is inspected by a U.S. Dept. of Agriculture grader to make sure it meets quality standards for U.S. Gov't Graded Choice beef.

You asked for **TRIPLE-TRIM.**
Kroger's got it!

Every cut of Kroger "People's Choice" Beef is trimmed of excess fat, bone and waste before it is weighed and priced. You get more good eating meat - less throw-away waste - when you serve fresh, tender beef from Kroger.

U.S. GOV'T GRADED CHOICE

Cube Steak.....**1²⁹**
LB

BONELESS STEAKS

U.S. GOV'T GRADED CHOICE BONELESS

Rib Eye or Delmonico Steak.....**2²⁹**
LB

U.S. GOV'T GRADED CHOICE BONELESS

New York Strip Steak.....**\$2.69**
LB

PESCHKE VAC PAC

Sliced Bacon.....**.98¢**
LB

Xtra coupon special
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE
SAVE 10¢
LIQUID
TREND DETERGENT
29¢
QT BTL
LIMIT ONE

Xtra coupon special
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE
SAVE 17¢
FAMILY SCOTT
BATHROOM TISSUE
19¢
ROLL
LIMIT ONE

Xtra coupon special
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE
SAVE 50¢
REFRESHING PEPSI COLA
79¢
12-FL OZ CANS
LIMIT ONE 8 PACK

Xtra coupon special
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE
SAVE 30¢
KRUNCHEE
POTATO CHIPS
49¢
14-OZ WT BAG
LIMIT ONE

CLOVER VALLEY
Gallon Ice Cream.....**99¢**
GAL
KALASH Kosher Dills.....**49¢**
QT JAR

BUTTERCRUST
White Bread.....**3**
1 1/2-LB LOAVES
1

INDIVIDUALLY WRAPPED
Kroger Cheese Slices.....**53¢**
12-OZ WT PKG

Freshlike Vegetables.....**7¹**
7 1/2-OZ WT CANS

SCOTT'S LIQUID GOLD
1¹⁹
LIMIT ONE
Xtra coupon special
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE
10¢ OFF
TOWARDS THE PURCHASE OF ANY PKG
COUNTY LINE CHEESE
79¢
10-CT PKG
LIMIT ONE
Xtra coupon special
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE
\$1.00 OFF
TOWARDS THE PURCHASE OF USDA GRADE "A" PRE-BASTED, SELF-TURNING 10-14 LB. AVG.
WEN TURKEY
1¹⁹
18

100 FREE
EXTRA TOP VALUE STAMPS
WITH THE PURCHASE OF WHOLE SWISS-ROSELESS
WEST VIRGINIA HAM
25 FREE
EXTRA TOP VALUE STAMPS
WITH 2 PKGS. 8-OZ OR 12-OZ
KROGER SLICED LUNCHEON MEATS
100 FREE
EXTRA TOP VALUE STAMPS
WITH \$2.00 OR MORE PURCHASE
HALLOWEEN CANDY
50 FREE
EXTRA TOP VALUE STAMPS
WITH THE PURCHASE OF ANY 2 PKGS
FLOWER BULBS

WE REDEEM FEDERAL FOOD STAMPS

- ✓ **PURE BEET Pioneer Sugar**.....**5¹³** 69¢
1-LB BAG
- ✓ **SUN GOLD White Bread**.....**25¢**
1-LB 4-OZ LOAF
- ✓ **BETTY CROCKER Hamburger Helpers**.....**44¢**
6 1/2-OZ WT PKG
- ✓ **MAPLE FLAVORED Log Cabin Syrup**.....**58¢**
1-PT 8-OZ BTL
- ✓ **KROGER Fruit Cocktail**.....**23¢**
1-LB 1-OZ CAN

XTRA low sale price
U.S. NO. 1 MICHIGAN
POTATOES
20⁹⁷
LB BAG

Check and Compare!

XTRA LOW EVERYDAY DISCOUNT PRICES

- ✓ **HILLCREST Sliced Peaches**.....**25¢**
1-LB 13-OZ CAN
- ✓ **GREAT TASTING Imperial Margarine**.....**39¢**
1-LB PKG
- ✓ **ALL PURPOSE Crisco Oil**.....**77¢**
1-QT 6-OZ BTL
- ✓ **KRAFT Miracle Whip**.....**59¢**
QT JAR
- ✓ **CLOVER VALLEY Peanut Butter**.....**89¢**
3 LB JAR

SUNRISE FRESH FRUITS & VEGETABLES

- NEW CROP**
Candy Yams.....**10¢**
LB
- NEW FALL CROP**
Apple Cider.....**87¢**
GALLON JUG
- DIAMOND BRAND Walnut Meats**.....**97¢**
1-LB PKG
- GIANT 32-40" Rubber Plants**.....**4⁹⁹**
3 PLANTS IN A POT