Family Fare

Food Fashions and Homemaking

NURSES OF THE YEAR were honored at Sinai Hospital's Department of Nursing Service Annual Award Luncheon on Tuesday. Honorees were (l to r) Mrs. Esther Dubin, R.N., head nurse in the Coronary Care Unit; and Mrs. Mary Mead, L.P.N., staff nurse in the Intensive Care Unit. Mrs. Mead also received a service award for "25 years of devoted duty" to the hospital. Also shown are Miss Jeanne Fisher, director and Harry Greenstein, who donated the cash awards.

Economy meals for good eating

As May bursts upon us bringing sunshine and warmth, the potato salad season comes with it!

Whether on a picnic or at home, potato salad takes star billing as a tasty, cool and nourishing luncheon or dinner dish. It's best prepared in advance and refrigerated, so all you have to do is open the container and serve it when mealtime rolls around.

* * *

The U.S. Department of Agriculture's Consumer and Marketing Service says potatoes for May marketing will continue plentiful. Heavy shipments are due from Florida, Texas and California. Processed potato products are also expected to be abundant.

Potato salad isn't really just one dish, but any number of interesting variations on a basic theme. Most potato salads call for mayonnaise and vinegar as well as potatoes — and the seasonings and added ingredients are many.

* * *

Fresh, crisp vegetable additions include: chopped celery, cucumbers, cauliflower, radishes, ripe olives, onion, pimiento, dill or sweet pickle, green pepper or carrots.

Potato salad can be a protein-rich main dish if combined with cold cuts, seafood, poultry, eggs or cheese.

Crisp, crumbled bacon adds an excellent contrast in color, texture and taste.

Salt, pepper, caraway seeds, paprika, chopped parsley, bottled salad dressings or dressing mixes are all good, zesty seasonings for your potato salad.

* * *

For a really different potato salad flavor and extra crunchiness, mix in a diced apple.

When preparing potatoes for salad, cook them in their jackets to conserve vitamin content. Cool them just enough to remove the skins, and then dice. Keeping the potatoes slightly warm helps develop the blend of ingredients.

* * *

Here's a menu for a day's good eating using potatoes and other reasonably priced, plentiful foods:

BREAKFAST
Orange Juice
Fried Eggs
Crumb Buns
Milk
Coffee or Tea
LUNCH
Chicken Croquettes
Broccoli
Milkshake
DINNER
Family-Favorite Potato Salad
Cole Slaw
Chilled Canned Peach Halves
Milk
Coffee or Tea

* * *

Family-Favorite Potato Salad makes a delicious dinner main dish, perfect for warm, don't want anything hot evenings.

Required are two lbs. potatoes, one-fourth lb. sliced salami, one-fourth lb. sliced bologna, one-fourth lb. sliced olive loaf, one-half cup sliced onions, one-half cup chopped dill pickles, two hard-cooked eggs, coarsely chopped, one-half cup mayonnaise or cooked salad dressing, one-fourth cup vinegar, one-fourth cup salad oil, one and one-half teaspoons sat and one-half teaspoon pepper.

In small amount of boiling, salted, water, cook unpeeled potatoes until tender. Let cool slightly; then peel, and cut into ⅜-inch cubes (you'll have about 5 cupfuls). Slice salami, bologna and olive loaf into -inch strips julienne style.

In large bowl, combine potatoes, cold cuts, onion, dill pickles and eggs. In small bowl, beat remaining ingredients until smooth. Pour over potato mixture; with large spoon and fork, lightly toss until well combined. Refrigerate at least 1 hour before serving. Makes 6 to 8 servings.

AFRO-AMERICAN NEWSPAPERS

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MONEY GROWS ON JARS: GO FISHING AT YOUR GROCER'S FOR A CAN OF TUNA, SALMON OR SHRIMP AND GET IT TOGETHER WITH A JAR OF VELVETY SMOOTH KRAFT MAYONNAISE. THE FISHING'S GOOD AND SO IS THE KRAFT LABEL—FOR 25¢ WHEN YOU SEND IT IN. GOOD COOKS REALLY APPRECIATE KRAFT MAYONNAISE. THE MAYONNAISE LOVERS' MAYONNAISE.

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Kraft Mayonnaise Dressing
Coupon Value 25¢ ONLY
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LIMIT: ONE REFUND PER FAMILY OR ADDRESS. Offer valid in the United States only. Void in Alaska and Hawaii. Void where prohibited, taxed or restricted. Void if copied, altered, purchased or received from brokers, jobbers or other unauthorized persons. Void if mail is lost, misdirected or delayed. Void if more than the number of coupons specified are redeemed. Void if sold, traded or bartered. Void if Kraft has reason to believe that fraud or misrepresentation has been made in connection with this offer. Void if prohibited by law. Void if Kraft has reason to believe that the offer is being abused. Void if redemption is not in accordance with the terms of this offer. Void if redemption is not in accordance with the terms of this offer. Void if redemption is not in accordance with the terms of this offer.
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FRESH Chicken Parts

LEGS lb. 53¢ BREASTS lb. 65¢

WINGS ..... lb. 35¢
BACKS ..... lb. 12¢

SLICED 9-11
QUARTER PORK LOIN ..... lb. 69¢
FARMER GRAY CORNED BEEF
BRISKETS THICK CUT lb. 89¢ OUR FIRST CUT lb. 99¢

FRESH PICNIC SHOULDER
WHOLE lb. 43¢

FOOD FAIR
SUPERMARKETS SUPERMARKETS

FRESH GREENS
TENDER All Varieties 2 lbs. 49¢

LOUISIANA YAMS MEATY ..... 2 lbs. 39¢
US NO. 1 (BULK) ONIONS TEXAS NEW ..... 3 lbs. 27¢
IMPORTED PINEAPPLES ..... 3 for 95¢

KRAFT'S SLICED SWISS CHEESE 8-oz. PKG. 59¢
SOFT BLUE BONNET MARGARINE ..... lb. 47¢

ALL MEAT-BEEF-BIG DADDY GOETZE'S FRANKS YOUR CHOICE lb. 79¢
SLICED IMPORTED HAM .... 4-oz. PKG. 59¢

FANCY JERSEY TROUT lb. 39¢

"BONUS COUPON SAVINGS"

Redeem This Valuable Coupon For 10¢ CASH 1-lb. 4-oz. Pkg. PUNCH DETERGENT BR9B10 Limit one coupon per shopping family ... Void after Sat. May 8th

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WE RESERVE THE RIGHT TO LIMIT QUANTITIES, PRICES EFFEC. THRU SAT. MAY 8, 1971

Lampados have clothing drive

The Lampados Club of Delta Beta Chapter of Omega Psi Phi Fraternity, Inc. is sponsoring a "Free Clothing Drive for the Poor." Delta Beta Chapter of Omega Psi Phi Fraternity is located at Coppin State College, 2500 W. North Avenue.

The Lampados, under the leadership of Dean of Pledgees, Clyde Millner, are requesting any old or new clothing that you don't want or cannot use.

All persons who want to make a contribution are instructed to bring or send the articles to the J. Millard Tawes Student Union Building on the college campus. Delivery times are from 8:00 a.m. 6:00 p.m., May 5 through May 12. The clothing collected will be presented to the Department of Social Services and other city agencies for distribution.

For further information contact: The Lampados Club of Delta Beta Chapter between 11:00 a.m. and 12:00 a.m. at 669-0321 or Robert Moore, 675-1430; James Patterson, 669-3936; Fedes Lazier, 668-5919; or LaHuse McFadden, 732-2237.

May 12-13

Sergiu Comissiona, Music Director of the Baltimore Symhony, will conduct the chestra's midweek series on Wednesday and Thursday evenings, May 12 and 13, at 8:30 in the Lyric Theater.

SUPER-RIGHT QUALITY
BONELESS ROUND
ROASTS ONE PRICE—NONE PRICED HIGHER lb. 99¢
STEAKS ONE PRICE—NONE PRICED HIGHER lb. 1.09
BONELESS RUMP OR SIRLOIN TIP ROAST lb. 1.29
FRESHLY GROUND ROUND lb. 99¢
EYE ROUND ROAST lb. 1.49
Cube Steak lb. 1.39 Chip Steak lb. 1.59

we care A&P
IF UNABLE TO PURCHASE ANY ITEM IN THIS ADVERTISEMENT—PLEASE REQUEST A RAIN CHECK!!
We Reserve The Right To Limit Quantities!! Prices in this advertisement effective thru Sat., May 8, 1971.

SUPER-RIGHT FULLY COOKED SMOKED HAMS [WHOLE ONLY] lb. 49¢
SUPER-RIGHT BONELESS ROAST [CROSS-CUT] lb. 99¢ (CHUCK) lb. 85¢
FRESH BOSTON BUTTS (BONELESS) lb. 69¢ [WHOLE ONLY] lb. 49¢
SUPER-RIGHT GRADE 'A' TURKEYS [16-LBS. & OVER] lb. 39¢

TURKEY LEG QUARTERS lb. 29¢
FANCY BEEF LIVER SLICED lb. 55¢
SLICED BOLOGNA SUPER-RIGHT 1-lb. pkg. 79¢
ALLGOOD BACON SLICED 1-lb. pkg. 69¢ 2 1-lb. pkgs. 1.37
PORK LOIN SUPER-RIGHT QUARTERED (SLICED 9-11 CHOPS) lb. 65¢
SAUSAGE MEAT GREENHILL 2 1-lb. pkg. 1.49
SMOKED BUTTS ESSKAY BONELESS lb. 89¢
FISH CAKES CAP'N JOHN'S Fried 2 8-oz. pkgs. 69¢
FRESH BEEF BRISKETS lb. 89¢
ROGGERS SAUSAGE FRESH ROPE lb. 69¢
FRUIT COCKTAIL A&P 4 4-oz. conts. 49¢ 13-oz. cont. 35¢
RATH BACON HICKORY SMOKED 1-lb. pkg. 75¢
GWALTNEY FRANKS SKINLESS 1-lb. pkg. 65¢
OSCAR MAYER WIENERS OR BEEF FRANKS 1-lb. pkg. 89¢
BEEF STEAKS FRENCH'S BUTTERED 7-oz. pkg. 55¢
BEEF PATTIES TABLE TREATS 40-oz. pkg. 2.29
CRABMEAT Cap'n John's Fresh Regular 1-lb. can 2.09
ROE SHAD FRESH lb. 39¢
FLOUNDER FANCY Fillets lb. 99¢
MACKEREL FANCY BOSTON lb. 39¢
*Fresh Seafood Available In Most Markets!!
DELICATESSEN FEATURES
TASTY BOILED HAM lb. 99¢
MACARONI & SHRIMP lb. 99¢
SWISS CHEESE IMPORTED 1-lb. pkg. 1.19
BAKED HAM GWALTNEY VA. "SMOKEY" ½-lb. 69¢
BOLOGNA SUPER-RIGHT, GOETZE OR ESSKAY ½-lb. 49¢
*AVAILABLE IN MOST MARKETS

JANE PARKER FEATURES!!
JANE PARKER ENRICHED (MADE WITH BUTTERMILK) WHITE BREAD 3 1-lb. 8-oz. loaves 98¢
WHITE BREAD Enriched Made w/Buttermilk 5 1-lb. loaves 1.00
DELI-ROLLS SOFT Plain or Poppy Seed 10-oz. pkg. of 12's 45¢
GLAZED DONUTS (SAVE 6¢) 11-oz. pkg. of 8's 39¢
SUGAR DONUTS RAISED (SAVE 6¢) 10-oz. pkg. of 8's 39¢
POUND CAKE CRESCENT GOLD OR MARBLE 16-oz. pkg. 49¢
BLACKBERRY PIE (SAVE 10¢) 1-lb. 4-oz. pie 59¢
DUTCH APPLE PIE (SAVE 10¢) 1-lb. 4-oz. pie 59¢

STOCK YOUR FREEZER!!
A&P SHOESTRING POTATOES 4 20-oz. bags 99¢ 2 40-oz. bags 95¢
DINNERS SWANSON Fried Chicken Sirloin Beef, Turkey & Meat Loaf 16-oz. pkg. 59¢
VEGETABLES SOMERDALE Green Peas, Baby Lima Beans, Cut Green Beans 10-oz. bag 29¢
MEAT PIES BANQUET Chicken, Beef & Turkey 2½-lb. pkg. 99¢
PIZZAS CHEF BOY-AR-DEE Sausage or Pepperoni @ 79¢ [Cheese (17½-oz. pkg.)] 69¢
TURNIP GREENS TROPHY BRAND 6 10-oz. pkgs. 79¢
HANOVER SUCCOTASH OR CORN AND CUT GREEN BEANS 3 1-lb. bags 1.00
BIRDSEYE FRENCH BEANS with ALMONDS OR with MUSHROOMS 3 9-oz. pkgs. 1.00

GARDEN FRESH FRUITS & VEGETABLES!!
JUICY FLORIDA ORANGES 5 -lb. bag 59¢
JUICY FRESH PINEAPPLES [SPECIAL PRICE!] 29¢ each
GOLDEN SWEET CORN FLORIDA NEW CROP 6 ears 59¢
BEANS FRESH GREEN OR POLE lb. 29¢
LETTUCE ROMAINE OR CHICORY & ESCAROLE lb. 33¢
PEANUTS A&P SALTED 12-oz. bag 49¢
TOMATOES FIRM RIPE 3 cello cns. 1.00
CUCUMBERS 2 for 39¢
PEANUTS A&P SPANISH 2 12-oz. bags 79¢

A&P FRESH ORANGE JUICE [100% PURE] ½-gal. jug 79¢
OIL WESSON 24-oz. btl. 59¢ 38-oz. btl. 89¢
TOMATOES HUNT'S Whole Peeled 28-oz. can 39¢
TOMATO SAUCE HUNT'S 2 15-oz. cans 49¢
RIGATONI ANN PAGE 5 1-lb. boxes 1.00
BBQ SAUCE ANN PAGE 3 18-oz. btls. 1.00

SPECIAL A&P FRESH CUSTOM GROUND COFFEE SALE!
Eight O'Clock 3-lb. bag $2.15 SAVE 16¢ 1-lb. bag SAVE 4¢ 75¢
Red Circle 3-lb. bag $2.39 SAVE 16¢ 1-lb. bag SAVE 4¢ 83¢
Bokar 3-lb. bag $2.57 SAVE 16¢ 1-lb. bag SAVE 4¢ 89¢
LIPTON TEA BAGS box of 100's 1.29
EVAP. MILK Pet, Carnation & Borden's 4 13-fl. oz. cans 73¢
ROOT BEER MASON'S (NEW ITEM!) 2 ½-gal. btls. 95¢
HILLTOP FRUIT DRINKS (4 FLAVORS) 4 46-oz. cans 99¢
CHEERI AID Mix w/Sugar (All Flavors) 4 3-oz. envelopes 45¢
YUKON CLUB Beverages (All Flavors) 10 12-oz. cans 89¢
SUNNYBROOK LARGE EGGS GRADE 'A' 2 Doz. 99¢
DEL MONTE GARDEN SHOW
EARLY GARDEN PEAS 4 17-oz. cans 95¢
GOLDEN CORN WHOLE KERNEL 4 17-oz. cans 95¢
WHOLE GREEN BEANS 3 16-oz. cans 89¢
STEWED TOMATOES 4 16-oz. cans 1.00
TOMATO CATSUP 4 14-oz. btls. 1.00
FRUIT COCKTAIL 3 17-oz. cans 95¢
PEAR HALVES 3 16-oz. cans 1.00
PEACHES YELLOW CLING SLICED OR HALVES 2 29-oz. cans 69¢

ANN PAGE SPARKLE GELATIN 6 6-oz. pkgs. 1.00
MOTHER'S DAY FLOWERS
ORCHID CORSAGES CYMBIDIUM [LARGE SIZE] each 2.29 CATTLEYA [LARGE SIZE] each 2.99
6" POT MUMS each 2.89
ANN PAGE NOODLES (FINE, WIDE, & EX. WIDE) 3 1-lb. boxes 1.00
ANN PAGE LAYER CAKE MIXES (9 VARIETIES) 3 19-oz. boxes 85¢

SOFT CORN OIL MARGARINE MRS. FILBERT'S 1-lb. pkg. 51¢
GOLDEN QUARTERS MARGARINE MRS. FILBERT'S 2 1-lb. pkgs. 65¢
ARMOUR DEVILED HAM 2 3-oz. cans 51¢
ARMOUR (2¢ OFF) VIENNA SAUSAGE 2 5-oz. cans 55¢
TREET LUNCHEON MEAT 12-oz. can 65¢
ARMOUR 5½-oz. can 29¢ POTTED MEAT 2 3-oz. cans 33¢
HEINZ STRAINED BABY FOOD All Varieties 6 4½-oz. jars 67¢
DAYTIME (box of 30's 1.69 box of 15's 99¢) PAMPERS Newborn (box of 30's 1.59) Overnight box of 12's 99¢
WASHINGTON 10-lb. bag 1.39 FLOUR SELF RISING 5 -lb. bag 71¢
BEEF ONLY!! DASH DOG FOOD 6 15½-oz. cans 97¢
SPRAY SIZING MAGIC EXTRA CRISP 20-oz. can 69¢
SPRAY SIZING MAGIC REGULAR 20-oz. can 59¢
BAR SOAP (1¢ OFF) WOODBURY 3 bar pkg. 41¢
CREMORA BORDEN'S 16-oz. jar 79¢
ROYAL PUDDINGS ALL FLAVORS 4 3-oz. pkgs. 53¢
MARGARINE FLEISCHMANN'S Reg. Corn Oil 1-lb. pkg. 53¢
BISCUITS Pillsbury Country Style or Buttermilk 4 8-oz. pkgs. 39¢
PETER PAN PEANUT BUTTER Smooth or Crunchy 18-oz. jar 69¢
EBERWINE [Chopped Dryland Cress] 15-oz. can 29¢ [Chopped Kale Greens] 2 15-oz. cans 29¢
CHUN KING CHICKEN CHOW MEIN 43-oz. can 1.15
CHUN KING CHOW MEIN NOODLES 5-oz. can 35¢
MUSTARD FRENCH'S 6-oz. jar 15¢ 12-oz. jar w/pump 37¢
PROGRESSO IMPORTED TOMATO PASTE 2 6-oz. cans 29¢
KEEBLER COCOANUT CHOC. DROP OR RICH 'N CHIPS 14-oz. pkg. 49¢