Call it macaroni

In the United States, macaroni is the term used for all sizes and shapes of pasta products as well as the word used to describe a particular shape. There are more than 100 shapes and sizes of macaroni available in this country but most fall under the following categories: spaghetti; noodles; macaroni; and specialty products, such as shell or alphabet.

Macaroni is made from hard durum wheat and belongs to the bread-and-cereals food group. Macaroni does not provide large amounts of any particular nutrient but the enriched ones do add some thiamine, riboflavin, niacin, iron, and protein to the diet. The protein is not as complete as that found in meat, fish, milk, and milk products.

By combining the macaroni with an animal product, the quality of its protein is more nearly complete. At the same time, it helps stretch the food dollar by making meat and other high protein foods go farther.

Macaroni can safely be bought in large quantities, regardless of family size, because of its storability. Place the product in a tightly closed container to keep out dust, moisture, and insects; and place in a relatively cool, dry place DO NOT store near products that have strong odors. Egg noodles can be kept up to six months and all other macaroni up to one year before the possibility of "off-flavors" developing.

Probably one of the most frequently asked questions about macaroni is how much to cook. A safe guide would be to allow 2 ounces of uncooked macaroni per person which will yeild 1 to 1½ cups when cooked. Usually all other information needed for cooking macaroni will be found on the package or container.

The bland flavor of macaroni blends well with many foods and can be served at mealtime from soup through dessert.

Arts and music

By Vashti McKenzie

Barbara Hocher, soprano with the New York City Opera Company, will take the part of Paula Seibel, who is ill, in the Baltimore Symphony's "Operetta Night" concert on Friday, March 5. The program begins at 8:15 p.m. at the Lyric Theatre.

At the invitation of Sergiu Comissiona and the Baltimore Symphony, the world famous London Symphony Orchestra will be visiting Baltimore as part of its American Bicentennial tour. Conducted by Andre Previn, its principal conductor, the LSO will visit Boston, New York, Philadelphia, Washington, Raleigh, Richmond, and Winston-Salem, as well as Ottawa and other North American cities.

The London Symphony Orchestra concert will be presented in the Lyric Theatre on Sunday, March 21 at 3:00 p.m.

WALTERS

* * *

Anne Marguerite McCann, of the Metropolitan Museum of Art, will speak on "Underwater Exploration of Etruscan and Roman Harbors" at 8:15 p.m. Monday, (March 8) in Graham Auditorium of the Walters Art Gallery.

BMA

At the Baltimore Museum of Art, **Lea Halpern Ceramics:** The exhibition consists of approximately 125 of the finest works produced by Dutch-born artist Lea Halpern, currently residing in Baltimore. During a career which spans more than four decades, her major contribution to the art of ceramics has been the development and application of extraordinary innovative glazes to objects of classical form. A catalogue of the exhibition will be available at the Museum Shop, through March 21.

City Schools Art exhibit which opened this week at the Baltimore Museum of Art displays art in various media produced by Baltimore City school children during the year. The exhibit can be seen through March 28.

* * *

DON WALLS

"TATTLETALE MURDER," a new play by Don Walls, will open at the Spotlighter's Theatre, 817 St. Paul Street, on March 5 and play weekends (Friday, Saturday and Sunday) through March 28 with performances at 8:30 p.m. An affectionate parody of the mystery radio programs of the 1940s, the cast features Audrey Herman, Ann Irons, Lynn Summerell and Molly Golaner.

* * *

AMERICAN THEATRE

"Midnight Special," the new play by Clifford Mason which premiered at the University of Baltimore's Langsdale Auditorium, opened this week at The American Theatre in L'Enfant Plaza, Washington, and will play through March 21. **Thomas Anderson** repeats his role as the poet/historian. White Lightning, and Don Blakely replaces Raymond St. Jacques as Johnny Midnight.

* * *

MORGAN

"Rhinoceros," an absurdist drama in three acts by Eugene Toncesso will be presented March 6 at 8 p.m. and March 7 at 3:30 p.m. in the Little Theatre by the Ira Aldridge Players at the Morgan State University.

Exhibitions of graduate paintings will continue through March 15 at the Hoffberger School of Painting. Beginning March 18, graduate paintings will be displayed at the Maryland Institute Graduate School of Painting through March 31.

* * *

ARENA PLAYERS

The Arena Players open their March production tonight (Fri., Mar. 5) at 8:30 p.m. at the Community College of Baltimore theatre, 2901 Liberty Heights Ave. Being presented is Anthony Shaffer's "Sleuth;" a masterfully written tale of game-playing, intrigue, deceit, and murder, sure to keep you on the edge of your seat until the final curtain. The production is directed by Earl Burton. Performances continue for two weekends through the Sunday, March 14th matinee at 2 p.m.

The fourth in the series of showcases produced by The Arena Players, which presents Ed Heath as the featured performer is being forced, by scheduling problems, to change the date of the performance. Originally set for Sunday, March 7th, the showcase is being postponed one day to Monday, March 8th. All other details remain the same; performance time is still 7:30 p.m. and the site of the production will be Turner Auditorium, 730 Rutland Ave.

* * *

BLACK TRADITIONAL

Sweet Honey in the Rock, a female, soul-singing quintet will perform a wide range of black traditional music at Goucher College on Saturday, March 6.

Their repertoire includes spirituals, work songs, primitive blues and children's songs, as well as contemporary works composed by members of this Washington, D.C., ensemble.

The director, black music researcher Bernice Reagon, leads the a capella group with her rich throaty voice and extended vocal range. The five distinct voices, utilizing harmonic blends and vocal textures, sing out with power and gentleness.

Sweet Honey in the Rock has been invited to Goucher by the Women's Center and the Black Students' Association.

Edmondson Hi to honor 14 students

The Edmond High School Chapter of the National Honor Society will hold its annual induction ceremonies in the school library on March 16 at 9 p.m.

Miss Lynda Mathis, assistant Attorney General, and a former Edmondson Honor Graduate will speak to the inductees.

The theme is "Now-Our Bicentennial Moment."

The 14 students being inducted are Angela Boddie, Francesca Curr, Dale Cotrell, Gwendolyn Dudley, Isiah Foreman, Sandra Gardner, Penelope Gress, Esther Harrison, Emily Johnson, Cheryl Jones, Regina McKinley, Charles Narcosa, Denise Oden and Alyson Pye.

Wanda Macer is president of the Edmondson Chapter. Sponsors for the ceremony are Mrs. Shirley Reddick and Mrs. Edith Sparrow.

Mrs. Susan Miles is principal of the school.

BALTIMORE RETAIL FOOD PRICE REPORT

Fresh shad is now in area, prices range $.59 - $1.10 lb.

Fresh shad, both roe and buck are now available in the Baltimore area, AFRO food shoppers will be able to find roe shad selling for $.98 to $1.10 per lb.; buck shad, $.59-$.79 per lb. Other good buys in the fish market include croakers, rock and frozen perch fillets.

The Baltimore Retail Food Price Report is published by the Md. Department of Agriculture and compiled by Helen Huber, marketing specialist.

(*) means prices have increased; (-), decreased.

VEGETABLES	UNIT	PRICE
-Cabbage	lb.	9-17
*Carrots	lb.	25-31
Celery	bunch	39-59
Corn	ear	18-24
*Cucumbers	each	33-39
*Eggplant	lb.	39-49
Lettuce, Iceberg	head	39-49
Mushrooms	lb.	89-1.19
Squash	lb.	35-79
-Onions, Green	bunch	18-26
-Onions, Yellow	lb.	17-29
*Onions, Spanish	lb.	34-50
Onions, White	lb.	49-59
-Peppers, Green	each	18-26
-Potatoes, White	5 lbs.	69-1.09
-Potatoes, White	10 lbs.	1.19-1.79
Potatoes, Baking	lb.	25-35
*Potatoes, Sweet	lb.	20-34
*Radishes, 6 oz.	bag	18-26
*Tomatoes, Loose	lb.	59-69
*Tomatoes, Carton	12 oz.	59-69
*Cauliflower	head	95-99
-Beans, Snap	lb.	39-59
Turnips	lb.	25-39
Collards	lb.	39-45
Spinach	10 oz.	59-69
*Broccoli	bunch	69-79

FRUIT	UNIT	PRICE
*Apples, Delicious	...	40-40
Bananas	lb.	.06-.6
*Pineapples	each	89-1.69
*Oranges, Calif 88's	doz.	1.38-1.78
*Oranges, Fla 100's	doz.	59-85
*Lemons	doz.	84-1.40
Grapes	lb.	59-79
Pears	lb.	39-49
-Grapefruit	each	12-18
Avocados	each	45-79
Coconuts	each	59-79
Apples, Bag	3 lbs.	59-89
*Temple Oranges	doz.	96-1.08
Strawberries	pint	69-79

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	99-1.25
*Butter, Packages	lb.	97-1.19
Oleomargarine	lb.	.35-79
Cheddar, Mild	lb.	1.59-1.93
*Cheddar, Sharp	lb.	1.75-2.05
*American Process	lb. box	99-1.19
Milk, P.H., Vit D	1/2 gal.	.82-.90
Sugar, Granulated	5 lbs.	1.19-1.25
Flour, White	5 lbs.	.69-1.05
Bread, White	lb.	35-49

MEATS	PRICE PER POUND
*Rib Roast, 7-Inch Cut	1.89-1.99
-Chuck Roast, Bone In	.89-.99
-Chuck Roast, Boneless	1.09-1.59
-Cross Cut, Boneless Roast	1.19-1.69
Steak, Round	1.49-1.89
*Steak, Porterhouse	2.59-2.79
Steak, Sirloin, Bone In	1.39-1.89
Beef, Ground Regular	.75-.89
Beef, Ground Chuck	.95-1.20
Stew Beef, Boneless	1.49-1.69
Pork, Center Chops	2.09-2.29
Pork, End Chops	1.19-1.49
*Pork, Shoulder Smoked	.89-.99
Pork, Shoulder Fresh	.79-1.09
Pork, Roast Loin End	1.15-1.49
Pork, Roast Rib End	1.09-1.39
Spareribs	1.19-1.49
Ham, Fully Cooked Whole	1.59-1.79
-Ham, Smoked Shank Half	.89-1.49
Frankfurters	.89-1.35
Sausage, Fresh "Rope"	1.55-1.99
Bacon, Sliced	1.19-1.99
*Lamb, Leg	1.59-1.69
Lamb, Rib Chops	2.39-2.75
Lamb, Loin Chops	2.79-2.99
Lamb, Shoulder Chops Rd. Bone	1.89-2.29
Lamb, Breast	.49-.99
*Veal, Rump Roast	1.59-1.99
*Veal Cutlet	3.39-4.79
Liver, Beef	.59-.89
*Liver, Calves	1.39-1.79
Liver, Pork	.49-.59

POULTRY	PRICE PER POUND
Chicken, Fryers Whole	.35-.65
Chicken, Cut-up Breasts	.89-1.19
*Chicken, Cut-up Legs	.89-1.09
-Chicken, Roaster, Frozen	.79-.89
Chicken, Stewers, Frozen	.75-.89
*Capons, Frozen	1.19-1.29
-Ducks, Frozen	.78-1.19
Turkeys, Frozen under 16#	.65-.85
Turkeys, Frozen over 16#	.59-.79

Shrimp	lb.	.59-.89
Rate, Cello	10 oz.	.49-.69
Asparagus	lb.	.69-.99

EGGS	UNIT	PRICE
-Extra Large Grade A	doz.	.75-.85
-Large Grade A	doz.	.69-.81
-Medium Grade A	doz.	.65-.75

FROZEN FOODS	UNIT	PRICE
-Orange Juice	6 oz.	.12-.39
*Strawberries	10 oz.	.34-.80
*Beans, Fordhook	10 oz.	.39-.51
-Beans, Cut Green	9 oz.	.25-.39
Sweet Corn	10 oz.	.25-.41
*Broccoli Spears	10 oz.	.34-.56
Peas	10 oz.	.25-.45
Spinach	10 oz.	.17-.31

FISH	PRICE PER POUND
Sea Bass	.79-1.79
Bluefish	.55-.89
Butterfish	.99-1.39
Crabmeat	3.69-5.69
-Croakers	.45-.55
Flounders, Whole	.79-1.59
Norfolk Spots	.59-.95
*Perch, White	.79-.99
Rock	.99-1.35
-Shrimp, 21-25	4.35-5.39
-Shrimp, 36-42	3.19-4.49
Steakfish	1.19-1.39
*Sea Trout	.55-.85
*Scallops	3.49-5.99
Surgies	.69-.99
*Whiting	.49-.89
Halibut, Frozen	2.39-2.59
-Fillet, Perch Frozen	.99-1.35
*Fillet, Cod Frozen	1.25-1.39
Oysters, Select, 12 oz.	1.89-2.19
Oysters, Standard, 12 oz.	1.89-2.09
Roe Shad	.98-1.10
-Buck Shad	.59-.79

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	.24-.31
Apricots	30 oz.	.77-.89
Cherries	16 oz.	.55-.79
Fruit Cocktail	17 oz.	.40-.59
Fruit Cocktail	30 oz.	.65-.75
Pineapple Juice	46 oz.	.65-.75
Pineapple, Sliced	20 oz.	.50-.66
Orange Juice	46 oz.	.59-.67
Grapefruit Juice	46 oz.	.50-.66
Grapefruit and Pineapple Drink	46 oz.	.45-.59
Blended Juice	46 oz.	.59-.69
Pears	29 oz.	.69-.79
Peaches	16 oz.	.34-.50
Peaches	29 oz.	.41-.65
Beans, Cut Green	16 oz.	.26-.36
Peas	15 oz.	.23-.35
Spinach	27 oz.	.35-.49
Beets, Sliced	16 oz.	.25-.35
Corn, GWK, VAc.	12 oz.	.31-.39
Corn, GWK	17 oz.	.34-.42

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CUT FROM TOP CHUCK
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CUT FROM TOP CHUCK
CUBE STEAK
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Scottissue BATHROOM 1000'S ROLL 27¢
Bounty TOWELS JUMBO 120-CT. 59¢
LIPTON Tea Bags 100'S 1.37
Ken-L-Ration 6-PACK 93-OZ. 1.29
Gravy Train BAG 25-lb. 5.69
CAMPBELL'S Tomato Soup 10½-OZ. CAN 16¢
CAMPBELL'S Vegetable Soup 2 10½-OZ. CANS 35¢
CAMPBELL'S VEGETARIAN-Vegetable Soup 2 10½-OZ. CANS 35¢
CAMPBELL'S CHICKEN Rice Soup 10½-OZ. CAN 22¢
CAMPBELL'S CHICKEN-Noodle Soup 5 10½-OZ. CANS 95¢
CAMPBELL'S CREAM-OF Mushroom Soup 10½-OZ. CAN 19¢
MAXWELL HOUSE Instant Coffee 10-OZ. JAR 2.49
KELLOGG'S Frosted Flakes 20-OZ. BOX 97¢
GENERAL MILLS Cheerios 12-OZ. BOX 65¢
KELLOGG'S Corn Flakes 18-OZ. BOX 59¢
CAMPBELL'S VEGETABLE-Beef Soup 2 10½-OZ. CANS 55¢
Carolina Rice 3-lb. BAG 1.17
Ronzoni Ziti 1-lb. BOX 45¢
Mueller Elbows 1-lb. BOX 49¢
HUNT'S Tomato Sauce 6 8-OZ. CANS $1
DEL MONTE Tomato Sauce 2 8-OZ. CANS 31¢
RAGU Spaghetti Sauce 32-OZ. JAR 1.09
REALEMON Lemon Juice 32-OZ. BTL. 55¢
SUNSWEET Prune Juice 40-OZ. BTL. 65¢
ALL FLAVORS Hi-C Fruit Drinks 2 46-OZ. CANS 89¢
CAMPBELL'S Pork'N Beans 16-OZ. CAN 31¢
Heinz Ketchup 14-OZ. JAR 39¢
Gulden's Mustard 24-OZ. JAR 55¢
MAZOLA Corn Oil 48-OZ. BTL. 2.33
Wesson Oil 48-OZ. BTL. 1.49
Crisco Oil GAL. 3.59
Morton Salt 26-OZ. BOX 16¢
HELLMANN'S Mayonnaise 32-OZ. JAR 1.13
DEL MONTE Fruit Cocktail 30-OZ. CAN 65¢
GREEN GIANT French Beans 4 16-OZ. CANS 99¢
GREEN GIANT Whole Corn 3 17-OZ. CANS 89¢
GREEN GIANT Cream Corn 3 17-OZ. CANS 89¢
GREEN GIANT Peas 17-OZ. CAN 37¢
GREEN GIANT Niblets Corn 3 12-OZ. CANS 89¢
DEL MONTE Whole Corn 3 12-OZ. CANS $1
DEL MONTE Sweet Peas 3 17-OZ. CANS $1
PRIDE-OF-THE-FARM Tomatoes 4 16-OZ. CANS 99¢
MAXWELL HOUSE Coffee 1-lb. CAN 1.55
MAXWELL HOUSE Coffee 2-lb. CAN 3.09
MARTINSON Coffee 1-lb. CAN 1.55
CHOCK FULL O'NUTS Coffee 2-lb. CAN 2.37
SWEET'N LOW Sweetener 100'S 79¢
MOTT'S Apple Sauce 15-OZ. JAR 29¢
DEL MONTE YELLOW CLING SLICES OR HALVES Peaches 16-OZ. CAN 41¢
KRAFT IMITATION Mayonnaise 32-OZ. JAR 67¢
TWO GUYS Flour 5-lb. BAG 59¢
PILLSBURY Flour 5-lb. BAG 69¢
NEW EVERYDAY LOW PRICES
MOTT'S Apple Juice 32-OZ. BTL. 39¢
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NEW EVERYDAY LOW PRICES
KRAFT Mayonnaise 32-OZ. JAR 99¢
DUNCAN HINES Layer Cake Mixes 18½-OZ. BOX 65¢
TWO GUYS YELLOW CLING Peaches 29-OZ. CAN 45¢
Spam 12-OZ. CAN 1.09
FRANCO-AMERICAN Spaghetti O'S 15-OZ. CAN 29¢
WELCH'S Grape Jam 20-OZ. JAR 69¢
WELCH'S Grape Jelly 20-OZ. JAR 69¢
SKIPPY Peanut Butter 18-OZ. JAR 99¢
PALMOLIVE LIQUID DISH Detergent GIANT 32-OZ. BTL. 59¢
BRILLO Soap Pads GIANT 10's 39¢
WALDORF Bath Tissue 4-PACK 59¢
BOUNTY Towels 2-PACK 75¢
SKIPPY Peanut Butter 12-OZ. JAR 67¢
LOG CABIN Syrup 24-OZ. BTL. 1.15
HEINZ VEG OR Pork 'N Beans 3 16-OZ. CANS 85¢
GREEN GIANT KITCHEN-Sliced Beans 4 16-OZ. CANS 99¢
DEL MONTE Cream Corn 3 17-OZ. CANS $1
DEL MONTE Peas & Carrots 16-OZ. CAN 35¢
DEL MONTE French Beans 4 16-OZ. CANS 89¢

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Lola takes one show at a time

By Vashti McKenzi

"Happiness," says Lola Falana, "is being Lola Falana. This month, anyway, she adds with a wry smile.

It's not that television's hottest new star is expecting trouble to rear its ugly head at any moment . . . on the contrary, with two top-drawer specials behind her and a third, LOLA, due Tuesday March 9, 9-10 p.m. (ET) on ABC-TV, Miss Falana is on top of the world. Critics all over the world greeted her performance in specials one and two with the kind of reviews most artists dream about, and her guests for LOLA are Dick Van Dyke and Redd Foxx . . . so what in the world could possibly worry her?

"I just keep waiting for the bubble to break," she says. "I've had so many ups and downs in my career, so many big things that almost happened, that I've stopped banking on things. After a certain point, I decided that I was going to have to stop getting my hopes up, just sort of let life live me for a change and take it as it comes.

"And everything about these specials has been almost too good to be true. Fred Silverman and my producers, Allan Blye and Bob Einstein, made a decision at the very beginning that what they wanted to do was enhance my personality, not replace it. They've given me every possible chance to be real, and that's important to me . . . because the only time I really like that girl up on the television screen is when she's real."

As part of Lola's determination not allow her hopes to get too high, she long ago abandoned the traditional show-business practice of waiting up for the reviews . . . but after the first LOLA show aired, she broke that rule. "I had to," she laughs. "I couldn't have gone to sleep if I'd hit myself, over the head."

When the reviews finally began to come in, they were almost unanimous raves for both the show and its star. Finally, at about ten in the morning, a batch of them were delivered to Lola's door.

"I read the whole stack about five times," she remembers, "and then I got up and went to the mirror, wearing a pair of wool socks and this long baggy sweatshirt, and I said to myself, 'You dummy . . . they're talking about you. You big time — better get dressed.' So I put on the best clothes I had and I went out and walked all day long."

Of course," the second show was equally successful, and the third has two great guest stars . . . and the fourth? Lola just smiles. "One at a time," she says. "Let's just think about one at a time."

Vegetable gardening at mansion

"Vegetable Gardening" is the topic for the Open House, sponsored by the Cylburn Wildflower Preserve and Garden Center, Inc. The Cylburn Park Mansion, 4915 Greenspring Ave. will be open to the public Sunday afternoon, March 7, from 2 to 5 p.m. The talk will be at 2:30 p.m.

Mrs. Elmer C. Boehmer, the speaker, is a former horticulture chairman for the Federated Garden Clubs of Maryland and was horticulture chairman of the Extension Homemakers of Cockeysville. She is interested in all kinds of gardening and has specialized in vegetables.

Colorful Celestial Salad

Celestial Salad combines tantalizing flavors and colors with economy of cash and calories to produce the best of all possible culinary worlds!

Low-calorie chicken breasts are combined with crisp celery slices and all are enhanced with flavorful lemon soy sauce. Present with a tang of water cress, a tray of crusty bread, a cup of hot tea and enjoy!

Celestial Salad
3 cups water
2 tablespoons lemon juice
1 tablespoon salt
2 whole medium-sized chicken breasts
1 can (29 ounce) cling peach slices
2 tablespoons oil
1½ tablespoons soy sauce
2 tablespoons lemon juice
Water cress
¼ cup pimiento strips, optional

In medium sized saucepan combine water, lemon juice and salt and bring to a boil over moderately high heat. Add chicken breasts; cover and simmer about 15 minutes or until chicken is tender. Chill chicken in broth.

Just before serving, skin and debone chicken then slice chicken into long narrow strips. While chicken is cooling, drain peaches reserving ¼ cup syrup. In saucepan combine oil, soy sauce and lemon juice with reserved peach syrup. Heat to boil; remove from heat and add peaches. Allow to marinate until serving time.

Drain marinade from peaches, toss half of marinade chicken. Arrange chicken, peach slices, water cress and pimiento strips on serving platter. Pour remaining soy mixture over chicken and peaches and serve.

Makes 4 servings.

FOR THE RECORD

California soul

by Frederick I. Douglass

NEW YORK — The Big Apple will never be the same since it was given a strong dose of California Soul, February 26-29. What is "California Soul?" It's the major musical happening since the days of Woodstock! California Soul is the biggest lineup of black oriented musicians in the history of music. It all took place at New York City's Beacon Theatre.

The Staple Singers were there singing the original soundtrack from the funniest flick of the year "Let's Do it Again," which was scored by the great Curtis Mayfield. Ashford and Simpson were there crooning jams from their latest album "Come as You Are." In the past Ashford and Simpson have been producers and writers for other artists, penning jams like "Ain't No Mountain High Enough" and "Ain't Nothing Like the Real Thing" for Marvin Gaye and Tammi Terrell; "Reach Out and Touch" and "Remember Me" for Diana Ross; as well as "Shoe Shoe Shine" for the Dynamic Superiors. Now Ashford and Simpson are raising a ruckus as a recording and performing team. Check them out.

Leroy Hutson, successor to Curtis Mayfield in the Impressions, was on the scene belting out killer sounds like "It's the Music" from his new LP entitled "Feel the Spirit." Hutson co-authored "In the Ghetto" with Donny Hathaway and also produced two albums by the Voices of East Harlem. His biggest hit single since leaving the Impressions is "Feel the Spirit" from the previously mentioned album. Hutson is a dynamic performer and is also a man to be dealt with on the keyboards which he walls upon unmercifully.

First Choice, a female vocal group from Philly, was at the Beacon Theatre belting out their smash hit "Armed and Extremely Dangerous" and "The Player." Not only can the members of First Choice warble like canaries, they are also three very attractive young ladies. They will be releasing their first album "Let Us Entertain You" in the very near future.

The Impressions made the scene crooning tunes from their latest LP "Loving Power" as well as performing blasts from the past like "Gypsy Woman," "We're a Winner," "Amen," and "Choice of Colors." NEEDLESS to say, the Impressions did it all.

One of the most amazing performers to appear was Al Jarreau who can imitate any musical instrument with his voice. The man is absolutely fantastic as demonstrated on his latest LP "We Got By."

Dionne Warwick, whose latest album is "Track of the Cat," knocked everybody over with her new act which features her doing some fancy stepping with two male dancers. I wasn't particularly enthusiastic to see the good Djonne, but I must admit that I'm glad I did because she really blew my mind with her total professionalism.

On February 29, Jazz lovers were treated to a spectacular concert. Alice Coltrane, widow of the late John Coltrane, was there playing things on the keyboards and harp from her upcoming LP "Eternity." Guitarist George Benson was on hand, cooking hot stuff from his upcoming album "Breezing." Guitarist Pat Martino belted out space age goodies from his album "Starbright" and saxophonist David Sanborn filled the air with greasy, gutbucket jams from his dynamic recording "Taking Off..." Saxophonist David Newman, formerly with Ray Charles, was present to lay down some sexy sax sounds from his smoking LP "Mr. Fathead."

While everybody in the California Soul music spectacular performed to the max, it was Graham Central Station that walked away with the show. GCS is in the same class as Earth, Wind and Fire. They actually make you feel exhausted watching them perform which they did for more than an hour-and-a-half. GCS is a power and energy group that gives it all up to the audience. Picking up on the title of their latest LP, there "Ain't No 'Bout-A-Doubt It," Jerry Graham is the greatest rock bass player alive. Furthermore, Graham Central Station is the hottest soul band in the land.

Long and Short!

Coming Events

(Week of March 7 - 14)

"Good Health and Medical Care," sixth of a series of eight programs on planning for retirement co-sponsored by the Pratt Library, the Baltimore Commission on Aging and Retirement Education, the Adult and Community Education Division of the Baltimore City Schools, and the Senior Citizens Division of the Department of Recreation. Pratt Library's Patterson Park Branch, 7 p.m.

(Sun., March 14)

"Henry Ford, Revolutionary," the second in a series of six lectures on the theme, "The Great Experiment: Successes and Failures," by William R. Mueller. A Bicentennial event sponsored by the Enoch Pratt Free Library and funded by a grant from the Maryland Committee for the Humanities and Public Policy. Pratt Library's Department 17 East Mount Vernon Place. 2 p.m.

(Exhibit)

"A Progressive City — Baltimoreans in the Early Nation, planned especially for the Bicentennial Year, recognizing the contributions of Elisha Tyson and other Baltimoreans of the era to interracial harmony. Central Pratt Library, second-floor cases, through April 17.

MARCH 7

A program of American songs in celebration of the Bicentennial will be performed by mezzo-soprano Victoria Villamil at the Community College of Baltimore; 3:30 p.m., in the college's Campus Theatre. For ticket information, call 396-0014 or 396-0015. The program traces the development of American art song from 1750 to the present, concluding with folk material arranged by American composers.

Low food prices...at Two Guys

Veg-All 16-oz. CANS 99¢
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MAXWELL HOUSE Coffee 1-lb. CAN 4.43
Ivory LIQUID DISH DETERGENT GIANT 44-oz. BTL. 91¢
Joy LIQUID DISH DETERGENT GIANT 22-oz. BTL. 91¢
Fab DETERGENT KING SIZE 64-oz. BOX 1.67
SAVARIN Coffee 1-lb. CAN 1.55
SAVARIN Coffee 2-lb. CAN 3.09
SANKA Coffee 1-lb. CAN 1.95
SANKA Coffee 2-lb. CAN 3.71
SANKA Coffee 1-lb. CAN 1.95
YUBAN Coffee 1-lb. CAN 1.65
CHASE & SANBORN Coffee 1-lb. CAN 1.29
EL PICO Coffee 12-oz. CAN 1.35
MR. AUTOMATIC Coffee 1-lb. CAN 1.25
CARNATION Dry Milk 5-QT. 1.29
CARNATION Dry Milk 10-QT. 2.29
CHICKEN-OF-THE-SEA White Tuna WITH OIL 7-oz. CAN 69¢
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TASTER'S CHOICE-INSTANT Coffee DECAFF. 4-oz. JAR 1.74
NESCAFE Instant Coffee 2-oz. JAR 1.88
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SANKA FREEZE-DRIED Coffee 8-oz. JAR 3.19
SANKA Instant Coffee 8-oz. JAR 2.79
BRIM FREEZE-DRIED Coffee 4-oz. JAR 1.74
YUBAN Instant Coffee 4-oz. JAR 1.34
YUBAN Instant Coffee 8-oz. JAR 2.09
MAXIM Instant Coffee 4-oz. JAR 1.64
MAXIM Instant Coffee 8-oz. JAR 3.15
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PILLSBURY-COUNTRY STYLE Biscuits 2 8-oz. 25¢
PILLSBURY-BUTTERMILK Biscuits 2 8-oz. 25¢
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MINUTE MAID Orange Juice ½-GAL. PAPER 85¢
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CHEF'S CHOICE CRINKLE CUT Potatoes 5-lb. 1.29

ORE-IDA Shoestrings 20-oz. POLY 63¢
DOWNYFLAKE Jumbo Waffles 12-oz. 55¢
DOWNYFLAKE French Toast 8-oz. 55¢
AUNT JEMIMA Pancake Batter 16-oz. 67¢
MRS. PAUL-SMALL Fish Stix 8-oz. 75¢
SWANSON Chicken Dinner 11-oz. 79¢
GREEN GIANT Medium Peas 10-oz. 47¢
SWANSON Turkey Dinner 11-oz. 77¢
TABLE TREAT Sliced Steak 14-oz. 1.65
BANQUET-VEAL Parmagian Dinner 11-oz. 57¢
BANQUET Salisbury Dinner 11-oz. 57¢
BANQUET Chicken Pot Pie 8-oz. 29¢
ON-COR Veal Parmagiana 32-oz. 1.55
ON-COR Salisbury WITH GRAVY 32-oz. 1.55
CELENTANO CHEESE Ravioli 13-oz. 95¢
CELENTANO Pizza 11-oz. 89¢
ELLIO'S Pizza 16-oz. 99¢
ELLIO'S NINE SLICES Pizza 24-oz. 1.55
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