Light Housekeeping

By LULA MACKAY

I've often chuckled over the days when fortunes were made on skin whiteners and on concoctions and tools to change our hair. I've even spent good time reading the books and pamplets now coming from press on make-up for black women, explaining how to thin our lips and contour our noses. I've parted with money for foundations, rouges and powders blended for dark skins . . . though I was unconvinced that manufacturers would turn out the hundred or so shades to match the skin tones of all of us, from our blue-eyed blonds to our black-eyed brownies.

I got a set back recently when introduced to bath preparations . . . soaps, bath oils, lotions . . : for the black woman, having reasoned that black, white or polka dotted skin would respond to the same cleansing agents.

But I laughed myself right back to credulity on the whole shebang, this week, when I was introduced to a feminine hygiene spray, colored, no less, especially for the black woman!

* * *

Bargain Bit: If you are pulling your hair out over the costs of everything, including increased prices of a tube of tooth paste, turn to what my mother used to term "teaspoonful" savings.

For example the use of less glamorous but equally effective baking soda. Take inexpensive, multi-purpose baking soda for example. Baking soda can be used as a dentifrice (my dastiat highly recommends a mixture of salt and baking soda), a mouthwash, a deodorant, an after-shampoo rinse, foot powder, an acid indigestion remedy, to soothe sunburn and poison ivy irritation, a gargle for sore throat, and a household scourer and cleaner.

Fashion Note, Your shoes for fall and winter will have higher heels . . . sometimes up to three inches.

Blame it on the midi.

When skirts come down, heels go up shoe designers explained at the showings of the New York Corture and the American Designer showings, in New York, recently.

But like the skirt length, you will not be compelled to wear the high heels. Women will have a myriad of choices to highlight their charm from the ground up.

The mood is new, the silhouette elongated gentle. Toes are sharply ovalled. There's a return of the oxford, the tie, the grillie and the brogue for daytime in brushed leathers, calfskin and reptiles. And there are repeats for night in satins, velvets and brocades

The wrapped shoe, the hiride front, the shelled out pump, boots, the ballet slipper, the sandal, the espadrille, the sabat, the T-strap, the sling back, the moccasin, the costume shoe are all in evidence in an array of smooth, shining, matte, reptile, elephant, buffalo, suede and patent leather;

As well as in velvet, moire, embroidered silks and satins, pamne velvets and fold and silver kidskins.

* * *

Recipe of the Week: Most experienced cooks know about measuring, ingredients, baking, etc., but brides scream that no one tells them about the little things that make a batch of cookies come out right.

So here're a few points for the inexperienced baker:

Measure all dry ingredients level, not heaping or scant, avoiding the temptation to add just a smidgen (a little bit more of what's good doesn't make it better).

Sift flour before measuring, unless it's presifted, or recipe specifies unsifter. Sift lumpy sugar before measuring and pack brown sugar firmly into the container as you measure.

And in case you are wondering about ingredients, here's the score. The flour provides the structure. Eggs also lend to the structure. In addition, eggs add flavor and color. When you beat them ahead of time, air is added to the mixture and the eggs serve as a leavening, too.

Baking powder and soda are the more common leavening agents. They make the product light and airy. Fat is used to increase tenderness. Salt and seasonings add flavor. The liquid helps to combine the ingredients.

JULR 22

"Aretha Franklin, Soul Singer," film at Pratt Library's Walbrook Branch, 7:00 p.m.

"First World Festival of Black Arts," "The Weapons of Gordon Parks," and "The Towers," films at Pratt Library's Waverly Branch, 7:00 p.m.

LOSE SOMETHING? — AFRO Classified columns help you find it, let you find that discarded furniture, locate the help you need. Call 728-8200 and ask for Classified.

National 'Neatniks' give grooming tips

By PATRICIA McCORMACK

NEW YORK (UPI) Bob and Betsy, Joan and Bill aren't featured stars in a bedroom film.

Rather, they're something old-fashioned and wholesome. Just call them the neatniks.

The teen-agers from Wyoming, Maryland, Washington and Alaska are winners of a nationwide contest on good grooming. They were in New York tne other day to have their picture taken for a poster that plugs neatness and will be put up in 50,000 classrooms when school reopens.

In an interview they talked about their generation's biggest problems, the generation gap; about how to solve problems when a teen-ager cannot communicate with parents; about what bugs them about adults — and about good grooming.

Featured on the new grooming poster, distributed as part of the educational services of Avon Products, Inc., are Betsy Morris, 16, a senior at Cheyenne Central High School, Cheyenne, Wyo.; Joan Pratt, 18, a June graduate of Northwestern Senior High School in Baltimore; Robert Denham, 18, a senior at Lewis and Clark Senior High in Spokane; and William Janes, 18, who was graduated last month from Juneau-Douglas High School in Juneau, Alaska.

Their definitions of good grooming included:

Bob: "Neat and clean and always-fit."

Betsy: "Neat and dressed in place."

Joan: "Clean and neat and dressed to fit the place and occasion."

Bill: "Keeping up with the styles. If real long hair on all boys is the style, I'd consider that a well-groomed look if socially acceptable. It would have to be clean hair and it would have to be worn by a person who is physically fit."

* * *

The teen-agers had these specific good-grooming tips for their peers:

For girls: Clothes, old or new, must be neat and clean; wash hair as often as needed, even three times a week if necessary; use deodorant first, then cologne or perfume; don't wear too much makeup to school; stay healthy and get enough sleep.

Before leaving the house, check yourself, fore and aft; in a mirror. Stitch a hem that's falling out and remove hanging strings or threads.

For boys: Shave every day; wash hair every other day or daily in the shower; do exercises to keep your body in good condition; clothes should be cleaned and pressed; nails, spotless.

Brush shoes every day and polish at least once a week. Don't worry about styles. Even if you're wearing hand-me-down clothes, you'll look great if they are neat and clean.

The teen-agers said the older generation adds up to their biggest problem.

"They keep looking back to their days as teen-agers and expect things to be the same," said Bob. "They can't realize that my generation is changing things a lot and fast."

Quirks in adult personalities bug the teen-agers the most. These include: wanting to keep the kids saddled with codes of conduct from several generations ago; double standards — "Do as I say and not as I do."

But don't despair, adults.

"I know a lot of nice grown-ups," said Bill. "And I know some that are full of bigotry and phoniness. But most that I know are nice. I think that's probably true for kids all over the country."

FASHION NOTE: For the narrow and neat look from head to toe, this city pants ensemble by Stan Herman combines skinny-sleeved midi-length sweater coat with bell-bottomed slacks over a white tunic. The couture match with a Helene Curtis Nature Blend parted wig by Chany of Alan Lewis Freelancers.

No magic Rx for housework

BURLINGTON, Vt. (UPI) — Memo to housewives: Faith Prior, home economist with the University of Vermont Extension Service, has some help for you if you're always looking for a 25-hour day.

"There's no magic formula for saving time and energy," she advises. "You have to develop your own formula that works best for your home and family."

* * *

She's written a pamphlet, "What to Do About Housework," which contains a couple of quick hints:

—Question the job: Why do it? Who should do it? When and how well should it be done?

—Question setups: What's the best place to store needed equipment and is the equipment all it should be?

—Question work conditions: Am I dressed comfortably? Is the room warm or cool enough?

—Clutter: Have a central spot for unclaimed clutter, such as a chest, deep drawer or cupboard and as claimants appear, let him or her dig out the item. Works wonders on childhood clutterbugs.

More than 1,583,000 motor vehicles now circulate in Mexico, says the Mexico Industry and Commerce Department.

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Giant Food Cookies 2 bags 69¢
Golden Corn 4 1-lb. cans 89¢
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Beets or Carrots 4 1-lb. cans 89¢
Tea Bags box of 100 69¢
Polaner's Preserves 12-oz. jar 49¢
Aunt Nellie's BREAKFAST DRINKS Five Flavors 4 qt. drinks 95¢
Butter Chip Pickles 24-fl. 10-oz. jar 49¢
Vienna Sausage 4 4-oz. 1 $1
F.F.V. Cookies 2 lb. 1 oz. pkgs. 1 $1
Facial Tissue 4 boxes of 200 75¢
V-8 Juice 6 12-oz. cans $1
Tomato Juice 2 1-qt. 14-oz. cans 73¢
Pineapple Juice 3 1-qt. 14-oz. cans $1
Applesauce 6 1-lb. cans 95¢
Apricot Halves 3 1-lb. 1 $1
Potted Meat 2 3-oz. cans 53¢
GIANT BRAND LIQUID BLEACH gal. jug 34¢

Small Lean-Sliced lb. 55¢ Smoked Picnic Whole lb. 49¢
Lean Fresh Ground Chuck lb. 75¢
USDA Gov't Inspected for "Wholesomeness" Chicken Livers lb. 49¢
USDA Choice Fresh Brisket Whole lb. 79¢
USDA Grade A FRESH CHICKEN LEGS with thigh lb. 55¢
USDA Grade A FRESH CHICKEN BREASTS with rib lb. 59¢
GIANT FOOD TOMATO CATSUP 4 14-oz. bots. 79¢

Dairy Maid Beef Stew 2-lb. 8-oz. pkg. 99¢
Crosse & Blackwell Crab Soup 3 13-oz. cans $1
Giant Food Mushroom Soup 6 10½-oz. cans 89¢
Campbell's Tomato Soup 2 10½-oz. cans 19¢
Chun King Soy Sauce 5-oz. jar 21¢
Chun King Chow Mein Noodles 3-oz. can 19¢
Chun King Dinner Pack—Mushroom, Beef or Chicken 99¢
Chun King Chow Mein 2-lb. 11-oz. can 99¢
Kraft Dinner Macaroni Dinner 2 7½-oz. boxes 45¢
Franco-American Spaghetti-O's 6 15½-oz. cans $1
Chicken or Beef Rice-A-Roni 6-oz. box 37¢
Chef Boy-Ar-Dee Walt-Cheese Pizza Mix 15.3-lb. pkg. 57¢
Giant Food Pork & Beans 4 16½-oz. cans 49¢
Campbell's Pork & Beans 4 1-lb. 1-oz. cans 55¢
Giant Food—California Tomato Paste 8 6-oz. cans 95¢

FROZEN FOOD DEPT.
Libby's ORANGE JUICE 4 6-oz. cans 79¢ 2 12-oz. cans 75¢
Birds Eye Tasti-Fries 4 1-lb. pkgs. 95¢
Birds Eye—In Hollandaise or Broccoli Spears 2 10-oz. pkgs. 75¢
FREEZER QUEEN ENTREES Gravy N' Beef, Gravy N' Turkey or Veal Parmesan 3 8-oz. pkgs. 1 09
Birds Eye Glazed Carrots 2 12-oz. pkgs. 75¢
RICH'S CHOCOLATE ECLAIRS 2 pkgs. of 4 89¢

FRESHER PRODUCE
BLUEBERRIES JERSEY FRESH pint box 39¢
Western Bing Cherries lb. 59¢
California Pascal Celery bch. 29¢
Crunchy Spring Onions 3 bunches 29¢
Juicy FRESH LIMES 6 for 25¢
Packaged Red Radishes 3 8-oz. cello pkgs. 29¢
Cool Crisp Cucumbers 3 for 29¢
Fresh Green Peppers 3 for 29¢

SEAFOOD DEPT.
FANCY GREEN GULF SHRIMP 61-70 count lb. 99¢
Ready to Serve—Brilliant Cooked Shrimp 15-oz. pkg. 99¢
Fancy Skinless Boneless Sole Fillet lb. 89¢
Fancy Large Crackers lb. 39¢
Fancy Skinless Hake Fillet lb. 39¢
Fancy Center Cut Swordfish Steaks lb. 89¢

DELICATESSEN
Imperial Soft Tub Regular Margarine 1-lb. pkg. 45¢
All Meat or All Beef Goetze Franks 1-lb. pkg. 79¢
Knockwurst 12-oz. pkg. 1 05
Giant Food Sliced Cooked Ham pkg. 59¢
Taylor Pork Roll 1½-lb. 1 79
GIANT FOOD VAC PAC SLICED BACON 1-lb. pkg. 79¢

50 EXTRA Top Value Stamps With the purchase of ONE 12-oz. pkg. Cashland Frozen CHICKEN CHOPS Expires Sat. Night Food After July 18, 1970
50 EXTRA Top Value Stamps With the purchase of ONE box of 30 Giant Brand LIQUID BLEACH Expires Sat. Night Food After July 18, 1970
50 EXTRA Top Value Stamps With the purchase of ONE 2-lb. 8-oz. box Giant Food SCOURING PADS Expires Sat. Night Food After July 18, 1970
50 EXTRA Top Value Stamps With the purchase of ONE 2-lb. 12-oz. can Giant Food ASPARAGUS Expires Sat. Night Food After July 18, 1970
50 EXTRA Top Value Stamps With the purchase of ONE 2-lb. 8-oz. box Giant Food SHREDDED WHEAT Expires Sat. Night Food After July 18, 1970
50 EXTRA Top Value Stamps With the purchase of 6 lbs. or more Giant Food TOMATO SAUCE Expires Sat. Night Food After July 18, 1970
50 EXTRA Top Value Stamps With the purchase of 2 lbs. 8-oz. box Giant Food SUGAR COOKIES Expires Sat. Night Food After July 18, 1970

16 LOCATIONS SERVING THE BALTIMORE AREA

Household Hints

By United Press International

Fiber content, finishes and special properties, such as stretchability and bonding are important to know when choosing yardage for home sewing. Ask about the launderability of a fabric before buying.

Show the babysitter where the telephone is and leave a pad and pencil handy. List the number where you can be reached. Mention that you are expecting a call or two and leave a message. This gets the point across that the line is to be kept free.

Health Department has internes at work

This summer the Baltimore City Health Department has six students seeking experience in several fields of public health.

Two are Urban Corps Interns who are earning a part of their tuition while they develop tael skills.

Three are enrolled in the summer work training program of the Mayland State Department of Health and Mental Hygiene and one is a summertime employee of Child Health Services of the Baltimore City Health Department.

In the Bureau of Nutrition, Miss Sara Ann Rice, an Urban Corps Intern who will be a junior at Bowie State College next semester, is assisting with community nutrition activities.

Since she is studying to be an elementary school teacher, Miss Rice is specifically giving nutrition education to family groups who are in the Head Start programs related to the Baltimore City Health Department.

* * *

The second Urban Corps Intern, Clifton Blake, is employed in the Bureau of Industrial Hygiene working with air pollution engineers in conducting a registration of all sources of air pollution in Baltimore.

Mr. Blake has just completed his freshman year at Bowie State College and next semester will in the engineering school at Hampton Institute.

Commissioner Robert W. under the direction of Child Health Services, pre-medical student, David Markowitz, a senior at the University of Rochester, is paired with Victor Cohen, a senior at the University of Maryland School of Dentistry in working on statistical date on the health of children enrolled in the Head Start program.

At the same time, Richard Weisman, a second year student at the University of Maryland School of Medicine is making a survey and follow up of the former students in the Health Aide Training Program to determine what effect this training has had upon their lives.

Mr. Cohen and Mr. Weisman are members of the program in community medicine for medical and dental students of the Maryland State Department of Health and Mental Hygiene.

Richard Costello, a third year History and Business Education student at Towson State College, is also employed for the summer in Child Health Services. Specifically he is collecting information on a survey of equipment, services and locations of the City Health Department's Well Baby Clinic.

In addition to those students engaged in special projects previously mentioned, fortp school age young people of the Neighborhood Youth Corps' summer work program are gainfully employed in Health Department jobs.

2 free movie programs for youngsters

Two free movie programs planned especially for children are scheduled this week (July 19-25) at the Reisterstown road branch of the Enoch Pratt Free Library, 6310 Reisterstown road.

On Tuesday (July 21), the library will offer two screenings of the same program — the first at 2 p.m. and the second at 7:30 p.m. The featured films will be "Bline Bird," a moving story of a young boy who adopts a blind pelican he finds on a bird-tagging expedition; "Tadpole Tale," the adventures of a city boy and a baby frog from a park lake; and "The Chicken," a humorous French story of a child's attempts to save his pet rooster for being served at the family dinner table.

"Later in the week, on 23), a movie and a filmstrip will be shown at 10 a.m. and abains at 11 a.m., costlinring the library's "Picture Book" series. "The Red Carpet" and "I Know an Old Lady," scheduled on the program, are both based on picture books of the safe name, the first by Rex Parkin, and the second by Alan Mills and Rose Bonne.

U.S. helps businessmen obtain federal contracts

WASHINGTON — A day-long seminar to acquaint minority businessmen with the opportunities available for doing business with the federal government will be held at Social Security headquarters in Woodlawn on July 21.

According to Robert L. Kunzig, chairman of the President's Inter-agency Task Force on Procurement for Minority Businesses, some $35 million has been committed by the General Services Administration fro contracts with minority entrepreneurs.

"We're prepared to commit considerably more when this is used up," Kunzig said last week.

The seminar here will run from 8 a.m. to 9 p.m. Representatives from the buying offices of all federal agencies will individually assist and counsel all businessmen interested in becoming invoved with the procurement program of the government.

Kunzig noted that the government is now negotiating contracts with minority firms here for storage cabinets, janitorial supplies, fibre-board boxes, electronic goods, and other products.

More information may be obtained from William F. Donlin Jr., Regional Director of Business Affairs, Regional Office Building, Seventh and D Sts., room 1050, Seventh and D Sts. SW., Washington, D.C.

Admission to all Pratt library film showings is free. Children are invited to attend the programs listed above.

Oct. 24 Called UN Day

WASHINGTON — President Nixon last week proclaimed Oct. 24, the 25th anniversary of the raification of the UN charter, as United Nations Day.

"We are proud that our country played an important role in the founding of the United Nations at San Francisco in 1945," the proclamation said. Nixon arranged to meet later in the day with UN Secretary General Thant and to host tonight a black tie dinner marking the date on which China, the Soviet Union, England, the United States and France ratified the UN charter.

Public invited to Catonsville film showing

The public is invited to a film and discussion on the topic "Where Is Prejudice?" at the Catonsville Public Library, 1100 Frederick Road, on Tuesday, July 21.

The an hour-long film produced by the National Educational Television network, is a powerful viewing experience.

It shows twelve college students of various racial and religious backgrounds attending a retreat under the guidance of Dr. Max Birnbaum of Boston University. In frank discussions the students reveal latent prejudices previously unrecognized by themselves. A discussion will follow the film.

The program is sponored by the Catonsville Fair Housing Council. The meeting will begin with refreshments and a fellowship hour from 7:30 to 8 p.m. The film will be shown at 8.

Pinderhughes at education meet

William Pinderhuges, assistant superintendent of Baltimore schools, is a member of the twenty-ninth annual Superintendents Work Conference at Teachers College, Columbia University.

He and 33 other educators from 17 states are attending the two-week program, in the Teachers College Congerence Center in New York City. Participation in the anoral conference is by invitation.

The asteroid Hooveria was named in honor of President Herbert Hoover by Johann Palisan of the University of Austria in 1920.

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Redeem This Valuable Coupon For... 5¢ CASH 34-oz. AJAX CLEANSER R9805 LIMIT ONE COUPON PER SHOPPING FAMILY. FOOD FAIR
Redeem This Valuable Coupon For... FREE! ZEST SOAP ONE BATH BAR WHEN YOU BUY ONE. R9823 LIMIT ONE COUPON PER SHOPPING FAMILY. FOOD FAIR
Redeem This Valuable Coupon For... 7¢ CASH 5-lb. bag PILLSBURY FLOUR R9807 LIMIT ONE COUPON PER SHOPPING FAMILY. FOOD FAIR
FRESH BAKERY FOODS
FOOD FAIR FRESH ROLLS HOT DOG or HAMBURGER pkg. 8 29¢
WHITE BREAD FOOD FAIR SLICED 2 1-lb. 6-oz. 55¢
STREUSSEL PIE CHERRY 22-oz. 59¢
HEALTH AND BEAUTY AIDS
SECRET DEODORANT ANTI-PERSPIRANT TWIN PACK—40¢ OFF 3-oz. $1.18
SCOPE MOUTHWASH 17-oz. $1.09
HAIR SPRAY JUST WONDERFUL 13-oz. 49¢
IVORY SOAP 3¢ OFF 3 PERSONAL SIZE BARS 30¢
BIZ PRE-SOAK 10¢ OFF 1-lb. 9-oz. 69¢
CALYPSO SCOTTIES 3 pkg. 200 2/ply 95¢ MULTI-COLOR FACIAL TISSUES
BEEF RIB ROAST Food Fair and USDA CHOICE FIRST CUT lb. 99¢ 7" CUT lb. 89¢
FRESH FRYERS U. S. GOV'T INSPECTED SPLIT or CUT-UP lb. 33¢ Whole lb. 29¢
FROM THE KITCHENS OF GREENDELL GRAVY w/ SLICED BEEF or TURKEY 2-lb. pan $1.39 VEAL PARMAGIANA 2-lb. pan $1.59 RAVIOLI WITH MEAT 2-lb. pan $1.49
Rib Steaks FOOD FAIR and USDA CHOICE lb. $1.09
Dinner Hams FARMER GRAY BONELESS lb. $1.39
Fresh Roasters 3 AVG. CHICKENS lb. 39¢
PORK SAUSAGE MARRELL'S 1-lb. roll 49¢
CORNED BEEF FARMER GRAY ROUND lb. 99¢
TURKEY ROAST FARMER GRAY BONELESS LIGHT and DARK 2-lb. pan $2.49
PORK CHITTERLINGS U.S. GOV'T INSPECTED 5-lb. pail $1.89
FRESH CHICKEN LIVERS lb. 49¢
Chicken Quarters FRESH LEGS or BREASTS lb. 39¢
Fresh Chicken LEGS lb. 59¢ BREASTS lb. 69¢
Quarter Pork Loin SLICED—9-11 CHOPS lb. 89¢
SMOKED PORK CHOPS CENTER CUT lb. $1.19
GOETZE'S SCRAPPLE COUNTRY STYLE 2-lb. pkg. 79¢
ESSKAY'S SAUSAGE HIGHLAND BREAKFAST 2-lb. pkg. 99¢
CALIFORNIA MEATY SWEET NECTARINES lb. 29¢
CRISP GARDEN or ROMAINE LETTUCE 2 hds. 39¢
MARYLAND GROWN KALE'nCOLLARD GREENS 2 lbs. 39¢
LONG GREEN CUCUMBERS 3 for 29¢
FIRM CRISP GREEN PEPPERS 2 for 29¢
CRISP RED RADISHES 3 cello bags 29¢
DON'T FORGET... FOOD FAIR HAS A COMPLETE VARIETY OF ALL YOUR OUTDOOR LIVING NEEDS... ALL AT LOW SUMMER PRICES.
SEAFOOD DEPARTMENT
FANCY SHRIMP TEXAS WHITE 40-50 COUNT lb. $1.29
SWORDFISH STEAKS FANCY lb. 89¢
HAKE FILLETS FANCY SKINLESS lb. 39¢
STUFFED CLAMS MATTLAW'S pkg. 79¢
FLOUNDER FILLETS BOOTHE'S FRIED lb. 89¢
TURBOT FILLETS FANCY SKINLESS lb. 69¢
DAIRY DEPARTMENT
IMPORTED FINLAND SWISS CHEESE SLICED 12-oz. pkg. 79¢
CREAM CHEESE FOOD FAIR 8-oz. 33¢
ORANGE JUICE FLORIDA DIFRUT qt. 59¢
COTTAGE CHEESE 80% FAT FREE 12-oz. 33¢
BISCUITS HUNGRY JACK BUTTERMILK 2 cans 25¢
SUMMER DRINKS ALL FLAVORS qt. 10¢
COTTAGE CHEESE FOOD FAIR lb. cup 33¢
MARGARINE SOFT FLEISCHMANN'S lb. 43¢
MARGARINE MRS. FILBERT'S GOLDEN ½'s 3 lbs. 89¢
DELICATESSEN DEPARTMENT
ALL MEAT FRANKS FOOD FAIR lb. pkg. 79¢
CANNED HAM SWIFT PREMIUM COOKED 5-lb. can $3.39
LIVERWURST FOOD FAIR lb. 39¢
BOILED HAM SLICED IMPORTED 4-oz. 59¢
SLICED SALAMI FOOD FAIR HARD or BOLOGNA 4-oz. 59¢
SLICED BACON FOOD FAIR VAC PAC lb. pkg. 99¢
RED ROSE TEA BAGS 15¢ OFF pkg. 100 $1.24
Round The Clock Drinks GRAPE or PUNCH 3 1-qt. 34-oz. 85¢
Hanover Pork and Beans 4 1-lb. 12-oz. $1.00
Handiwrap Sandwich Bags pkg. 80 35¢
Handiwrap Utility Bags pkg. 25 39¢
Musselman Apple Sauce 2 15-oz. 49¢
Cottage Cut Green Beans 8-oz. 5¢
Hunt's Spaghetti Sauce SUPREME 14½-oz. 19¢
QUICK-FIX FROZEN FOOD STOCK-UP SALE
FRUIT DRINKS LIBBY'S 8 6-oz. 89¢
ORANGE PLUS BIRDSEYE 2 9-oz. 89¢
SPOON 'n SERVE RICH'S WHIPPED TOPPING 11-oz. 39¢
BAVARIAN PUFFS AND RICH'S CHOCO. ECLAIRS 11-oz. 39¢
GREEN BEANS FOOD FAIR CUT or FRENCH 5-oz. $1.00
SPINACH FOOD FAIR CHOPPED or LEAF 6 10-oz. 89¢
SWEET PEAS LIBBY 1-lb. 8-oz. 35¢
LIBBY CORN WHOLE KERNEL 3 1-lb. 2-oz. $1.00
MEAT RAVIOLI ROMAN 11-oz. 59¢
SLICED BEEF FREEZER QUEEN SALIS. STK. or TOMATO 8-oz. $1.19
COFFEE LIGHTENER FOOD FAIR pt. 19¢
PIZZA CHEF BOY ARDEE CHEESE 13-oz. 73¢ SAUSAGE 14-oz. 83¢
MRS. SMITH PIES APPLE or CHERRY 44-oz. 99¢
GREEN BEANS HARVEST SWEET CHOPPED CORN 16-oz. 39¢
JENO SNACK TRAY 99¢
DAIQUIRI MIX TROPIC FRESH 2 6-oz. 53¢
WHISKEY SOUR MIX TROPIC FRESH 2 6-oz. 53¢
FISH 'n CHIPS GORTON'S 75¢
MUSSELMAN APPLE JUICE qt. 33¢ SAUCE 1-lb. 14-oz. 37¢
ORANGE-LEMON BLENND DRINK 1-qt. 14-oz. 39¢
DETERGENT IVORY SNOW 3-lbs. 89¢
DETERGENT CHEER GIANT 3-lbs. 89¢
COFFEE DECAFE INSTANT 4-oz. $1.05
SPAGHETTI SAUCE SPATINI MIX 8-oz. 33¢
Heinz Great American Chicken Noodle Soup 1-lb. 7-oz. 19¢
Heinz Great American Chicken Rice Soup 1-lb. 7-oz. 19¢
Heinz Great American Vegetable Beef Broth Soup 1-lb. 7-oz. 19¢
Heinz Great American Bean with Ham 1-lb. 7-oz. 19¢
Heinz Great American Vegetable Beef Soup 1-lb. 7-oz. 19¢
Heinz Great American Pea with Ham Soup 1-lb. 7-oz. 19¢
Regular Pillsbury Flour 5-lb. $1.19
Regular Quaker Oats 1-lb. 8-oz. $1.09
Wide Mouth Pint Jars pt. $1.69
Wide Mouth Quart Jars qt. $1.89
Quilted Jelly Glass 17-oz. $1.59
Easy Off Oven Cleaner 14-oz. $1.19
Pillsbury Flour 5-lb. $1.19
Pillsbury Flour 10-lb. $2.19
Pillsbury Self Rising Flour 5-lb. 79¢
Dash Low Suds Cleaner 49¢
Welchade 16-oz. 2 for
Welch Grape Apple Drink 16-oz. 2 for
Welch Orange Punch 16-oz. 2 for
Welchade Low Cal Drink 16-oz. 2 for
Marcal Assorted Hankies pkg. 19¢
Jif Peanut Butter 18-oz. 49¢
Musselman Apple Butter 17-oz. 49¢
Nabisco Chips Ahoy 49¢
Nabisco Pecan Shortbread 16-oz. 49¢
Nabisco Coconut Chocolate Chip 16-oz. 49¢
Sunshine Fig Bars or Hi-Ho Crackers 16-oz. 49¢
VIP Crackers 16-oz. 49¢
Rich N Chip 16-oz. 49¢
Nabisco Pecan Sandies or Sunshine Creams 16-oz. 49¢
Chips Dark and Regular 16-oz. 49¢
Royal Gelatins 4-oz. 2 for