Light House keeping

Baltimore Chapter of the National Association of Fashion and Accessory Designers (NAFAD) is available to give complete designers fashion show at your request. For Mrs. Wendy P. Robinson, publicity Chairman at 304 W. Rogers Avenue,21215, has futher details.

Baltimore Chapter of NAFAD's raises maoney to give scholarships to high school seniors interested in attending a fashion and / or accessory designers' school.

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'Looking for a "rule of thumb" to figure out the cost of eggs?

Generally speaking out the coast of eggs?

Generally speaking, if there is less than a seven cent price spread per dozen eggs between one size and the next smaller size (in the same grade) you will get more for your money by buying the larger size, so sas the U.S Department of Agriculture, (USDA).

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On another subject:

USDA food economists estiated 10 milligrams of iron per quart of milk as the amount of additional iron needed to bring diets low in front within acceptable allowances.

A sew process is being tested by ARS chemists that may make it possible to fortify pasterized whole milk at this rate per quart.

• • •

A new U.S. Denartment of Agriculture bulletin, designed for the homemaker who likes variety in meals, tells how to use a food that is both tasty and nutritious. Nuts, which double as a cooking ingredient and as a garnish, snack, or appetizer, contribute rich flavor and crunchy texture to many food combinations.

If the economists in USDA's Agricultural Research Service who prepared the new bulletin and developed the recipes, say nuts can be used as an added source of protein and food energy in the diet. Most common nuts contain about 10 to 25 percent protein and between 45 and 70 percent fat.

Copies of "Nuts in Family Meals: A Guide for Consumers' (Home and Garden Bulletin No. 176) are for sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C./ 20402, at 10 cents each.

• • •

Plastic is the newest trend in furniture, says Miss Elizabeth Lanzedale, home furnishings specialist at the University of Maryland.

Many colorful and useful plastic items are available now, including case goods (storage pieces), wall systems (shelves with built-in storage sections, desks, etc.), chairs, tables, day beds and lounges, says Miss Langsdale. Some of the pieces are made of polyethylene and are reinforced with glass fiber.

Plastic furniture is designed to save space and to require little care. Some of the chairs and sofas are inflated with air, making them collapsible and easy to move from one place to another, adds Miss Langsdale.

• • •

Here's an idea for a summery ice cream sundae that looks beautiful and tastes luscious. Spoon canned fruit cocktail over your favorite ice cream flavor and top with a dab of whipped cream.

Canned fruit coektail fits into your menu in so many ways. And now it's especially plentiful and reasonably priced, according to the Consumer and Marketing Service of the U.S. Department of Agriculture.

Just what goes into canned fruit cocktail The Food and Drug Administration has set up a required "Standard of Identity," which is followed by USDA.

• • •

In order to be labeled "fruit cocktail," a canned product must contain by weight 30-50 percent peaches, 25-40 percent pears, and specified smaller amounts of whole seedless grapes and pineapple.

An optional addition is two to six percent sweet cherries (and, like icing on a cake, that's the part kids often go for most).

Put it all together — and you've got juicy chunks of colorful fruits drenched in syrup. A perfect food to perk up wilting hot weather appetites

• • •

Fruit cocktail all by itself is a ready-to-serve appetizer or dessert. Atop a scoop of cottage cheese it becomes a refreshing and nutritious luncheon salad.

And how about adding drained fruit cocktail to partially set, flavored gelatin? You might try this-as an attractive top section in multi-layered gelatin creations.

Cool and elegant parfaits are easily made by alternating layers of orange sherbet, fruit cocktail, and lime sherbet in tall parfait glasses. Wow!

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ESSKAY'S SWEET KORN SLICED BACON 1-lb. 79¢

ESSKAY'S SELECT STEER BEEF LIVER 49¢ LB.

ESSKAY'S BREAKFAST LINKS 8-oz. pkg. 31¢

Esskay's U.S.D.A. Choice CHUCK ROAST BONELESS lb. 67¢

Esskay's U.S.D.A. Choice CHUCK ROAST Blade Cut lb. 47¢

ESSKAY'S QUARTER PORK LOIN 9-to-11 Chops lb. 79¢

ESSKAYS CHITTERLINGS 10 lb. Pail $2.89

Gwaltney's BACON ENDS 3 1-lb. pkgs. $1

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PURE LARD WALTNEY'S 3-lb. pkg. 15¢

ESSKAYS SMOKED NECKS lb. BONELESS 79¢

ESSKAY'S ROASTING CHICKENS 3½-lb. AVERAGE lb. 29¢

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FRESH GROUND CHUCK 89¢

GOETZE'S VAC PAC BOLOGNA PICKLE LOAF SPICED LUNCHEON 6-oz. pkg. 39¢

Morrell's Pride Poinsettia Thick SLICED BACON 2 lb. $1.59

GOETZE'S ALL MEAT FRANKS FAMILY PACK 1-lb. pkg. $1.09

CHICKEN WINGS FRESH CUT lb. 33¢

BONELESS BEEF CUBES 89¢

GOETZE'S SOUTHERN STYLE SCRAPPLE 2 lbs. 69¢

HICKORY SMOKED GOETZE'S BREAKFAST SAUSAGE 2 lbs. 99¢

Morrell's Ready To Eat Canned Hams 3 lbs. $2.99

GWALTNEY'S HAM SHANKS 39¢

MORRELL'S PRIDE ALL MEAT FRANKS 1-lb. pkg. 59¢

VALUABLE COUPON THRILL LIQUID giant size 39¢ WITH THIS COUPON ONLY GOOD ONLY AT FOOD-A-RAMA, SAVE-RITE & SELF SERVICE MARKETS Offer expires Saturday, June 20, 1970

VALUABLE COUPON BOLD DETERGENT giant size 69¢ WITH THIS COUPON ONLY GOOD ONLY AT FOOD-A-RAMA, SAVE-RITE & SELF SERVICE MARKETS Offer expires Saturday, June 20, 1970

ALPO LIVER FLAVORED DOG FOOD 16-oz. can 23¢

BOSTONLY ALL GREEN LIMA BEANS 303 can 15¢

DAIRY SPECIALS

KRAFT - PHILADELPHIA CREAM CHEESE 8-oz. pkg. 29¢

COUNTRY FRESH GRADE A EGGS MEDIUM doz. 37¢ SMALL doz. 29¢

LAND O' LAKES BUTTER QUARTERS 1-lb. pkg. 79¢

MRS. FILBERT'S MAYONNAISE quart jar 48¢

MAXWELL HOUSE CAFFREE COFFEE 6-oz. can 19¢

APPLE BLOSSOM APPLE SAUCE 16-oz. jar 49¢

DAYTIME PAMPERS pkg. of 15 84¢

NEW BORN PAMPERS reg. pkg. $1.57

PANCAKE MIX MOR-VALUE 2 lb. box 33¢

RED HEART DOG FOOD 13¢

DOLE'S LO-CAL COCKTAIL FRUIT 15¢

ALPO — CHICKEN PARTS DOG FOOD 23¢

PET 99 EVAPORATED SKIM MILK 6 tall cans 79¢

PEACH PRESERVES OLD VIRGINIA 16-oz. jar 39¢

LADY TABOR PEACHES 25¢

CAMPBELL'S PORK and BEANS 16-oz. can 14¢

KOUNTY KIST SWEET PEAS 303 can 14¢

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HANOVER POTATOES JULIENNE 16-oz. pkg. 29¢ HASH BROWN 16-oz. pkg. 21¢

Manor Hill Potato Salad or Cole Slaw reg. jar 33¢

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100 PACK — 9 INCH SIZE PAPER PLATES 69¢

50 PACK — FOAM HOT or COLD CUPS 59¢

CREAMER half pint 39¢

PAPER NAPKINS pkg. 9¢

FRUIT DRINKS 10¢

CAKE MIX 10¢

FACIAL TISSUES 25¢

RELISHES 25¢

WESTLE'S CANDY BARS 5 bar pkg. 25¢

KRAFT'S BAR-B-QUE SAUCE 39¢

BANQUET BUFFET SUPPER 99¢

BANQUET CHICKEN IN BASKET 1 lb. $1.69

BIRDS EYE ORANGE PLUS 49¢

COLLARD GREENS PACKER LABEL reg. pkg. 15¢

GOLDEN RIPE BANANAS 2 lbs. 29¢

RED TO THE RIND WATERMELON 89¢

CELLO CARROTS lb. bag 10¢

SWEET GOLDEN CORN 5 ears 39¢

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Do You Know?

HOME LOANS. Homeowners who live in certain government-designated areas may be eligible for loans or grants to fix up their homes under a program of the Department of Housing and Urban Development. Priority is given to persons with low or moderate incomes. For more information, write for the free pamphlet "Grants and Loans to Rehabilitate Homes in Certified Areas (HUD-66-R)," from the Community Service Center, Supply and Facilities Management Division, Room B-258, HUD, Washington, D.C., 20410.

FEDERAL AID PROGRAMS. The hundreds of aid programs offered by the federal government — particularly to non-profit groups and low-income persons are listed in the "Catalog of Federal Domestic Assistance." A huge variety of programs are included, such as ones to support health centers, home industries, farming cooperatives, etc. Details on the purpose of each program and how to apply are given. It is available free from your Congressman or by writing directly to the Public Information Office, Office of Economic Opportunity, HUD, Washington, D.C., 20410.

JUNE BRIDES. Newly-married women should not wait to apply for another Social Security card in their new name, acording to SS officials. While the number on the card will be the same as the old one, the name change will insure that a working wife receives credit under the system.

SCIENCE AID. Teachers and parents of children with a scientifie bent will be interested in the free catalog available from the Edmund Scientific Co., 100 Edscorp Bldg., Barrington, N.J. 08007. The catalog lists some 4,000 items, many of which make excellent low-cost scientific teaching aids.

Another valuable teaching aid is a 25-page book, "700 Science Experiments for Everyone," which tells how to construct glass cutters, burners, telescopes, microscopes and other equipment from inexpensive parts found in most homes. A real boon to persons with little money who want to do science experiments, the book may be obtained for $4.50 from Doubleday and Co., 501 Franklin Ave., Garden City, L.I., N.Y., 11531.

FILMS. The 784-page "Educator's Guide to Free Films," is an excellent reference tool for schools, with nearly 50,000 films listed. It may be obtained for $10.50 from Educators Progress Service, Randolph, Wisc., 53956.

VETERANS. Explanations of all the various benefits now available to veterans and their families are included in the latest edition of "Federal Benefits for Veterans and Dependents, VA Fact Sheet IS-1." To order, send 30 cents to the Superintendent of Documents, Washington, D.C., 20402.

Quality education for all is goal

WASHINGTON (UPI) — Sen. Walter Mondale, D-Minn., Wednesday proposed a national goal of launching of a "host of creative, exciting experiments" in achieving a quality, integrated education for all children.

Mondale, chairman of the Select Senate Committee on Equal Opportunity, said President Nixon's proposed $1.5 billion school desegregation fund, if wisely spent, could achieve his goal.

Mondale announced at a news conference a figgy summer schedule of hearings in Washington and field hearings in locations yet to be announced in racially troubled areas of the North and South.

The lead off witness at the start of the new hearing series this week is Georgia State Rep. Julian Bond, the first colored person nominated for U.S. vice president at a national Democratic convention.

• • •

The second witness Mondale announced, will be Paul Rilling, former Southeastern Regional Civil Rights director for the Department of Health Education and Welfare (HEW).

Mondale said a first step must be a shift from the president's emphasis on successful desegregation to a more "positive" one of achieving a quality, integrated education for all children

"It seems to me this legislation has great promise, if the $1.5 billion) is sensibly spent, of bringing about a whole host of creative, exciting experiments throughout the country."

Mondale mentioned creating biracial committees of parents and of children, financing remedial education in integrated settings, and "education parks" that would bring together children of an entire school district or possibly from several districts.

• • •

But Mondale said his committee already had ample evidence to show the administration . . . proposal needs guidelines to prevent the money from subsidizing "token integration" and "hypocrisy".

The Select Committee was created as a spin off of a Senate debate last fall over the South's "de jure" segregation and charges by Sen. John Stennis, D-Miss., that "de facto" segregation in the North is just as bad.

Mondale said his committee will review the Nixon administration "claims of total elimination" of racially dual school systems in the South by next fall.

"I think we are a lot further from eliminating de jure than the figures would imply," Mondale said. "Many are not desegregated under current law, let alone being integrated by acceptable standards."

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MAYONNAISE QT. JAR GAYLORD 48¢

CROSS & BLACKWELL RELISHES 10½-oz. jar 25¢

TOPCO TOILET TISSUE 4 roll pkg. 31¢

CUT GREEN DEL MONTE BEANS 1-lb. can 20¢

DEL MONTE FRUIT COCKTAIL 17-oz. can 25¢

Del Monte PEACHES Yellow Cling 1-lb. CAN 23¢

GAYLORD-FROZEN BROCCOLI SPEARS 8-oz. pkg. 23¢

GAYLORD-FROZEN GREEN BEANS 8-oz. pkg. 18¢

STOP FROST FROZEN DINNERS 11-oz. pkg. 37¢

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SAVE 32¢—JUBILEE BUTTERMILK WHITE BREAD 4 lb. 6 oz. LOAVES $1

SAVE 20¢ BLUEBERRY PIE 49¢

TOOTH PASTE CLOSE UP 3-oz. tube 49¢

ANTISEPTIC LISTERINE 14-oz. btl. 79¢

GOLD OR AVOCADO WASTE BASKET 14-qt. 84¢

JUMBO 125'S BOUNTY TOWELS ROLL 37¢

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LEAN 100% GROUND BEEF IN-5-LB. BUCKETS 65¢ LB.

RED RIPE—WHOLE 19-LBS. OR OVER WATERMELON 89¢ ea.

FINEST SOUTHERN SWEET WHITE CORN EAR 9¢

GOLDEN RIPE BANANAS lb. 12¢

CALIFORNIA SWEET NECTARINES lb. 35¢

GREEN CUCUMBERS 9¢ ea. RED BEETS BCH. 19¢

100% PURE FLORIDA ORANGE JUICE ½ GAL. 79¢

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