

Double and Triple Couponing

Stores that offer double and triple value for store coupons on the surface should be a shopper's dream.

Dream of a laden shopping cart that we only have to pay the tax on. The rest of the toted up bill requires only a sheaf of coupons. Sounds great. But are there any strings attached?

Bet your last coupons there is. The extra savings from the double and triple coupons come out of the local stores budget. Manufacturers reimburse the supermarkets only for the face value of the coupons plus the handling charges. In the long term, the extra savings on coupon items probably mean higher overall store prices.

The practice is used to lure competitors' customers into the store. Frequently only coupons of under a certain value may be doubled. Forty-nine cents is an excellent example. Certain items may be restricted such as no doubling of coffee or cigarette coupons.

Some stores have doubling in only a single outlet of a chain. One or two days a week or one or two days a month restrictions are often part of the rules of doubling.

Double and tripling is not an on-going thing. Don't put off until next week shopping at that store. By next week they may revert back to single value.

Above all simply because a twenty cent cashoff suddenly becomes worth sixty cents does not make it a bargain if you don't use the item.

It is a best buy should you use the product. Furthermore if there is a current refund it can result in a real substantial savings coupled with the mail-in offer.

Get \$1 coupon off your next purchase of vitamins. Send 4 end flaps from Bayer Aspirin (50's or larger) and/or Children's Chewable Aspirin to The Bayer Co., Box 1592, Watertown, Ma. 02172 before Dec. 31, 1981.

Here's one for the teens in your family. \$2 for Oxy 10 1 fl oz carton top panel and 4 oz Oxy Wash 4 fl oz carton, cash register tape with price circled. Mail with name, address to Oxy Wash Refund Offer, Bx. 3836, Stanford CT 06905 before March 31, 81. This is a new skin cleanser for Acne.

Here is an invitation to get \$1.00 for 2 "purchase confirmation seals" from Mother's Cookies (baked only by Mother's Cake & Cookie Co.) and brand name from any ice cream 1/2 gallon container. Mail to Mother's Cookies with Ice Cream Offer, Bx. NB404, El Paso, TX 79977 before Feb. 28, 1981.

Refunds are on a wide variety of items. Some items will fit each of our lifestyles and needs. Everyone should take the one per family advantage to cut supermarket costs.

More on saving with coupons and refunding free for a long self-addressed stamped envelope to Claudine Moffatt, 901 Brookvale, Manchester MO 63011. Mention this paper.

SPICED CUPCAKES FOR KIDS' PARTIES



Spiced cupcakes can easily be the center of attraction at children's birthday parties, and especially when the kids can join in and make the cakes themselves. These are easily prepared from a handy mix, with chocolate chips, cinnamon and a dash of nutmeg and cloves stirred in. Those sweet spices are the ones youngsters have always loved and they smell so good they like using them, too.

SPICED CHOCOLATE CHIP CUPCAKES

- 1 package (1 lb. 1 oz.) pound cake mix
- 1 teaspoon ground cinnamon, divided
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 package (6 oz.) semi-sweet chocolate chips
- 1 package (3 oz.) cream cheese, softened
- 1/3 cup butter or margarine, softened
- 4 cups confectioners' sugar
- 1 teaspoon pure vanilla extract
- 1-1/2 to 2 tablespoons milk or water

Preheat oven to 375°F. In a medium mixer bowl blend cake mix with 1/2 teaspoon of the cinnamon, nutmeg and cloves. Prepare cake mix according to package directions. Fold in chocolate chips. Line 24 cupcake pans with paper liners. Fill up cake pans with batter. Bake until a cake tester inserted into the center of a cupcake comes out clean, about 15 minutes. Remove from pans; cool. Spread with Cinnamon Frosting. To prepare Cinnamon Frosting beat in a medium bowl cream cheese and butter until well blended. Gradually add confectioners' sugar, mixing until smooth. Stir in remaining 1/2 teaspoon cinnamon and vanilla. Gradually add milk, beating until frosting is of spreading consistency. YIELD: 24 cupcakes.

Pancakes Taste Different At Night



There's no rule, written or unwritten, that says pancakes and sausages are for breakfast only. Dressed up with dinner accompaniments — fresh spinach and mushroom salad, a pitcher of warm fruit syrup and a favorite dessert — Sausage-in-a-Blanket is an all-round family pleaser and a welcome lower cost change of pace. The pancake wrap-around features buttermilk pancake and waffle mix, along with crushed bran flakes with raisins, as a substantial "blanket" for a sausage.

SAUSAGE-IN-A-BLANKET

- 1 cup Log Cabin buttermilk pancake and waffle mix
- 1 egg, slightly beaten
- 1 cup milk
- 1 tablespoon liquid shortening
- 1 cup Post raisin bran, crushed
- 12 cooked sausage links
- Cranberry-Pineapple Syrup

Prepare pancake mix with egg, milk and shortening as directed on package, adding cereal to batter after beating. Bake as directed. Roll warm pancakes around sausages and serve at once or keep warm. Serve with Cranberry-Pineapple Syrup. Makes 12 pancakes or 6 servings.

Cranberry-Pineapple Syrup. Combine 1 cup Log Cabin syrup and 1/4 cup ground cranberries in a saucepan. Bring to a boil and simmer 2 minutes. Add one 8-oz. can crushed pineapple and a dash of salt. Serve warm.



Lorraine Hansberry, author of Raisin in the Sun, started out to be an artist rather than a playwright.

RECIPES

Herbed Chicken And Rice

- 3 pounds chicken, cut in serving pieces
- Salt and pepper
- 1/4 teaspoon each savory, Rosemary, and tarragon
- 2 tablespoons lemon juice
- 1/2 cup melted butter or margarine
- 1 1/2 cups uncooked rice
- 1 1/2 cups diced celery
- 3 cups hot chicken broth
- 1/4 cup chopped peanuts, optional
- 1 can (4 ounces) sliced mushrooms, drained

Season chicken pieces with salt and pepper. Mix savory, Rosemary, tarragon, and lemon juice; add to butter. Dip chicken pieces in seasoned butter. Place in a baking pan and bake at 400° for 35 to 45 minutes or until tender. Meanwhile, cook rice and celery in remaining seasoned butter until rice is golden. Add broth. Heat to boiling. Stir once. Cover. Reduce heat and simmer 15 minutes or until liquid is absorbed. Remove from heat and toss lightly with peanuts and mushrooms. Serve with chicken.

Makes 6 servings.

Surprise Apple Ambrosia

- 3 or 4 large N.C. eating apples, peeled and coarsely grated
- 1 small can (15 1/2 oz.) unsweetened, crushed pineapple, not drained
- 1 small can frozen orange juice
- 1 juice can water
- 1/4 teaspoon coconut flavoring

Thaw orange juice and mix with water; blend together with apples, undrained pineapple and coconut flavoring. Store in refrigerator until chilled thoroughly or for several days. Yield: 6 to 8 servings.

Adapted from Eudora Garrison, Charlotte, N.C.

Polynesian Ka-Bobs

- 3 lbs. eye of round steaks, cut into two inch squares
- 1 fresh pineapple, cut into medium chunks (canned pineapple may be substituted)
- 2 tablespoons distilled soy sauce
- 1 medium can pineapple juice

Combine soy sauce and pineapple juice in a shallow dish. Place beef pieces in this mixture and marinate for 4-6 hours or overnight in the refrigerator. Remove beef pieces from marinade; reserve marinade. Thread beef on skewers alternately with a pineapple chunk.

Place on grill 6-8 inches over grey-white coals and cook for 15-20 minutes, or until desired doneness. Turn frequently while cooking and brush at each turning with some of the reserved marinade. Serve on a bed of beef flavored or ranch rice and garnish with parsley.

To Be Equal From Page 4

families depend on food stamps for the program to be weakened. Ideas now being floated, such as reducing the stamps given the elderly, or cutting eligibility requirements, are unconscionable at a time of high employment and ramping inflation.

The stamp-slashers need to be reminded that a 1967 Field Foundation report found widespread hunger and malnutrition in America, affecting perhaps 10 to 15 million people. A followup study ten years later -- after use of food stamps became widespread -- found far less hunger, thanks to food stamps and other federal nutrition programs.

Items & Prices Good At
Cloverdale and Parkway Plaza
Kroger Superstores
Except Where Noted

ADVERTISED ITEM POLICY
Each of these advertised items is required to be readily available for sale in each Kroger Store, except as specifically noted in the ad. If we do run out of an advertised item, we will offer you your choice of a comparable item, when available, reflecting the same savings or a raincheck which will entitle you to purchase the advertised item at the advertised price within 30 days.

TOTAL SATISFACTION GUARANTEE
Everything you buy at Kroger is guaranteed for your total satisfaction regardless of manufacturer. If you are not satisfied, Kroger will replace your item with the same brand or a comparable brand or refund your purchase price.

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WEEKLY SPECIALS

U.S. GOV'T GRADED CHOICE BEEF CHUCK

Center Blade Cut Chuck Roast

\$1.39

lb.

WEEKLY SPECIALS

BATHROOM TISSUE

White Cloud or Charmin

489c

-Roll Pak

14-17-LB. AVG.

Semi-Boneless Smoked Hams lb. **\$1.09**

Valleydale Sliced Bacon 1-lb. Pkg. **\$1.29**

REGULAR OR CHUB PAK

Any Size Pkg. Ground Beef .. lb. **\$1.49**

WEEKLY SPECIALS

SPRINGDALE

Homogenized Milk Gal. Plastic Ctn. **\$1.83**

SUN GOLD

Sandwich Bread 24-oz. Loaf **49c**

CHICKEN

Of-The-Sea Tuna 6.5-oz. Can **77c**

WEEKLY SPECIALS

PINT RETURNABLE BOTTLES, MOUNTAIN DEW.

Diet Pepsi or Pepsi Cola

8 \$1.38

Pak PLUS DEPOSIT

MARKET BASKET SELECT GRADE AA LARGE EGGS DOZ. **73c**

KROGER

Grade A Large Eggs

69c

Doz.

Deli-Bakery

DELI STYLE JUMBO

All Meat Bologna

\$1.39

lb. SLICED TO ORDER

FRESH BAKED

White Bread 16-oz. Loaf **59c**

BREAD AVAILABLE ONLY AT YOUR CLOVERDALE KROGER

The Floral Shop

16" TALL IN A 5" POT

English Ivy Totem Pole Each **\$3.99**

Fresh Broccoli Bunch **69c**

NEW CROP. RED RIPE

Florida Strawberries Qt. **\$1.49**

WEEKLY SPECIALS

Thompson White Seedless Grapes

99c

lb.