# Cook at home and save

More variety in meals? Macaroni, which includes spaghetti and egg noodles along with elbow macaroni, is a food presented so many different ways, combinations are almost limitless. Take your choice — casseroles, soups, sauces, salads, skillets — these are but a few of the favorites. And macaroni is a tasty partner in using leftovers (meats, poultry, cheese, vegetables).

Nutrition? Enriched macaroni products are a source of fine quality protein served as they usually are with complete protein foods (meats, cheese, poultry, eggs, fish). They contain substantial amounts of the B vitamins (niacin, thiamine and riboflavin) in addition to iron. Low fat, low sodium, easily digested macaroni supplies energy through its carbohydrate content.

More good eating? Cheese and Tomato Macaroni Casseroles are an example. A tasty blend of elbow macaroni, vegetables and cheese comes to the table in individual baking dishes. There's an extra plus in this recipe. It makes enough savory tomato sauce to freeze some for a future meal as a topping for spaghetti or egg noodles. When you wish a chilled macaroni special, select Macaroni, Meat and Cheese Salad.

**Cheese and Tomato Macaroni Casseroles**
**(Makes 6 servings)**
**2 cups elbow macaroni (8 ounces)**
**1 tablespoon salt**
**3 quarts boiling water**
**3 tablespoons butter or margarine**
**2 cups chopped onions**
**1 medium clove garlic, crushed**
**1 can (35 ounces) Italian tomatoes, undrained**
**1 can (6 ounces) tomato paste**
**½ cup dry red wine or tomato juice**
**2 tablespoons sugar**
**1½ teaspoons salt**
**1½ teaspoons oregano, crushed**
**Dash pepper**
**½ pound Parmesan cheese, freshly grated (about 2 cups)**
**1 package (8 ounces) Mozzarella cheese, cut into strips**

Gradually add macaroni and 1 tablespoon salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Meanwhile, in a large saucepan melt butter; add onions and garlic and saute over medium heat, stirring occasionally, until onions are tender (about 5 minutes). Stir in undrained tomatoes, tomato paste, wine, sugar, 1½ teaspoons salt, oregano and pepper. Simmer uncovered for 30 minutes. Measure 3¾ cups tomato sauce for use in casseroles; set aside. Spoon remaining sauce (about 2 cups) into a freezerproof container; freeze up to 1 month.(-)

Layer macaroni, reserved tomato sauce and Parmesan cheese in six 1¾ cup individual casseroles or six (10 ounce) baking cups. Top each with strips of mozzarella cheese. Bake uncovered in a 400 degree F. oven for 25 minutes, or until hot and bubbly.

(-)Serve with spaghetti or egg noodles.

**Macaroni, Meat and Cheese Salad**
**(Makes 6 servings)**
**2 cups elbow macaroni (8 ounces)**
**1 tablespoon salt**
**3 quarts boiling water**
**1 cup diced salami**
**1 cup cubed Cheddar cheese**
**1 cup thinly sliced celery**
**¼ cup chopped sweet pickle or pickle relish**
**1 cup mayonnaise**
**1 teaspoon instant minced onion**

Gradually add macaroni and 1 tablespoon salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water; drain. Combine macaroni, salami, cheese, celery and pickles. Add mayonnaise and onion. Toss lightly until mixed. Cover and chill.

GREAT TASTING, nutritious eating is at hand when these macaroni casseroles are served.

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ALAGA SYRUP
ALAGA SYRUP... It's a matter of good taste!

## South Baltimore Notes

By Walter W. E. Hill

Star of Bethlehem AME Church presented a dinner honoring its senior members at the Holiday Inn on Lombard Street recently. Honored were Mesdames Venie West, Trilby Wicks, Addie Price, and Gladys Morris; Joseph West and Vernon Hill. Guest speaker for the evening was Thomas M. Boone, noted educator of South Baltimore and member of Ebenezer AME Church.

Setting the tone for the evening was the beautiful voice of Mrs. Sylvia Johnson, resident of Mt. Winans and member of New Shiloh Baptist Church. Community churches, friends and well wishers were well in attendance. The Rev. Thomas P. Odellas was host pastor.

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Dr. Neil Solomon, secretary of the state Department of Health and Mental Hygiene, approved the application of the South-Baltimore General Hospital to complete its original plans to add 126 medical surgical beds and the construction reported, was that the Met of a medical building. Also ropolitan Transit Authority completed work on the bus she'er located on Hanover Street directly in front of the hospital.

Mrs. Mertina Blocker, in perparation for Women's Day at Star of Bethlehem AME Church, is having a bake sale at her residence 2622 Alaska Street this Saturday, March 19, 1977.

Happy Birthday greetings are extended to: Mesdames Marie Wiggins, Heddy Roach, Tamey Graves, Trilby Wicks, Regina McCoy Mrs. Mary German, Terry Ashley, Mrs. Marie Hamlette, Mrs. Dessie Williams, Rev. Darrell S. Greene, and Miss Valerie Thomas.

Reminder: Mrs. Elizabeth Odellas is chairman of the ANNUAL WOMEN'S DAY at the Star of Bethlehem AME Church on Sunday, March 27, 1977.

Tailor made for fast movers, because one bar and a glass of milk make a complete meal. Carnation Breakfast Bars look and taste just like candy. With six flavors to choose from. Kids can eat 'em and get vitamins, minerals, protein and energy anytime, anywhere ...and they will.

BROWN'S B SUPERMARKETS
THE QUALITY QUEEN
THE PRICE FIGHTER

U.S.D.A. CHOICE BONELESS
ROUND STEAK
$1.37 Lb.

U.S.D.A. CHOICE BOTTOM
ROUND ROAST
$1.27 Lb.

GRADE A
CHICKEN LEGS OR BREASTS
59¢ Lb.
Economy Cut

FRESH CHICKEN LIVER
59¢ Lb.

SUPER SPECIAL
HATFIELD TOP QUALITY
SLAB BACON
By The Piece
69¢ Lb.

SKINNED & DEVEINED
BEEF LIVER
49¢ Lb.

WASHINGTON SELF RISING FLOUR
69¢
5 LB. BAG

Breast Of Chicken
TUNA
49¢
6½ oz.
Limit of 3 Per Shopping Family

LUZIANNE COFFEE
99¢
8 oz. CAN
Limit of 2 Per Shopping Family With $7.50 Purchase

8 OZ. CAN
PILLSBURY BUTTERMILK BISCUITS
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INDIAN RIVER
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39¢ 46 oz. Can

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Super Savings Everyday Plus . .

Prices effective March 13, thru 19, 1977. Sorry, no sales to other food retailers or wholesalers. Quantity rights reserved.

ALL MANUFACTURERS' MONEY-SAVING
# Double Savings ON Coupons

Redeem the manufacturers' money-saving coupons you clip from newspapers and magazines or receive in the mail, at Acme/Super Saver Markets. When you purchase these items from us, we will double the savings marked on the coupons. This Double Savings offer does not apply to "FREE" or other stores' coupons or where the total value exceeds the value of the item. Offer is good thru March 19, 1977.
Due to current coffee market conditions, and to insure product for all our customers, we are limiting our "Double Coupon" offers to one coffee coupon (one instant and one ground coffee) per shopping family. Additional coffee coupons will be redeemed at face value. Cigarettes, milk, tax, lottery tickets and certain other items are excluded by law from this offer. During the course of this offer, there is the possibility of unusual demand for a particular MANUFACTURERS' coupon item. If a MANUFACTURERS' coupon item does become temporarily unavailable, request an Advertised Price Form "Rain Check". This entitles you to "Double Savings" on the MANUFACTURERS' coupon item when purchased.

EXAMPLE: Here's how you get your double savings.
MANUFACTURER'S COUPON 40¢ OFF SAMPLE BRAND GROCERY ITEM +40¢ OFF = 80¢ OFF

ACME
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Smoked PORK SHOULDER Picnics 59¢
Sliced Picnics lb. 69¢ lb.

LANCASTER BRAND BEEF LOIN
Sirloin Steaks $1.29 lb.
FULL CUT! NO TENDERLOIN REMOVED!

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OPEN SUNDAY 9 A.M. - 5 P.M.

LANCASTER BRAND BEEF LOIN Porterhouse Steak TAILLESS $1.99 lb. WITH TAIL $1.89 lb.
LANCASTER BRAND LARGE END, 7-INCH CUT Beef Rib Roast $1.29 lb.
100% U.S. GOV'T. INSP. WHOLE FRESH Chicken Legs UNITS OF 10-LBS. OR MORE 59¢ lb.
FRESH PENNA Mushrooms 85¢ lb.
Ground Beef LANCASTER BRAND (5-LBS. OR MORE) Regular 69¢ lb.

The fruits that followed the Sun to Acme!

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Lancaster Brand Veal Sale!
BONELESS SHOULDER Veal Roast $1.39 lb.
LANCASTER BRAND (SIB,lb $1.59) Veal Chops $1.89 lb.
LANCASTER BRAND VEAL Cubed Steaks $1.99 lb.
FORMERLY VEAL CUTLET, VEAL LEG Round Steaks $2.99 lb.

ST. PATRICK'S DAY VALUES!
LANCASTER BRAND BRISKET Corned Beef $1.39 lb.
ESSKAY EYES Corned Beef $1.79 lb.

Super Savings Everyday!
STORE PACKAGED Sliced Bacon 89¢ lb.
LANCASTER BRAND Deluxe 8 Franks 1-lb. pkg. 99¢
WILLIAMSBURG COUNTRY Ham Slices 12-oz. pkg. $2.49
LANCASTER BRAND SMOKED BEEF OR Ham Loaf 3-oz. pkg. 49¢
ECKRICH SMOKED SAUSAGE OR Kielbasse lb. $1.29
SWALTNEY MILD OR Hot Sausage 1-lb. pkg. 79¢
GLENSIDE SLICED Bologna 1-lb. pkg. 89¢

Home Baked Quality!
SAVE 10¢ PLAIN, SEEDED OR ITALIAN STYLE Vienna Bread 1-lb. loaf 49¢
SAVE 10¢ WHITE Hot Bread 1-lb. loaf 69¢
SAVE 10¢ CINNAMON Hot Bread 1-lb. loaf 79¢
BROWN AND SERVE! CLOVERLEAF OR Cinnamon Rolls pkg. of 12 59¢
SLICED OR UNSLICED BLACK RUSSIAN Rye Bread 22-oz. loaf 59¢

International Cheese Values!
SNACK FAVORITE! Cream Havarti lb. $2.29
MILD, YELLOW Longhorn Cheese lb. $1.49

Fresh Sliced in Our Deli!
ESSKAY Chicken Roll ½-lb. 89¢
ECKRICH Old Fashion Loaf ½-lb. 79¢
LANCASTER, ESSKAY OR ECKRICH SLICED Bologna REG., JUMBO OR GARLIC lb. 99¢
ECKRICH, ROUNDS Corned Beef ½-lb. 69¢

Dairyland Super Savings!
INDIV. WRAP, BORDEN'S YELLOW AMERICAN SLICES Cheese Food 12-oz. pkg. $1.09
CHEF'S DELIGHT Loaf Cheese 2-lb. pkg. $1.49
PILLSBURY ICED Cinnamon Rolls 9 1/4-oz. pkg. 55¢
IDEAL Non-Fat Milk 1-gal. jug $1.23
ASST'D. FLAVORS! SEALTEST Ice Cream ½-gal. ctn. $1.49

ASSORTED VARIETIES! 9 Lives Cat Food 4 6½-oz. cans 89¢
HALVES OR SLICES, YELLOW CLING Farmdale Peaches 2 29-oz. cans $1.00
IMITATION Kraft Mayonnaise 2 1-pint jars $1.00

FLORIDA, INDIAN RIVER WHITE SEEDLESS Grapefruit 5 lb. bag 89¢
SWEET, JUICY, FLORIDA 100 SIZE VALENCIA Oranges 15 for 99¢
CALIFORNIA, 165 SIZE Fresh Lemons 10 for 99¢
TROPICANA PURE Orange Juice half gallon 99¢
GREEN CALIFORNIA Fresh Asparagus lb. 88¢
WHILE SUPPLY LASTS! Pine Mt. Logs case of 12 $4.99
TEXAS RUBY RED Grapefruit 40 size 4 for 89¢

Second week of Super Savings! Grocery Dollar Sale!
ASSORTED FLAVORS! WASHINGTON Cake Mixes 4 5-oz. pkgs. $1
IDEAL GREAT NORTHERN OR Pork & Beans 4 1-lb. cans $1
IDEAL FRENCH OR Cut Green Beans 4 1-lb. cans $1
ARMOUR Potted Meat 5 2-oz. cans $1
IDEAL WHOLE OR Sliced Beets 4 1-lb. cans $1
WHITE OR COLORS Waldorf Toilet Tissue 4-roll pkg. 79¢
BALA CLUB OR IDEAL Diet Beverages 7 1-pt. btls. $1
OUR FINEST QUALITY! IDEAL Apple Sauce 3 1-lb. cans $1
IDEAL, IN OIL! Chunk Light Tuna 2 6½-oz. cans $1
FOR SALADS OR COOKING! Wesson Oil 1¼-pint bt. 89¢

VIRGINIA LEE PLAIN, SUGAR, CINNAMON OR HALF & HALF Fresh Donuts SAVE 10¢ Pkg. of 12 59¢
SUPER SAVINGS ON Farmdale Margarine 3 1-lb. qtrs. $1.00
ALL VARIETIES (EXCEPT BEEF & HAM) Ideal Dinners pkg. 49¢
13¢ OFF LABEL! Dove LIQUID FOR DISHES Detergent 22-oz. btl. 79¢
25¢ OFF LABEL! Dynamo HEAVY DUTY LIQUID DETERGENT ½-gal. btl. $2.39
5¢ OFF LABEL! Ivory Soap 4 Bath Size bars 59¢

Frozen Food Super Savings!
ELLIO'S, FAMILY PACK OF 9 Cheese Pizza 24-oz. pkg. $1.39
BIRDS EYE CONCENTRATE Orange Plus 12-oz. can 59¢
BANQUET (EXCEPT BEET & MEAT LOAF) Buffet Suppers 2-lb. pkg. $1.19
BEEF STROGANOFF, CHICK. OR BEEF PIES Myer's Buffets pkg. $1.89
IDEAL FILLETS Flounder 1-lb. pkg. $1.79
BOOTH'S READY FRIED Fantail Shrimp 1-lb. pkg. $3.29
OUR FINEST QUALITY! IDEAL Grape Juice 2 12-oz. cans $1.00
IDEAL GOLDEN CORN OR Sweet Peas 1½-lb. bag 59¢
FARMDALE CRINKLE CUT Potatoes 5-lb. pkg. $1.29
SARA LEE CINNAMON, HONEY, STICKY BUNS OR Apple Crunch pkg. 79¢

Procter & Gamble Super Sale! Health & Beauty Aids!
DEODORANT Sure Roll-on 1½-oz. pkg. 88¢
DEODORANT Sure Aerosol 12-oz. can $1.69
20¢ OFF LABEL! Scope Mouthwash 24-oz. btl. $1.29
LOTION (11-oz.) OR CONCENTRATE (7-oz.) Head & Shoulders each $1.69
SUPER SAVINGS ON Gleem Toothpaste 6-oz. tube 99¢
NEWBORN DIAPERS Pampers pkg. of 36 $1.89

Funk & Wagnalls FAMILY LIBRARY OF Great Music
NOW ON SALE! ALBUM 7 "GRIEG" $2.69 EACH
STILL ON SALE! ALBUM 1 "BEETHOVEN" ONLY 69¢ With $3.00 Purchase

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START YOUR SET TODAY!
INTRODUCTORY OFFER! VOL. 1 ONLY 59¢ EACH
ON SALE THIS WEEK! VOL. 2 ONLY $1.49 EACH

Elegant Regal STAINLESS STEEL COPPER CLAD WATERLESS COOKWARE
Special Introductory Offer! 7-Inch Gourmet Pan only $2.99

| SALE DATES! | ITEM | PRICE |
|---|---|---|
| Mar. 20-26 | 1½-qt. Cov. Sauce Pan | $7.99 |
| Mar. 27-Apr. 2 | 8-in. Open Fry Pan | $6.99 |
| Apr. 3-9 | 2-qt. Cov. Sauce Pan | $7.99 |
| Apr. 10-16 | 3-qt. Cov. Sauce Pan | $8.99 |
| Apr. 17-23 | 10-in. Open Fry Pan | $8.99 |
| Apr. 24-30 | 6-qt. Cov. Dutch Oven | $10.99 |
| May 1-7 | 2-qt. Double Boiler | $10.99 |
| May 8-14 | Whistling Tea Kettle | $7.99 |

MANUFACTURER'S COUPON 35¢ OFF WITH THIS COUPON TOWARD YOUR PURCHASE OF ONE 16-OZ. 8⅝", JOHNSON'S BABY LOTION MFG-8 (143) Limit one per family please. Redeem March 13 thru 19, 1977

Clip & Redeem Super Saving Manufacturers' Coupons!

MANUFACTURER'S COUPON 10¢ OFF WITH THIS COUPON TOWARD YOUR PURCHASE OF ONE 22-OZ. PKG., REG. OR TUNA PURINA CAT CHOW MFG-8 (139) Limit one per family please. Redeem March 13 thru 19, 1977

MANUFACTURER'S COUPON 10¢ OFF WITH THIS COUPON TOWARD YOUR PURCHASE OF ONE 13-OZ. BOX POST ALPHABITS MFG-8 (139) Limit one per family please. Redeem March 13 thru 19, 1977

MANUFACTURER'S COUPON 25¢ OFF WITH THIS COUPON TOWARD YOUR PURCHASE OF ONE 7-LB., 3-OZ. BOX, LAUNDRY D'GENT, ARM & HAMMER MFG-8 (140) Limit one per family please. Redeem March 13 thru 19, 1977

MANUFACTURER'S COUPON 20¢ OFF WITH THIS COUPON TOWARD YOUR PURCHASE OF ONE 22-OZ. BTL., DISH DETERGENT AJAX LIQUID MFG-8 (141) Limit one per family please. Redeem March 13 thru 19, 1977

MANUFACTURER'S COUPON 15¢ OFF WITH THIS COUPON TOWARD YOUR PURCHASE OF ONE 1-QT. JAR, HEINZ SWEET CUCUMBER SLICES OR ONE 24-OZ. JAR, HEINZ SWEET PICKLES MFG-8 (142) Limit one per family please. Redeem March 13 thru 19, 1977