

# 'You Didn't Get Fat Yesterday'

By ELLY

Fad diets come and fad diets go, but the "The Adjustable Diet Cook Book" by Suzy Chapin suggests gourmet dishes with a limit of 600 calories a day.

Mrs. Chapin says, "You didn't get fat yesterday," so it follows, excess weight cannot be lost overnight.

She has prepared menus and recipes for each of the four seasons, taking advantage of in-season foods. There are six weeks of menus in each section.

Non-dieters in the family can enjoy the same foods simply by doubling or tripling the amount, or by adding to the menus.

For instance, a chart at the front of the book has suggestions for additions, with calories listed.

Add a toasted English muffin and a tablespoon of butter to your breakfast menu - the muffin adds 150 calories, and the butter, 50.

A bran muffin would add 100 calories, a bagel, 110.

Two strips of broiled bacon has 95 calories.

Two saltines eaten with soup or salad at lunch adds 34 calories. Two martinis, on the rocks before dinner can account for 200 calories.

For example, here is a winter menu with 593 calories for the day, including 93 calories in snacks:

Calories	Food
Per Serving	
50	BREAKFAST 120
	1/2 cup grapefruit juice
70	1 scrambled egg
1	Black coffee
	Midmorning drink
	LUNCH 151
	Marinated beans in lettuce cup
25	2 T. cottage cheese
9	Lime D-Zerta
	Tea with lemon
	Midafternoon tea
	DINNER 259
185	Lobster Cantonese
100	1/2 cup rice
15	Watercress
	salad
	1/2 cantaloupe with fresh lime
	Black coffee
38	6 oz. skim milk at bedtime

\* Use a Teflon pan to scramble egg.

The green beans can be marinated in diet French dressing.

LOBSTER CANTONESE

Serves three

1/2 c. cooking oil

1 clove garlic, peeled and minced

1/2 c. water chestnuts, sliced

1/2 c. bamboo shoots, cut up

1 rounded T. chives

1 rounded T. coarsely grated carrot

1 c. hot water with chicken bouillon cube

1 T. cornstarch

1 T. soy sauce

1 lb. cooked lobster meat cut in small chunks

Salt, pepper and MSG to taste

Heat the oil in a large, heavy skillet or wok. Sauté the garlic, water chestnuts, bamboo shoots, chives and carrot over low heat for 15 minutes. Add the chicken bouillon with water and cook for five minutes. Blend the cornstarch with the soy sauce to dissolve and stir in the skillet. Stir vigorously and cook slowly until thickened. Add the lobster meat and stir into the sauce until heated through. Season to taste. Serve over steamed rice.

Mrs. Chapin stresses that you should take multiple vitamins with minerals when dieting. Check with your doctor about using artificial sweetener.

"If he says go ahead, step up your intake of vitamin C. That is why whenever I say lemon, even in tea, don't skip it. Lemon contains vitamin C," she writes.

"The food you eat must be high in nutritional quality."

## Alcoholism Is Target

There are more than 200,000 problem drinkers in Michigan. That means 200,000 problems for the residents of the state.

The national Council on Alcoholism, a member service of the United Way of Michigan (UWM), combats the costly, destructive disease through education, research and community services. NCA, like all UWM services, is supported by contributions to more than 100 local united fund campaigns throughout Michigan.

# XTRA LOW DISCOUNT PRICES

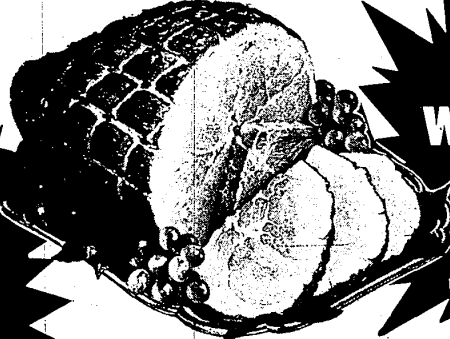


**NEW STORE HOURS:**  
MOST KROGER STORES OPEN

**MON-TUE-WED** 8 a.m. to 10 p.m.  
**THUR-FRI-SAT** 8 a.m. to 11 p.m.  
**SUNDAY** 10 a.m. to 5 p.m.

**WATCH YOUR MAIL**  
FOR YOUR 32 PAGE COUPON BOOKLET  
**THE VALUABLES**  
FILLED WITH SPECIAL MONEY SAVING OFFERS AND WEEKLY COUPONS WORTH THOUSANDS OF EXTRA TOP VALUE SAVINGS. IF YOU DON'T GET YOUR COPY, ASK FOR ONE AT THE STORE OFFICE.

**XTRA low sale price**  
**BONELESS TURBOT FILLETS**  
**59¢**  
LB  
25-LB BOX \$13.99



**XTRA low sale price**  
HERRUD WATER ADDED  
**SEMI-BONELESS WHOLE HAM**  
**69¢**  
LB

**CHUNK BRAUNSCHWEIGER** LB **59¢**  
**SERVE N SAVE SLICED LUNCH MEATS** LB **89¢**

**U.S. GOV'T GRADED CHOICE SIRLOIN STEAK** LB **1.54**

**U.S. GOV'T GRADED CHOICE T-Bone Steak** LB **1.64**

**U.S. GOV'T GRADED CHOICE PORTERHOUSE STEAK** LB **1.74**

**U.S. GOV'T GRADED CHOICE SIRLOIN TIP STEAK** LB **1.99**

**FRESH, PICNIC STYLE PORK ROAST** LB **69¢**

**MARHOEFFER WATER ADDED CANNED HAM** LB **8.79**

**HYGRADE WEST VIRGINIA BACON** 1-LB PKG **1.29**

**GLENDALE WHOLE WATER ADDED BONELESS HAM** LB **1.19**

**FARM FRESH MIXED FRYER PARTS** LB **38¢**

**HERRUD REGULAR OR HOT ROLL PORK SAUSAGE** LB **69¢**

**HERRUD BULK JUMBO RING BOLOGNA** LB **78¢**

**SERVE N SAVE SLICED BACON** LB **99¢**

**KWICK KRISP SLICED BACON** 2-LB PKG **1.88**

**WHOLE, HALF OR END/CUT SLAB BACON** LB **69¢**

**COUNTRY CLUB POINT CUT CORNED BEEF** LB **1.18**

**Xtra coupon special**  
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)  
**SAVE 11¢**  
REGULAR, DRIP, ELECTRA PERK VAC PAC  
**KROGER COFFEE** LB CAN **2.128**  
LIMIT ONE

**Xtra coupon special**  
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)  
**SAVE 29¢**  
EXCEPT BEEF & CHICKEN W/DUMPLINGS  
**MORTON DINNERS** 10-OZ WT PKGS **3.1**  
LIMIT SIX

**Xtra coupon special**  
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)  
**SAVE 36¢**  
LADY SCOTT  
**BATHROOM TISSUE** 2-ROLL PKGS **4.88**  
LIMIT FOUR

**Xtra coupon special**  
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)  
**SAVE 26¢**  
THE REAL THING  
**REFRESHING COCA-COLA** 10-OZ N.R. BTLs **8.83**  
LIMIT EIGHT

**COUNTRY CLUB ICE CREAM** 1/2-GAL CTR **67¢**

**KROGER SMALL OR LARGE CURD COTTAGE CHEESE** 1-LB CTR **35¢**

**ABSORBENT SCOTT TOWELS** 3 JUMBO ROLLS **3.1**

**KROGER WHITE BREAD** 3 1/2-LB LBS **3.89**

**Xtra Savings With Coupons Below**

**PILLSBURY FRUIT & CRUNCH** 63¢

**SALAD DRESSING** 33¢

**BATH SIZE DIAL SOAP** 5.1

**TOTEM TRASH BAGS** 43¢

**FABRIC SOFTENER** 48¢

**ULTRA BRITE TOOTHPASTE** 59¢

**STOUFFER'S SOUPS** 37¢

**50% OFF PARASOL AGAR OR MARHOEFFER CANNED HAM**

**SCOTT FACIAL TISSUE** 4.1



**CLOVER VALLEY IRREGULAR PEACHES** 4 12-OZ CANS **1.51**

**PILLSBURY CRESCENT ROLLS** 3 8-OZ WT TUBES **1.51**

**GENTLE FELS** 49¢

**SCOTT TISSUE** SHEET ROLL 14 **2.22**

**CALIFORNIA REDPAC TOMATOES** 1-LB 13-OZ CAN **25¢**

**PICCADILLY CIRCLES** 10-OZ WT PKG **22¢**

**INSTANT WASHED IDAHOAN POTATOES** 2-LB BOX **77¢**

**SALADA TEA BAGS** 100-CT **77¢**

**RHODES WHITE BREAD DOUGH** 2-LOaves **25¢**

**CREAMETTES SPAGHETTI** 2-PKG **39¢**

**SMUCKER'S GRAPE JELLY** 2-LB **44¢**

**LA CHOY CHOW MEIN** 2-LB 10-OZ PKG **78¢**

**XTRA low sale price**  
U.S. NO. 1  
**MICHIGAN WHITE POTATOES**  
**10.77¢**

**VINE RIPE TOMATOES** LB **39¢**

**FLORIDA 125 SIZE TEMPLE ORANGES** 18 FOR **89¢**

**FLORIDA SWEET CORN** 5 EARS **59¢**

**165 SIZE D-ANJOU PEARS** 12 FOR **99¢**

**U.S. NO. 1 RED POTATOES** LB BAG **10.99¢**

**CALIFORNIA 100 SIZE SWEET TANGERINES** 36 FOR **99¢**

**72 SIZE CALIF. NAVEL ORANGES** 9 FOR **99¢**

**FRESH ASPARAGUS** ... **79¢**