

# Beef Bargain Hunt Leads To Blade Steaks

SMART SHOPPERS can't afford to pass up a bargain. That's why they so often pick up several beef blade steaks when they stop at the meat case. These meaty steaks from the beef chuck, that were most popular during the summer when the grill was in active use, are priced considerably less per pound than steaks from the loin and rib sections, more often associated with broiling.

Since attractive price tags make beef blade steaks candidates for frequent repetition on the menu, the smart shopper is always on the lookout for tasty preparation variations to insure that enthusiasm at the dinner table doesn't diminish.

**THE REALM OF POSSIBILITIES** for variety is extensive for the steaks can be flavored by a wide range of marinades before being broiled indoors or outdoors. For a unique and appealing approach to blade steaks, try them cooked with sweet and sour accents.

The seasonings for the vinegar-oil-sugar are literally "in the bag" for they are tied together in a bouquet garni. The bag allows the spices and herbs, which flavor the marinade as it cooks, to be easily discarded before the steaks are marinated.

The expertly-seasoned marinade serves a two-fold purpose for not only does it flavor the steak, but it also helps tenderize it. The acid quality of the marinade makes it possible to cook this less tender steak by the dry heat method of broiling. Cooking the steak only to rare or medium also is recommended for the sake of tenderness.

## SWEET-SOUR BEEF BLADE STEAK

- 2 beef 7-bone or blade steaks, cut ¾ inch thick
- two-third cup cider vinegar
- two-third cup water
- ¼ cup oil
- ¼ cup sugar
- 2 teaspoon salt
- 8 whole cloves
- 4 sprigs parsley
- 1 large clove garlic, minced
- 1 bay leaf
- ½ teaspoon celery seed
- ¼ teaspoon crushed red pepper pods

**COMBINE VINEGAR, water, oil, sugar and salt in saucepan. Make a bouquet garni by placing cloves, parsley, garlic, bay leaf, celery seed and pepper pods on square of cheesecloth and tying**



Take a different twist on turkey and dressing this Thanksgiving. Try Sausage and Apple Stuffing. This stuffing remains crisp thanks to cubes of fresh apple and Chun King water chestnuts.

securely. Add to vinegar mixture and simmer 15 minutes. Cool. Remove bouquet garni. Place steaks in utility dish and pour marinade over them, turning to coat. Cover dish securely and marinate in refrigerator 6 to 8 hours (or overnight), turning at least once. Remove steaks from marinade and place on rack in broiler pan so surface of meat is 4 inches from heat. Broil 4 to 7 minutes on side, depending on degree of doneness desired (rare or medium) 6 servings.

Beef blade steaks can easily be identified as thinner versions of popular blade pot-roasts. Although the steaks may contain several smaller bones, the most distinguishable one is the long, narrow blade bone. This bone resembles the figure 7 in the 7-bone steaks. Blade cuts are from the chuck section of beef which is less tender for it receives more exercise than the rib and loin sections. When blade steaks are not tenderized with a marinade, it is best to cook them by the moist heat cooking method of braising.

**POTATOES, FRIED** to a golden brown, will be a

delicious accompaniment to the beef steaks. Pick a pair of salads to complete the menu. Make one spicy by marinating canned green beans, cauliflower, cucumber slices and cherry tomatoes halves in Italian dressing that's been seasoned with dill weed. Then go cool and refreshing for the second salad that will serve as dessert-lime gelatin studded with melon balls.

## INVEST IN TIME:

**MOST OF US ARE ALWAYS "going to"** organize our kitchens, but somehow we never seem to find the time. Stop waiting for the golden moment and consider the time you'd save and the frustrations you'd avoid with a kitchen organized to meet your needs.

Whether you're a full-time homemaker or employed outside the home, apply a few management principles to your kitchen, says Mrs. Jacqueline Wirth, Penn State Extension Service Home Economist, Philadelphia County.

She suggests keeping a record for a week of the pluses and minuses of your current kitchen set-up.

Note what gets lots of use, what gets little and what gets none at all. What is awkward to reach or hard to find? Answers to questions like these will help you on organization day.

**THEN START AN "out" pile** where everything that is broken, outmoded or otherwise unloved is marked for a garage sale, a giveaway, or in extreme cases, the trash.

Your goal here is to eliminate clutter and free up needed space. Next, analyze what's left. If it's an item frequently used the countertop might be the best location. Some items might go into temporary storage. Breakables belong in easy-to-see, easy-to-reach locations. In general, heavier items go

below, light, unbreakables can be stored up high. Whenever possible, store items where they are used. In most kitchens, you will have a sink center for food preparation and cleanup; a food mixing center and cooking and serving center; but even in the best kitchens, there will be some overlap. Don't forget to consider the location of potentially poisonous cleaning supplies if there are young children in the family. A lock on a cupboard may be the answer.

**TAKE FULL ADVANTAGE** of the variety of storage modules available today. Plastic turntables, for example, are available in diameters ranging from 10" to 21" and can make a hodgepodge of containers, jars and bottles of food suddenly accessible.

Slide out drawers and stackable bins can also simplify the retrieval task. Caddies that attach to the inside of a cupboard door and hold everything, from wraps and bags to cleaning products, are also available.

POST FOOD ADS OFFER THE VERY BEST  
IN BARGAINS. AND IN THESE TIMES  
EVERY PENNY COUNTS.  
SHOP US BEFORE YOU BUY!

Sharon Deanne Anderson  
...Olympic High senior

Sharon Anderson

Will compete For

Carrousel Honors

By Susan Ellsworth  
Post Staff Writer

Thanksgiving - it's a time to be grateful, eat the traditional holiday foods and watch the Carolinas' Carrousel Parade!

Who will be the next Carrousel Queen? The public is invited to meet the contestants on Nov. 21 at a luncheon and witness the crowning at the pageant and coronation dance.

Representing Olympic High School, Sharon Deanne Anderson, 16, will compete for the top honor. Sharon's talent is acting. She is a former chairman of Project Aries, received a Trim Scholarship, and plans to attend college to study fashion coordinating.

Standing 5'6" tall, 106 pounds, Sharon enjoys modeling, running, singing and dancing.

She is the oldest of four children and the daughter of Mr. and Mrs. Bonzie Morris of 1560 Wickham Lane in Charlotte.

The Queen's Luncheon will be held Wednesday in the Charlotte Civic Center at 11:45 a.m. Tickets are \$3.50 apiece.

That evening, the pageant and coronation dance, featuring Charlie Spivak and his orchestra, will be held at 8 p.m. in the Civic Center. Tickets will each be \$7.50.

Activities will climax on Thanksgiving Day with the 33rd Annual Carolinas' Carrousel Parade.

Chery Prewitt, Miss America 1980 will be the Parade Marshall. Grandstand seats will cost \$2.00 apiece.

To purchase tickets, contact the Carrousel Office at 372-9411 or the Coliseum ticket office at 372-3600.

Santa's Elves

Santa's elves have been busy stocking the Junior League Warehouse with quality used toys.

A big sale will be held on Friday and Saturday, Nov. 23 and 24 from 9 until 4. It's a wonderful opportunity to save on toys as well as festive holiday clothing. The Junior League Warehouse is located uptown across from Belk's at 127 E. 5th St.

Baroque Music

Interested in Baroque music? The Chamber Music Workshop in conjunction with Spirit Square will feature chamber music in a cabaret on November 27 at 8 p.m. at

...will include wine ... will be available

Prices effective Thurs. Nov. 15 thru Sat. Nov. 17

# Kroger Sav-on

FOOD, DRUG, GENERAL MERCHANDISE STORES

WE GLADLY WELCOME FEDERAL FOOD STAMPS

Copyright 1979 Kroger Sav-on Quantity Rights Reserved None sold to Dealers or Wholesalers

## 6,188 Prices SLASHED THROUGHOUT THE STORE THURS., FRI., SAT. SPECIALS

**ADVERTISED ITEM POLICY**  
Each of these advertised items is readily available for sale in each Kroger Sav-On, except as specifically noted in this ad. If we do run out of an 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.

**ADVERTISED ITEM POLICY**  
Each of these advertised items is readily available for sale in each Kroger Sav-On, except as specifically noted in this ad. If we do run out of an 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.

**HOLLY FARMS CUT-UP Mixed Fryer Parts**  
Lb. **35¢**

**9-11 LB. AVG. WT. SHANK HALF Smoked Ham**  
Lb. **98¢**

**BULK PACKAGED COUNTRY STYLE Sliced Bacon**  
Lb. **88¢**

**CHUB PAK OR STORE PAK Ground Beef** . . Lb. **\$1.58**

**U.S.D.A. CHOICE HEAVY WESTERN BEEF Rib Roast**  
Lb. **\$2.28**

**GOLDEN SWEET Potatoes**  
Lb. **19¢**

**BAKING FAVORITES - SHELLED WALNUTS OR Shelled Pecans** . . . . Lb. **\$2.99**

**WASHINGTON STATE EXTRA FANCY Delicious Apples** . . . 1 3/8 Size Ea. **14¢**

**FRESH Broccoli** . . . . . Ea. **69¢**

**HOLLY FARMS CHICKEN**

**KAHN'S HILLSHIRE FARMS Smoked Sausage** . . Lb. **\$1.78**

**DELICATESSEN FOR YOUR HOLIDAY MEAL Baked Virginia Ham**  
Lb. **\$2.89**

**IN STORE BAKERY FOR THE PERFECT MEAL Dinner Rolls**  
12 For **79¢**

**RESTAURANT READY TO SERVE Whole B.B.Q. Chicken**  
Lb. **\$1.39**

**PUMPKIN OR APPLE Mrs. Smith's Pies** 46-Oz. Pkg. **\$1.79**

**USDA CHOICE**

**SWEET, JUICY Florida Tangerines**  
For **15 \$1**

**EMPEROR Red Grapes**  
Lb. **69¢**

**USDA A GRADE KROGER GRADE A Large Eggs**  
**59¢**  
LIMIT 2 WITH \$7.50 OR MORE ADDITIONAL PURCHASE

**BROWN & SERVE Pastry Pie Shells**  
11-Oz. 3 Pkgs. **\$1**  
2-Ct. 2 Pkgs. **\$1.09**

**KROGER 10X POWDERED OR Brown Sugar** . . . . 1-Lb. Box **39¢**

**DIET PEPSI, MT. DEW, PEPSI LIGHT OR Pepsi-Cola**  
1-Ltr. Ret. Btls. **\$1.89**  
Plus Deposit

**HALVES OR SLICES 29-Oz. Can Avondale Peaches** . . **59¢**

**DUNCAN HINES 18 1/2-Oz. Box Cake Mix** . . . . . **73¢**

**KROGER 16 Oz. Can Cranberry Sauce** **2/79¢**

NONE SOLD TO DEALERS **OPEN 7 AM TO MIDNIGHT**

CHARLOTTE STORES  
6320 ALBEMARLE RD. EASTWAY DRIVE 3301 FREEDOM DRIVE 500 TIVOLA ROAD