BEST BUYS

Apples and cider economy purchase

By VIRGINIA McLUCKIE
Food Economist

Just by using seasonal vegetables and fruits it is possible to give your family meals a new look and add some zest.

The fruit counter offers plenty of apples and apple cider that can be used any of the three meals or for snacks. Three or four pound film bags of apples are the most economical purchase unit. For eating, or raw use turn to the Red or Golden Delicious or Jonathan varieties. Look for variety name of the face of the bag or the tape which ties the bag closed.

* * *

Other fruits still available are peaks and Thomson seedless grapes which are ending their peak season. Cranberry season is just starting and the crop is large. Tangelos and grapefruit from Florida have arrived starting the citrus season. Most of the white and pink grapefruit are seeded early varieties. Tokay grapes are lower in price and an excellent out of hand fruit as well as one for salads.

Fall vegetables on the market include sweet potatoes, yellow onions, turnips and rutabagas, acorn squash, Chinese cabbage and the big family of cabbages, cauliflower, broccoli Brussels sprouts and head cabbage.

The fall crop of cabbage and cauliflower reaches its peaks in October and November. The major producing areas are New York state, California and Michigan. Cabbage is not a newcomer to the market but a year around economy vegetable. Cauliflower is different in that 85 percent of the crop is sold on the fresh market and is available in heavy supply in the fall when one quarter of the crop is sold in October.

If the market offers heads with leaves, look for bright green leaves insuring freshness and a solid compact cream-white flowerets indicating tenderness. Smell heads and large heads may be equally good.

Chose the size head that suits your family needs. The current marketing technique of trimming off all outside leaves and over wrapping the white head with film allows more heads to be shipped in a smaller space, cutting transportation cost almost enough to counter the cost of trim and wrap done at point of production.

* * *

The cabbahe family offers a source of vitamin C when eaten raw. Raw cabbage and cauliflower are ideal for fall salads. The darker green family members are good sources of vitamin A. When cooking any cabbage type vegetable avoid over cooking. A tender crisp vegetable is more palatable and has better flavor.

As fall progresses look for more features on pork as a seasonal meat in good supply. Counters will have a plentiful supply and an excellent meat for preparation in just hundreds of tempting recesses.

Recipe for this wek is for Broccoli-Cauliflower Medley

Use one beef bouillon cube, one half cup boiling water, two cups broccoli flowerets, one half cup boiling water, two tablespoons lemon juice, one half teaspoon salt and two ups cauliflowtrs.

AFRO Patterns



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SERVICE

High school queens coming to Morgan

BALTIMORE, Md. — Some 15 high school queens have been selected to represent their schools at the Morgan State College Homecoming Game and participate in the parade on Street at 11 a.m. Saturday, October 24.

The parade of more than 30 floats will begin from Memorial Stadium on 33d

The queens are:

Miss Gladys Barnes, Mergenthaler High School, who is a 12th grade student in the stenography course and a cheerleader.

Miss Betty Jean Clayton, a senior at Great Mills High School. She is a member of the National Honor Society, the French Club, Dance Club, Track Team and Girls Basketb ll Team. She has received awards in world history and shorthand speed. She lives with her grandparents, Mr. and Mrs. Ross E. Clayton.

Miss Marsha Gibson of Dundalk Senior High School, whose favorite subjects are trigonometry and Spanish. The student body recently elected her liaison officer in the Student Council. She hopes to become a social worker...

Also Miss Shirley L. Gilbert, a senior at Brunswick High School, where she is a varsity cheerleader, plays the clarinet in the band, is the band's assistant secretary, is FHA parliamentarian and is one of 9 students selected to attend a luncheon by the Woman's Club of Brunswick. She is currently working on a special project for the Board of Education on vocational institutions.

Miss Nelita Griner, a senior at Lansdowne High School, who is a member of the National Honor Society and the Student Government. Her hobbies consist of dancing, music, sports and people in general.

Miss Sandy Harvey, 11th grader at Perry Hall Senior High School in the academic course. In her community she is a member of the church choir and the Junior Missionaries. She likes bowling, skating, dancing and music.

Miss Phyllis Hewett, a senior at Suitland Senior High School, who has achieved semi-finalist status in the National Achievement Scholarship Program for outstanding Negro students. Her father's Army career gave her the opportunity to travel in Italy, Germany and Canada, as well as complete her grammar school education in Oklahoma and Washington state. And "A" student at Suitland, she is active in the Student Council, Pom-pom Squad, National Honor Society, Latin American Club, Girls Track and Music Club.

Also Miss Sharone Levenone, a juni at Northeast High School (Pasadena).

Miss Lydia Powell, a junior at Northwestern High School, who wants to become a CPA. She enjoys bowling, horseback riding, skating and dancing.

Miss LaVerne Proctor, a senior at Surrattsville Senior High School, who plans to major in Business Administration in college. She wants to become a business teacher and later join VISTA.

Miss Karen Spencer, 11th grader at Patterson High School, was a member of the Honor Society, Glisner Choir, Girls Service Club and a junior varsity cheerleader. The daughter of Mr. and Mrs. Sherman Lee Spencer (Major USA) she has attended schools in Louisiana, Washington, D.C., South Carolina, as well as Maryland.

Miss Angela Taylor, Laurel Senior High School, who is in the Glee Club. She likes art, dancing and singing and plans to become a singer.

Miss Gail Walker, Lackey Senior High School, whose father is in the United States Air Force and has lived in most of the 50 states. She is president of the Lackey Student Government assistant editor of the school yearbook (Charger) and a member of the Washington Junior Academy of Science.

Other queen, will be Miss Darlene Stukes and Miss Brenda Sample, both from Eastern High School.



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USDA CHOICE USDA PRIME
All beef sale hanging wt., subject to trim loss.
GOVERNMENT GRADED CHOICE & PRIME
Quarters & Sides of Beef
• STOCK YOUR FREEZER NOW •
All prices include cutting and double wrapping!
All Beef Is Weighed, Cut and Wrapped by Experienced Personnel, While You Supervise
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100% U.S. GOV'T. INSPECTED FOR WHOLESOMENESS!
CHICKEN
LEG OR BREAST QUARTERS lb. 35¢
WHOLE, FROZEN
Roasters ... lb. 39¢
LANCASTER BRAND, FULLY-COOKED, SEMI BONELESS
Hams DRY CURED WHOLE or HALF ... lb. 85¢
QUARTERED, SLICED 8-11 CHOPS AVG.
Pork Loins ... lb. 69¢
SLICED, LEAN
Sliced Bacon 1-lb. pkg. 79¢
TURKEY SEMI-BONELESS
Sausage Links 2 lbs. 69¢
OLD HICKORY
Skinless Franks 1-lb. pkg. 69¢
ASSORTED FLAVORS, FARMDALE
ICE CREAM ½-gal. ctn. 69¢ SAVE 10¢

FRESH, PAN READY
CHICKEN PARTS
WHOLE LEGS lb. 47¢ | BREASTS WITH RIBS lb. 57¢
LEAN FULLY-COOKED
SMOKED HAMS
WHOLE OR SHANK HALF
lb. 49¢ BUTT HALF lb. 55

LANCASTER BRAND, TENDER, 100% U.S. GOV'T. INSPECTED BEEF!
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★EASY TO CARVE! ★LESS WASTE! ★EXCESS FAT & ALL BONE REMOVED! lb. 69¢
BLADE BONE REMOVED
California Roast ... lb. 69¢
BONELESS
Chuck Steaks ... lb. 87¢
U.S. GOV'T INSPECTED
7-Inch Rib Steaks lb. 97¢
LANCASTER BRAND
Tender Arm Steaks lb. 99¢
OVEN-READY
Rib Roast (1st cuts slightly higher) lb. 85¢
BONE-IN
Cross Cut Roast ... lb. 79¢
CROSS CUT OR OLD FASHIONED 3-CORNER
Boneless Roast ... lb. 99¢
LEAN, WELL TRIMMED
Delmonico Steaks lb. $1.97
FRESH
Ground Chuck ... lb. 85¢
FRESHLY SHUCKED
Oysters ... STANDARDS 12-oz. can $1.29

FRESH, CRISP ICEBERG
LETTUCE
2 large heads 39¢
Delicious Apples RED OR GOLDEN ... 2 lbs. 39¢
New, Green Cabbage ... lb. 8¢
Crisp Red Radishes ... 3 cello pkgs. 29¢

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HAWTHORN AVOCADO by West Bend
COOK WARE
THIS WEEK'S FEATURE:
8-INCH OPEN SKILLET only $3.79

PINEAPPLE-GRAPEFRUIT
Del Monte Drink 3 1-qt. 14-oz. cans 85¢
DEL MONTE CUT
Green Beans ... 4 1-lb. cans 93¢
WHOLE KERNEL OR CREAM STYLE
Del Monte Corn 4 1-lb. cans 89¢
DEL MONTE
Catsup ... 4 14-oz. bots. $1
DEL MONTE
Tomato Sauce 6 8-oz. cans 77¢
DEL MONTE
Pitted Prunes ... 19-oz. can 49¢
FARMDALE
Apple Sauce ... 6 1-lb. cans 95¢
Prices Effective Thru Sat., Oct. 24, 1970. Quantity Rights Reserved.

SLICED, CHUNK, TIDBIT OR CRUSHED
DEL MONTE PINEAPPLE 2 cans 39¢
TENDER SWEET
DEL MONTE PEAS 5 1-lb. 1-oz. pkgs. $1.00

THIS COUPON WORTH (CO)
100 S&H GREEN STAMPS WITH YOUR $10 OR MORE PURCHASE
(Excluding Cigarettes & Milk Products)
One Coupon per Family Please. Void After Oct. 27, 1970.
ACME

SAVE 15¢ FARMDALE SLICED WHITE BREAD 5 1-lb. loaves $1.00

THIS COUPON WORTH (CO): 100 S&H GREEN STAMPS with purchase of WEST BEND COOKWARE
THIS COUPON WORTH (CO): 50 S&H GREEN STAMPS with the purchase of a CROSS CUT, ARM OR RIB ROAST
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THIS COUPON WORTH (CO): 25 S&H GREEN STAMPS with the purchase of two ctns. FRESH SLICING TOMATOES
THIS COUPON WORTH (CO): 25 S&H GREEN STAMPS with the purc se of a 16-oz. loaf STICK OR WEDGE CHEESE
THIS COUPON WORTH (CO): 15¢ CASH! toward the purchase of 2 1-lb. pkg. PILLSBURY HUNGRY JACK PANCAKE MIX (10 OZ. LABEL)
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THIS COUPON GOOD FOR TWO (CO): 4"x5" PICTURES On Authentic Artist's Canvas FREE! WITH YOUR $5 OR MORE PURCHASE (Excluding Cigarettes & Milk Products)
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CLIP OUT AND REDEEM THESE COUPONS FOR EXTRA SAVINGS!

REDEEM THIS VALUABLE COUPON FOR 7¢ CASH 5-lb. BAG GOLD MEDAL FLOUR #9807 Price With Coupon 48¢
LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SATURDAY, OCT. 24th.

REDEEM THIS VALUABLE COUPON FOR 25¢ CASH 4-oz. JAR FREEZE DRIED MAXIM COFFEE #9825 Price With Coupon 79¢
LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SATURDAY, OCT. 24th.

REDEEM THIS VALUABLE COUPON FOR 50¢ OFF on one 8" x 36" SHELF You Pay Only $2.49 WITH THIS COUPON
LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SAT., OCTOBER 24th.

Pantry Pride
DISCOUNT FOODS

RECIPE OF THE WEEK
Herbed Leg of Lamb
3 to 4 pound half-leg of lamb
¼ cup prepared mustard
2 Tablespoons lemon juice
2 teaspoons marjoram
1 teaspoon salt
½ teaspoon ground ginger
⅛ teaspoon pepper
Wipe lamb, with damp cloth; place on rack in shallow roasting pan. Combine remaining ingredients, mixing well. Cut slits in lamb, spread sauce over meat. If using meat thermometer, insert in center of roast not touching bone. Roast in slow oven (325°F.) 40 minutes per pound or until thermometer registers 180°F. Allow roast to cool 15 minutes before carving. Makes 5 to 7 servings.

BEEF RIB ROAST
USDA CHOICE
BONUS SPECIAL THIS WEEK ONLY!
7-INCH CUT
lb. 78¢
SLICED BACON FYNE TASTE LEAN 1-lb. Pkg. 59¢

LEG 'O LAMB
USDA CHOICE WHOLE lb. 79¢
USDA CHOICE LAMB CHOPS
SHL'D BLADE CUT lb. 79¢
SHL'D ROUND BONE CUT lb. 89¢
Rib Chops lb. $1.19
Loin Chops lb. $1.39

FRESH FRYERS
U.S. Gov't Inspected
SPLIT or CUT-UP lb. 30¢ WHOLE lb. 26¢

COME IN AND PICK YOUR OWN GARDEN FRESH PRODUCE

CROSS RIB ROAST USDA CHOICE BONELESS lb. 95¢
DELMONICO STEAKS USDA CHOICE lb. $1.97
RIB STEAKS USDA CHOICE 7" CUT lb. 98¢
FRESH BRISKETS USDA CHOICE BONELESS ... WHOLE lb. 79¢
Greendeil's Steaks BREADED VEAL CHUCK WAGON 3-lb. pkg. or over 89¢
Fried Chicken WEAVER'S BATTER DIPPED BREASTS 1-lb. con. $1.49
Drumsticks & Thighs Weaver's Better Dipped Fried Chicken 1-lb. 12-oz. pkg. $1.39
Party Pack WEAVER'S BATTER DIPPED FRIED CHICKEN WINGS 1-lb. 12-oz. pkg. $1.49
CHICKEN WINGS FRESH ... lb. 35¢
GROUND BEEF REGULAR 3-lb. pkg. or over 58¢

DELICATESSEN DEPARTMENT
FRANKS BRIGG'S ALL MEAT lb. pkg. 75¢
SLICED BACON BRIGG'S ... pkg. 79¢
LIVERWURST PANTRY PRIDE ... pkg. 35¢

31 CONVENIENTLY LOCATED PANTRY PRIDES TO SERVE YOU ...
• #3 SALISBURY MALL, Civic & Glen Avenues, Salisbury
• 6025 MORAVIA ROAD, (Frankford Plaza S. C.)
• 7848 WISE AVENUE (at Lynch) Baltimore
• 302 HARUNDALE MALL Glen Burnie, Md.
• 2108 SOLOMONS ISLAND ROAD, Parole S. C., Annap.
• 6623 GOVERNOR RITCHIE HWY., Glen Burnie
• 7930 EASTERN AVENUE
• 4210 FRANKFORD AVENUE, Belford, S. C.
• 05-15 PADONIA ROAD, Padonia Village S. C.
• 6620 REISTERSTOWN ROAD, Reisterstown Plaza
• 1200 RUDOWOOD PLAZA, Eudowood S. C.
• 8656 LIBERTY ROAD, Liberty O.S.C.
• 2113 PULASKI HIGHWAY, Havre de Grace, Md.
• 1407 YORK ROAD, Seminary S. C.
• 11953 REISTERSTOWN RD., Reisterstown-S. C.
• 2323-2333 CLEARLEIGH DR., Perring Pkwy.
• 2801 SMITH AVENUE, Greenspring S. C.
• 1951 E. JOPPA ROAD, Perring Plaza
• 4515 EDMONDSON AVENUE, Edmondson Village S. C.
• 5896 THUNDER HILL RD., Oakland Mills S. C., Columbia
• #10 FREDERICK S. C., West 7th St., Frederick
• 2076 MORAVWIN MALL
• 1082 MAIDEN CHOICE LANE, Arbutus
• 5702 BALTIMORE NATIONAL PIKE, Westview S. C.
• 6606-10 SECURITY BLVD.
• 5409 BALTIMORE NATIONAL PIKE
• 6501 BALTIMORE NATIONAL PIKE #40 WEST
• 2159-63 W. PATAPSCO AVENUE

SWEET RED EMPEROR GRAPES lb. 27¢
CRISP TANGY CORTLAND APPLES 4-lb. Bag 48¢

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SELECT FROM OUR FINE DAIRY PRODUCTS IN OUR SELF-SERVICE DAIRY DEPT.
KRAFT'S VELVEETA CHEESE 2-lb. Loaf 99¢
BONUS SPECIAL THIS WEEK ONLY!
KRAFT'S CHEEZ WHIZ 16-oz. Jar 79¢
COTTAGE CHEESE PANTRY PRIDE lb. Cup 31¢ 2-lb. Cup 55¢

APPETIZING DEPARTMENT
EVERYTHING SLICED TO ORDER AVAILABLE AT MOST STORES...
DOMESTIC PRESSED HAM lb. 99¢
BONUS SPECIAL THIS WEEK ONLY!
SWISS CHEESE FANCY DOMESTIC ... ½ lb. 49¢
BAKED LOAVES PLAIN-OLIVE PIMENTO ... ½ lb. 49¢

FANCY LARGE BROWN SHRIMP 26-30 COUNT $1.59

QUICK-FIX FROZEN FOODS
MINUTE MAID ORANGE JUICE 4 6-OZ. CANS 89¢
ORANGE DRINK BIRDSEYE AWAKE ... 3 6-oz. cans 89¢
TOPPING COOL WHIP ... 4-fl.-oz. ctn. 33¢
MORTON CREAM PIES ... 4 14-oz. pkgs. 99¢
PANTRY PRIDE BROCCOLI SPEARS ... 4 10-oz. pkgs. 99¢
BANQUET BOIL in BAG MEATS ... 4 11-oz. pkgs. 89¢
BEEF-CHICK-EN-TURKEY MORTON DINNERS ... 11-oz. pkg. 39¢
FRENCH FRIES CHEF'S CHOICE 5-LB. BAG 69¢

THOUSANDS OF ITEMS DISCOUNTED TO SAVE YOU MORE!

SUNSWEET PRUNE JUICE ... 1-qt. bot. 45¢
RED HAWAIIAN PUNCH ... 2 1-qt. 14-oz. Can 57¢
MUSSELMAN APPLESAUCE ... 5 15-oz. Can $1.00
WHOLE KERNEL NIBLETS CORN ... 12-oz. Can 20¢
GREEN GIANT SWEET PEAS ... 5 1-lb. Can $1.00
QUICK-FIX HORMEL SPAM ... 12-oz. Can 52¢
CAMPBELL PORK 'n BEANS ... 4 1-lb. Cans 55¢
FRANCO-AMERICAN SPAGHETTIOS ... 6 15½-oz. Cans 85¢
CROSSE'N BLACKWELL CRAB SOUP ... 3 12-oz. Cans 95¢

BONUS SPECIALS from DEL MONTE
YOUR CHOICE
• Green Beans 1-lb. • Spinach 15 oz.
• Golden Corn 1-lb. 1 oz. • Catsup 14 oz.
• Cream Corn •• Halfsies Green Beans 1-lb.
4 for 89¢
PRUNE JUICE DEL MONTE ... qt. Bot. 45¢
YELLOW CLING PEACHES DEL MONTE ... 2 1-lb. 13-oz. Can 49¢
FRUIT DRINK PINEAPPLE GRAPEFRUIT 3 14-oz. 85¢
PINEAPPLE JUICE 2 1-lb. 13-oz. Can 67¢

100% PURE CRISCO SHORTENING ... 3 lbs. Can 83¢
100% VEGETABLE CRISCO OIL ... 24-oz. Bot. 57¢
DUNCAN HINES CAKE MIXES YELLOW ... 3 18-oz. pkgs. 95¢
CHOCOLATE NESTLE'S QUIK ... 1-lb. can 79¢

THE NUMBER ONE LOW PRICE LEADER IN TOWN!