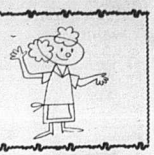
Kay's Kitchen

— — By Kay Fisher



When you tried on last year's suit, did the waist band feel a bit tight? Or perhaps a summer of being lazy, too much fried chicken, sandwiches, etc. has caused you to hesitate buying a pant suit. If so, it is time to start counting the calories.

A steady diet of broiled foods and butterless vegetables can be monotonous and uninteresting. Here are three good ones.

MOCK SPAGHETTI

1 pound ground round
1 cup chopped onion
1 (8 ounce) can tomato sauce
1½ cups tomato juice
1 clove garlic, minced
1 (4 ounce) can mushroom stems and pieces, drained
1½ teaspoons seasoned salt
¼ teaspoon oregano
1 tablespoon parsley flakes
2 (1-pound) cans bean sprouts, drained
grated Parmesan cheese (optional)

Saute beef in large skillet, breaking up as it cooks. Add onion and cook until onion is limp. Add remaining ingredients except bean sprouts and cheese. Simmer, covered, until desired consistency. Serve over hot bean sprouts. Sprinkle with Parmesan cheese, if desired. Makes 5 servings, approximately 224 calories per serving. Note: if Parmesan cheese is used, add 30 calories per tablespoon. Bean sprouts (1 cup equals 20 calories) is substituted for spaghetti (1 cup equals 220 calories).

CHINESE CHICKEN

1 pound boned, raw chicken, cut in pieces
1 cup water
2 chicken bouillon cubes
1 cup onion slices
2 cups fresh sliced mushrooms
1 (10-ounce) package frozen peas
1 can water chestnuts
¼ cup soy sauce
1 teaspoon brown sugar

Place chicken, water, onion and bouillon cubes in large skillet; bring to boil and simmer, covered, until chicken is tender. Add mushrooms; continue cooking for about 5 minutes. Add remaining ingredients, mixing well. Cover and cook just until peas are tender. Do not overcook. Makes 4 servings, approximately 229 calories per serving.

CALORIE-COUNTER CHOP SUEY

1 pound ground round
1 cup diced onion
2 cups sliced celery
1 (4-ounce) can mushroom stems and pieces and liquid
1 (5-ounce) can water chestnuts, drained
3 or 4 tablespoons soy sauce
1 teaspoon brown sugar
1 (1-pound) can bean sprouts, drained

Saute meat in skillet, breaking up as it cooks. Add onion and celery and simmer until tender. Add remaining ingredients, mixing well. Cook, covered until heated through. Makes 4 servings, approximately 258 calories per serving.

* * * * *

Now for you who need not worry about the calories here is an unusual roll recipe.

COLDWATER YEAST ROLLS

Cream together 1 cup lard or shortening, ¾ cup sugar. Add and beat well 2 eggs, 1 tablespoon salt. Dissolve thoroughly 2 packages yeast, and 1 cup cold water. Add 1 cup cold water, and 6¼ cups all purpose flour.

Let rise double. Knead lightly, roll ¼ inch thick, cut and dip in butter. Let rise. Bake 10 to 12 minutes at 450 degrees. Makes about 2½ dozen.

This also makes delicious loaves of bread. Roll out, spread with butter, sugar and cinnamon to make sweet rolls.

CHEESY BISCUIT SKILLET DINNER

A pleasantly seasoned, tasty blend of cheese fills biscuits to bake on this one-skillet meal.

10 oz. can refrigerated big flaky biscuits
½ cup (2 oz.) shredded cheddar or American cheese
3 tablespoons dry onion soup mix
1 lb. ground beef
10¾ oz. can condensed cream of mushroom soup
1 cup (4 oz.) shredded Swiss or cheddar cheese
2 eggs, beaten

Preheat oven to 375 degrees F. Separate biscuit dough into 10 biscuits; press or roll each to a 4-inch circle. Combine cream cheese, ½ cup cheddar cheese and 1 tablespoon of the dry onion soup mix; blend well. Spoon about one tablespoon cream cheese mixture onto center of each biscuit. Fold dough in half over filling; press edges with fork to seal. In 10-inch ovenproof fry pan, brown ground beef with remaining 2 tablespoons of the dry onion soup mix; drain. Stir in soup, 1 cup Swiss cheese and eggs; heat until hot and bubbly. Arrange filled biscuits on hot meat mixture. Bake 22 to 28 minutes until deep golden brown. Serve immediately. (Refrigerate any leftovers). 4 to 6 servings.

Tip: Hot meat mixture may be transferred to a 12x8-inch baking dish or shallow 2-quart casserole. Top with filled biscuits; bake as directed.

To reheat, cover loosely with foil; heat at 375 degrees F. for 15 to 20 minutes.

Mrs. Warner (Reta Hash) Ebbink of Torrance, Calif. won the $5,000 refrigerated food prize in a national Bake-Off Contest recently on the above recipe. She is formerly of Nicholas county. Her story ran in last week's **The Carlisle Mercury.**

Kay's Kitchen Cookbook order blank on classified page.

Potluck dinner honors several

Mrs. Margaret Day entertained with a potluck dinner at her home on Sunday, Oct. 10 to celebrate the birthdays of several members of her family.

The table was decorated with a birthday cake and dahlias from the garden of Kent Mann.

The following guests attended: Mr. and Mrs. Clyde Sally, Allen and Rhonda, Peggy, Kelly and Leslie Browning, Lynn Mallory, Mr. and Mrs. Ron Browning and Andy, Mr. and Mrs. Larry Hugg and Karie, Don and Jamie Hillock and Gladys Maffett of Lexington, Mr. and Mrs. Eddie Day and Todd, Mr. and Mrs. Ovel Day, Carlisle, and Kent Mann, Danville.

Wedding of local interest is told

Miss Mary Lucile Borcherding, daughter of Mr. and Mrs. Ralph J. Borcherding of Western Springs, Ill. and Mr. John H. Kington, son of Mr. and Mrs. Oswald McMinnus Kington Jr. of Madisonville, were united in marriage Aug. 7, 1976 at 2:30 p.m. in the sanctuary of the Hyde Park Community United Methodist Church in Cincinnati, Ohio. The Rev. Dr. Colaw performed the double ring ceremony.

Mrs. Phyllis McElhaney of Cincinnati, Ohio was her sister's matron of honor, and Mr. James Kington was his brother's best man.

The wedding party also included Ms. Nancy Sylvester of Cincinnati, Ohio, sister of the bride; Miss Sally Kington and Miss Mary Jane Kington, sisters of the groom, Mr. Hayes Kington, cousin of the groom, Mr. Charlie Kington, brother of the groom, all of Madisonville; and Mr. Stephen McElhaney of Cincinnati, Ohio, brother-in-law of the bride.

A reception was held in the fellowship hall of the church following the ceremony.

The couple spent a week in the mountains near Gatlinburg, Tenn. They are now residing in Bowling Green where both are students at Western Kentucky University.

The groom is the grandson of Mr. and Mrs. Hanson D. Judge, Moorefield, and Mr. and Mrs. Oswald McMinnus Kington Sr. of Madisonville.

Mrs. George Keith Ring

Cynthiana is scene of nuptial vows

Miss Jan Lee Fritz, daughter of Mr. and Mrs. Joe Fritz of Cynthiana, and Sgt. George Keith Ring, son of Mrs. John Ring of Lexington, formerly of Carlisle, and the late John Ring, were united in marriage on Friday, Sept. 10, at 7:30 p.m. at the First United Methodist Church in Cynthiana.

The Rev. Robert Anderson officiated at the double ring ceremony.

Miss Marilyn Ann Barlow presented a program of vocal selections including "Only You," "More," and "We've Only Just Begun." Miss Barlow was accompanied by Mr. William Whitaker on the organ.

Given in marriage by her father, the bride wore a designer gown of veiled organza and chantilly-type lace. Sculptured pearls adorned the all lace Victorian bib and long slim sleeves. The lines of her princess style gown were highlighted with the deep lace flounce that bordered the skirt and semi-cathedral train. Venice lace medallions adorned the skirt and train. The long Camelot headpiece, edged in chantilly lace completed the picture.

Miss Nancy Stewart of Winchester served as maid of honor. Mrs. Dwayne Florence, sister of the bride, served as matron of honor. The bridesmaids were Miss Judy Fritz, sister of the bride, Miss Delane Harney, Miss Martha Lyons, Miss Leigh Ann Ecklar, Miss Betty Lee, and Miss Sheila Worrell, all of Cynthiana.

The bridesmaids dresses of polyester sheer over taffeta were in the colors of the rainbow. They featured V-necklines edged with ruffles that topped the ruffled capped sleeve. The ruffle descended from V-point of neckline to the self bow at center of the natural waistline. From the bow the ruffle formed an inverted V that spans front of the full skirt and circled into a back hemline flounce.

Miss Whitney Faulconer of Cynthiana and Miss Angela M. Ring, niece of the groom, of Dugway, Utah, were flower girls. They wore matching dresses of pastel multi-colored floral print and carried white baskets filled with multi-colored carnation petals. Master John Bruce Ring, nephew of the groom, of Carlisle, served as ring bearer.

Mr. Dwayne Florence, brother-in-law of the bride, served as best man. Groomsmen were Mr. Phillip Bowles of Carlisle, Mr. John Ring, brother of the groom of Dugway, Utah, Mr. Nathan Mersh, Mr. Steve Ewalt, Mr. Gary Lail, Mr. Mark Cockrell and Mr. Gary Price, all of Cynthiana.

The reception was held at the Harrison Hotel immediately following the ceremony. Serving at the reception were Mrs. Johnnie Faulconer, Cynthiana, Mrs. Phillip Bowles, Carlisle, Mrs. John Ring, Dugway, Utah, and Mrs. Jack Smith, Carlisle.

Miss Tassy Watkins presided at the guest book. Mrs. David Ritchie assisted the wedding party at the church.

After a wedding trip to Niagara Falls, Canada, the groom will reside at Camp Harvey, Korea where the bride will join him in December.

Several pre-nuptial showers and dinners were given in their honor. Miss Leigh Ann Ecklar gave a miscellaneous shower on Aug. 9. Miss Judy Fritz entertained with a tea party and luncheon on Aug. 12. Miss Martha Lyons, Miss Sheila Worrell, and Miss Delane Harney gave a kitchen shower on Aug. 19. Mrs. Dwayne Florence was honored with the bridesmaids luncheon on Sept. 4.

The rehearsal dinner given by Mrs. John Ring Sr. was held at the Pine Villa Restaurant in Cynthiana on Sept. 9.

SOCIETY

Mr. and Mrs. Les Shepherd of Lighthouse Point, Fla. arrived in Carlisle Monday for a short visit with Mrs. Shepherd's daughter, Miss Lois Hill of the Old Paris Pike.

Charles McCulloch, son of Mrs. Malcolm McCulloch of Millersburg moved recently from Pittsburgh, Pa. to Cincinnati, Ohio where he has accepted a position with Dames-Moore, an environmental agency there.

Mr. and Mrs. William Sams were guests last week of Mr. and Mrs. Bill H. Lawson and family of Orlando, Fla.

Mrs. Reese Wayne Smoot was the guest of honor at a party after the Nicholas County-Paris football game Friday night given by her parents, Mr. and Mrs. Kimball Booth at their home. The party, attended by relatives and close friends, was to celebrate Mrs. Smoot's 21st birthday and the Nicholas County football team's first in history victory over Paris.

Mr. and Mrs. Paul Garrett spent a few days last week at Lake Cumberland State Park.

Rev. Howard Livingood was the guest last weekend of his son, Airman Howard Livingood and Mrs. Livingood in San Antonio, Texas.

Mrs. O.H. Lambert returned home Tuesday after a visit with her sister, Mrs. Hobart Walker and Mr. Walker in Charlotte, N.C.

Mrs. J.R. Hamilton, Mrs. Edgar Allen Darrell and Mrs. Grimes Caywood attended the Annual Convention Kentucky Daughters of the Confederacy meeting and banquet held at the Ramada Imperial Motel in Lexington, on Friday.

Mr. and Mrs. Frank Mathias of Dayton, Ohio spent last weekend at their Lake Carnico home.

Mr. and Mrs. Lynn Ebert, Chagrin Falls, Ohio were the recent guests of her family. While here they entertained Mr. and Mrs. Charles Marcy, Conneaut, Ohio at the Watkins' cabin at Lake Carnico. The Ebert's daughter, Susan of Chagrin, Ohio and their son John, of Akron, Ohio were also recent guests of relatives here. The Ebert's youngest daughter, Sally, has entered V.P.I. in Blacksburg, Va.

Mr. and Mrs. Albert Watkins have returned to their home in Fernandina, Fla. after visiting with his relatives and friends here.

Mrs. William Waugh and Miss Millie Kay Waugh of Middletown, Ohio were weekend guests recently of Mr. and Mrs. Leroy Earlywine.

Mr. and Mrs. Meredith Gibbs of Richardson, Texas were recent guests of Mr. and Mrs. Harold McClanahan.

Mr. and Mrs. Leroy Earlywine are spending this week in Memphis, Tenn.

Mrs. Gaylord Barton and son J.B., Mrs. Grimes Caywood and daughter Betty and Mrs. Annie Brannon were the dinner guests of Mr. and Mrs. Martin Thompson in Danville last Sunday.

Mr. and Mrs. Bobby Anderson spent four days last week at Stouffers Inn in Louisville where he attended the Annual Kentucky Property Valuation Administrators Conference. Just prior to the Louisville trip, they spent about a week touring the southern states including New Orleans and states along the Gulf Coast.

Mrs. Zachary attends Governor's tea Sept. 29

Mrs. David Zachary attended the tea given by Governor and Mrs. Julian Carroll at the Governor's Manston in Frankfort on Wednesday afternoon, Sept. 29. Guests for the occasion were executive board members of the Kentucky Federation of Woman's Clubs. The purpose of the tea was to officially introduce KFWC's cookcook entitled "Kentucky Hospitality—A 200 Year Tradition."

Mrs. Zachary, a member of the Carlisle Community Woman's Club, is state Visual Arts chairman and a member of the state publicity committee for the cookbook.

The cookbook, one of which was presented to Mrs. Carroll by the clubs, is the project undertaken by the Kentucky Federation of Woman's Clubs in commemoration of the nation's bicentennial.

According to Mrs. Zachary, the bound book includes some historical traditions about different communities in Kentucky. For example, she said, the portion submitted by the Nicholas County Clubs concerns the Blackberry Festival and is accompanied by recipes using blackberries. Recipes of at least four Nicholas countians are included and some have more than one recipe.

The books are now on sale to the public and can be purchased from any member of the Carlisle Community Woman's Club or the Carlisle Junior Woman's Club.

Saltwell Methodist Women hold regular meeting

The Saltwell United Methodist Women held their regular monthly meeting Monday evening, Oct. 4 at the church. Twelve ladies attended.

"Love Lifted Me" was the opening song, followed by the scripture reading given by Mrs. Bettye Gaunce, and the invocation was led by Mrs. Elsie Ritchie. Barbara Snapp presented the program entitled "Ministry in the World We Live in", with group participation and discussion.

A brief business session was held by the vice president in the absence of the president, Dorothy Jones. Plans were made for the upcoming Thanksgiving dinner and pledge service program. The nominating committee released the names of the officers for the 1976-77 year.

Mamie Brunker led the closing prayer and refreshments were served by Carolyn Gaunce and Bettie Livingood.

The next meeting will be held at 7 p.m. Monday, Nov. 8 with Dorothy Jones as program leader.

The 1976 district meeting will be held in Maysville on Thursday, Oct. 14 (this evening) at 6 p.m.

Mrs. McFarland is bridge winner

Mrs. Billy Clark entertained with a dessert-bridge at her home on Thursday, Oct. 7.

Guests were Mrs. David Zachary, Mrs. Bobby McFarland, Mrs. Joseph H. Conley, Mrs. John Allison, Mrs. Lyle Anderson, Mrs. Jimmy Shaw, and Mrs. Don Hughes.

Mrs. McFarland won high score for the evening of bridge.

Livingood wedding told

Airman Howard S. Livingood Jr., son of Rev. and Mrs. Howard Livingood of Carlisle, and Miss Marie Quitevis of San Antonio, Texas were united in marriage July 14 in San Antonio, Tex.

Airman Livingood is stationed at Brooks Air Force Base in San Antonio where the couple's address is 460 University.

Celebrates birthday

Mr. and Mrs. Steve Ockerman entertained Saturday night, Oct. 9 at their home with a birthday supper honoring their son Brian Stephen on his second birthday.

Guests were Stephanie Ockerman, Nathan, Ron and Mark Allison, Mr. and Mrs. Paul Wayne Hamm and Paula Jo, Mr. and Mrs. Herb Allison and Kathy, Mr. and Mrs. Innis Ockerman and Tim.

Births

HUNT

Mr. and Mrs. Jerry Lane Hunt of Ewing announce the birth of a daughter born at the Nicholas County Hospital on Oct. 1, 1976. She weighed nine pounds and five ounces and has been named Cybil Michelle.

DODGE

Mr. and Mrs. Wesley Arnold Dodge of Ewing announce the birth of a son born at the Nicholas County Hospital on Oct. 2, 1976. He weighed 10 pounds and has been named Robert Douglas.

Piedmont Orchestra at Morehead Oct.19

MOREHEAD—The Piedmont Chamber Orchestra, a 21-member professional ensemble affiliated with the North Carolina School of the Arts, will appear in concert Tuesday, Oct. 19, at Morehead State University.

Scheduled at 8 p.m. in Button Auditorium, the performance is the first event of the 1976-77 Concert and Lecture Series. It is free and open to the public.

The eight-year-old orchestra's conductor and music director is Nicholas Harsanyi, dean of the NCSA School of Music. The group is comprised of professional musicians now living and working in Piedmont, N.C., in or near Winston-Salem. More than half are on the NCSA music faculty, and all are instrumentalists of first-chair rank, including the five woodwind artists from the nationally known Clarion Wind Quintet, also affiliated with NCSA.

The repertoire of the Piedmont Chamber Orchestra contrasts classic works from the 18th century, the golden age of chamber music, with outstanding works by 20th century composers who have rediscovered the variety and flexibility possible with small ensembles of virtuoso performers.

Yoko's Pin Cushion

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Miss Bonnie Gates is cast member

Maysville Community College Players, under the direction of John Crockett, Director of Theatre, will present the two-act political farce-comedy, **The Girls in 509**, on Oct. 21, 22, and 23 at 8:15 p.m. The play is being staged in the college auditorium-theatre.

Nicholas countian Bonnie Gates, playing Miss Freud, is a member of the cast. She is a student at MCC.

Written by Howard Teichman, the play centers around two recluse "Republican Women" who went into seclusion when Herbert Hoover lost the 30's election to Franklin "Damnation" Roosevelt. Cut-off from radio and newspapers, and not even knowing about tv, the ladies are unaware that a Republican is now the American President. The situation becomes complicated when the hotel in which the recluses are hold-up is condemned to make way for the National Democratic Headquarters.

By mistake and in mayhem, an inept college Journalism teacher, Professor Pusey, stumbles into Suite 509 and is quickly held captive by a "Zebra Trap". Through a series of circumstances, Professor Pusey becomes close and thick friends with the two ladies and brings them great joy when he announces, "Oh, there's a Republican in the White House now . . . I don't know for how long, but he is there." Tickets for the production will be available this week at the college.

Teacher exams offered

MOREHEAD—The Morehead State University Testing Center is offering the National Teacher Examinations on Saturday, Nov. 13.

Registration forms, which may be obtained at the Center, must be received by the Educational Testing Service in Princeton, N.J., no later than Oct. 21.

During the one-day session, a candidate may take the common examinations, which include tests in professional and general education, plus one of 27 area examinations designed to measure knowledge of particular subject matter and teaching areas.

Each candidate will receive an admission ticket with notification of the exact location of the testing site. Those taking the common examination report at 8:30 a.m. Persons taking area examinations report at 12:30 p.m.

Dr. Morris L. Norfleet will become the eighth president of Morehead State University on Jan. 1, 1977. The 45-year-old Pulaski county native was appointed by unanimous vote of the MSU Board of Regents after being selected from 124 candidates. As the successor to retiring President Adron Doran, he received a contract running through June 30, 1979, at an annual salary of $40,000.

Farm and Home

County extension agents
Monte Conrad
Sharon Alexander
Mrs. Margie Wilson

The Key Is Quality

Now that tobacco harvest is nothing more than a memory, many cattlemen have concentrated their efforts on the corn harvest, whether it be in the form of silage or grain. Chances are that more and more cattle operators have or will turn to high quality forages for cattle feeds due to the high price of cereal grains. Forages are a good bet for farmers desiring to cut their feed costs by substituting grass and other forages in part, for the more expensive cereal grains.

The key to using forages successfully as part of your feeding program is quality. For example, high quality hays meet the entire nutritional needs for non-high-producing mature animals. However, high-producing cattle, such as lactating dairy cows and young calves often need additional supplements of other nutrients to their diets to perform to their highest level.

How can we know to what level to supplement our forage to complete the feeding system? The only way to be economically sound and nutritionally accurate is to test the forage for its nutritional worth. The University of Kentucky offers such a program to the dairy farmer at a small cost to the farmers. Dairymen using the ration formulation obtained through forage testing achieved outstanding results. For example, as much as 12 pounds per can increase in milk production in some herds, and in other herds, a reduction in feed costs of $200 per month while maintaining production.

More information may be obtained at the County Extension Office.

FOR SALE

Firearms and accessories. Smith & Wesson, Colt, Ruger, Winchester. Prices below retail. 289-2347 after 6:30 p.m.

FOODTOWN SUPER MARKETS

THE BOSS HAS GONE NUTS

You just won't believe your eyes when you see all our super buys! We've gone absolutely WILD with marked down prices!

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C & G

Kraft Jet Puff Marshmallows 10 oz. 3/$1

Fischer's **SMOKED PICNICS** lb. 59¢

Duncan Hines 23 oz. **Family Brownies** 89¢

Field's No. 1 (Limit 2 please) **FIELD'S SLICED BACON** lb. 99¢

Country Style (2 lbs. $1.97) **FIELD'S PORK SAUSAGE** lb. 99¢

Reg. or Thick **FIELD'S SLICED BOLOGNA** lb. 89¢

100% Pure (3 lb. pkg. or larger) **FRESH GROUND BEEF** lb. 69¢

(Cut-Up lb. 45¢) **GRADE A WHOLE FRYERS** lb. 39¢

U.S. Choice Beef Pot Roast, Boneless, Netted lb. 99¢

U.S. Choice Sirloin Strips, Sliced Free (10-12 lb. avg.) Whole, Boneless lb. $2.19

U.S. Choice Whole Beef [5-7 lb. avg.] Sliced Free! Tenderloin, Boneless lb. $2.39

Marhoefer Smoked Pork Chops, Center Cut lb. $1.49

Field Skinless Dinner Franks 2 lbs. $1.69

16 oz. Kosher or Reg.
Smuckers Hamburger Slices 59¢
Ajax Dishing Liquid 32 oz. 89¢
Jim Dandy Dog Food 25 lbs. $5.99
Ajax Cleanser 14 oz. 2/39¢
Sta-Puf Fabric Softener Gal. 99¢
Hunts Tomato Juice 46 oz. 59¢
300 can Hunts Tomato Sauce 2/79¢
Snowdrift Shortening 3 lbs. $1.49
Heinz Baby Cereal 8 oz. 29¢
½ gal Lucky Leaf Apple Cider 99¢
Nestea, 3 oz. $1.39
Viva Napkins 140 Ct. 49¢

Old Virginia Apple Sauce 25 oz. 49¢

Cocoa Puffs Cereal 8 oz. 59¢

Wood Crafter 14 oz. **Furniture Polish** $1.19

Field Trial Dog Ration 25 lb. bag $3.49

Freezer Queen Meats 5 oz. 4/99¢

Kraft Orange Juice 64 oz. btl. 89¢

Pillsbury Biscuits 6/89¢ Buttermilk & Country Style

Dawn Detergent 22 oz. 79¢
Purina Variety Menu 5/$1
80 Ct. Baggies Sandwich Bags 39¢
12 Ct. Bes Pak Lawn & Leaf Bags 79¢
Kraft American Singles 12 oz. 99¢

GREEN CABBAGE lb. 10¢

RED TOKAY GRAPES lb. 49¢

IDAHO POTATOES 10 lbs. $1.29

DELICIOUS APPLES Red or Golden 3 lbs. 79¢

Hot House Leaf Lettuce lb. 59¢

300 can Paramount Chili W/Beans 2/89¢

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White & Decorated, Assorted **Bounty Towels** Jumbo Roll 49¢

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Also Souffle Corn, Souffle Spinach, & Broccoli Augratin 16 oz.
Stouffer's Macaroni & Cheese 59¢
Sea Pak Hushpuppies 49¢
Cheddar & Colby 10 oz. Kraft Half Moon Cheese 99¢

Plain, Self-Rising 10 lbs. **Gold Medal Flour** $1.29

Fleecy White Bleach Gal. 59¢

Parkay (Limit 2 please) **Margarine** lb. 39¢

Mircle Whip 32 oz. 79¢

— Del Monte Sale —
Tomato Juice 46 oz. 59¢
Fruit Cocktail 303 can 39¢
Pineapples, No. 2 can Sliced, Chunks, Crushed 49¢
Golden W.K. or C.S. Corn 303 can 3/$1
Canned Peas 303 can 3/$1
Mandarin Oranges 11 oz. 39¢
Prune Juice Qt. 59¢
Pear Halves 303 can 39¢

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