

**Refrigerator Hint**  
When storing left-overs in refrigerator, put a piece of parchment or waxed paper over top of container and fasten with rubber bands.

## CALLS ALL-BRAN NATIONAL NATURAL LAXATIVE

Delicious Cereal Checked His Constipation

Here is an unsolicited letter from Mr. Daniels:

"For many years I have been habitually constipated, and have used all sorts of laxatives. So, in fairness to Kellogg's ALL-BRAN, I heartily claim it to be a most wonderful remedy for constipation."

"Need I tell you that I have long since ceased using laxatives? Kellogg's ALL-BRAN is the National Natural Laxative. If it were used by every family in the United States for breakfast, we would have a much healthier race of people."—Mr. John Daniels, 1090 Third St., North Bergen, N. J.

Tests show Kellogg's ALL-BRAN furnishes "bulk" to exercise the intestines and vitamin B to help tone the intestinal tract. ALL-BRAN also supplies iron for the blood.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Isn't this food much pleasanter than risk-taking pills and drugs? Two table-spoonfuls daily are usually sufficient. If not relieved this way, see your doctor.

Get the red-and-green package at your grocer's. Made by Kellogg in Battle Creek.

**KEEP ON THE  
SUNNY SIDE OF LIFE**

**Apple Tapioca Pudding**  
Peel and core six medium apples, place in baking dish and fill core hollows with brown sugar, butter, orange and lemon peel. Pour slightly cooked tapioca over apples and bake in moderate oven until soft.

**Chickens** Lb. **9c**  
to Boil  
Fancy Colored  
Springers.  
**FRYS** Lb. **24c**  
Plenty of Parking Space  
Poultry at Lowest Prices  
FREE DRESSING  
**City Poultry Market**  
LI. 4979  
111-13 North New Jersey Street

## BROILED STEAK IDEAL FOOD ON CAMPING TRIPS

Meat Should Be Cooked  
Directly Over Coals of  
Hot Fire.

Motor camping has increased in popularity during the last few years until now along practically every main highway, tourist camps may be found by the score. Indeed, this motor camping trip is a novel vacation stunt, so a few

ideas offered by Inez S. Willson, home economist, for suitable foods and equipment are in order.

When outfitting for motor camping select food that is quickly and easily cooked. It is not often that campers are in the humor to wait an hour for a meal. In this respect the many varieties of canned meats which have been already cooked and the ready-to-serve sausages are ideal choices.

It is decided advantage to have the car outfitted with a tourist refrigerator box or basket—one that will keep ice for thirty-six hours or more, or one which uses dry ice as the refrigerant. Then fresh meat, butter, milk and cream, ripe tomatoes, mayonnaise, ginger ale and the like may all be carried successfully.

A wire broiler is an excellent device for grilling steaks or chops or even toasting bread. It is said that no steak is ever so good as one broiled over the open fire.

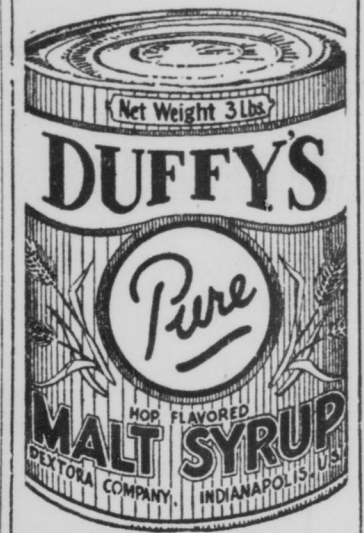
Choose one of the tender steaks suitable for broiling—that is, either a club, porterhouse or sirloin. Build a good sized fire and let the flames die down until the fire is a mass of coals before starting the broiling process. Place the steak on the rack directly over the coals, about 3 inches from them. When the meat is browned on one side, turn

it and by the time the second side is brown, the steak will be done.

When a crowd is to be served individual steaks, cut from the tenderloin, are ideal for broiling. They may be wrapped in sliced bacon. Patties made of ground meat are great favorites with campers.

If a frying-pan is carried in the camping kit, fried ham and eggs are the old stand-bys with campers. Bacon may be kept several days in the portable refrigerator. The possibilities of dried beef likewise should not be overlooked when it comes to planning the motor picnic.

## DEMAND



**NONE BETTER**  
Full 3-Lb. Can  
Choicely Hop Flavored  
Made by the Only Malt Syrup  
Manufacturer in Indianapolis  
Sold By Your Retail Store  
Insist Also on

Duffy's Sweet Cocoa Malted Milk  
Duffy's Orange Flavor Malted Milk  
Duffy's Pure Malted Milk  
Duffy's Colon Food

**FRYS**  
**17c** LB.  
to 24c Lb.  
**Hoosier Poultry Market**  
107 NORTH ALABAMA ST.  
LI-1881.

**If You Want**  
Early morning delivery on quality milk, just phone  
**East End Dairies, Inc.**  
Cherry 3319  
577 No. Highland

**EVANS**  
**E-Z-BAKE**  
**FLOUR**  
FOR ALL PURPOSES

**FRESH EGGS**  
Standard, 2 Doz., 39c  
Extra Large, 2 Doz., 49c  
FRYS, Full Dressed, Lb., 27c  
**BOYER'S HATCHERY**  
138 N. Delaware  
RI-5470

**Always fresh! GRENWALD'S**  
Quality Meat Market  
26-28 N. Delaware St.  
LI. 5496-5497

Creamery Butter	27c
Fresh Eggs	2 Dz. 41c
Hamburger	3 Lbs. 20c
Pork Steak	2 Lbs. 29c
Beef	
Telling, Lb.	5c
Chuck, 8c and 10c	
Round Shoulder	12 1/2c
Swine	12 1/2c
Beef, Lb.	5c
Roast, Lb.	10c
Chops, Lb.	10c
Veal	
Steak, Lb.	3c
Shoulder, Lb.	10c
Leg of Lamb	12 1/2c
Round Steak	Lb. 15c
Bacon, sliced	2 Lbs. 35c
Chickens, Frys, 21c	Hens, 17c

**BEER SPECIALS**  
Friday and Saturday  
Silver Edge, \$1.49  
Your Choice  
Sterling .....  
Falls City .....  
Berghoff .....  
Kamm .....  
Cooks .....  
**\$1.99**  
Per Case

*Do you remember when?*

**CEREALS**  
came  
in **BULK?**

Dumped into open bins—  
scooped from barrels or boxes  
with no sanitary precautions?

Today you buy cereals in safe-guarding cartons. Be as safe and sure about SUGAR!

Jack Frost Sugars are 100% cane sugars. Properly packaged to safeguard their clean, wholesome sweetness.

**JACK FROST**  
Sugars  
Refined by The National Sugar Refining Co. of N. J.

**Banana and Ham Sandwich**  
Mix two and one-half ounce can deviled ham and two and one-half crushed bananas thoroughly. Spread mixture between buttered slices of bread, with or without lettuce leaves. Makes six to eight sandwiches.

**Put Salt on Bananas**  
Sprinkle a little salt on ripe bananas before eating, to bring out the flavor.

**Enjoy ICED Tea or Coffee**  
at Its Best. Ask for "KO-WE-BA" Brand

The iced tea you serve will be more delicious and refreshing, if you make it with KO-WE-BA Special Blend of India Tea. When this finer tea is iced, it retains more of its delightful flavor and color. Try a package and see how much richer it tastes.

Since it costs no more than ordinary tea, why not enjoy the best?

**KO-WE-BA**  
Blend for ICED TEA

And you'll never know how wonderfully delicious and invigorating iced coffee can be until you try KO-WE-BA de luxe blend. Brew it as usual, then chill; pour into glasses, add ice, sweeten and top with whipped cream.

Choice of KO-WE-BA, LILY or NEW DEAL coffees at three popular prices.

**KO-WE-BA**  
Ideal for ICED COFFEE

## SPECIAL LOW PRICE

**BEER**  
**SILVER EDGE**  
Case of 24 Bottles **\$1.49**  
Plus Case and Bottle Charge  
**Miller's Export or Berghoff**  
**3** 12-Oz. Bottles **25c** Plus Bottle Charge  
(In Licensed City A & P Beer Stores Only)

**Pineapple** Sliced in Syrup **2** No. 2 1/2 cans **35c**

**Cherries** New Pack Red Pitted No. 2 Can **10c**  
**Cake** Black Walnut Bar—Ann Page **25c**

**CHEESE** Mild Wisconsin Lb. **15c**

**Sugar Rolls** Twisted Pkg. of 6 **10c**  
**Sugar Cookies** N. B. C. Assorted Lb. **19c**

**Good Luck** Spaghetti Ladoga Cooked 20-Oz. Can **10c**  
**Fruit Salad** Del Monte No. 1 Can **17c**

**BUTTER** Country Roll (Silverbrook Prints Lb., 30c) Lb. **29c**

**BEANS** Quaker Maid 4 Cans **19c**

**LIFEBUOY** 8 o'Clock Coffee Lb., **21c**  
**Red Circle Coffee** Lb., **23c**

**BREAD** New Low-Priced Grandmother's (20-Oz. Loaf, 8c) 12-Oz. Loaf **5c**

**LEAF LETTUCE** Crisp Tender Lb. **5c**

**VEAL ROAST** Boneless Rolled Lb. **17c**

**GREY BASS** Fresh Dressed Ready for the Pan Lb. **10c**



**Tomato Juice** Louden's 9 1/2-Oz. Can **5c**  
**Rajah** Salad Dressing Qt. Jar **25c**

**E-Z-Bake Flour** 5 Lb. Bag **27c**  
**Cigarettes** Popular Brands (2 Pkgs., 25c) Ctn. **\$1.20**

**Good Luck** Margarine Stays Firm in Summer 2 Lbs. **27c**

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**WATERMELONS** Home Grown Ea. **25c** and up  
**Lemons** Full of Juice Doz. **25c**  
**Peaches** Fancy Term. Freestone 3 Lbs. **17c**



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## AVONDALE

**FLOUR** 24-Lb. Sack **73c**

**COUNTRY CLUB BUTTER** Roll Style 1/4-Lb. Prints, Lb. 30c Lb. **29c**

**PURE CANE SUGAR** 25-Lb. Bag, \$1.38 10-Lb. Bag **55c**

**Peanut Butter** 2 lb. jar **23c**  
Embassy Brand

**Iced Tea** 1/2 lb. pkg. **25c**  
Wesco Brand

**Spices** Shaker Top Cans, Ea. **5c**  
Assorted Varieties

**Lux Soap** Toilet Form 3 Bars **18c**  
Ask about the pictures of Movie Stars.

**COFFEE** Maxwell House or Chase & Sanborn Lb. **29c**  
Country Club Coffee Lb. 28c

**JEWEL COFFEE** Smooth—Fragrant Lb. **21c**

**LAYER CAKE** Pineapple Iced Each **25c**

**ARMOUR'S STAR Smoked HAMs** Sweet Sugar Cured, Whole or Shank Half, lb. **20 1/2c**

**Chuck Roast** lb. **13c**  
Shoulder Beef, lb., 16c Rib Roast, rolled, lb., 25c  
Fresh Picnics, lb., 12 1/2c Fresh Cottage, lb., 17c

**Sliced Bacon** 1-lb. pkg. **25c**  
Dry Cured, No Rind.

**Chickens** Wadley's Milk Fed lb. **19c**  
For Stewing, 3-4-lb. average.

**We give you GREATER VALUE!**

Kroger's Guarantee: QUALITY, FOODS AT LOW COST — is known the country over. But, we've gone a step further in the business of saying you money. The Kroger Food Foundation Testing Laboratories make certain of purity and quality in foods before we offer them for sale!

AT OUR THRIFTY PRICES CAN YOU AFFORD TO BE UNCERTAIN?

**Kroger & PIGGLY WIGGLY STORES**

**Lifebuoy** The Health Soap 3 bars **19c**  
**Rinso** Large Packages 2 for **39c**  
Small Pkgs. Each 9c

**Salada Tea** BROWN LABEL 1/4-lb. pkg. **18c**  
**Post Toasties** large pkg. **10c**  
**Pickles** DILLS OR SOUR Quart **13c**  
**Grape Juice** ROCKY RIVER Quart **29c**  
Pint Bottle, 15c

**BANANAS** Yellow Ripe Fruit 4 lbs. **23c**  
**Peaches** 10 lbs. **45c**  
Bushel, \$1.95—5 lbs., 23c

**Celery** 3 stalks **10c**  
**Lemons** doz. **25c**  
**Apples** 4 lbs. **19c**  
Fancy Duchess

**ARMOUR'S STAR Smoked HAMs** Sweet Sugar Cured, Whole or Shank Half, lb. **20 1/2c**

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For Stewing, 3-4-lb. average.

These prices effective in Indianapolis, Greenwood, Plainfield, Zionsville, Mooresville, Morristown, Brownsburg and Kroger's two Drive-in Markets, Forty-sixth and College and Tenth and Drexel.

**KROGER STORES & PIGGLY WIGGLY**