

REFUNDING \$\$\$ AND SENSE Let's Talk Turkey!

By Viotria Flemming Our family has come up with a frugal, yet healthful, system for meal planning. We buy whatever the sa-permarket has on sale that can be stretched out over several meals and then cook it on Monday. We buy on sale turkeys, large roaster chickens, smoked hams, or beef roasts — good that cook it on Monday. We buy on sale turkeys, large roaster chickens, smoked hams, or beef roasts — good that on the singer coster chickens, smoked hams, or beef roasts — good with pasta, vegetable dishes and seafood, don't eat meat every day. So (was pleased with a sale on large white-meat turkey breasts for 90-exits i pound. When I got othe store, i nonther shopper asked me where the ale birds were. All we could find in be bin were breasts priced at \$1,99 sound — double our sepociation! We confronted the head butcher and showed him the store fiyer. He took bur packages and re-priced them, but i wonder about the other couple of dozen still in the bin and others al-sheeking the sales. Oh, 1 also had a 17-cent coupon for the tarkey! Then ayoung woman wandered by sunching a luge smoked ham and on the plained how to bake and gar-ing at she was delighted, but ryn suband later reminded me at home ing h. She was delighted, but ryn suband later reminded me at home that lhad forgotten to warn the about the almost-invisible double plastic Hint of the Week

-THE CAROLINA

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Wrapping on thatbrand of ham. Oops! Hint of the Week Check specially marked packages of Kellogg's Froot Loops containing endangered species stickers. Fick of the Week Fuji Free Audio Offer, Box 1417, Ridgely, MD 21581. Check redeem-able for free Fuji two-pack of audio-cassette product. Send name, address, four POP stickers from Fuji T-120 cassettes product. Send name, address, four POP stickers from Fuji T-120 Robust States from Fuji T-120 stickers from T-120 AV Pro video-cassettes and cash tapes dated 6/1/ 93-131/94. The following offers DO require forms:

forms: Revlon Fragrance, 52, Send form, and POPs as listed, 3/31/94, Write for form by 1/27: Revlon Fragrance 52, Refund, P. O. Box 6123A, Douglas, AZ 85655-6123A, I Love Lucy Videos, Available for 55.95 each, Send form and POPs

for 35-39 each. Send form and POPs as listed from Contac, Sucrets, Sine Off and Tums. 1/31/94. Send stamped self-addressed envelope for form (WA and VT residents may omit stamp): Love Lucy Order Form Request, Box 1213, Grand Rapids. MN 55745-1213.

1213, Grand Rapids, MN 55745-1213. Deans 53, Send form and POPs as listed. Stamped self-addressed form request must be received by 1/31/94: Doan's 33 Cash Refund, Box 1001. Ridgely, MD 21681. Theragran, 53. Send form and 9CPs as listed. 2/28/94. Send stamped,self-addressed envelope for form by 1/28/94. Theragran Save 53 Refund Offer, Box 14387, Baltimous, MD 21268. Tree Lactaid. To 33. Send form and POPs as listed. 2/28/94. White for form by 1/31/94. Free Lactaid, Box 5539, Maple Plain, MN 55592. 9194. Theta Madia Service

39, hosp-39, hosp-39, transa Maia Server Super Salad Sandwich By Deanna Gugel 1 loaf French bread 2 cups ground ham 1 pound Sileed American cheese 32 oz. cream cheese 2 cups ground ham 2 cups ground ham 1 pound Sileed American cheese 32 oz. cream cheese 2 cups mayonnaise-style salad dressing 1 stalk diede celery 1/4 cup diede pimentos 1 tsp. sea salt Pineapple juice to taste In one bowl mix together the died chicken meat, a half cup of mayon-naise-style salad dressing, the chiced celery and diede onions. The ingredients should justee coated with 1 tsp. of sea salt. You can add up to another Half cup of the salad dressing, according to your own tastes. The ingredients should justee coated with the salad dressing, not smothered in it. I. nanother bowl combine the ground ham, a half cup of the salad dressing. Sweet relish and the diced pimentos Once again you may add up to a hal cup more salad dressing. Slice a loa of tesh French bread, spree the bread loaf. In a third salad over it to go fue middle sity of fl French Bread loaf over the chick salad. Spread the ham salad over it to go fue middle sity of the bree Thenbreak the American-cheese slic into stirps that will cover the layer the bread loaf. In a third bowl with the ream cheese and 1/4 cup of pineapple juice with a ham mi unit smooth. (You may add mi unit smooth. (You may add mi unit) smooth. (You ma