

Recipes



Crunchy Bean Salad and Beef and Beer Stew with Noodles are part of a fast-to-fix 45 minute meal.

A menu that saves time and money

Does a menu that can be prepared in 45 minutes from start to finish appeal to you? One that can be served for company and is at the same time economical? The preceding menu has it all, including a game plan to follow.

It begins with a protein-rich Crunchy Bean Salad. Convenient ready-to-eat pork and beans in tomato sauce, that have been chilled, are combined with fresh cucumber, mushrooms and red onion before being marinated in a chili-spiced dressing. Upon serving, the salad is turned into a bowl lined with fresh greens and accents of ripe avocado slices for a meal entree that is as attractive as it is economical.

The main course is Beef and Beer Stew with Noodles which calls for all-beef franks for better taste and less fat. Chunky beef soup contributes tender chunks of beef and takes all the work out of making a richly-flavored beef sauce. Beer is an ingredient that gives this dish real pizzazz.

A fruit dessert rounds out this quick but very enjoyable dinner. Strawberries, tangerines, bananas or a combination of the three are cut into bite sized pieces and sprinkled with a little lemon juice and sugar.

Crème de menthe (or mint flavoring syrup), approximately 1/4 cup, is tossed with the fruit before chilling. If you're ambitious, home-baked sugar cookies are a fine accompaniment, but store bought brown edged wafers nicely fill the bill.

By following this carefully planned outline, this entire meal can be on the table in only 45 minutes. You will spend a little time in the kitchen and a lot of time with

family and friends.

45 minutes before dinner:
Prepare vegetables for salad and mix everything but the avocado.

35 minutes before dinner:
Prepare fruit for dessert and chill.

25 minutes before dinner:
Set table. Heat water for noodles.

20 minutes before dinner:
Prepare Beef and Beer Stew. Heat through.

10 minutes before dinner:
Pop rolls into oven. Cook noodles. Arrange salad on bed of greens.

CRUNCHY BEAN SALAD

- 1 can (16 ounces) Pork & Beans in Tomato Sauce, chilled
- 1/2 cup chopped cucumber
- 1/2 cup sliced fresh mushrooms
- 1/4 cup chopped red onion
- 2 tablespoons creamy French dressing
- 1/4 teaspoon chili powder
- 1 medium avocado, sliced
- Salad greens

1. In large bowl, combine all ingredients except avocado and salad greens.
2. Cover and refrigerate until ready to serve.

Please see page C6

Live a long, healthy life

"As we get older, most of us become less active. This together with the gradual slowing down of our body's metabolism, makes it easier for us to gain weight," says Dr. Mary Ann Spruill, extension nutrition specialist, North Carolina State University.

To avoid putting on too much weight, you need to exercise and eat less. Needs vary, but women 65 and older gradually need about 1,500 calories a day while men need approximately 2,000 calories daily.

If you are really interested in good health, you will also need to exercise regularly. Not only does exercise help control weight, it increases blood flow to all organs of the body. This helps to make them stronger.

Physical activity like walking also decreases the amount of calcium lost from your bones. This delays osteoporosis, a disease in which the bones become thinner and are more easily broken. The best nutritional rules to follow are those which apply to people of all ages.

- Eat a wide variety of foods;
- Maintain your ideal weight;
- Control fat intake;
- Include foods with starch and fiber;
- Control your intake of sugar;
- Control sodium (salt) intake; and
- If you drink, do so in moderation.



Hints For Homemakers/Inez Kaiser

Healthy-looking hair comes in one shampoo

DEAR INEZ: Last week I was cleaning out my bathroom chest and was annoyed to find so many different bottles of hair shampoo. One was supposed to make my hair shiny, another to make it look silky, and still another to give it bounce. Isn't there just one shampoo to give my hair a silky, shiny, bouncy look?
—SHAMPOO SUE

DEAR SHAMPOO SUE: Right on! Lever Brothers has introduced a new shampoo that solves all of these problems. It's called DIMENSION. In fact, you may have been lucky enough to receive one of the samples that were mailed to homes throughout the country.

DIMENSION gives you everything it takes for beautiful hair—in just one shampoo. And it's specially formulated to give you healthy-looking hair.

Healthy-looking hair is naturally silky and shiny and bouncy. So, it's easy to understand that healthy-looking hair is, in fact, beautiful hair. Which is exactly what DIMENSION shampoo is all about.

DIMENSION comes in attractive yellow plastic bottles and tubes—in liquid and concentrated forms. It's packed in various sizes—7, 11 and 15 oz. for the liquid and a 5 oz. concentrate—to satisfy any woman's needs.

As I said before, the great thing about DIMENSION is that you can get everything it takes for beautiful, healthy-looking hair in just the one shampoo—whether you have normal, oily or dry hair.

DIMENSION's special formula cleans gently, yet thoroughly, and it therefore can be used every day without drying out your hair. It is truly the ideal shampoo for every member of the family who wants beautiful, healthy-looking hair.

FIRST OF ITS KIND AND STILL THE BEST
BY FAR THE MOST POPULAR liquid laundry detergent on the market today is WISK. No wonder. WISK works better than sprays or powders on ring around the collar—and it gets your whole wash clean. That's why it is

the No. 1 liquid detergent in America today. This all-purpose detergent, because it is a liquid, goes to work as soon as you put it in the washing machine—and in any kind of temperature—cold, warm or hot.

Besides ring around the collar, WISK does a great job in removing all kinds of other difficult spots and stains. In fact, this marvelous product works wonders in cleaning the whole family wash—not just spots and stains.

You could not ask for more from a product. Once you try it, you will understand why WISK was the first product of its kind 27 years ago—and why it's even better than ever today.

"GIMME STRENGTH"

SOME PRODUCT NAMES really tell you what they're all about. Take SHIELD deodorant soap, for example. SHIELD is just what its name implies.

Just think about it. Use it just once a day and SHIELD actually helps shield you from offensive odors. This means you get extra protection for the body when you shower or take a bath.

SHIELD provides extra strength because it contains super odor-fighting power plus a pleasing fragrance. That's why they call it extra-strength SHIELD.

So the name SHIELD is a perfect one for this fine soap. It shields you against body odor, and it also has extra strength that makes you feel cleaner than ever before.

SHIELD is truly the "gimme strength" deodorant soap. The name says it all. So switch to SHIELD. It's a marbled green bar with an easy-to-hold modern shape. Just take my word for it—you can really count on it.



It's Cookout Time

At Your Friendly Kroger Store



U.S. GOV'T GRADED CHOICE GRAIN FED BEEF

Boneless Top Sirloin Steak

\$2.99
lb.

U.S. GOV'T GRADED CHOICE GRAIN FED BEEF CHUCK

Boneless Boston Roll Roast

\$1.99
lb.

Heinz Ketchup

32-oz. Jar

\$1.09

INDIVIDUALLY WRAPPED SLICES KROGER

American Cheese Food

12-oz. Pkg.

99¢

PINT RETURNABLE BOTTLES MTN. DEW. PEPSI FREE.

Diet Pepsi or Pepsi Cola

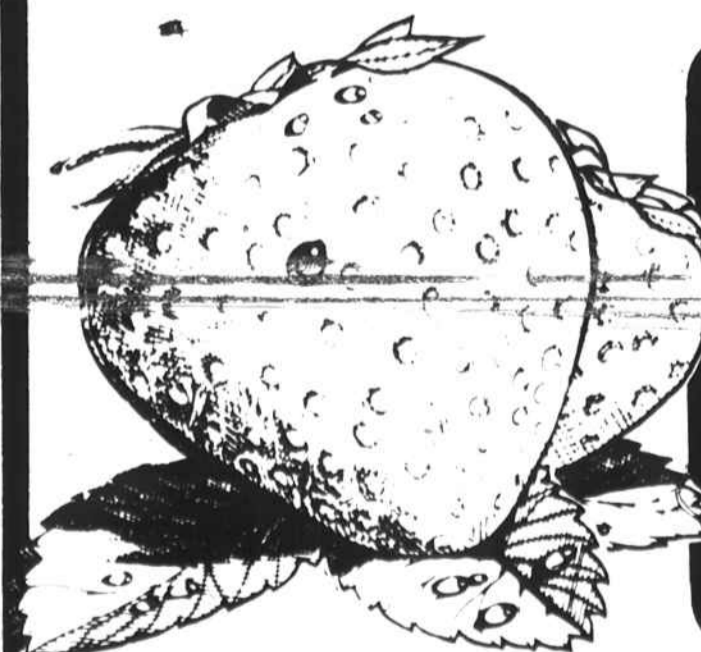
8 \$1.69
Pak PLUS DEPOSIT



Kroger 0.5% Lowfat Milk

Gal. Jug

\$1.49



California Strawberries

Quart

99¢

LAUNDRY

Fab Detergent

49-oz. Box

\$1.69



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 this 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 rain check which will entitle you to purchase the advertised item at the advertised price within 30 days. Only one vendor coupon will be accepted per item purchased.

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.

Copyright 1984 - THE KROGER CO. ITEMS AND PRICES GOOD SUNDAY, MAY 20, THROUGH SATURDAY, MAY 26, 1984 IN WINSTON-SALEM

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS