

We reserve the right to limit quantities. Prices and items effective at Kroger in Wayne, Macomb & Oakland counties. Tues., Sept. 4 thru Sun., Sept. 9. Non-sold to dealers. Copyright 1973. The Kroger Co.



DISCOUNT FOOD STORES

IN 5-LB TUBES—COUNTRY CLUB

ALL BEEF HAMBURGER

98¢ LB

KWIK KRISP OR HEARUD

SLICED BACON

98¢ 12-OZ WT PKG

NOW 13 STORES IN THE DETROIT AREA OPEN 24 HOURS A DAY EXCEPT SUNDAY MORNING

12:00 A.M. TO 8 A.M.

3675 WEST MAPLE ROAD AT LANHER ROAD—BIRMINGHAM 1828 WACK, GROSSE PTE. 20250 W. 7 MILE, DETROIT 27301 CHERRY HILL, INKSTER 25205 GRATIOT, MT. CLEMENS 26233 HOOVER, WARREN 43680 EARLE MEMORIAL DR., STERLING HTS.—LIVONIA

XTRA VALUABLE COUPON

With this coupon and \$5 additional purchase excluding Beer, Wine, and Cigarettes.

KROGER MEDIUM GRADE 'A' EGGS

58¢ Save 57¢

DOZEN CARTON LIMIT THREE 18D Tues., Sept. 4 thru Sun., Sept. 9 at Kroger in Wayne, Macomb & Oakland counties. Subject to applicable state & local sales tax. Limit one coupon per family.

XTRA VALUABLE COUPON

With this coupon and \$5 additional purchase excluding Beer, Wine, and Cigarettes.

COUNTRY CLUB ICE CREAM

58¢ Save 72¢

1/2-GAL CTN LIMIT TWO 18D Tues., Sept. 4 thru Sun., Sept. 9 at Kroger in Wayne, Macomb & Oakland counties. Subject to applicable state & local sales tax. Limit one coupon per family.

XTRA VALUABLE COUPON

With this coupon and \$5 additional purchase excluding Beer, Wine, and Cigarettes.

INDIAN SUMMER APPLE CIDER

99¢ Save 60¢

1 GAL BTL LIMIT TWO 18D Tues., Sept. 4 thru Sun., Sept. 9 at Kroger in Wayne, Macomb & Oakland counties. Subject to applicable state & local sales tax. Limit one coupon per family.

Dry Milk Dishes Thrifty, Nutritious

By ELLY

According to nutritionists, the best protein buy available is nonfat dry milk solids.

The amount necessary to provide the number of grams of protein your body can use in one day costs half as much as cottage cheese, 1/3 as much as turbot, 1/8 as much as cheddar cheese and

1/20 as much as lamb chops.

Hospital dietitians add extra quantities of nonfat dry milk to the food consumed by accident patients. The high calcium content of the dry milk hastens the healing process of broken bones.

A result of the decrease in milk consumption over the past 15 years has been a corresponding increase in calcium deficiency diseases and teeth and gum problems.

So in spite of inflated food costs, there is no need to deprive your family of required protein and calcium. The addition of nonfat dry milk can boost the quality of many dishes without boosting the calories.

FRENCH POTATO SOUP
4 green onions, sliced
1/4 c. (1/2 stick) butter
2 c. thinly sliced potatoes
2 c. chicken broth
2 c. reconstituted milk
Salt and pepper to taste
Chopped parsley

Cook green onions in butter for three minutes; add potatoes and chicken broth. Simmer until potatoes are tender, about 15 minutes.

Sieve mixture through a food mill. Add dry milk, salt and pepper. May be served hot or cold. Garnish with chopped parsley. Serves four.

CHICKEN MUSHROOM CASSEROLE

3 c. diced cooked chicken
2 pks. (10 oz. each) frozen chopped broccoli, cooked
4 ounces (about 2 c.) noodles, cooked
1 jar (4 oz.) sliced mushrooms, drained
1-quart envelope instant dry milk

3 T. flour
1 1/2 c. water
2 T. butter
1/4 c. whipping cream,
whipped
1/4 c. salad dressing
1 T. Worcestershire sauce
2 T. sherry
Salt and pepper
1/3 c. grated Parmesan cheese

Combine chicken, broccoli, noodles and mushrooms. Spoon into buttered 1 1/2-quart baking dish. Combine dry milk and flour in a saucepan; blend in water. Cook on medium heat until thickened. Add butter, cream, salad dressing, Worcestershire sauce and sherry; season to taste. Spoon over chicken mixture; mix well. Sprinkle with cheese. Bake at 375 degrees for 25 minutes or until heated through. Place under broiler until lightly browned. Serves six.

BAKED MEAT LOAF RING

3 slices soft bread, cubed
1 egg, beaten
3/4 c. instant dry milk
3/4 lb. ground beef
1/2 lb. bulk pork sausage
1 medium onion, chopped
3 T. catsup
1 T. horseradish
1 salt
1/8 t. pepper

Combine bread, egg and water; add remaining ingredients. Mix well. Pack firmly in a well-greased one quart ring mold. Bake at 350 degrees for one hour. Let stand a few minutes. Pour off liquid. Turn onto heated platter. Fill center with creamed vegetables. Makes six servings.

BEEF VEGETABLE SOUP
1/2 lb. ground beef
1 T. butter
1/2 c. chopped green pepper
1 medium onion, chopped
1 medium potato; pared and cubed
1 medium carrot, thinly sliced
1 quart water
2 T. butter
2 T. flour

1 quart envelope instant dry milk
Brown beef in one tablespoon butter in saucpan. Add green pepper and onion; cook five minutes. Add potato and carrot. Add one cup water; cook over medium heat until vegetables are tender. Melt two tablespoons butter; stir in flour, salt, remaining water and dry milk. Heat until hot. Stir into beef vegetable mixture; heat and serve hot. Makes 1 1/2 quarts or six servings.

LEMON RICE PUDDING
1-quart envelope dry milk
2 1/2 c. water
1/2 c. uncooked rice
1/2 c. sugar
1/2 t. salt
2 eggs, beaten
1 1/2 T. lemon juice
1/2 c. seedless raisins
Chopped pecans

Combine dry milk and water; add rice. Cook in top of double boiler over hot water until rice is soft, about 50 to 60 minutes. Add sugar, salt and eggs; cook until slightly thickened and mixture coats a spoon. Stir in lemon juice and raisins. Cool. Spoon into individual dessert dishes. Serve warm or cold, sprinkled with nuts. Makes six servings.

MOCHA MILK SHAKE
2 c. reconstituted dry milk
2 eggs, beaten
2 t. instant coffee powder
2 T. light cream

Combine ingredients; mix well. Chill. Pour into chilled glasses. Two servings.

EARLY AMERICAN
SOFA & CHAIR
Call Spring Lake, Oak
(Wayne, Macomb Counties)

LAUREL FURNITURE
FREE DELIVERY
LAST TERMS
50% off
454-4700
10000 E. 30th St., Livonia, Mich. 48150

MALE & FEMALE TEMPORARY HELP NEEDED REPORT READY TO WORK 6 A.M. DAILY -- MUST BE 18. SOMEBODY SOMETIME TEMPORARY HELP 2113 FENKELL AT BURT ROAD.

LEGAL ABORTIONS \$100

- Free Pregnancy Testing
- Complete gynecological exam
- Water/pill/sterilization
- Licensed/gynecologists

Let us prove to you that the finest care need not cost more.

Call Miss Carol for free detailed information
National Abortion Center, Inc.
19005 W. 7 Mile Rd.
Detroit, Mich. 48219
Area 313 255-3985
Clinic in Mid-Western Cities

Bill & Rod's APPLIANCE
Symbol of QUALITY SERVICE

MAYTAG

15076 MIDDLEBELT
South of 5 Mile Rd.
LIVONIA

PHONE 425-5040

Birtright Meets Sept. 11

AMERICAN HARDWARE GARDEN SUPPLY
LUMBER

2 FLOORS HOME & GIFT CENTER

VISIT OUR WINE CELLAR ON THE 2ND FLOOR

CUSTOM MADE SCREENS
WAYNE COUNTY'S LARGEST FRUIT & VEGETABLE MARKET
New Hours: 5:00 AM - 9:00 PM
11000 W. 10 Mile Rd., Livonia, Mich. 48150
PHONE 425-5040

AMERICAN Hardware & Supply Co.
31245 W. 8 Mile • LIVONIA
PHONE 425-5040 • 527-7045

FREE BEEF
CAN'T BE FOUND

YOU CAN BE SURE IT'S RIGHT IF IT'S SURE-RITE

BUTT!
For The Absolutely Best Prices in Home Improvements

—CALL—
SURE-RITE CONSTRUCTION
NO MIDDLEMAN — We Do Our Own Work
Room Additions • Siding • Awnings
13504 Fenkell, Detroit
835-1850 835-1851

Buying a car from Lou LaRiche is like having an uncle in the automobile business.

Brand New '73 Chevy IMPALA SPORT COUPE

\$3075

INCLUDES Hydraulic transmission, power steering, power disc brakes, plus full factory equipment.

LOU LaRiche Chevrolet
40875 PLYMOUTH ROAD
(Across from Burroughs)
PHONE 453-4600

BETH YEHUDAH AFTERNOON SCHOOL ANNOUNCES

OPENING OF HEBREW CLASSES

THE COHEN BLDG.
7 Mile & Auburndale

IN LIVONIA

FOR SEPTEMBER 1973
FOR INFORMATION CALL: 557-6750

WOMEN!! NEED A-MAN? CALL: DIAL-A-MAN MAINTENANCE CO. 477-3778

WE SPECIALIZE IN:

- CARPET CLEANING
- FURNITURE CLEANING
- WINDOW WASHING
- WALL WASHING
- COMPLETE HOUSE CLEANING
- BATHROOM SANITIZING
- GENERAL CLEANING
- VACANT HOUSE CLEANING
- FLOOR WASHING AND WAXING (All Type Floors)

WE DO EXCELLENT WORK Fully Insured

ANNOUNCING: The New PLYMOUTH MONTESSORI SCHOOL

PRE-SCHOOL & KINDERGARTEN FOR CHILDREN 2 1/2-6 YEARS
5 HALF DAYS
Monday-Friday 8:55 Month Planning to Open September '73

For Information Please Call 274-9353 or 561-7649

YOUR KITCHEN

We will build your kitchen or bathroom to your needs

WoodFashions
KITCHEN CENTER MANUFACTURER'S OUTLET
Showroom: 24353 Plymouth Rd., 1 block W. of Telegraph 522-0632

FOR PROBLEM PREGNANCY COUNSELING TERMINATION

CALL

MICHIGAN ABORTIONS 522-7272
DIV. OF AMERICAN BIRTH CONTROL SOCIETY

B&L Carpet
33483 West 7 Mile—Livonia
RESIDENTIAL & COMMERCIAL 477-5100 CARPET & WALLPAPER

NOW OPEN SUNDAY

NOON 'til 5 p.m.
For Your Shopping Convenience

WALLPAPER SPECIAL (this Sunday Only!)

20% OFF ALL BOOKS NO EXCEPTIONS

Featuring Carpets from America's leading mills Wallpaper by Vogue • Schumacher • Erigo & many others
MASTER CHARGE • BANK TERMS • BANKAMERICARD