

Our Indians Had Many Feasts

By ELLY

Every school child learns that the native American Indians attended the first Thanksgiving with the Pilgrims.

Actually, feasts and ceremonies were an important part of the eastern woodlands tribes' cultures long before Thanksgiving dinner was shared with the English colonists. There were many seasonal thanksgivings: maple, planting, strawberry, green corn, harvest and new year's festivals.

The first Plymouth harvest was meager but the Pilgrims set aside a day for giving thanks and invited Chief Massasoit of the neighboring Wampanoag. He arrived with 90 braves who then went out into the fields and forest to bring in foods for the feast. Together they dined on roast venison and duck, stuffed goose and turkey, wild plums and dried berries with a wild grape brew to wash it all down.

Today many of the most widely used foods and cooking techniques are of American Indian origin: barbecue, steamed lobster, spoon bread, cranberry sauce and mince-meat pie. Try these for an updated American Thanksgiving feast and "alter a more special manner rejoice together."

ROAST DUCK STUFFED WITH APPLES AND GRAPES

- 1 duck, dressed (5½ lbs.)
- Stuffing:
- Duck giblets
- ½ lb. mushrooms, wiped and coarsely chopped
- 4 greening apples, cored and sliced (do not peel)
- 1½ c. washed, halved, and seeded Tokyo or other sweet grapes
- 2 c. unblanched hazelnuts
- 1 tsp. salt
- For basting:
- 2 c. cider

Cover the duck giblets with water in a small saucepan, and simmer gently for one-half hour. Drain, reserving one-half cup of the giblet-cooking water. Chop the giblets for the stuffing. Mix the giblets and one-half cup giblet-cooking water with the stuffing ingredients. Prick the skin of the duck well all over with a sharp fork. Wrap any remaining stuffing in aluminum foil. Place the duck, breast side up, on a rack in a large roasting pan. Place the foil-wrapped stuffing in the pan beside the bird. Place in a hot oven, 400 degrees, and roast for one hour, pricking the skin of the duck with a fork and basting every 20 minutes with cider. Reduce oven temperature to moderate, 350 degrees, and continue to roast for two hours more, pricking the duck and basting every 20 minutes with cider and drippings. Makes four-six servings.

BOSTON BAKED BEANS

- 1 lb. dried navy beans
- Water for cooking
- ½ lb. salt pork, cut into 4 pieces
- ½ c. molasses
- 1 t. salt
- 1 t. dry mustard
- 4 T. maple sugar
- ½ t. baking soda
- 1 onion
- ¼ c. brandy (optional)

Place the beans in a large saucepan; add enough water to come about two inches above the surface of the beans. Add the salt pork, and simmer the beans very slowly for about two hours or until just tender. Add more water as needed from time to time. Drain the beans, reserving one-half cup of the cooking water. In a measuring cup, combine molasses, salt, dry mustard, and maple sugar. Add enough of the bean cooking water to measure one cup. Mix in soda. Stir mixture into the beans along with the sliced onions and if you like, the brandy. Transfer beans to a two quart bean pot and bake for one and one-half to two hours in a moderately slow oven, 325 degrees. There should be just enough liquid in the beans to bubble up. Serve at once. Makes six servings.

DISCOUNT PRICES



plus **TOP VALUE**
STAMPS!

People's Choice

STEAK SALE

STOCK YOUR FREEZER

U.S. GOV'T GRADED CHOICE SWISS OR ROUND STEAK 98¢ LB	U.S. GOV'T GRADED CHOICE SIRLOIN STEAK \$1.28 LB	U.S. GOV'T GRADED CHOICE T-BONE STEAK \$1.38 LB
--	---	--

U.S. GOV'T GRADED CHOICE BONELESS New York Strip Steak \$2.79 LB	U.S. GOV'T GRADED CHOICE BONELESS Rump Roast \$1.39 LB	U.S. GOV'T GRADED CHOICE Porterhouse Steak \$1.55 LB
U.S. GOV'T GRADED CHOICE BONELESS Cube Steak \$1.39 LB	U.S. GOV'T GRADED CHOICE BONELESS Sirloin Tip Roast \$1.39 LB	U.S. GOV'T GRADED CHOICE BONELESS Pork Steak 79¢ LB
FRESH, LEAN "13-LB AVG" Spare Ribs 79¢ LB	FRESH, LEAN Sliced Bacon 79¢ LB	

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.

You Asked For It...
Kroger's Got It!



You asked for **FRESH, TENDER BEEF.**
Kroger's got it!
You asked for **DISCOUNT PRICES.**
Kroger's got 'em!
You asked for a
TOTAL SATISFACTION GUARANTEE.
Kroger's got it!
You asked for **TRIPLE-TRIM.**
Kroger's got it!

XTRA low sale price
PESCHKE OR HERBOLD OLIVE VIRGINIE
SEMI-BONELESS WHOLE HAM
77¢
LB
WATER ADDED

FRESH Turkey Drumsticks 29¢ LB	JIFFY 7 VARIETIES Buffet Suppers 2 LB 99¢ LB
FARM FRESH MIXED FRYER PARTS 29¢ LB	

Xtra coupon special
With this coupon and \$5 additional purchase
SAVE 20¢
COUNTRY OVEN
ANGEL FOOD CAKE
19¢
15-OZ WT PKG
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase
SAVE 13¢
LIGHTLY SALTED
LAND O' LAKES BUTTER
69¢
18-LB PKG
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase
SAVE 11¢
CLOVER VALLEY
GALLON ICE CREAM
88¢
GAL CTN
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase
SAVE 40¢
Chicken, Turkey, Chopped Sirloin, Meat Loaf
SWANSON DINNERS
49¢
11-OZ WT PKG
LIMIT FOUR

KOUNTY KIST Sweet Peas 6¢ 1-LB 1-0Z CANS	White Bread 4¢ 1½-LB LOAVES	Trellis Corn 6¢ 12-OZ WT CANS	Faygo Pop 8¢ 12-FL OZ CANS
--	--	--	---

KROGER Black Pepper 29¢ 4-OZ WT TIN	Kraft Cheese Slices 59¢ 12-OZ WT PKG	Scotties Facial Tissue 4¢ 200-CT BOXES	KROGER Toaster Treats 4¢ 11-OZ WT PKGS
---	---	---	---

GREENLEAVES Orange Concentrate 25¢ 12-OZ WT CAN

ELBO MACARONI OR THIN Kroger Spaghetti 3¢ 2-LB PKGS

Check and Compare! XTRA LOW EVERYDAY DISCOUNT PRICES

✓ DEL MONTE Tomato Juice 27¢ 1-QT 14-OZ CAN	✓ DUNCAN HINES FAMILY Brownie Mix 59¢ 1-LB 7-OZ PKG
✓ KRAFT SALAD DRESSING Miracle Whip 59¢ QT JAR	✓ PILLSBURY Pie Crust Mix 19¢ 11-OZ WT PKG
✓ WELCH'S Grape Jelly 49¢ 2 LB JAR	✓ SEMI-SWEET Nestle's Morsels 38¢ 12-OZ WT PKG
✓ CLOVER VALLEY Peanut Butter 89¢ 3 LB JAR	✓ WITH CHEESE Gaines Burgers \$1.48 4-LB 8-OZ PKG
✓ BETTY CROCKER Cake Mix 29¢ 1-LB 2-OZ PKG	✓ OSCAR MAYER Lunch Meat 43¢ 12-OZ WT CAN

Xtra coupon special
With this coupon and \$5 additional purchase
ASSORTED COOKIES
69¢
2 LB
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase
10¢ OFF
WITH PURCHASE OF GLENDALE
HALF BONELESS HAM
\$1.00 OFF
WITH PURCHASE OF GLENDALE
WHOLE BONELESS HAM
\$1.00 OFF
WITH PURCHASE OF GLENDALE

**WE REDEEM
FEDERAL
FOOD STAMPS**

Xtra coupon special
With this coupon and \$5 additional purchase
KROGER CEREALS
43¢
18-OZ WT BOX
LIMIT ONE

Xtra coupon special
With this coupon and \$5 additional purchase
50¢ OFF
WITH PURCHASE OF GLENDALE
WHOLE BONELESS HAM
\$1.00 OFF
WITH PURCHASE OF GLENDALE

XTRA low sale price
U.S. NO. 1 JUMBO (12-OZ. AVG.)
IDAHO RUSSET POTATOES
\$1.49
20¢
LB BAG

SUNRISE FRESH FRUITS & VEGETABLES

NEW CROP Candy Yams 10¢ LB	INDIAN RIVER Grapefruit 5 LB 99¢ LB	DIAMOND BRAND Walnut Meats 97¢ 1-LB BAG
6 X 7 SALAD SIZE Vine Ripened Tomatoes 12 99¢ LB		

We reserve the right to limit quantities. Prices and items effective at Kroger in Wayne, Macomb, Oakland, Washington, Livingston, & St. Clair Counties Mon. Oct 30 thru Sat. Nov 5. None sold to dealers. Copyright 1972. The Kroger Co.