GIRL FRIENDS of the Baltimore chapter presented 1969 debutantes at their final cotillion, Monday evening. Family groups, above, from left, are Mr. and Mrs. James A. Greene, their debutante, Miss Phyllis Greene, and her brother, Vernon Geene, who was he escort for the evening. In the center panel are Ralph Eley, Miss Shella Eley, Mrs. Eley and Miss Eley's eshort, Frank W. Phillips, 3rd. Panel at right shows Dexton Reed, Mrs. Vivian Reed, Miss Merschelle Reed, Ronald Abrams, escort of Miss Reed, and Mr. and Mrs. Newton Sheridan.

Test Yourself: Are You An Alcoholic?

Most alcoholics have jobs, children and homes. They may be gifted, sensitive and charming. One may be president of your bank . . . your butcher . . . your bowling pal.

He may be your relative or your next door neighbor. Alcoholism is an illness which happens to a cross-section of the American public.

During the period from July 1, 1967 to June 30, 1968 the people in Maryland purchased 11,032,990 gallons of wine and liquor at a cost of over two hundred million dollars.

How can we distinguish between the heavy drinker, the occasional drunk and the alcoholic? Heavy drinkers are not unusual in this day and age. They include women as well as men. These people can consume several drinks before lunch, four or five more before dinner, drink on through dinner and into the late evening. They may go to bed 'dizzy' or even quite drunk.

HEAVY VS. ALCOHOLIC

There is a big difference between the heavy drinker and the alcoholic. The heavy drinker may drink the same amount as the alcoholic over a period ranging from 10 to 25 years without getting into trouble because of it.

He may stop drinking completely without any great discomfort.

In other words, he still has control. He chooses his drinking companions and the time and place to drink carefully, only rarely drinking too much at the wrong time or place.

There is a simple control test which the heavy drinker can apply to himself to determine if he is an alcoholic.

If he drinks daily he should decide on a limit of one or two drinks — and no more. If he does not drink daily the test should be taken on the days he does drink. The number of drinks and days set for the test should be followed religiously.

Regardless of any calamity that should arise, any social event or cause for celebration, he should drink no more than the amount decided upon. Of course he may drink less — or none at all. If he cannot do this, he is an alcoholic.

CAUTION

Caution is always necessary in determining whether a person is an alcoholic or a heavy drinker. Time alone can provide the necessary distinction.

The Baltimore Area Council on Alcoholism, through its local alcoholism information centers, can give professional help in discovering whether the suspected heavy drinker is one of those persons whose system or personality makes alcohol a 'poison' to him.

These alcoholism information centers are located in Baltimore City and Dundalk and there will be future centers in Catonsville, Pikesville, Towson, North Arundel County and a second one in Baltimore City.

If you are the friend of an alcoholic, become informed yourself. Talk with him, tell him what you know about the illness, and introduce him to a recovered alcoholic. Most of all, let him know that you are concerned. Be honest, open and understanding.

If you are an employer and suspect an employee of being an alcoholic, do not wait until the only thing left to do is to tell him that if he drinks again he will lose his job.

Try to get him to see a local doctor or persuade him to go to an alcoholism information center. The employer's attitude toward alcoholism should not be any different than it is toward any other sickness of his employees.

SEEK HELP

If you are an alcoholic, accept the fact and seek help. You can not solve your problem alone.

Contact your nearest Council on Alcoholism, the State Department of Mental Hygiene, Division of Alcoholism or the Baltimore City Health Department's Alcoholism Center, where you will find professionals available to help you in solving the problem.

If you are the friend, family or employer of an alcoholic, get the facts from your nearest alcoholism information center. Help prevent and arrest the spread of this illness . . . alcoholism.

Equitable Trust Anniversary awards

Company recently honored 41 long-term service employees at an anniversary recognition ceremony at the banks operations center in Baltimore.

Cumulatively, the 41 Equitable Trust employees honored at the ceremony represents 515 years of service to the financial institution.

The ceremony included presentations of service pin awards by Owen Daly II, president and other officers. A reception followed the service awards ceremony.

Those honored for 10 years were: Anne M. DePontes; Mildred C. Busick; Carl H. Schothauer; Charles L. Gatch; Carlyse R. Bell; Patricia A. Baynes; Lillian W. Schlegel; William Atkinson; Lorraine Carson; Dorothy Z. White; Lorraine M. Doody; Nancy S. Vitteton; Nancy L. Hagert; John C. Ruxton; Anna E. Smith; Phyllis L. Wagner; Harry W. Burch; Margaret M. White; Elizabeth M. Sanfranek; Nancy C. Johnson; Elizabeth W. Hackley; Dorothy A. Hagood; Mary Ann Merson and Hazel W. Hartung.

Receiving awards for 15 years were: William G. Orr; Stanley H. Jones; Edward Porter; Frances M. Blob; Miriam J. Ashe; John Owens Jr.; Howard C. Marchant; Mary A. Stevenson; Rita B. Kucharski; Robert L. Allgire; Harold H. Smith; Phoebe W. Thompson and William C. Norwood.

Receiving awards for 20 years were: Allan S. Hinkson; James R. Price; Joseph A. Bognanni and Gunther B. Schmidt Jr.

—Upshur—

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HEIDI SANDWICH STYLE BUTTERMILK BREAD
Reg. 37c. Inst. Save 15c on two loaves 2 1½-lb. loaves 59¢
Heidi-Pineapple Up-Side Down Cake 69¢
Heidi Lemon Strip Pie 1-lb. 8-oz. 45¢
Heidi-Chocolate Iced Cake Donuts 6 for 27¢
Heidi Streusel Buns pkg. of 4 29¢
Heidi-Strawberry Filled Pastries pkg. of 4 39¢
Heidi-Louisiana Ring Cake ea. 45¢

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HEIDI CREAM CHEESE CAKE
THE FINEST IN THE COUNTRY 2-lb.-4-oz. 1.49
This is not "ORDINARY" Cheese Cake. Heidi Cheese Cake is of SUPERB Quality...100% Philadelphia Cream Cheese...20% Cream...Whole Eggs and Pure Flavors.

GIANT FOOD BONELESS BEEF ROAST Chuck USDA CHOICE Lb. 89¢ Lean & Tender Lb. 79¢

USDA Graded A for "Quality" & USDA Govt. Inspected for "Wholesomeness"
FRESH FRYERS Whole lb. 29¢
CUT-UP FRYERS lb. 33¢
FRESH CHICKEN LEG or BREAST QUARTERS lb. 35¢

USDA Choice CHUCK STEAK lb. 79¢
USDA Prime Blade Bone In lb. 69¢
USDA Choice Boneless Stew Beef lb. 79¢
USDA Choice Fresh Brisket Whole lb. 79¢
USDA Govt. Inspected for "Wholesomeness" Chicken Livers lb. 49¢

GLEE GINGER ALE CLUB SODA or COLA 6 1-pt. 12-oz. bottles $1 No Deposit Bottles

Giant Food Quick Oats 2 1-lb.-2-oz. boxes 49¢
Giant Food Quick Oats 2-lb.-10-oz. box 49¢
Giant Food Sugar, Oatmeal or Iced Spice Cookies 3 14-oz. bags $1
Giant Food-Assorted Stars Cookies 3 10-oz. bags $1
Aunt Nellie's-Small Irish Potatoes 6 1-lb. cans 79¢
Libby's Red Salmon 7¾-oz. can 59¢
Giant Food Chili con Carne 1-lb.-8-oz. can 49¢
Sovril Corned Beef 12-oz. can 55¢
Giant Food-Regular, Thin or Capellini Spaghetti 2 1-lb. boxes 39¢
Giant Food-Regular, Meat, Mushroom or Marinara Spaghetti Sauce 15½-oz. jar 37¢
Giant Food-Smooth or Crunchy Peanut Butter 1-lb.-2-oz. jar 49¢
Sunsweet Prune Juice qt. btl. 44¢
Dole Pineapple Juice 2 1-qt. cans 69¢
Aunt Nellie's Unsweetened Grapefruit Juice 2 1-qt.-14-oz. cans 79¢
Dole Pink Pineapple Grapefruit Drink 3 1-qt.-14-oz. cans 95¢
Comstock Apple Pie Filling 1-lb.-6-oz. can 37¢
Aunt Nellie's Sections Grapefruit 3 1-lb. cans 85¢
Aunt Nellie's Applesauce 3 1-lb.-9-oz. jars $1
Giant Food Half Sliced Pineapple 3 1-lb.-4-oz. cans $1
Del Monte Fruit Cocktail 1-lb.-14-oz. can 39¢
Del Monte Yellow-Sliced or Halves Cling Peaches 1-lb.-12-oz. can 30¢
Aunt Nellie's Whole Peeled Apricots 3 1-lb.-1-oz. cans $1

GIANT FOOD APPLE JUICE 4 qt. btls. 95¢
Aunt Nellie's TOMATO JUICE 3 1-qt. 14-oz. cans 79¢

Mild Ivory Soap 2 large bars 35¢
Giant Brand Deodorant Soap bag of 4 bars 59¢
Detergent Kiss Liquid 1-pt.-6-oz. bot. 39¢
Hudson Flair Paper Napkins 2 pkgs. of 60 33¢
Scott-White or Colors Bathroom Tissue 4 rolls 55¢
Cut Rite Wax Paper 2 125-ft. rolls 49¢
Giant Brand Heavy-Duty Aluminum Foil 25-ft. roll 39¢
Beef Chunks or Horsemeat Chunks Alpo Dog Food 2 15½-oz. cans 49¢
Dog Food-Regular or Liver Ken-L-Ration 6 16½-oz. cans 84¢
Pounce Cat Food 6 6½-oz. cans 69¢

FROZEN FOOD FREEZER QUEEN ENTREES Gravy N' Beef, Veal Parmagian, Gravy N' Turkey or Salisbury Steak 1.09 2-lb. pkg.
Birds Eye Fancy Fries 4 12-oz. pkgs. 95¢
Birds Eye-Breakfast Orange Drink Awake 3 9-oz. cans 89¢
BIRDS EYE GREEN PEAS 6 10-oz. pkgs. 95¢

FRESH PRODUCE FLORIDA TANGERINES DOZEN 39¢
Florida-White or Pink Grapefruit 4 lb. 39¢
Fresh Green Broccoli large 39¢
Vine-Ripe Tomatoes lb. 39¢
Florida-Temple Oranges doz. 49¢
Fresh-Red Ripe Cherry Tomatoes pint 39¢
Red Stayman Apples 8 lb. 89¢

SEAFOOD DEPT. RAINBOW TROUT Overnight from Buhl, Idaho via United Airlines Jet FRESH lb. 99¢
Raised especially for Giant at the clear Springs Trout Farm
Fancy Boneless Peach Fillet lb. 59¢
Fancy Boneless Pacific Snapper Fillet lb. 79¢
Alaskan Fully Cooked King Crab Legs 12-oz. pkg. $1.29 lb.
FANCY SKINLESS SOLE FILLET BONELESS lb. 89¢
Seafood available while supply lasts

Giant Food Pear Halves 3 1-lb. $1
Hygrade Vienna Sausage 4 5-oz. cans $1
Franco American-With Giblets Chicken Gravy 2 10½-oz. cans 33¢
Dinty Moore Beef Stew 1-lb.-8-oz. can 63¢
DELICATESSEN
Giant Food Pre-Sliced Refrigerated Cookies All Varieties 3 1-lb. pkgs. $1
Gentz's Big Daddy Wieners lb. 79¢
Gentz's-Sliced Dried Beef 4-oz. pkg. 65¢
Jordan Sausage Links pkg. 85¢
Higgins Plain Pizza 9-oz. 47¢
Giant Food Corn Meal Mush 24-oz. pkg. 29¢

GIANT BRAND FACIAL TISSUE White or Colors 4 boxes of 200 75¢

Laundry Aid Axion Pre-SOAK 1-lb.-9-oz. box 75¢
Liquid Clorox Bleach ½-gal. bot. 32¢
Giant Brand-Concentrated Fabric Softener 1-qt.-1-oz. bot. 49¢
Giant Brand-Chocolate Chip Cookies 4 10-oz. boxes $1
Snow's Clam Crisp 3½-oz. can 39¢
TV Time Popcorn pkg. of 4 59¢

GIANT FOOD ALL MEAT SLICED BOLOGNA 1 lb. pkg. 69¢ Half lb. pkg. 39¢

Spray Furniture Polish Jubilee 10½-oz. can 89¢
Bathroom Bowl Cleaner Vanish 2-lb.-14-oz. can 57¢
Air Refresher Airwick Solid 5-oz. cont. 67¢
Aerosol Disinfectant Lysol Spray 7-oz. can 79¢
S.O.S. Soap Pads pkg. of 10 35¢

GIANT FOOD APRICOT NECTAR 2 1-qt. 14-oz. btls. 69¢
GIANT FOOD PANCAKE SYRUP 1-pt.-8-oz. bot. 49¢
GIANT FOOD BUTTERMILK PANCAKE MIX 2-lb. box 39¢

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