Large size turkey holiday economy

By VIRGINIA MCLUCKIE
Food Economist

The Christmas holiday is nearly here. If you have not made plans for the foods you will need to serve the traditional meal, do so, then go shopping.

Meat for the big meal will cost the most because of the quantity you buy.

Actually the traditional turkey is a bargain priced meat. Supplies are more than ample to meet market needs in most size birds. Since the major portion of turkeys are marketed frozen, make your purchase enough to allow time for defrosting in the refrigerator.

Buy enough turkey or other meat to allow for extra servings on later days. If you have refrigerator or freezer space to properly care for the cooked meat, the large size turkey is the best buy. Cold sliced turkery for buffet serving or for sandwiches or salad can ease the kitchen work when entertaining guest or family.

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Ham has become a very popular Christmas season meat. The style ham you buy can alter cost considerably. The boneless and semi-boneless styles cost more per pound but are easier to slice in uniform pieces with little waste.

Whole hams are often the choice made for the holiday season when more entertaining of large groups take place. Be sure when you buy whether you are getting a fully cooked ham or a regular smoked ham, or a ham labeled water added. The fully cooked process allows you to shorten cooking time since it needs only to be heated through and given your special garnish or glaze to make it festive. If you buy parts of ham know whether it is a half or a portion.

Some small families prefer a roasted chicken which can be elegant. Some families will select a pork roast or a beef roast for the Christmas main course. Whatever you serve can be made festive with garnishes traditional table service.

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Vegetables you will want to put on your shopping list are sweet and white potatoes, onions, cabbage, carrots and celery. Broccoli and Brussels sprouts are in ample supply. Iceberg lettuce and curly endive are good in quality and necessary for salad plates and garnishes for platters.

By the choice of fresh, canned or frozen vegetables it is possible to select almost anything you want for holiday menus.

Fill the fruit bowl for snacks and decoration with polished red apples, Emperor grapes, D'Anjou pears, tangerines, oranges and grapefruit. Citrus is in heavy supply. Cranberry supplies are heavy in both fresh and canned form. Cranberry juice is an excellent juice for Christmas season drinks.

Now is the time to fill the nut bowl and get out the nut cracker and picks so each one can shell and nibble on their favorite nut meats.

Diary products will come to the front in the use of cheeses, sour cream, whipping cream, dairy egg nog and ice cream for snacks and desserts. Eat well for a Merry Christmas Season.

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Recipe for this week is for Cranberry Pink Whip

You will need one package lemon flavored gelatin, one cup hot water, one cup Cranberry Juice Cocktail, and two egg whites, beaten stiff but not dry.

Dissolve gelatin in hot water. Stir in cranberry juice cocktail. Chill until slightly thickened. Beat egg whites stiff but not dry. Gradually pour cranberry mixture into egg whites, beating until mixed and foamy.

Pour into 4 individual sherbet glasses. Mixture will separate into a red and pink layer. Chill in refrigerator for four hours.

Social Security promotions

Two Baltimoreans have been promoted at the Social Security Administration in Woodlawn.

Mrs. Jennie S. Campbell, 29, to Social Insurance Specialist at the Social Security Administration.

She is a graduate of University of Maryland with a B.A. degree cum laude, is married with one child, and resides in the Ashburton area.

A resident of the Essex area, Frank W. Bowings, Jr., 9, has been promoted to Social Insurance Claims Specialist.

as a Social Insurance Claims Specialist, Mr. Bowings identifies significant operational problems, training needs, policy and procedural questions and makes recommendations as to action to be taken.

Mr. Bowings joined social security in 1958 as a File Clerk, has received a cash award for superior work performance. He is married to the former Miss Darlene Smith. They have 2 children.

Manpower Bill

House-Senate negotiators have agreed on manpower legislation that would pump $12 billion into training the jobless, including $7 billion to provide up to 500,000 public service jobs in the next three years.

The compromise bill was approved by a House-Senate conference committee after lengthy negotiations.

Over The Top

CHICAGO — A board of education survey shows that 54.8 per cent of Chicago's 577,679 high school and elementary students are black. The annual count showed an increase of 3,839 colored students since 1969.

Week's best buys

VIRGINIA McLUCKIE
Food Economist

December should see a plentiful supply of fresh citrus come to market. Barring any adverse weather conditions the citrus crop will be record large. Include tangerines and tangelos on your market list this week.

Tangerines are a holiday citrus fruit. They appear in stores before Thanksgiving and continue through January, but Christmas and New Year's are peak time.

At one time in the past tangerines were called "pum-kin oranges" because of their resemblance to pumpkins in shape.

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Today they are tangerines, famous for their beautiful color, their loose skin which peels almost as easily as opening a zipper, their sweet juice and their vitamin C.

This fruit is highly colored, sweet and excellent for eating out of hand. In buying tangerines, select ones which are heavy for their size. This insures ample juice.

The fuffy look and feel of mature tangerines is normal because of the looseness of the skin. The skin color should be an orange-red. Use tangerines in salads, fruit cups, to garnish puddings, cakes, individual pie tarts, and in sauces to accompany chicken, turkey or duck meat.

The tangerine flavor, somewhat different from other citrus will blend with many foods and be acceptable at any meal or for a snack.

A newcomer in the citrus group is the tangelo, a cross between the grapefruit and tangerine.

Each year tangelos are more widely available. Shaped like extra-large tangerines, tangelos are very sweet. They peel almost as easily as a tangerine and come apart into sections easily.

They are juicy with few seeds. Like tangerines, their season tapers off by the end of January. Tangelos usually cost somewhat more than regular juice oranges. Tangerines are reasonably priced.

Citrus is sold by size, which is the number of pieces of fruit required to fill a determined size carton.

The larger the number the smaller the size of fruit. You often see citrus sizes listed on the price sign or on film bags where fruit is offered for retail sale.

The size of fruit will determine the cost per dozen to a large extent.

Try these ideas for using tangerines for your holiday menus and for everyday good eating.

BAKED TANGERINES WITH DATES

6 tangerines
2 tablespoons sugar
2 tablespoons butter or margarine
2/3 cup orange juice
6 dates, cut in pieces

Make 8 vertical cuts in the tangerine skin from the blossom end to about 1 inch from the bottom. Pull peel down and turn pointed ends in.

Remove white membrane. Loosen tangerine sections at the center and pull apart slightly. Fill each center with 1 teaspoon of the sugar and dot with teaspoon of the butter. Pour orange juice over tangerines. Divide dates among tangerines.

Bake in 325 degrees F oven 30 minutes. Serve with pork chops. Yield: 6 servings.

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VALUABLE COUPON — 30¢ OFF WITH THIS COUPON — Toward the purchase of INSTANT MAXWELL HOUSE COFFEE 10-OZ. JAR Good only at Two Guys — One coupon per customer — Good thru Sat., Dec. 19, 1970 — AA 12-18 — Two Guys FOOD SUPERMARKETS

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ROASTING PORK CITY CUT FRESH PICNIC SHOULDER
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GOV'T. INSPECTED QUARTERS WING-ON CHICKEN BREAST
GOV'T. INSPECTED CHICKEN LEGS QUARTERS BACK-ON
YOUR CHOICE 43¢ LB.

ROAST BEEF BONELESS CROSS RIB LB 95¢
FRESH 3-lb. PKG. or OVER GROUND CHUCK lb. 65¢
FRESH EXTRA LEAN GROUND ROUND lb. 79¢

CHUCK STEAK U.S.D.A. CHOICE lb. 53¢
U.S.D.A. CHOICE TOP ROUND ROAST lb. 1.12
U.S.D.A. CHOICE SILVER TIP ROAST lb. 1.19
U.S.D.A. CHOICE—BONELESS RUMP ROAST lb. 1.29
THICK CUT SHOULDER LONDON BROIL BONELESS SHOULDER STEAK
LEAN & TENDER CUBE STEAK YOUR CHOICE lb. 1.09
FRESH SWEET OR HOT ITALIAN SAUSAGE lb. 79¢
TWO GUYS BLUE LABEL OR BONNIE MAID BACON lb. 49¢
SIRLOIN STEAK USUAL FINE TRIM LB. 1.09
LEAN CENTER CUT lb. 53¢
U.S.D.A. CHOICE END OF STEAK ROAST lb. 1.09
WHITE 3 KINGS VAC PACK SLICED BACON lb. 69¢
CITY CUT COUNTRY STYLE SPARE RIBS lb. 59¢
U.S.D.A. CHOICE CALIF. CHUCK POT ROAST FULL CUT lb. 79¢
U.S.D.A. CHOICE LEAN FOR STEW BEEF CUBES lb. 85¢
U.S.D.A. CHOICE POTTING OR BRAISING BEEF SHORT RIBS lb. 69¢
OSCAR MAYER ALL MEAT OR ALL BEEF BOLOGNA 12-oz. pkg. 69¢
TWO GUYS SKINLESS ALL MEAT FRANKS lb. 59¢

DEL MONTE BUFFET SALE
PEAS, CREAM CORN, OR WHOLE KERNEL CORN CUT GREEN BEANS OR PEAS & CARROTS 6 8-OZ. CANS 89¢

CORONET FACIAL TISSUES 4 200 2 PLY 99¢

SLICED, CHUNKS OR CRUSHED DOLE PINEAPPLE 3 20-oz. cans 99¢
TWO GUYS BRUEGS CAKE MIXES 16½-OZ. OR FROSTINGS 13 oz. 4 for 89¢
GENERAL MILLS ALL VARIETIES SNACKS each 39¢
POLANER SWEET MIXED PICKLES 16-oz. or GARDEN SALAD 13 oz. 39¢
CLOROX BLEACH qtl. bottle 49¢
DUTCH MAID CHIP CHIP COOKIES 14 oz. 37¢
LADY SCOTT 2-PAK 500 2-PLY ROLLS BATHROOM TISSUES 4 FOR 99¢
BUTT DELIGHT YELLOW CLING, SLICED OR HALVES PEACHES 4 1-lb. cans 99¢
KLEENEX DINNER NAPKINS 2 pkgs. of 50 49¢
PERSONAL SIZE IVORY SOAP pkg. of 12 bars 79¢
CAMPBELL'S VEGETARIAN VEGETABLE OR VEGETABLE SOUP 6 10½-oz. cans 89¢
KEEBLER TOAST SNACK CRACKERS 10¼ 12-oz. 43¢
BURRY'S MR. CHIPS COOKIES 12½ oz. 53¢
LADY SCOTT 200 2-PLY FACIAL TISSUES 4 FOR 99¢

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4-FT. UPSWEPT SCOTCH PINE CHRISTMAS TREE Guaranteed flame proof. Includes tripod stand. Decorations not included. Model 394. YOU PAY 1.66 REG. 6.66 PLUS ONE FILLED TWO GUYS TRADING STAMP BOOK

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FLORIDA ZIPPER SKIN TANGERINES 15 LB. BAG 39¢
U.S. #1 YELLOW GLOBE ONIONS 3 LB. BAG 25¢
CRISP JUICY McINTOSH APPLES 3 LB. BAG 33¢

FROZEN FOOD DEPT.
CRINKLE CUT ORE-IDA POTATOES 5 16-oz. 99¢
JAPANESE-SPANISH-MEXICAN-BAVARIAN-DANISH BIRDS EYE INTERNATIONAL VEGETABLES 10-oz. 39¢
BIRDS EYE CREAM STYLE CORN 10-oz. 10¢
BIRDS EYE AWAKE BREAKFAST DRINK 3 2-qt. 1
JUNO'S PIZZA SNACK TRAY 7½ 79¢

Two Guys BAKERY DEPT.
SQUARE THIN SLICED WHITE BREAD 4 1-lb. 2-oz. $1
CHOCOLATE—LARGE SIZE DIP DONUTS bag of 12 55¢
ENGLISH MUFFINS 2 pkgs. of 6 29¢
COCONUT PIE LARGE 8 IN. 53¢
CHEESE TWISTS 1-lb. 49¢

APPETIZING DEPARTMENT
RICH'S ALL WHITE MEAT CHICKEN ROLL lb. 59¢
IMPORTED RINDLESS SWISS CHEESE lb. 99¢

DAIRY DEPARTMENT
PILLSBURY CRESCENT ROLLS 8-oz. 29¢
MARGARINE MRS. FILBERT'S GOLDEN QUARTERS 1 LB. 29¢
LIGHT 'N LIVELY COTTAGE CHEESE 2-lb. 59¢

Two Guys FOOD SUPERMARKETS
TOWSON Joppa Rd. & Goucher Blvd. Open Daily 9:30 A.M. Till 9 P.M.
DUNDALK Merritt Blvd. & German Hill Rd. Open Daily 9:30 A.M. Till 11 P.M.
BALTIMORE 2401 Belair Rd. Open Daily 9:30 A.M. Till 11 P.M.
We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat., Dec. 19, 1970.

Teachers may strike if funds are cut

City school teachers may be on strike in the near future if the supplemental budget of the Department of Education, now pending in the City Council, is not approved.

That is the message as given to the AFRO on Wednesday morning by Dennis Crosby, president of the Baltimore Teachers' Union.

Having met on Tuesday night, the Union's Executive Committee sent a wire to the Mayor, the presidents of the Board of School Commissioners, and the Board of Estimates and to Dr. Thomas D. Sheldon, superintendent of public schools.

That wire said, "The Executive Council of the Baltimore Teachers' Union adopted a resolution to recommend to its membership that when and if any teachers are released (from the school system for lack of funds), the teachers will s o on the following issues: (1) Class size, (2) the cut of the "cost of living raise, and (3) the firing of the teachers. We demand a session with you in these matters."

Further, Mr. Crosby explained that for the last three weeks rumors have circulated throughout the school system that 300 temporary teachers would be dismissed, if the supplemental funds were not allotted.

He noted that if the number of teachers were cut (and citing one school which was scheduled to lose 20 teachers as an example) that the class sizes of some schools would be increased, burdening the teachers and the students.

According to Mr. Crosby, Dr. Sheldon has asked that all principals in the secondary schools in the city conduct an "interim organization" which means that they would tighten the schedules of the teachers and the students to make use of as much staff personnel and space as possible.

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Campbell's Chunky VEG.-BEEF SOUP 1-lb. 8-oz. Can 35¢
Kraft French Dressing 8-oz. Bt. 29¢
Wesson Oil 1 Pt. 8-oz. Bt. 59¢
Sw. Mixed Pickles 16-oz. Bt. 39¢
Grapefruit Juice FOOD CLUB 46-oz. Can 44¢
Gayla Drinks ALL FLAVORS 46-oz. Can 24¢
Vienna Sausage 4-oz. Can 23¢
Elna Cut Green Beans 4½-oz. Can 12¢
Alum Foil 12-in. Topco 20¢
10-X Sugar 1-lb. Box 20¢
Elna Sweet Peas 1-lb. 14¢
6½-foot Artificial Tree with Stand
Scotch Pine $13.88
Panty Hose one size 2-pr. in Pkg. $1.49 Pkg.
Light Set 50 Midget Lights with Flasher $1.19
Satin Tree Balls 2½" Pkg. of 12 $1.69
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Christmas Stockings 89¢
10" Paper Plates 12 in. pkg. 49¢
9-oz. Foam Cups 8 in. pkg. 39¢

EXTRA BONUS COUPON — 30¢ OFF (#18180) ON PURCHASE OF TASTER'S CHOICE FREEZE DRIED COFFEE 8-OZ. JAR — Limit (1) one shopping family. Offer expires Sat., Dec. 19, 1970.

EXTRA BONUS COUPON — 7¢ OFF ON PURCHASE OF 1-LB. CAN MAXWELL HOUSE COFFEE ALL GRINDS — Limit (1) per shopping family. Offer expires Sat., Dec. 19, 1970.

EGGS ONE DOZEN MED. SIZE GRADE "A" 39¢
MASH'S WHOLE HAMS 15 lbs. to 18 lbs. Semi-Semi BONELESS 56¢ lb.
FOOD CLUB SOLID BUTTER 1-lb. pkg. 69¢

Chickens U.S. GOV'T. INSP. Grade "A" WHOLE BROILING & FRYING (cut-up 27¢ lb.) lb. 22¢
Beef Pot Roast U.S. CHOICE lb. 64¢
Ground Beef LEAN Sold in 3-lb. Unit. Lesser Quantities Higher lb. 58¢
Sliced 1-lb. Pkg. Bacon ESS-KAY 79¢ | FOOD CLUB 74¢ | GAY-LORD 64¢
SUGAR CURED SMOKED Mash's Ham SHANK OR HAM lb. 58¢
SEMI-BONELESS Mash's Ham Pieces lb. 69¢
U.S. CHOICE Beef Roast 3 CORNER lb. 88¢
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9 TO 11 ENDS AND CENTER CUT CHOPS IN PKG. ¼ Loin Pork Chops lb. 68¢
FOOD CLUB CANNED HAMS 8 lb. can 6.99 • 5 lb. can 4.99 • 3 lb. can 3.19
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TASTY Fancy Pigs Feet lb. 25¢
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MORRELL PURE PORK Sausage Meat 1-lb. roll 39¢

U.S. GOVT. INSP. NATIONAL BRAND GRADE "A"
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White Bread Finest Quality Enriched Jubilee JUMBO 24-oz. loaf 25¢
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Mrs. Filberts Oles CORN OIL & OFF 1-lb. pkg. 21¢
Top Spred Marg. QUARTERS 1-lb. pkg. 20¢
Sliced Swiss Cheese FOOD CLUB 8-oz. pkg. 49¢
Borden's Egg Nog 1-Quart carn. 79¢
Orange Juice SUNSHINE TREE ½-gallon 49¢
Broccoli Spears GAYLORD FROZEN 8-oz. pkg. 20¢
Cauliflower GAYLORD FROZEN 8-oz. pkg. 20¢
Froz. Peas or Corn GAYLORD 10-oz. pkg. 15¢
Old Spice Shave Lotion 4½-oz. bt. $1.19
Old Spice Stick Deo. 3-oz. 79¢
Old Spice Shave Cream 11½-oz. 99¢

Grade A Turkeys NATIONAL BRAND 10 to 16 lbs. lb. 43¢
Swift's Butterball TURKEYS 21 to 24 lb. lb. 47¢
Swift's Butterball Turkeys 17 to 20 lb. lb. 49¢
Self-Basting TOP FROST TURKEYS 17 lbs. & over lb. 43¢
Self Basting TOP FROST TURKEYS 16 lbs. & under lb. 49¢
Golden Star ARMOUR STAR BASTING TURKEYS all sizes lb. 59¢
Stuffed Turkeys ARMOUR 10-lb. or over lb. 69¢
Young Ducklings lb. 59¢
Young Tender Geese lb. 79¢
Fancy, Tender Capons lb. 79¢
Turkey Breasts lb. 89¢
Turkey Roast TOP FROST BONELESS Avg. 4 to 5 lbs. lb. 79¢

U.S. NO. 1 MAINE Potatoes 10 lb. bag 53¢
Ripe Bananas GOLDEN lb. 10¢
Fresh Yams OR SOUTHERN SWEETS lb. 15¢
Fresh Crema Mush. 59¢
Imported Chestnuts 29¢
Assorted Nuts 69¢
100% PURE FLORIDA ORANGE JUICE ½ Gallon 69¢

ITALIAN HOLLY WREATH EA. $2.99
JIF CREAMY PEANUT BUTTER 12-OZ. JAR 47¢
GOLD & SILVER RUSCUS PKG. 99¢
13-OZ. WHITE SPRAY SNOW CAN 59¢
GOLDEN QUARTERS MRS. FILBERT'S OLEO 1-LB. PKG. 32¢

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