Medicair topic of mental health dinner tonight

"Maryland, My Mediocre Maryland" is the title of a speech to be delivered by Dr. Bertram S. Brown at the Annual Legislative Dinner Meeting of the Maryland Association for Mental Health Jan. 29 at the Annapolis Armory, 7 p.m.

Dr. Brown, a resident of Maryland, is Deputy Director, National Institute of Mental Health, and Assistant Surgeon General, U.S. Public Health Service.

In addition to Dr. Brown, speakers at the Dinner will include Governor Marvin Mandel, MAMH President Reuben Shilling, and Zelig Robinson, Chairman of the MAMH's Legislative Committee.

Prior to the Dinner, a Legislative Briefing concerning legislation affecting the mentally ill will be held by the MAMH from 2:30 to 4:30 p.m. at the Annapolis Statler Hilton.

The Dinner will also be preceded by a reception to be held at 5:30 p.m. at the Annapolis Armory.

Persons wishing to attend the Briefing and Dinner should contact the Maryland Association for Mental Health, 2104 North Charles

Dried beans and peas pinch hit for meats

By VIRGINIA McLUCKIE, Food Economist

Plan to include dried beans and peas in family meals, not only for the economy they afford but also their good eating and nutritive qualities.

Americans are steady bean eaters, consuming about seven to eight pounds per person each year. The modern homemaker has a choice of using dried beans which she prepares from scratch or turning to canned beans which are easy to heat and eat. You can be assured that dried beans and peas are among the least expensive sources of calories, protein, iron, thiamine and riboflavin.

* * *

These beans are good pinch hitters for meat, especially if they are combined in the same meal with some animal source of protein rich food, such as milk, eggs, cheese, meat or fish.

A pound of dry beans prepared from scratch will make nine three-fourth cup servings. This will cost an average of three cents per serving plus the cost of what ever seasonings and foods combined with the beans.

The supply of dry beans and dry peas for the 1970 marketing year is plentiful. The production of dry beans is six percent above last year and 25 percent greater than two years ago. Production of dry peas is 30 percent more than last year and 24 percent above two years earlier. The crop of lentils is around 18 percent more than a year earlier and 30 percent above two years ago.

* * *

There are two short cuts to use effectively in cooking dried beans. First, cover the beans with boiling water, boil for two minutes and remove from the heat and after soaking for one hour, the beans are ready to cook. For beans that take over one hour to boil, use the second method. Cooking time can be cut one quarter by adding one-eighth teaspoon of baking soda to the water allowed for each cup of dry beans.

Measure the soda carefully and add to the soaking water at the start. Too much soda will affect bean flavor and nutritive value. Select Navy pea beans, Great Northern White beans, pinto, small red or Kidney beans. After beans are cooked you are ready to prepare a feast of delicious recipes from soups, main dishes to salads that make satisfying meals.

* * *

As you shop look for specials at the meat counter in forequarter cuts of beef, pork and roasts and broiler-fryer chickens. Plan before you shop and figure cost per serving for an equitable budget of protein foods.

This is the season we depend heavily on processed vegetables and supplies of corn, green beans and tomatoes are liberal. Root vegetables that are good buys include white and sweet potatoes, carrots, turnips and rutabagas. Fruits on the best buy list are Temple oranges, grapefruit, bananas and three pound film bags of apples. Watch for sales on canned peaches and fruit cocktail.

Make bean chowder with three-fourth cup dry beans, three cups water, one and one-half teaspoons salt, three-fourth cup diced potato, one small onion, chopped, three-fourth cup cooked or cannned tomatoes, one and one half teaspoons flour, one-third cup shredded green pepper, one to two tablespoons butter, margarine, or drippings, and one and one half cups milk.

Soak beans in the water, add salt, and cook until almost done. Add potato and onion; cook 30 minutes. With the longer-cooking beans you may need to add more water.

Mix flour with a little of the tomato and add to the beans with rest of tomato, the green pepper, and fat. Cook 10 minutes, stirring occasionally to prevent sticking. Stir in the milk and reheat quickly. Makes four servings.

THE OTHER SIDE of the news about the Baltimore-area community, as well as world events, can be found in each and every issue of the AFRO! Pass your AFRO around to a friend and encourage him to buy the AFRO each week. Phone 728-8200 for prompt home delivery or for a subscription, just $4 for four months.

School lunches

Elementary Schools — 10

MONDAY
Beefaroni
Tossed Salad
Buttered Green Peas
Homemade Roll and Butter
Orange Juice and Peanut Butter
Raisin Cookie
½ Pt. Milk

TUESDAY
Tuna Surprise
French Baked Potatoes
Buttered Corn
Vanilla Pudding with Chocolate Sauce
½ Pt. Milk

WEDNESDAY
Baked Meat Loaf
Whipped Potatoes
Buttered Kale
Homemade Roll and Butter
Sliced Peaches
½ Pt. Milk

THURSDAY
Oven Fried Chicken or Turkey
Parsley Potatoes or Glazed Sweet Potatoes
Buttered Succotash
Cheese Roll and Butter, Jello with Whipped Topping
½ Pt. Milk

* * *

High Schools

MONDAY
Beefaroni or Cheese Sandwich
Tossed Salad
Buttered Green Peas or Parsley Carrots
Homemade Roll and Butter
Orange Juice and Peanut Butter
Raisin Cookie
½ Pt. Milk

TUESDAY
Tuna Surprise or Bologna Sandwich
French Baked Potatoes
Creole Green Beans or Tomato Juice
Vanilla Pudding with Chocolate Sauce
½Pt. Milk

WEDNESDAY
Baked Cheese Meat Loaf and Gravy or Bologna Sandwich
Whipped Potatoes
Buttered Collard Greens or Peas and Carrots
Homemade Roll and Butter
Sliced Peaches and Prune Garnish
½ Pt. Milk

THURSDAY
Oven Fried Chicken or Turkey or Egg Salad Sandwich
Parsley Potatoes or Glazed Sweet Potatoes
Sauerkraut or Buttered Succotash
Cheese Roll and Butter
Jello with Whipped Topping
½ Pt. Milk

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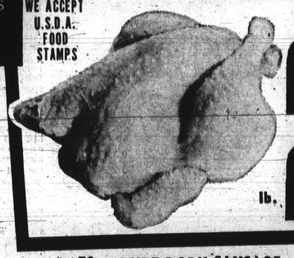
FOOD-A-RAMA

3805 LIBERTY HEIGHTS AVENUE
801 WEST BALTIMORE STREET
3420 CLIFTON AVENUE
COLD SPRING LANE & REISTERSTOWN RD
1000 NORTH MOUNT STREET
BALTIMORE & HILTON STREETS

PRICES EFFECTIVE FROM TUESDAY, JANUARY 20TH, THRU SATURDAY, JANUARY 24TH, 1970

WE ACCEPT U.S.D.A. FOOD STAMPS

FRYING CHICKENS WHOLE ONLY lb. 28¢



FULLY-COOKED HAMS WHOLE or SHANK HALF lb. 65¢

ALL-MEAT FRANKS ESSKAY'S O-WAL-ITY lb. PKG. 79¢
SLICED BACON ESSKAY'S SWEET KORN lb. PKG. 87¢
BONELESS PORK ROAST FRESH BOSTON BUTTS lb. 79¢
LEAN, MEATY SPARE RIBS STREAK-O-LEAN lb. 69¢
ESSKAYS PURE LARD 2 1-lb. PKGS. 39¢
BREAKFAST LINKS GOETZE'S 8-oz. PKG. 39¢
ESSKAYS RIB STEAK U.S.D.A. CHOICE lb. 99¢
SUN-UP SLICED BACON ESSKAY'S lb. PKG. 59¢

PURE PORK SAUSAGE DIXIE MAID or FARM STYLE lb. ROLL 59¢
CENTER CUT HAM SLICES lb. 99¢
SLAB BACON BY-THE-PIECE lb. 69¢
ESSKAYS SCRAPPLE 2 lb. PKG. 75¢
MIDGET BROWNIES 10 oz. PKG. 39¢
SIRLOIN STEAKS U.S.D.A. CHOICE ESSKAY'S lb. 99¢
QUARTERED PORK LOINS 9 to 11 CHOPS lb. 85¢
GOETZES VAC PAC • PLAIN LOAF • SPICED • PICKLE LOAF • LUNCHEON Your Choice 6-oz. PKG. 39¢

MRS. FILBERTS MAYONNAISE QUART JAR 59¢

DEL MONTE • SWEET PEAS • CUT STRING BEANS • WHOLE CORN • FRUIT COCKTAIL YOUR CHOICE 2 303 CANS 49¢

KRAFT'S BAR-B-QUE SAUCE 18-oz. JAR 39¢ 28-oz. JAR 59¢

WONDERFUL FOOD BARGAINS

HI-C As'td. DRINKS 3 46-oz. CANS $1

WASHINGTON'S YELLOW CAKE MIX REG. PKG. 10¢
CAMPBELL'S VEGETABLE SOUP REG. CAN 15¢
HUDSON PAPER TOWELS GIANT ROLL 33¢
PACKER LABEL BLACKEYE PEAS 303 CAN 10¢
PACKER LABEL (303 CAN) Great Northern BEANS 303 CAN 10¢
WALDORF TOILET TISSUE 4 ROLL PACK 45¢
THIRST-QUENCHING DIXIE COLA 4 PACK 45¢
LIQUID SWEETHEART DETERGENT 3 22-oz. BOTTLES $1.00
LIBBY'S VIENNA SAUSAGE REG. CAN 25¢
PET 99 EVAPORATED SKIM MILK 10 TALL CANS $1.00
TIDE SOAP POWDER GIANT BOX 79¢
LIQUID JOY 20¢ Off KING SIZE 59¢
McCORMICK'S TEA BAGS BOX of 48 39¢

DUNCAN-HINES CAKE MIX 18 oz. BOX 38¢

PILLSBURY PANCAKE MIX 2 lb. BOX 39¢

RICELAND LONG-GRAIN RICE 2 lb. CELLO BAG 29¢

FROZEN FOODS SPECIALS
FREEZER QUEEN BUFFET DINNERS • SALISBURY STEAKS • TURKEY • BEEF • CHICKEN 2 lb. 8-oz. BOX $1.19
BIRDSEYE CUT CORN 10-oz. PKG. 15¢
PACKER LABEL COLLARD GREENS REG. PKG. 15¢
PACKER LABEL TURNIP GREENS REG. PKG. 15¢
DONALD DUCK ORANGE JUICE 6-oz. CAN 19¢
NORTON'S ASST'D. CREAM PIES REG. PKG. 25¢
CHEF'S CHOICE FRENCH FRIES 2 lb. PKG. 35¢

DAIRY SPECIALS
FRESH MILK $1.17 GAL. PLASTIC
MRS. FILBERT'S WHIPPED MARGARINE 6-STK. PKG. 29¢
KRAFT'S ORANGE JUICE HALF GAL. 69¢
BUTTER-ME-NOT BISCUITS 2 REG. PKGS. 29¢
LAND-O-LAKES BUTTER QTRS. lb. PKG. 79¢
GRADE-A EGGS FARM FRESH • SMALL—Doz. 63¢ • MEDIUM—Doz. 73¢ • LARGE—Doz. 79¢

PRODUCE SPECIALS
CALIFORNIA ICEBERG LETTUCE 19¢ HEAD
RED ROME APPLES 3-lb. BAG 35¢
Western CARROTS 2 CELLO BAGS 23¢
FLORIDA SWEET, JUICY TEMPLE ORANGES DOZEN 59¢
FLORIDA SWEET, JUICY ORANGES DOZEN 39¢

STORE HOURS 9 a.m. to 9 p.m. DAILY
OPEN SUNDAYS
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Measles still a threat

Three small outbreaks of measles have occurred in Baltimore City within the last month despite the mass measles immunization program in 1967.

In addition, two school immunization programs against measles have been conducted since the initial state-wide measles drive.

First of these outbreaks involving two unimmunized children in a low income area of Baltimore was reported by a private physician.

Further investigation led to four additional cases in a public school. Most recently, five confirmed measles cases and three suspected cases have been found in another public school.

In each instance, the schools involved have had special immunization programs to prevent the spread of measles which causes pneumonia, deafness, mental retardation, even death. For the most recent cases such a program will be carried out Friday, January 16 in School No. 97.

These outbreaks are a warning to parents that measles is still prevalent in the city. The City Health Department urges that unprotected children be inoculated not only against measles, but all other diseases for which preventive vaccines are available.

FRUITS and VEGETABLES!!

EASTERN RED STAYMAN APPLES 8 lb. bag 79¢

LETTUCE WESTERN ICEBERG 2 heads 49¢
TOMATOES FIRM RIPE FOR SLICING cello. ctn. 29¢
APPLES EXTRA FANCY WASHINGTON DELICIOUS 2 lbs. 39¢
Anjou Pears JUICY WESTERN 2 lbs. 39¢
Fresh Juicy Pineapples each 33¢
Navel Oranges JUICY CALIF. (SIZE 113) doz. [illegible]
Fancy Turnips FANCY REGALO BRAND 2 2½-lb. bags 49¢
Red Bliss Potatoes 5 lb. bags 49¢
Fresh Green Broccoli bunch 49¢
Golden Yams 2 lbs. 29¢
Cherry Tomatoes Lge. Box 39¢
Fresh Spinach CELLO PACKED 10-oz. avg. 59¢

FROZEN FOOD VALUES!!

BANQUET MEAT PIES CHICKEN, BEEF, TURKEY or TUNA 5 8-oz. pkgs. 99¢

A&P (FRENCH FRIED) POTATOES REGULAR OR CRINKLE CUT 2 lb. bag 39¢

Cauliflower A&P GRADE 'A' 4 10-oz. cans 89¢
Orange JUICE MINUTE MAID 4 6-oz. cans 99¢
Parkerhouse Rolls MORTON 3 3-oz. pkgs. 1.00
Green Peas BIRDSEYE 5 10-oz. pkgs. 89¢
Green Giant Rice All Varieties exc. White & Wild 3 12-oz. pkgs. 1.00
A&P Spinach IN BUTTER SAUCE 5 10-oz. pkgs. 99¢
Welch Grape Juice 3 12-oz. cans 1.00
French Toast AUNT JEMIMA 6-oz. pkg. 49¢
Dole's Juices (8 VARIETIES) 6 6-oz. cans 99¢
*Sara Lee Cakes Pound, Raisin Pound & Choc. Swirl 12-oz. pkg. 79¢
*Available In Most A&P Markets

QUALITY DAIRY SELECTIONS!

Sunnyfield Grade 'AA' BUTTER 1-lb. solid 78¢ in ½-lb. prints 80¢

WHIP TOPPING A&P 6½-oz. can 49¢
SWISS SLICES MEL-O-BIT 6-oz. pkg. 35¢
CREAM CHEESE KRAFT PHILA REGULAR 2 3-oz. pkgs. 27¢
IF UNABLE TO PURCHASE ANY ITEM IN THIS ADVERTISEMENT—PLEASE REQUEST A RAIN CHECK!!
We Reserve The Right to Limit Quantities!! Prices in this advertisement effective thru Sat., Jan. 24, 1970.

IT'S YOUR MONEY Save more at A&P

SUPER-RIGHT QUALITY BONELESS ROUND ROAST OR STEAK lb. 99¢
BONELESS RUMP OR SIRLOIN TIP ROAST lb. 1.29
EYE OF ROUND ROAST lb. 1.45
STEAKS—CHIP lb. 1.49
GROUND ROUND lb. 99¢
CUBE lb. 1.39
ONE PRICE—NONE PRICED HIGHER!

RIB STEAKS (7th CUT) Super-Right Quality lb. 99¢
FANCY BEEF LIVER lb. 49¢
ARM POT ROAST SUPER-RIGHT QUALITY lb. 85¢
CHICKEN Whole Legs W/Thighs lb. 57¢ Breast W/Ribs lb. 65¢
CAPONS FROZEN EVISCERATED lb. 79¢
SAUERKRAUT FRESH AND TASTY 2 lb. pkg. 29¢
PORK LOIN Super-Right Quartered Sliced (9-11 Chops) lb. 89¢
CHOPPED CHUCK lb. 89¢
TURKEYS SUPER-RIGHT QUALITY (10-14 LB. AVG.) lb. 49¢
FRANKS SUPER-RIGHT ALL MEAT SKINLESS 2 lb. pkg. 1.29

SAUSAGE MEAT SUPER-RIGHT 2 lb. pkg. 99¢
SLICED BOLOGNA SUPER-RIGHT 1 lb. pkg. 69¢
SLICED BACON ALLGOOD 2 lb. pkg. 1.69
HAMS Super-Right Canned 4 lb. can 4.49 8 lb. can 8.89
LINK SAUSAGE G-WALTNEY BREAKFAST 2-oz. pkg. 43¢
CHICKEN Weaver's Sliced 4-oz. pkg. 39¢ 8-oz. pkg. 75¢
BOLOGNA OSCAR MAYER (ALL BEEF & BEEF) 8-oz. pkg. 55¢
SAUSAGE MEAT HAHN'S COUNTRY 12-oz. pkg. 69¢
GOETZE FRANKS 1-lb. pkg. 79¢
SMOKED BUTTS SUPER-RIGHT OR GOETZE lb. 99¢

SUPER-RIGHT SMOKED (14-20 lbs.) Fully Cooked HAMS
SHANK PORTION (Some Slices Removed) lb. 63¢
BUTT PORTION (Some Slices Removed) lb. 65¢
WHOLE OR SHANK HALF lb. 69¢

SEAFOOD FEATURES!!
FANCY (36-42 COUNT) SHRIMP lb. 1.49
Fancy Flounder Fillets lb. 79¢
Fresh Spanish Mackerel lb. 39¢
Fancy Dressed Cod lb. 29¢
Fancy Swordfish Steaks lb. 89¢
Fresh Oysters CAPTN JOHN'S STANDARD 1-qt. can 1.49

JANE PARKER WHITE BREAD MADE WITH BUTTERMILK 5 1-lb. loaves 1.00 Lesser Quantities Sold At 21¢

COFFEE CAKE APPLE—CHERRY—PINEAPPLE MIX OR MATCH 3 8-oz. pkgs. 1.00

English Muffins 12-oz. pkg. of 6 25¢
Glazed Donuts 1-lb. 1-oz. pkg. 49¢
Pound Cake GOLDEN OR MARBLE 1-lb. 3-oz. cake 49¢
Lemon Pie (SAVE 10¢) 1-lb. 5-oz. pie 49¢

JANE PARKER LIGHT FRUIT CAKES
1½ lb. cake 1.25
3 lb. cake 2.49
5 lb. cake 3.49
5 lb. tin 3.99

OLD VIRGINIA APPLE BASE JELLY 5 ASST'D VARIETIES 3 18-oz. jars 89¢

Hunt's "Tomato Rama"
STEWED Tomatoes 4 16-oz. cans 89¢
Wesson Oil 1-qt. btl. 2.39
Catsup 4 14-oz. btls. 99¢
Tomato Sauce WITH MUSHROOM, CHEESE 8 8-oz. cans 88¢
Tomatoes WHOLE PEELED 3 29-oz. cans 1.00
Tomato Juice 46-oz. can 39¢
Tomato Paste 6 6-oz. cans 85¢
Tomato Sauce 8 8-oz. cans 1.00

A&P SOFT OLEO MARGARINE 3 sleeves of 2—8-oz. cups 1.00

BEETS COMSTOCK (SLICED & WHOLE) 1-lb. 10¢
COFFEE A&P VACUUM PACK 2 lb. can 1.39
PRESERVES STRATFORD FARMS STRAWBERRY 2 lb. jar 59¢
CAKE MIXES ANN PAGE LAYER 2 1-lb. 2-oz. boxes 55¢
THIN MINTS ANN PAGE 10-oz. box 49¢
SNACK CRACKERS Macaroni 2 11-oz. pkgs. 49¢

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don't miss this FINAL OPPORTUNITY to complete your set of Bonus Value pieces!
While they last.... THIS WEEK—LAST CHANCE FOR BONUS VALUE FRUIT DISHES
29¢ with every $5 purchase
THIS WEEK—ALL COMPLETERS AT BONUS VALUE PRICES

A&P (SLICED OR HALVES) FREESTONE PEACHES 2 30-oz. cans 79¢

SUNNYFIELD PANCAKE FLOUR 2 lb. box 33¢ 5 lb. box 57¢

CORN A&P GOLDEN WHOLE KERNEL 5 17-oz. cans 89¢
SWEET PEAS KOUNTY KIST 6 17-oz. cans 89¢
GREEN BEANS IONA CUT 6 16½-oz. cans 85¢
TOMATO JUICE A&P FANCY 3 46-oz. cans 79¢
V-8 Cocktail 2 24-oz. cans 49¢ 46-oz. can 45¢
A&P DRINKS Orange, Grape & Tropical Punch 3 46-oz. cans 85¢
PEACHES Iona Yellow Cling (Sliced or Halves) 3 29-oz. cans 85¢
A&P DRINKS Orange, Grape or Tropical Punch 3 46-oz. cans 85¢
PORK & BEANS CAMPBELL'S 4 1-lb. cans 59¢
WHEAT PUFFS SUNNYFIELD 8-oz. box 27¢
DRY MILK A&P INSTANT 20-qt. box 1.79
DEXO SHORTENING 3 lb. can 69¢
A&P TOOTHPASTE 7½-oz. tube 49¢
A&P ASPIRIN 100's 19¢ 250's 39¢

JOY LIQUID DETERGENT 1-pt. 6-oz. btl. 57¢
CHEER DETERGENT 1-lb. 5.75-oz. box 38¢
TIDE DETERGENT 3-lb. 1-oz. (10¢ OFF) 77¢
10-lb. 11-oz. (50¢ OFF) 2.45

PERSONAL SIZE IVORY SOAP pkg. of 4's (3¢ OFF) 26¢
COMET CLEANSER 14-oz. can (2¢ OFF) 2 for 31¢
Ivory Flakes 12.75-oz. box 39¢ 1-lb. 12-oz. box 89¢
Cascade Dishwasher Detergent 1-lb. 4-oz. box 45¢
Ivory Snow Detergent 1-lb. 12-oz. box 87¢
Dreft Detergent 1-lb. 12-oz. box 89¢