Family Planning scholarships ready

The Family Planning Training Institute of the Planned Parenthood Association of Maryland announces that, through the generosity of the Jessie Smith Noyes Foundation, Inc., there are full and partial scholarships available for health professionals to attend regularly scheduled family planning workshops at the Institute.

Some of these workshops, recently announced in the 1975-1976 Institute training calendar, include "Sexuality and the Young Adolescent," "Production of Audiovisual Materials for Patient Education," "Counseling in Family Planning," as well as workshops for nurses and social workers in Family Planning.

To be eligible to receive a scholarship, a person must be actively employed in a family planning or allied health program. Scholarships cannot be awarded to individuals from agencies having training funds for family planning.

Further information regarding scholarships, as well as requests for the 1975-76 Institute calendar may be obtained from Mary L. Craig, director, Family Planning Training Institute, 24 West Franklin St., Baltimore, Maryland 21201, (301) 685-0940.

Dr. Charles D. Flagle is president of the Planned Parenthood Association of Maryland, Daniel E. Pellegrom is executive director, and Dr. Frances Trimble is Medical Director.

Old time Methodist day planned

The Methodist Board of Child Care is now planning an Old Time Methodist Day at its Child Care Center on Gaither Road on Oct. 4. Activities reminiscent of those held at the Strawbridge Home for Boys' Methodist Day will take place from 1 to 5 p.m.

Horse rides, softball and tennis games, singing groups, broomstick polo, sack races, watermelon eating contests, candy apples, and many other games, food and contests offer an afternoon of fun and enjoyment. Especially featured are old fashioned prices: hot dogs — 15 cents, pink lemonade — 5 cents, a piece of homemade pie or cake — 15 cents.

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Old Time Methodist Day will also feature prominent people and local television, radio and sports personalities that have been invited to judge and participate in the many games and events offered.

This day is for everyone, regardless of race, color, age, or creed. It is not a fund raising effort, it is a fun raising time.

Adult courses start at Pimlico

Robert J. Phelan, principal of the Adult and Community Center at Pimlico Junior High School, has announced that several new classes for adults are being formed for the fall semester.

Classes in high school equivalence review, slimnastics, woodwork, art metal, typewriting, self-defense, sewing and dressmaking will meet on Monday and Wednesday evenings from 7 to 9:40 p.m.

Classes in arts and crafts, photography, hobby shops, modern dance and elementary tutoring are being held in the afternoons on Mondays and Wednesdays from 3 to 5 p.m.

Adults who plan to enroll are asked to report, ready to attend classes, to Pimlico Junior High School on Monday or Wednesday evening at 7 p.m.

Younger students who plan to participate in the afternoon community school program are asked to report on Monday or Wednesday afternoon at 3 p.m.

Referral service for the handicapped

A federally funded information and referral service for handicapped individuals formerly operated by the John F. Kennedy Institute is now being run by the Maryland State Department of Education.

Purpose of the service is to direct individuals of any age who are physically impaired, emotionally disturbed, mentally retarded, or possess specific learning disabilities to those social services best able to serve them.

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Also, according to Richard Kaufman, director, the service will prepare statistical reports to aid in planning new service programs.

Telephone number of the new referral unit is (301) 383-6523. Calls are received around the clock.

Kraut, pork, apple pie simple wholesome meal

Kraut, pork and apples are a perfect combination for delicious eating during brisk fall and winter days. This country pie is generously topped with fluffy potatoes, then slipped into the broiler just long enough to brown.

Ground pork, piquant kraut and crunchy apple slices are combined with carrots, celery, onions, mushrooms and sour cream in this delicious potato-topped dish, kraut and Pork Country Pie.

When you'd like to repeat the kraut and pork combination, why not try these moist, golden chops with rich robust kraut and a lovely gravy Or serve baked spareribs with a carrot- kraut mixture.

Kraut An Pork Country Pie
(Makes 8 servings)

One cup rated carrot, one half cup each; chopped celery and onion, one fourth pound mushrooms, sliced, two tablespoons butter or margarine, two pounds lean ground pork, three and one fourth drained sauerkraut, four cups sliced pared green apples, one cup sour cream, one half cup chopped parsley, two teaspoons salt, one fourth teaspoon each: crack-black pepper, thyme leaves rosemary leaves, 10 juniper berries, eight cups mashed potatoes.

In large skillet, saute carrot, celery, onion and mushrooms in butter until crisp-tender. Add pork and cook until browned. Remove mixture from skillet, using slotted spoon. Combine with kraut, apple, sour cream, parsley and seasonings. Pour into shallow 4-quart baking dish. Cover with mashed potato.

Bake in 350 degree oven 40 minutes. Brown top of potatoes quickly under broiler.

Braised Kraut Pork Chops
(Makes 4 servings)

One cup sliced onion, salad oil, four pork shoulder chops, three fourths to one-inch thick, two teaspoons sugar, one teaspoon salt, onehalf teaspoon caraway seed, one eighth teaspoon pepper, two thrids cup apple juice, two cups drained sauerkraut, two cups sliced peeled slightly tart apples, about one half pound.

In large skillet, saute onion in oil until crisp-tender; remove with slotted spoon In same skillet brown chops well; drain off excess fat. Sprinkle chops with sugar, caraway and pepper. Add apple juice, onion and draut.

Simmer covered three fourth to 1 hour or until chopse ar fork tender. Add apples last 15 minutes of cooking time.

Baked Sparibs with..... Carrot Kraut
(Makes 4 servings)

Four pounds cracked pork spareribs, two and one half cups undrained sauerkraut, one cup grated carrots, one fourth cup chopped onion, one fourth cup golden raisns, one clove garlic, minced, one tablespoon light brown sugar, Dash thyme leaves, Salt and pepper.

Remove excess fat from spareribs; place in a large shallow roasting pan. Bake in 350 degree oven 1-½ hours. Meanwhile, combine kraut, carrot, onion, raisins, garlic, brown sugar, thyme and a dash of pepper.

Remove spareribs from pan at end of 1-½ hours and drain off fat. Sprinkle spareribs generously on both sides with salt and pepper and return to pan; top with kraut mixture.

Cover and bake 45 minutes longer or until meat is tender.

POUNDS OFF — Helen K. Fleischer, area director of the Diet Workshop who lost some 50 lbs., has announced the opening of two new classes located at St. Bernadine Catholic Church, 3812 Edmondson Ave., and St. Francis Xavier, 1501 Oliver St. Mrs. Fleischer says that dieting does not have to be a self-denial process and teaches members how to prepare dishes such as Whipped Cream Pineapple Pie, Sweet and Sour Shrimp and Chocolate Cupcakes. For information call 484-DIET (3438).

SAVE CASH AND STAMPS!

Two Guys FOOD DEPARTMENT

SALE TODAY THRU SAT.

SAVE UP TO $1 WITH THESE COUPONS

2nd BIG WEEK! $1 TRUCKLOAD SALE!

FARMSTEAD ICE CREAM — SAVE 10c ALL FLAVORS ½-GAL. 89c

Two Guys COUPON SAVE 25c Toward the purchase of ANY LARGE 8-INCH FRESH PIE. One coupon per customer. Good thru Sat., Sept. 20, 1975.

Two Guys COUPON SAVE 25c Toward the purchase of ANY CAN, JAR OR PKG. OF TEA OR COFFEE. One coupon per customer. Good thru Sat., Sept. 20, 1975.

Two Guys COUPON SAVE 25c Toward the purchase of ANY POUND OF BUTTER. One coupon per customer. Good thru Sat., Sept. 20, 1975.

Two Guys VALUABLE COUPON — SAVE 25c WITH THIS COUPON. Toward the purchase of FINAL TOUCH FABRIC SOFTENER ½-GAL. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Sept. 20, 1975. MFR. LEVER BROS. 25c

Two Guys VALUABLE COUPON — SAVE 10c WITH THIS COUPON. Toward the purchase of HEFTY 10-CT. TRASH BAGS. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Sept. 20, 1975. MFR. HEFTY 10c

Two Guys VALUABLE COUPON — SAVE 20c WITH THIS COUPON. Toward the purchase of DOVE LIQUID DISH DETERGENT 32-OZ. BTL. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Sept. 20, 1975. MFR. LEVER BROS. 20c

Two Guys VALUABLE COUPON — SAVE 25c WITH THIS COUPON. Toward the purchase of WESSON OIL GAL. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Sept. 20, 1975. MFR. HUNT-WESSON 25c

Two Guys VALUABLE COUPON — SAVE 8c WITH THIS COUPON. Toward the purchase of WHEATIES 12-OZ. BOX. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Sept. 20, 1975. MFR. GENERAL MILLS, INC. 8c

Two Guys VALUABLE COUPON — SAVE 25c WITH THIS COUPON. Toward the purchase of CALGON WATER SOFTENER 4-lb. BOX. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Sept. 20, 1975. MFR. CALGON 25c

Two Guys VALUABLE COUPON — SAVE 15c WITH THIS COUPON. Toward the purchase of NIAGARA SPRAY STARCH 22-OZ. CAN. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Sept. 20, 1975. MFR. BEST FOODS 15c

Two Guys VALUABLE COUPON — SAVE 50c WITH THIS COUPON. Toward the purchase of PILLSBURY INSTANT POTATOES 32-OZ. BOX. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Sept. 20, 1975. MFR. THE PILLSBURY CO. 50c

Two Guys VEGETABLE SALE!

Two Guys 4-OZ. CAN PIECES & STEMS Mushrooms; 16-OZ. CAN Peas & Carrots; 16-OZ. CAN WHOLE OR CREAM Corn; 12-OZ. CAN VACUUM WHOLE Corn; 16-OZ. CAN Peas — 3 CANS FOR $1

Two Guys 15-OZ. CAN CUT Green Beans; 16-OZ. CAN Sliced Beets; 16-OZ. CAN Sliced Carrots; 16-OZ. CAN MIXED Vegetables; 16-OZ. CAN Sauerkraut — 4 CANS FOR $1

Two Guys SLICED OR WHOLE POTATOES or PORK & BEANS 5 16-OZ. CANS $1

SUPER MEAT BUYS!

You wouldn't buy a can without a label . . . why buy beef without a gov't. grade?! All beef is not the same, so don't take a chance on the quality of beef you buy. Look for the U.S.D.A. Choice Grade Shield. Two Guys sells only U.S.D.A. Choice Beef. It's the people's choice.

FIRST CUT Chuck Steak lb. 79c

Two Guys COUPON SAVE 25c Toward the purchase of ANY PKG. OF FRESH MEAT. One coupon per customer. Good thru Sat., Sept. 20, 1975.

U.S.D.A. CHOICE BEEF CALIF. SEMI-BONELESS Chuck Steak lb. 1.39

POT ROAST CALIFORNIA ROAST BOTTOM CHUCK-BONE IN lb. 1.29

SHOULDER ROAST BONELESS CROSS RIB lb. 1.49

GROUND CHUCK FRESH & LEAN lb. 99c

CHUCK ROAST BONELESS HEART OF CHUCK-CENTER CUT lb. 1.39

U.S.D.A. CHOICE BEEF-DELICIOUS FOR SOUP Chuck Neck Bones lb. 59c

ESSKAY 5-11 CHOPS-ENDS & CENTERS Sliced Pork Loin lb. 1.59

U.S.D.A. CHOICE BEEF Beef Cubes LEAN FOR PIES & STEW lb. 1.49

U.S.D.A. CHOICE BEEF-BONE IN-THICK CUT FIRST CUT Chuck Roast lb. 89c

ESSKAY-ALL VARIETIES VAC PACK Franks lb. 1.19

U.S.D.A. CHOICE BEEF DELICIOUS FOR POTTING Short Ribs lb. 1.09

Boneless Rump Roast — Top Round Roast — Top Sirloin Roast lb. 1.69

ALL VARIETIES BUDDIG SLICED Smoke Meats 9-OZ. PKG. 49c

HYGRADE'S MEAT OR BEEF Franks lb. 99c

ESSKAY VAC PACK Sliced Bacon 12-OZ. PKG. 1.69

THICK CUT SHOULDER London Broil BONELESS Shoulder Steak LEAN & TENDER Cube Steak lb. 1.69

APPETIZING DEPT.

PLYMOUTH ROCK CHICKEN BOLOGNA LOW IN FAT lb. 89c

LONGACRE CHICKEN ROLL ½-lb. 98c

PLYMOUTH ROCK SPICED Luncheon Meat ½-lb. 59c

SWIFT Hard Salami ½-lb. 59c

DOMESTIC-SLICED TO ORDER Provolone Cheese ½-lb. 79c

SWIFT Pepperoni ½-lb. 1.09

Corned Beef Loaf ½-lb. 79c

FROZEN FOOD DEPT.

TROPICANA 100% FLORIDA ORANGE JUICE SAVE 31c 2 12-OZ. CANS 79c SAVE 45c 5 6-OZ. CANS $1

Two Guys CAULIFLOWER OR Broccoli Spears 4 10-OZ. PKG. $1

Two Guys SAVE 32c Green Beans REG. CUT OR FRENCH 4 8-OZ. PKG. $1

BIRDSEYE LARGE NON-DAIRY Cool Whip 8-OZ. PKG. 59c

ORE-IDA SAVE 10c Shoestring Potatoes 11½-lb. BAG 49c

TEMPLE CHICKEN OR SHRIMP Chow Mein SAVE 20c 2-lb. PKG. 1.39

PRODUCE DEPT.

N.Y. STATE FANCY McIntosh Apples 2¼-IN. MIN. 3 lb. BAG 49c

JUICY FREESTONE Peaches FROM NEARBY FARMS 3 lbs. $1

GARDEN FRESH Cucumbers 3 FOR 35c

U.S. #1 SIZE-A-WESTERN RUSSET Baking Potatoes 5 lb. BAG 79c

U.S. #1 YELLOW Globe Onions 3 lb. BAG 49c

ROMANINA IMPORTED Fiesta Salad 3 8-OZ. JARS $1

DAIRY DEPT.

SAVE 30c SEALTEST COTTAGE CHEESE 24-OZ. CUP 79c

SAVE 11c PILLSBURY BISCUITS COUNTRY STYLE OR BUTTERMILK 4 8-OZ. 49c

CHIFFON FAMILY SIZE SAVE 20c Soft Margarine ½-lb. BOWL 59c

KRAFT, SAVE 10c Cheez Whiz 8-OZ. JAR 69c

NABISCO WINDOW CHOCOLATES ALL VARIETIES 2 5¾ to 8-oz. $1

SUNSHINE VIENNA FINGERS 15-OZ. 63c

TOILETRIES DEPT.

Ayds REDUCING CANDY Chocolate, vanilla, butterscotch or mint. 1½ lb. box 2.67 REG. 3.99

SUMMER'S EVE LIQUID DOUCHE 4½-oz. bottle. Original or herbal. 39c REG. 49c

LADY GRECIAN OR GRECIAN FORMULA 16 HAIR COLORING 4-OZ. BTL. 1.99 REG. 2.99

CLEARASIL MEDICATION 1.5 oz. tube. Skin tone or vanishing. For acne. 94c REG. 1.49

CLAIROL HERBAL ESSENCE 8-oz. Bottle Normal or oily. 88c REG. 1.39

BAKERY SPECIALS!

Two Guys WHITE BREAD ROUND OR SQUARE 3 22-OZ. LOAVES $1

Two Guys JEWISH PUMPERNICKEL-RYE SWIRL ½-LOAF 3 ½-OZ. $1

Two Guys STICKS AND RODS Pretzel 3 7-OZ. $1

Two Guys CHOCOLATE Donuts 3 PKG. OF 6 $1

Two Guys Deli-Krisp Rolls 2 PKG. OF 12 $1

TWO GUYS TRADING STAMP ONE BOOK SPECIAL 1 BOOK TAKES 3.99 TOWARD THE PURCHASE OF 7 BTL. WOOD WINE RACK in ship's wheel design in walnut & black finish with a natural touch. REG. 3.99 YOU PAY JUST ONE FILLED TWO GUYS STAMP BOOK. GIFT DEPT.

WEEKLY BONUS SPECIAL LYSOL 25-OZ. DISINFECTANT CLEANER YOU PAY 77c WITH A FOOD PURCHASE OF $2 OR MORE. HOUSEWARES DEPT.

HOUSEWARES DEPT.

FANTASTIK SPRAY CLEANER BY TEXIZE 22-OZ. 88c

DRANO AEROSOL PLUNGER Opens drains instantly. No lye or acid. 2-pt. cap. to fit most drains. 1.29 REG. 1.79

COLD WATER WASH BY CARBONA 16-OZ. 59c REG. 99c

Two Guys FOOD DEPARTMENT

BALTIMORE 2401 Belair Rd. Open Daily 9:30 A.M. Till 10 P.M.

DUNDALK Merritt Blvd. & German Hill Rd. Open Daily 9:30 A.M. Till 10 P.M.

TOWSON Joppa Rd & Goucher Blvd. Open Daily 9:30 A.M. Till 10 P.M.

We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat., Sept. 20, 1975. ©, Vornado, Inc., 1975

A Special THANK YOU Sale For The Pantry Pride Woman!

Super Basic Bargains

save an additional $3.02 with coupons on this page

Pantry Pride

The Pantry Pride Woman Deserves The Best

She knows price, she knows value . . . she knows she can get both at Pantry Pride. She's helping us become Maryland's most successful supermarket chain. So we thank you Pantry Pride women (and all you Pantry Pride men, too) with this very special Super Basic Bargain Sale.

Basic Bargain Coupons Effective Thru Saturday, Sept. 20, 1975.

REDEEM ONE OR ALL SIX COUPONS WITH AN ADDITIONAL PURCHASE OF $10.00 OR MORE

BASIC BARGAIN COUPON — Basic Bargains — SAVE 31¢ on two — Jello gelatin 3-oz. pkg. 9¢ WITHOUT COUPON 2 for 49¢ — M31 — LIMIT TWO PKGS. — REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS. — Pantry Pride — THIS COUPON GOOD ONLY THRU SAT., SEPT. 20th, 1975

BASIC BARGAIN COUPON — Basic Bargains — SAVE 61¢ — Pantry Pride sugar 5-lb. bag 98¢ WITHOUT COUPON $1.59 — M41 — LIMIT ONE — REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS. — Pantry Pride — THIS COUPON GOOD ONLY THRU SAT., SEPT. 20th, 1975

BASIC BARGAIN COUPON — Basic Bargains — SAVE 30¢ — 30¢ off any dozen fresh eggs — M30 — LIMIT ONE — REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS. — Pantry Pride — THIS COUPON GOOD ONLY THRU SAT., SEPT. 20th, 1975

BASIC BARGAIN COUPON — Basic Bargains — SAVE 90¢ — Abbott ice cream assorted flavors ½-gal. square ctn. 69¢ WITHOUT COUPON $1.59 — M50 — LIMIT ONE — REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS. — Pantry Pride — THIS COUPON GOOD ONLY THRU SAT., SEPT. 20th, 1975

BASIC BARGAIN COUPON — Basic Bargains — SAVE 60¢ — 60¢ off ground chuck any 3-lb. pkg. or over — M60 — LIMIT ONE — REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS. — Pantry Pride — THIS COUPON GOOD ONLY THRU SAT., SEPT. 20th, 1975

BASIC BARGAIN COUPON — Basic Bargains — SAVE 30¢ — U.S. No. 1 yellow onions 3-lb. bag 39¢ WITHOUT COUPON 69¢ — M30 — LIMIT ONE bag — REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS. — Pantry Pride — THIS COUPON GOOD ONLY THRU SAT., SEPT. 20th, 1975

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