BALTIMORE RETAIL FOOD PRICE REPORT

Seasonal fruits, vegetables good produce buys this week

Now is a good time to stock up on seasonal fruits and vegetables. Good buys this week are in the fresh produce department; California oranges, pears, grapefruit, apples, white potatoes and sweet potatoes show decreases in cost as they come into season.

Slight increases in the cost of sharp cheddar cheese, butterfish and frozen capons have occured during the week, according to the Md. Department of Agriculture in its weekly market survey compiled by Helen Huber.

AFRO food shoppers are encouraged to study this report before setting out on their shopping trips.

(*) means prices have INCREASED; (-), DECREASED.

MEATS	PRICE PER POUND
Rib Roast, 7-inch Cut	1.69-2.09
Chuck Roast, Bone-in	99-1.39
-Chuck Roast, Boneless	1.19-1.69
-Cross Cut, Boneless Roast	1.47-2.09
*Steak, Round	1.59-2.09
*Steak, Porterhouse	2.69-2.99
*Steak, Sirloin, Bone-in	1.39-2.09
Beef, Ground Regular	79-1.09
*Beef Ground Chuck	99-1.19
Stew Beef	1.59-1.89
*Pork, Center Chops	2.15-2.39
Pork, End Chops	1.29-1.59
*Pork, Shoulder Smoked	99-1.19
*Pork, Shoulder Fresh	99-1.18
-Pork, Roast Loin End	1.29-1.49
-Pork, Roast Rib End	1.19-1.49
-Ham, Fully Cooked Whole	1.49-2.09
-Ham, Smoked Shank Half	1.09-1.59
Frankfurters	79-1.55
*Sausage, Fresh "Rope"	2.05-2.19
Bacon, Sliced	1.69-2.59
Lamb, Leg	1.49-1.69
Lamb, Rib Chops	2.39-2.69
Lamb, Loin Chops	2.79-2.89
Lamb, Shoulder Chops Ed. Bone	1.99-2.29
Lamb, Breast	49-99
*Veal, Rump Roast	1.69-1.89
Veal Cutlet	3.59-4.79
Liver, Beef	69-99
Liver, Calves	1.19-1.69
Liver, Pork	49-69

FISH	PRICE PER POUND
Sea Bass	79-1.29
Bluefish	39-59
*Butterfish	89-1.29
Crabmeat	3.69-4.59
Crabs	49-79
Flounders, Whole	69-1.15
Norfolk Spots	49-89
Perch, White	79-89
-Rock	99-1.49
Shrimp, 21-25	3.99-4.99
Shrimp, 36-42	3.59-4.09
Steakfish	59-89
Sea Trout	43-65
Scallops	2.99-4.59
Porgies	59-1.05
-Whiting	45-69
Fillet, Haddock Frozen	1.29-1.55
Fillet, Perch Frozen	99-1.25
-Fillet, Cod Frozen	1.15-1.39
Oysters, Select, 12 oz.	1.99-2.35
Oysters, Standard, 12 oz.	1.89-2.19

POULTRY	PRICE PER POUND
Chicken, Fryers, Whole	49-69
Chicken, Cut-up Breasts	99-1.19
Chicken, Cut-up Legs	89-1.19
Chicken, Roaster Frozen	79-89
Chicken, Stewers Frozen	69-89
*Capons, Frozen	1.19-1.49
Ducks, Frozen	99-1.09
Turkeys, Frozen under 16#	75-87
Turkeys, Frozen over 16#	69-79

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	30-35
Apricots	30 oz.	77-89
Cherries	16 oz.	63-79
Fruit Cocktail	17 oz.	43-51
Fruit Cocktail	30 oz.	59-75
Pineapple Juice	46 oz.	63-69
Pineapple, Sliced	20 oz.	55-61
Orange Juice	46 oz.	59-65
Grapefruit Juice	46 oz.	49-69
Grapefruit and Pineapple Drink	46 oz.	50-56
Blended Juice	46 oz.	59-69
Pears	29 oz.	65-79
Peaches	16 oz.	40-48
Peaches	29 oz.	59-65
Beans, Cut Green	16 oz.	31-41
Spinach	15 oz.	27-35
Spinach	27 oz.	43-45
Beets, Sliced	16 oz.	25-35
Corn, Cut. Vac.	12 oz.	34-44
Corn, Cut.	17 oz.	30-40
Corn, CCS	17 oz.	34-40
Cream Peas	17 oz.	34-40
Tomatoes	16 oz.	34-48
Tomatoes	28 oz.	50-66
Tomato Juice	46 oz.	55-65

VEGETABLES	UNIT	PRICE
Cabbage	lb.	10-18
Carrots	lb.	25-33
Celery	bunch	49-69
Corn	ear	14-20
-Cucumbers	each	15-25
Eggplant	lb.	39-49
*Lettuce, Iceberg	head	45-59
*Mushrooms	lb.	65-99
*Squash	lb.	29-69
*Onions, Green	bunch	20-30
Onions, Yellow	lb.	19-25

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	25-49
*Bananas	lb.	20-26
-Pineapples	each	89-99
-Oranges, Calif 88's	doz.	96-1.20
Oranges, Fla. 100's	doz.	60-80
Lemons	doz.	1.38-1.78
Grapes	lb.	49-69
-Pears	lb.	29-49
-Grapefruit, 40's	each	13-17
-Avocados	each	49-59
Coconuts	each	59-79

Week's food economies

have been canning all summer, it is suggested that you can your homemade applesauce or apple pie slices. The hot water bath method of processing is recommended.

Processed sauce or pie slices need not be sweetened until they are opened for use.

Fall fruits should be on your weekly shopping list. Choose carefully for quality and enjoy the color, texture and flavor fruits impart to your daily diet, says Virginia McLuckie, food economist, Cooperative Extension Service, University of Maryland.

The big apple crop remains to be consumed in fresh and processed form. One family can use so many apples for eating fresh but there are hundreds of uses for apples in recipes for main dishes, snacks and desserts. If you keep a bowl of crisp red and golden apples within reach, they will soon disappear.

Apples are an excellent snack food for youngsters after school or while watching TV. For homemakers who freezing is another acceptable method for preserving apple products for later use.

Since apples turn dark quickly after peelings are removed, use an anti-browning agent to keep the Flesh white. Ascorbic acid powder, or one of the commercial preparations works well to retard oxidation.

Cranberries are another fall fruit because they are available fresh from October to January. This year the cranberry crop is expected to be 2,256,000 barrels. Cranberries are grown commercially in Massachusetts, New Jersey, Wisconsin, Oregon and Washington.

Look for berries that are lustrous and firm to the point of hardness. These berries will have a fresh, plump appearance. Poor quality berries are apt to be shriveled, soft and dull appearing. Use them in pies, sauce, relishes, jelly, muffins, salads and all the favorite ways you know.

This is the season for Florida citrus, early season juice oranges, tangerines, and tangelos.

FOOD-A-RAMA
FOOD A RAMA SUPER MARKET
* 3805 LIBERTY HEIGHTS AVENUE * 2701 WEST COLD SPRING LANE
* 5431 REISTERSTOWN ROAD * 3420 CLIFTON AVENUE
* 6318 WINDSOR MILL ROAD * 2040 HARFORD ROAD
* 625 NORTH MILTON AVENUE * 20 SOUTH HILTON STREET
SALE STARTS TUES., NOV 5th-SUN., NOV. 9th
PLENTY OF FREE PARKING
OPEN SUNDAYS
STORE HOURS:
OPEN DAILY 9:00 A.M. TO 9:00 P.M.
WE ACCEPT U.S.D.A. FOOD COUPONS
* WE CASH WELFARE, AND GOVERNMENT—PAYROLL CHECKS WITH PROPER IDENTIFICATION.
FRESH KILLED FRYERS WHOLE ONLY LB. 49¢
USDA CHOICE STEAK PORTER HOUSE LB. $1.99 ESSKAY
MORRELL FRANKS ALL MEAT or ALL BEEF 1-lb. pkg. 99¢
CHOPPED BEEF STEAK ESSKAY 8-oz. pkg. 59¢
DUCKS FROZEN MATURE lb. 69¢
SWEET KORN BACON 1-lb. pkg. 1.59
ALL MEAT BOLOGNA 1-lb. pkg. 99¢
FRANKS ALL MEAT OR ALL BEEF ESSKAY 1-lb. pkg. 1.19
CHIPPED BEEF ESSKAY 5-oz. pkg. 69¢
PORK SAUSAGE 1-lb. pkg. 1.19
FRESH GROUND BEEF 3-lb. pkg. or more lb. 89¢
DEL MONTE CHUNK LIGHT TUNA 6½-oz. can 43¢
HY-TYME SODA ASSORTED FLAVORS 3 28-oz. btls. 89¢
ROYAL CROWN COLA 6 PACK 16-oz. btls. 1.19
DEL MONTE CATSUP 14-oz. btl 39¢
MUSSELMAN'S APPLESAUCE 50-oz. jar 99¢
CARNATION EVAPORATED MILK 3 13-oz. cans $1
AUNT JEMIMA WHOLE WHEAT PANCAKE MIX 35-oz. box 59¢
LIBBY'S WHOLE KERNEL CORN 3 17-oz. cans $1
CAMPBELL'S CHICKEN NOODLE SOUP 5 10½-oz. cans $1.00
FRUIT COCKTAIL DEL MONTE 17-oz. can 39¢
TULIP PINK SALMON 16-oz. can 1.49 WITH COUPON ON FRONT PAGE
STAYMAN OR FANCY RED DELICIOUS APPLES 3 LBS. 49¢
SWEET FLORIDA TANGELOS 5-lb. bag 59¢
SLICING TOMATOES carton 39¢
With This Coupon SAVE 19¢ IRISH SPRING SOAP 3/89¢ BATH BARS
(EXCEPT CIGARETTES) GOOD ONLY AT FOOD-A-RAMA SUPER MKTS LIMIT ONE COUPON PER SHOPPING FAMILY Coupon expires Sun., Nov. 9 1975
With This Coupon SAVE 50¢ TULIP PINK SALMON 16-OZ. CAN $1.49
(EXCEPT CIGARETTES) GOOD ONLY AT FOOD-A-RAMA SUPER MKTS LIMIT ONE COUPON PER SHOPPING FAMILY Coupon expires Sun., Nov. 9 1975
With This Coupon SAVE 50¢ MAXWELL HOUSE Instant Coffee 10-OZ. JAR $1.99
(EXCEPT CIGARETTES) GOOD ONLY AT FOOD-A-RAMA SUPER MKTS LIMIT ONE COUPON PER SHOPPING FAMILY Coupon expires Sun., Nov. 9 1975
BANQUET MACARONI & CHEESE CASSEROLE 2 lb. pkg. 89¢
MORTON APPLE PIE 24-oz. pkg. 59¢
FROSTY ACRES WAFFLES 8-oz. box 19¢
FROSTY ACRES BROCCOLI SPEARS 8-oz. pkgs. OR CUT CORN, PEAS 10-oz. pkgs. 3 for 89¢
TIP TOP CITRUS PUNCH qt. btl. 69¢
BORDEN'S-YELLOW AMERICAN CHEESE INDIV. WRAPPED 12-oz. pkg. 99¢

Catonsville

(Continued from Page 26)

Church is presenting the choir on Sunday, Nov. 16 at Wilde Lake Senior High School on Columbia. Men's Day, by the way, is the last Sunday in Nov.

Keep the 28th of Nov. open on your calendar. The Coleman family of Leewood Avenue will be presented in an "Evening of Song," at Morning Star Baptist Church. The Parents, Lee Sr., and Maurie. Lee is a longtime employee at Bethlehem Steel. The children are: Lee Jr. (Barbara). Lee is a director with the recreation Dept. Baltimore City and his wife is a government worker; Crystal and Myra are students at the University of Maryland, College Par.; Jeanene is a student at Catonsville Jr. High School and Leatrice attends Westowne. The programs will consist of solos and various types of group singing. Angela Page will be the organist. Nettie Page is the chair-person. Tickets are available.

* * *

Thinking of you cards to: Russel Randall who is at home after having been at Loch Raven Veterans Hospital. Jerome (Booker) Rideout who is at Loch Raven-Veterans Hospital, Room 191; Robet Ebb (Dee Dee), at University Hospital; George Timpson Loch Raven-veterans Hospital. William Rideout (Lillian) in Intensive Care at Maryland General;

* * *

Catherine Hardy (Roberts Avenue) and Mrs. Blanche Stanley, who is a city resident, but is a member of Morning Star. Billy (Eva) Brooks is out of the hospital. Send cards to him at his Winters Lane home.

People on the mend and who are up and about: Marie (Ernest) Johnson Leon (Lil) Bell and Shirley Watkins. Even though they are on the mend continue to send a card, pay a visit or make a phone call.

Prayers and cards to Prayers and cards to Helen (Cliff) Gattis, Howard County Reading Specialist who has undergone surgery at Greater Baltimore Medical Center.

Welcome home cards to Kenneth (Jeanne) Wilson, AFRO-AMERICAN advertising vice-president. Ken recently underwent surgery at Johns Hopkins Hospital.

Integration can work in an inner city school. Will let you know more about this next week when I tell you about the way it has worked at Bentalou Elementary School No. 150, where our own good neighbor Nettie Page is the principal.

* * *

Coming events in the community: Cabaret and Dance given by Crescent Lodge of Elks at Catonsville Armory, Nov. 29th 9 p.m. to 1 a.m. and the Bull Roast-sponsored by the Jackson-Johnson Memorial Post and Unit No. 263 — American Legion. Dept of Md., to be held Nov. 23rd, at Martins West, 12:30,

A Blueprint For Living:

To stand tall in the sunlight.
To seek out the bright face of beauty.
To seek out the bright face the star.
To see the world through eyes of tenderness.
To love wth openheartness.
To speak the quiet word of comforting.
To look up to the mountain and not be afraid to climb.
To be aware of the needs of others.
To believe in the wonders of life the miracale of creation, the rapture of love, the beauty of the universe, the dignity of the human being

KATHERINE NELSON DAVIS

(Treasures — Hallmark)

U.S. Congratulations to the Columbia Maryland Alumni Chapter of the Kappa Alpha Psi Fraternity in it first anniversary. The group will celebrate on Sunday, Nov. 9 at the Fort Meade Office Club from 2 to 5 p.m.

Sen. Bond, guest speaker at Hopkins U.

Julian Bond, senator in the Georgia State legislature will discuss "The Role of American Journalism Today" (today) Friday at The Johns Hopkins University.

The program, to be held at 5:30 p.m. in Shriver Hall on the University's Homewood campus, is the final event in the 1975 Milton S. Eisenhower Symposium, "The Pen as the Sword — The Dynamics of the Written Media." It is open to the public free of charge.

Come on in and Save at
BIG VALU FOOD CENTERS
• GLEN BURNIE 100 BLOCK GCO. RITCHIE HIGHWAY
• MONDAWMIN MONDAWMIN SHOPPING CENTER SUNDAYS 9A.M.-4P.M.
• YALE YALE & BELCHFIELD AVES.
• ERDMAN SUNDAYS 9A.M.-4P.M. ERDMAN AVE. & SINCLAIR LANE
• MERRITT MERRITT BLVD. & DUNDALK AVE.
• HIGHLANDTOWN SUNDAYS 9A.M.-4P.M. 3501 EASTERN AVE.
DETERGENT TIDE 5 lb. 4oz. Box $1.89
PRICES EFFECTIVE THRU NOV. 8, 1975 . . .
U.S. CHOICE BEEF Sirloin Steak 1.59 lb.
10% TO 20% OFF BEEF SALE!
U.S. CHOICE ROUND STEAK lb. $1.67
U.S. CHOICE CALIF. BEEF ROAST lb. $1.19
U.S. CHOICE BONELESS CHUCK ROLL ROAST lb. $1.59
U.S. CHOICE BONELESS RUMP ROAST lb. $1.77
U.S. CHOICE BONELESS BEEF STEW lb. $1.59
U.S. CHOICE RIB STEAK OR ROAST lb. $1.67
SKINNED & DEVEINED SELECT BEEF LIVER lb. 79¢
DOMESTIC BOILED HAM lb. $1.25
NORWESTERN CHICKEN ROLL ½-lb. 79¢
FRESH SEAFOOD FRESH TROUT LB. 49¢
SLICED STEAK FISH LB. 89¢
ESSKAY SILVER LABEL BACON $1.49 12-OZ. PKG.
U.S. #1-SIZE 'A' MAINE Potatoes 10 lb. bag 88¢
ALL PURPOSE YELLOW ONIONS 5 lb. Bag 59¢
WASH. STATE BARTLETT PEARS 3 lbs. $1
SWEET TANGELOS 10 FOR 59¢
GREEN CABBAGE lb. 10¢
FANCY YAMS 2 lbs. 29¢
LARGE WHITE GRAPEFRUIT 6 FOR 79¢
FLORIDA ORANGE JUICE . . . . ½ gl. 99¢
U.S. GOVT. INSP. QUARTERED-CHICKEN LEGS OR BREAST lb. 59¢
FRESH SEVERAL TIMES DAILY GROUND CHUCK IN 5lb. UNITS 99¢ lb.
TOPCO — DISPOSABLE OVERNIGHT DIAPERS 12 IN BOX 69¢
CHEF-BOY-AR-DEE SPAGHETTI w/MEAT BALLS 15oz. CAN 39¢
RAGU SPAGHETTI SAUCE 21oz. JAR 79¢ FOR COOKING
NESCAFE INSTANT COFFEE 6oz. JAR $1.69
JUBILEE ENRICHED (SAVE 41¢) White Bread 3 1-lb. 4-oz. loaves $1
FREEZER QUEEN ENTREES 4 5oz. PKG. $1
LIGHT & LIVELY MILK ½ gl. 75¢
MINUTE MAID Orange Juice QT. 39¢

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