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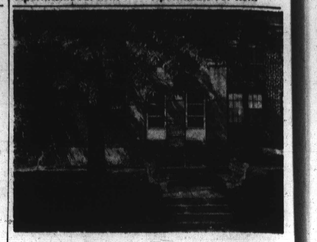

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Harold M. Kropman
LA. 3-5520

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NEAR MORGAN COLLEGE
500 BLK.
E. COLD SPRING LANE
$20.00 WEEKLY
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M. GOLDSEKER
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2 AND 3-ROOM Apartments — Furnished with utilities. 1606 Druid Hill Avenue. 728-3400.

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FURNISHED APARTMENT — Four rooms and bath. 4001 Greenmount Avenue. Furnished Bedroom, kitchen, bath. Adults. Good for 1 or 2 adults. Free fuel and hot water. Reasonable rent. 235-3000 or 235-3001.

777 GWYNNS FALLS Parkway — 3 rooms, 2 rooms and bath. Private entrance. Heat furnished. Adults only. 669-7988.

Family Fare
Food, Fashions and Homemaking

BEST BUYS

Frozen Food Week focuses on quality

By VIRGINIA McLUCKIE, food economist

Today's homemaker can direct her talents toward nourishing and attractive meals with a vast array of frozen foods available for her use. Attention is focused on this week as Frozen Food Week.

The frozen food industry is a growth industry as consumption of frozen fruits and juices has more than doubled, and frozen vegetables tripled, in less than a generation.

These foods are usually high in quality because they are packed while the fresh product is in peak supply and quality.

Available the year around, most frozen foods are no longer considered luxury foods. In fact, they are often as economical as other forms. However, the number of services performed in processing and distribution and their cost do make some frozen foods more expensive than fresh forms.

Included in this group are such items as pies, biscuits, cakes, waffles, and pancakes which range from one and a half to three times as expensive as home prepared. Frozen foods that cost less are those which services such as peeling, juicing, trimming, slicing etc. reduces the weight by removing waste.

This may lower transportation and storage costs which helps to offset the cost of the added service. The service also saves valuable time for the homemaker.

Excluding frozen potato products the carryover of frozen vegetables is down substantially this year. With a cut in acreage in principal processing vegetables packers are again adjusting supplies downward to bring them more closely in line with trade requirements.

The 1970 pack of frozen vegetables may total 5 to 10 percent below a year earlier. This cut back or decline does not mean a shortage but it may mean firmer prices for the 1970-71 marketing year.

If you have zero degree freezer storage and space this may be an ideal time to stock your freezer with such vegetables as lima beans, peas, snap beans, cauliflower, broccoli, corn and spinach. The supply of forzen orange juice concentrate is up sharply over last year. Much of the increase in frozen fruit is in cherries of which a small percentage goes into consumer size packages.

When you buy frozen foods be sure the freezer display case is zero or below. Hurry the foods home and into your freezer. Partial defrosting and refreezing does lower quality of any product. If your storage space is ten or more degrees higher than zero plan to use the stored food within a two-week period.

Best buys are sales of frozen foods, specials on pork, forequarter cuts of beef, chicken and Grade A Medium eggs. Fresh seasonal vegetables and fruits are recommended.

Recipe for this week is for John L. Limas.

John J. Limas is made with 1 10-oz. pkg. frozen lima beans, cooked; ¼ cup crumbled Roquefort or Danish blue cheese; ½ cup undiluted canned condensed consommę; 2 tablespoons fresh bread crumbs, and snipped parsley.

Start heating oven to 350 degrees F. In greased 1-qt. casserole, arrange beans and cheese in layers, ending with limas. Pour on consommę; top with bread crumbs. Bake 20 mins.; sprinkle with parsley.

Makes 2 man-size servings.

Apples spotlight October plentifuls

Eat hearty come October for the harvest month brings a bounty of all good things to eat.

The plentiful foods list for the month is long and varied, as October's list should be, says the U.S. Department of Agriculture's Consumer and Marketing Service, with apples in featured place.

Other foods expected to be plentiful will be applesauce, apple juice, pork, broiler-fryers, dry beans, canned peaches, canned salmon, onions, eggs, potatoes, and dried prunes.

A bumper apple harvest is in prospect — 192.6 million boxes, a bit smaller than last year but the largest crop in the preceding 30 years. So load up the shopping cart with apples for eating out of hand, cooking, baking, and pie and pastry making, for the fruit-bowl, for mealtimes, snacktimes and for festive apple-dunking party times.

Convenience-minded? Take advantage of ready-to-eat and delicious canned applesauce now thrifty priced. Production last season was record high and another large pack is again forecast this year. Eat applesauce as is, or heat and serve embellished with a subtle accent of cinnamon or nutmeg. Or include applesauce as an ingredient in cakes, casserole dishes or other tempting creations.

Stock up on apple juice for fruit drinks and punches, now when supplies are abundant. The 1969-70 pack of apple juice was 43 percent greater than the previous season's and grocers' shelves remain well filled.

Three good high-protein main dish feature foods make the list especially attractive. Pork production will run about 10 percent higher than during October 1969. Broiler-fryer marketings in the coming month will be up 5 percent from last year and prices will be well below those of a year ago. And the Alaskan salmon pack recently totaled 3.2 million cases, compared with 1.8 million at the same time in 1969.

In addition, October egg production is likely to top last year's level. By all means enjoy eggs in some of the hundreds of ways they can appear in the daily menu, whether as the meal's high light or included in other preparations.

Two important vegetables — onions and potatoes, both good keepers, will also be in generous supply, the result of favorable growing conditions.

Supplies of canned peaches continue abundant, both from last year's record output and from this season's pack. Stocks of canned Freestone peaches are particularly plentiful.

A larger than average prune crop is forecast — 180,000 tons, bringing ample supplies of dried prunes, pitted prunes and prune juice.

Another big crop of dry beans is on the way, some 3 percent greater than last year. Now might well be a good time to start a special dry bean recipe collection. Cooks from many lands have used the nutritious and economical staple in their own special ways.

FAMILIES OF YESTERYEAR knew a good thing — cocoa-mint cake made in the old-fashioned way, right from scratch and at low cost.

Good home-made Cocoa-Mint cake

Take this opportunity to switch your culinary talents from those great, handy-dandy cake mixes to an old-fashioned, moist, reddish-brown, delectably good cocoa cake that you make — and easily — right from scratch.

The chocolate-lovers in your household will enjoy the rich flavor of this dark beauty that depends on economical cocoa for its color and principal flavor. The unexpected taste treat is provided by traditional red and white peppermint candy.

Both cocoa and mint candies do double duty in the cake and frosting and it all remains soft, mint-cool and luscious to the last worth-fighting-for crumb.

♥

For old fashioned cocoa-mint cake you'll need 2-3 cup vegetable shortening or margarine, 1 2-3 cups sugar, 3 eggs, 2¼ cups sifted all-purpose flour, 1 cup cocoa, ½ teaspoon baking powder, 1¼ teaspoons soda, 1 teaspoon salt, 1 1-3 cups water, and ¼ cup crushed peppermint candy.

♥

Cream together the shortening, sugar and eggs until fluffy. Beat on high speed of mixer about 5 minutes. Sift together the flour, cocoa, baking powder, soda and salt.

Reduce speed to medium. Add dry ingredients alternately to the creamed mixture with the water and the peppermint candy. (The blender makes short work of crushing the candy.) Pour into 2 greased and cocoa-dusted 9-inch cake pans. Bake at 350 degrees F. for 35 minutes or until done. Cool. Frost with cocoa peppermint frosting.

The cocoa peppermint frosting is made with 1-3 cup butter or margarine, ½ cup cocoa, 3 cups sifted confectioners' sugar, ½ cup scalded milk, ¾ teaspoon vanilla, and 1 tablespoon crushed peppermint candy. Cream medium heat, melt butter or margarine in saucepan. Stir in cocoa. Blend in remaining ingredients. Place pan in pan of ice and water and heat contents until of spreading consistency — about 4 to 6 minutes.

Yield: Enough for filling and frosting a 2 layer, 9-inch cake.

Economy meals for good eating

Hullo, old bean — what say we discuss your virtues today?

After all, you're worth getting to know better. You're a high protein, high money food that's low in cost. And you supply Vitamin B and iron, too.

Now, dry bean, you've made it onto the Plentiful Foods List of the U.S. Department of Agriculture's Consumer and Marketing Service. So you're an especially good buy for economy-minded homemakers.

You cook up a storm, dry bean. One pound of you makes seven to nine three-fourths cup servings.

With your mild taste and smooth texture, you have room with something salty or sour, fresh and crisp, or bright and spicy.

You're a real winner in unusual and nourishing salads. Here are some ideas for using cold, cooked beans in combination salads:

Lima beans and peanuts, moistened with salad dressing mixed with tomato ketchup.

Red kidney beans, chopped green pepper, raw onion rings, and sliced tomato.

Beans, chopped pickle or pickle relish, chopped cooked beets on lettuce and dandelion greens.

And that's only the beginning, bean. You're great in soups, casseroles, stews, and sandwiches. So hang in there, bean. With all you've got going for you — including a crop this year that's expected to be three percent above 1969, when there was a surplus supply — your popularity can do nothing but climb!

Here's a recipe for a day's good eating using dry beans and other foods that are plentiful and reasonable in price:

BREAKFAST
Orange Juice
Waffles with Syrup
Milk
Coffee or Tea

LUNCH
Vegetable Soup
Cheese Omelet
Fresh Plum
Milk
Coffee or Tea

DINNER
Mexican Casserole
Mashed Potatoes
Canned Peach Cobbler
Milk
Coffee or Tea

This recipe for Mexican Casserole uses plentiful dry beans and makes a zesty and hearty dinner main dish.

Combine all ingredients except bacon. Turn into greased baking dish. Arrange bacon strips over top. Bake at 350 degrees F. (moderate oven) 1 hour.

Makes 4 servings.

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VOLUME ONE STILL ONLY... 49¢ ea.

BONELESS CHUCK ROAST USDA Choice lb 79¢
TURKEY BREAST USDA GRADE "A" YOUNG WHOLE lb 89¢
CROSS RIB ROAST USDA CHOICE BONELESS lb 99¢
GOLDEN DELICIOUS APPLES 3 lb. Bag 49¢
YELLOW ONIONS US NO. 1 bulk only 3 lbs. 29¢
MEATY YAMS NEW CROP 2 lbs. 29¢
FANCY SHRIMP 40-50 COUNT 1 lb 1.19
CHEF DELIGHT CHEESE SPREAD 2-lb. LOAF 69¢
LAND 'O LAKES BUTTER lb. wrap 83¢
IMPERIAL MARGARINE SOFT DIET lb. 49¢
SOFT IMPERIAL MARGARINE lb. 49¢
OSCAR MAYER AL BEEF FRANKS lb. pkg. 79¢
SMOKIE LINKS OSCAR MAYER 12-oz. pkg. 79¢
SLICED BOLOGNA ALL MEAT or BEEF 8-oz. 59¢

4¢ OFF FAB DETERGENT 19-oz. pkg. 35¢
BONOMO • SOUR BALLS • LEMON DROPS • BUTTERSCOTCH • STARLITE MINTS • CINNAMON 1-lb. bag 45¢
DEL MONICO POPCORN WHITE or YELLOW 10-oz. pkg. 19¢ IN OIL 1-lb. pkg. 35¢

DOW AEROSOL BATHROOM CLEANER 20 oz. pkg. 85¢
ALL PURPOSE SARAN WRAP 100 ft. size 63¢
ALL PURPOSE SARAN WRAP 50 ft. size 35¢
SPAGHETTI RAGU SAUCE 1 qt. jar 79¢
10¢ OFF RINSO DETERGENT 3 lb 2 oz. pkg. 79¢
DETERGENT CONDENSED ALL Giant Size 89¢
LIQUID COLD WATER ALL Giant Size 81¢
CHASE'n SANBORN COFFEE "Bonus Gift Pack" 2 lb. Can $1.87
FABRIC SOFTENER FINAL TOUCH 1 qt. 1 oz. bot. 79¢
DETERGENT THRILL LIQUID 1 pt. 6 oz. bot. 59¢
SOAP SAFEGUARD 2 bath bars 45¢
DETERGENT 10¢ OFF SWAN LIQUID 1 pt. 6 oz. bot. 49¢
BATH SIZE LUX SOAP 2 bars 35¢
DETERGENT SALVO lb. 14 oz. pkg. 89¢
"THE HAND SOAP" LAVA SOAP 2 bars 31¢
REFRESHING LIFEBOY SOAP 2 bath bars 41¢

Lawry's Seasoning Salt 3 oz. 29¢ | Kray Salisbury Steak 12 oz. 53¢ | Kellogg Pop Tarts 11 ozs. 43¢
Lipton Chicken Noodle Soup 2 for 39¢ | Heinz Cider Vinegar 16 oz. 31¢ | Lang 16 oz. 89¢
Lipton Tomato Vegetable Soup 2 for 39¢ | Heinz White Vinegar 12 oz. 31¢ | Green Giant French Cut Beans 2 Pkgs. 69¢
Lipton Noodle Soup 2 for 39¢ | Shoppy Peanut Butter 1 lb. 49¢ | Birdseye Peas w/Cream Sauce 2 Pkgs. 69¢
Lipton Green Pea Soup 2 for 39¢ | Kraft Macaroni Dinner 2 7½ ozs. 49¢ | Birdseye Peas w/Onions 2 Pkgs. 69¢
Lipton Vegetable Soup 2 for 39¢ | Veg All Large 3.8 qts. 99¢ | Birdseye Carrots w/Baby Onions 2 Pkgs. 69¢
Golden Mustard 8 oz. 23¢ | Kleenex Facial Tissues 4-200's 99¢ | Birdseye Peas & Potatoes (in cream sauce) 2 Pkgs. 69¢
Golden Mustard 8 oz. 23¢ | Baby Scott Newborn Disposal Diapers 30 for 1.49 | Mrs. Paul's Corn or Apple Fritters 8 oz. 39¢
Kraft Deluxe Cheese Slices 12 ozs. 69¢ | Baby Scott Regular Disposal Diaper 30 for 1.59 | Mrs. Paul's Breaded Crabs 7 oz. 79¢
Kraft Deluxe Cheese Slices 12 ozs. 69¢ | Baby Scott Extra Absorbent Diapers 12 for 99¢ | Mrs. Paul's Miniature Breaded Crabs 7 oz. 79¢
Grey Poupon Dijon Mustard 8 oz. 63¢ | 70 Baby Scott Pantiers each 69¢ | Birdseye Mixed Veg. w/onion sauce 2 Pk