

**HOME GAME**  
BY VIRGINIA TRUAX

**FAT TRIMMING** — The easiest way to reduce fat when preparing casseroles, soups or skillet meals is to cook the vegetables in a small amount of water rather than sauteing them in fat.

**ADULT TRICK** — Borrow your child's skateboard to assist you in heavy moving projects, such as hauling a garbage can to the curb or moving furniture. It's a back-saver!

**HOME BREW** — It's easy to make your own vanilla extract. Drop a vanilla bean into a small extract-size bottle, fill with vodka or brandy and keep it handy, so you'll remember to shake it several times a day. In a few weeks it will be ready for use!

**OVEN READY** — How to thaw bread in a hurry? Slip frozen loaf into a brown paper bag and into a 325-degree oven for five minutes.

**CALORIE COUNTDOWN**  
BY SUSAN DUFF

**Sweet Baking for Dieters**

Many dieters miss the pleasures of baking when they go on a serious calorie-counting regime. It's true that working with food and breathing in the wonderful fragrances of goodies baking in the oven can stimulate the appetite. But, if you choose calorie-wise items to bake, you can indulge yourself every now and then in a good baking session as well as a sensible tasting of what you've baked. Here are some suggestions:

**Apple-Raisin Snack Cake:** Makes 24 slices, 99 calories per slice. Ingredients: 1 cup vegetable oil, 2 eggs, 1/2 cup sugar, 2 cups whole wheat flour, 2 teaspoons baking powder, 1/2 teaspoon baking soda, 3/4 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 2 cups finely-diced apple (2 large apples), 1/2 cup raisins, 1/4 cup apple juice. Instructions: Preheat oven to 350 degrees. Lightly oil and flour a 13-by-9-inch pan. With electric mixer, beat oil and eggs together. Add all remaining ingredients, stirring each one in well; mix batter thoroughly and pour into oiled, floured pan. Bake cake for 30 minutes. Serve warm with a dollop of frozen, non-whipped topping and a sprinkling of cinnamon.

**Oatmeal Chewies:** (Makes five dozen cookies, 45 calories each) Ingredients: 1 cup all purpose flour, 1 teaspoon baking powder, 1/2 teaspoon ground allspice, 1/4 teaspoon salt, 1/2 cup margarine, 1/2 cup sugar, 2 egg whites, 2 cups rolled oats, 1 cup unsweetened ap-

ple sauce, 1/2 cup chopped raisins. Instructions: Preheat oven to 375 degrees; spray baking sheet with non-stick vegetable oil spray. Mix together flour, baking powder, allspice and salt. Beat margarine and sugar until creamy. Add egg whites; beat well. Add flour mixture and stir in well. Add oats, applesauce, and raisins; mix thoroughly. Drop level tablespoons onto baking sheet. Bake 11 minutes, until cookie edges are lightly

browned. Cool on rack before serving. Enjoy two cookies with a frosty eight-ounce glass of cold skim milk (80 calories).


**Raisin Bread Pudding:** (Makes six servings, 155 calories per serving) Ingredients: 6 slices raisin bread, 2 eggs, 2 tablespoons sugar, 1 teaspoon vanilla extract, 3/4 teaspoon granulated sugar substitute, 1/2 teaspoon ground cinnamon, 1/8 teaspoon salt, 3 cups skim milk, scalded. Instructions: Pre-

heat oven to 325 degrees. Spray a 1 1/2 quart baking dish with non-stick cooking spray. Cut bread into 1/2-inch cubes; place in baking dish. In large bowl, beat 1/2 cup sugar, vanilla, sugar substitute, cinnamon and salt. Gradually whisk in milk; pour over bread cubes. Bake one hour or until knife inserted in center comes out clean. Serve warm with a quarter-cup vanilla ice milk (50 calories), or refrigerate to serve chilled later.

© 1990, Tribune Media Services

**USDA Choice Beef Boneless Rib Eye Steak or Boneless New York Strip Steak**

**\$4.98** Lb.



Holly Farms Grade A **WHOLE FRYERS**

**49¢** Lb.

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
	7	8	9	10	11	12
13						

Prices in this ad good Monday May 7 thru Sunday, May 13, 1990.

Fresh Market Style **GROUND TURKEY**

**89¢** Lb.

USDA Choice Beef All Sizes **CUBE STEAK**

**\$2.48** Lb.

Red Ripe **STRAWBERRIES**

**\$1.29** Quart

Pint..... .69

Genuine **VIDALIA ONIONS**

**39¢** Lb.

5 Ears - Sweet Yellow Corn..... .99

**Deli Bonus Buys!**

Extra Lean **BOILED HAM**

**\$2.49** Lb.

Good at deli/bakeries only.

2 Liter - Diet Pepsi **PEPSI COLA**

**\$1.19**

2 Liter - Diet Mt. Dew/ Mt. Dew..... 1.29

**Mother's Day Plants**

Mums..... Each **4.99**

Hydrangeas. Each **6.99**

Orchid Corsages.... Each **1.99**

Hanging Baskets.... Each **5.99**

Wise **RIDGIE CHIPS**

6.5 Oz. Natural Or 6 Oz. Sour Cream & Onion

**99¢**

All Varieties - 5-7 Oz. Wise Popcorn..... 1.29

Bunch - Fresh Green **BROCCOLI/**

Head - Snow White **CAULIFLOWER/**

Lb. - Fresh Green **ASPARAGUS**

**99¢**

**EXTRA LOW PRICES...EVERYDAY!!!**

16 Oz. - Sliced Peaches In Lt. Syrup/Fruit Cocktail/Pear Halves

**LIBBY'S FRUIT**

**69¢**

15 Oz. - Beef-A-Roni/Beef Ravioli/ Beef O'Getti/Spaghetti With Meatballs

**CHEF BOYARDEE PASTA**

**79¢**

6 Pack - 4 Oz. Fat Free/Low Cholesterol - Strawberry-Blueberry/ Blueberry-Raspberry/ Strawberry-Banana Yogurt

**LIGHT N' LIVELY**

**\$1.79**

**SAVE 80¢** at the checkout when you buy 12 oz. Wheaties.

Good thru **May 9-16, 1990.**

Only at **Food Lion, Inc.**

Supplier code: **11063900**

1600071380

16 Oz. - Apple/Grape

**GARNER JELLY**

**89¢**

7 Oz. - Elbow Macaroni/Long Or Thin Spaghetti/Vermicelli Pasta

**CREAMETTES**

**3/99¢**

12 Oz. - Food Lion Shredded **MOZZARELLA CHEESE**

**\$1.69**

8 Oz. - Sealtest **SOUR CREAM**

**59¢**

50 Ct. - 8 7/8" Plates

**STURDYWARE**

**\$1.09**

12 Count **CHILLY-WILLEE**

**59¢**

10 Oz. - Frozen Chopped/ Leaf **PICTSWEET SPINACH**

**2/85¢**



**FOOD LION**

There is a Food Lion conveniently located near you:  
Deli-Bakeries located at 5279 Roxboro Road, Woodcroft Shopping Center

**REFUNDING \$\$\$ AND SENSE**  
VICTORIA R. FLEMING

**I Can't Believe It's Not Clutter**

I drove out of our garage the other day and literally dragged several cartons with me. Cartons of qualifiers spilled forth, those I've been storing for years — covered with lint, sawdust and mysterious dust. This is ideal spring cleaning time and I went at it with great passion. Most clutter was empty ice cream, sour cream, cream cheese, cottage cheese, margarine and powdered cleanser containers plus frozen orange juice cans and other items with non-removable UPCs. I haven't used many for refund deals, so I cut out a sample assortment of proofs and collected trash bags and absolutely ruined my garbage collector's day! Addicted now, I turned old and yellowed coupons many from products that never been made it) and madly emptied plastic see-through shoeboxes. Then, I re-filled them with garage clean-outs. On a roll now, I attached cartons of empty spaghetti boxes, tissue holders and frozen food packages and cut out the key parts — product name, net weight statements and UPCs. These too went in the plastic shoeboxes. I now have space to turn around in several rooms, and, to my husband's relief, in and out the garage (and even open car doors!) without crashing into clutter. Now to the basement!

**Hint of the Week**

Check Schick Razor displays for an offer for a free NBA Team Travel Bag.

**Pick of the Week**

30 Years in Pictures, PO Box 200, Maple Plains, MN 55393. Send "coffee table book" with pictures from Time, Life, People and Sports Illustrated magazines. Send name, address and \$2.50 postage/handling (no cash) plus POPs from three of the four participating Procter & Gamble BRANDS as follows: UPCs from test tubes (4.6 oz. or larger); one Roll-on or Solid, or Pepto moli tablets; fluid oz. statement from Crest pump, Scope (24 oz. or larger), or Pepto Bismol Liquid; POP disc from cap of Sure Aerosol. 5/14/90.

Listed below are other offers that do not require a form.

Free Kite Offer, Box 8543, Spring America, MN 55351-8543. Send name, address and 3 UPCs from Paas same Street Easter Egg Color Kits. 5/31/90.

Furniture Care Guide, Box 104, Douglas, AZ 85655-6104. Pocket and Endust spns. Send name and address. No date given. The following offers DO require forms:

Fontana Candida Free Recipe Book Offer. Includes recipes. Send form and POPs as listed. 5/31/90. Write for form (you must be of legal drinking age and live in a state where wine offers are allowed): Fontana Candida Free Recipe Book Offer, Box 1080, Louisville, KY 40201-1080.

Becton-Dickinson. \$3 and two 2 spns. Send form and POPs as listed from 100 B-D Insulin Syringes. 5/31/90. Write for form: Becton-Dickinson Consumer Products, Offer 8819, One Beacon Dr., Franklin Lakes, NJ 07414-1883.

© 1990, Tribune Media Services