FOOD FAIR

TUNE IN
SUSIE STROTHER
"Phone A Friend"
RADIO SHOW
ON STATION WEBB
MON. thru FRI. at 11:25 am

WHY PAY MORE?
SHOP FOOD FAIR and SAVE

100 FREE EXTRA MERCHANTS GREEN STAMPS
WITH THIS COUPON AND PURCHASE OF $10.00 OR MORE
EXCLUDING MILK, MILK PRODUCTS, CIGARETTES AND FAIR TRADE ITEMS. Limit One Coupon Per Shopping Family
IN ADDITION TO THE STAMPS YOU RECEIVE WITH YOUR PURCHASE
VOID AFTER SAT., OCT. 31, 1964

100 FREE EXTRA BONUS Merchant Green STAMPS WITH $10.00 PURCHASE OR MORE

Prices Effective Thru Saturday, October 31, 1964. We Reserve The Right To Limit Quantities.

LOW CAL. RED or YELLOW HAWIIAN PUNCH 3 46 oz. cans 95¢
SLICED YELLOW CLING LIBBY'S PEACHES 4 29 oz. cans 99¢
FYNE-TASTE PUMPKIN 4 16 oz. cans 45¢
FRE-MAR CREAM or WHOLE KERNEL GOLDEN CORN 4 16 oz. cans 59¢
LIBBY'S SAUERKRAUT 3 29 oz. cans 49¢
FYNE-BAKE BROWNIE MIX 2 16 oz. pkgs. 49¢
6¢ OFF DAZZLE BLEACH gal. jug 49¢
GIANT HUDSON TOWELS roll 29¢
REPP-U-TATION APPLE CIDER ½ gal. jug 45¢
BETTY CROCKER LAYER CAKE MIXES 3 19 oz. pkgs. $1.00
FLAVOR-KIST ICE CREAM ALL FLAVORS ½ gal. pkg. 59¢
FYNE-SOFT FACIAL TISSUE 7 pkgs. of 400 $1.00

FULLY COOKED SMOKED HAMS
Shank Portion lb. 29¢ — Full Cut Shank Half lb. 39¢ — Whole Hams 14 to 16 lb. AVG. lb. 47¢
CENTER CUT HAM SLICES lb. 89¢

U.S. GOVT. INSPECTED YOUNG (5 to 9 lb. avg.) BELTSVILLE TURKEY 5 to 9 LB. AVG. lb. 39¢
U.S. GOVT. INSPECTED FRESH KILLED STEWING CHICKENS lb. 29¢

SWEET BOSC PEARS 3 lbs. 29¢
STAYMAN WINESAP APPLES 3 lb. bag 29¢
CALIF. SUNKIST ORANGES 10 lb. bag 49¢

DAIRY CHEESE SPREAD 2 lb. loaf 59¢
ALL MEAT HYGRADE FRANKS lb. pkg. 49¢
FRESH SKINLESS HADDOCK FILETS lb. 55¢

OPEN TONIGHT TILL 10pm SAT. TILL 9pm

Gain in Federal jobs revealed in report

WASHINGTON — (NNPA) — The past year was "the most important for women since the passage of the 19th Amendment in 1920," according to the Government's first annual report dealing with the status of women.

Prepared by the Interdepartmental Committee and Citizens' Advisory Council on the Status of Women, the port was sent to President Johnson recently by Secretary of Labor W. Willard Wirtz, chairman of the Interdepartmental Committee, and Miss Margaret Hickey, chairman of the Advisory Committee.

• • •

THE REPORT states that the advance of women comes from an "increased awareness of women's frequently unused potential and of women's needs, accompanied by expectations of greater accomplishments and contribution."

Gains in Federal employment are cited in the document. By October 2, 1964, the President had named 68 women to fill important Government posts and the executive agencies had appointed 311 and promoted 1,231 others at salary levels of $10,000 and above. The Interdepartmental Committee has asked that efforts be made to open more employment opportunities for women in Federal field offices.

THE REPORT also outlines measures taken by the State and Defense Departments on behalf of women employes as well as amendment of the Federal Employees Health Benefits Act to equalize benefits for married men and women.

NOV. 1-30

An exhibition of paintings and prints by Jonas Fendell will be on display at Sutton Place, 1111 Park Ave., in the lobby.

NOV. 2

"Contemporary Religious Poetry" will receive emphasis at 8:15 p.m. in the Literature Course at Notre Dame's Adult Education Institute, Charles St. campus. Sister Ruth Miriam, SSND will lead the discussion on "poetry in contact with its time."

NOV. 7

A Chinese tea and fashion show, Mt. Zion Methodist Church, Wabash and Liberty Hghts. Aves. with Miss Susie Strother as mistress of ceremonies, 5 to 8 p.m.

NOV. 8

Ames Methodist Church, Carey and Baker Sts., will observe its Annual Women's Day.

The 11 a.m. speaker will be Mrs. Phenola Carroll and between 4 and 3 p.m. a musical sponsored by the Ethel M. Newman Guild will be presented.

OPEN FOR BUSINESS
SAT. ONLY 6 A.M. TO 2 P.M.
THE SLAUGHTER HOUSE
135 S. WARWICK AVE.
PLENTY OF SPECIALS!

Break records — knit this coat fast on big needles, 2 strands of worsted together. Jumbo-Knit coat — 3/4 or full length! Travel every where — seed stitch, cable panels. Pattern 7005: directions sizes 32-34; 36-38 included.

• • •

DRESS UP the coat or suit with these cozy hats — so smart in matching or contrast color.

QUICK-CROCHET® pill boxes—turban style in mohair with loop trim, other in 2 colors of worsted. Pattern 7241: directions to fit sizes.

Thirty-five cents (coins) for each pattern — add 15 cents for each pattern for first - class mailing and special handling. Send to Alice Brooks AFRO-AMERICAN.

Needlecraft Dept., P.O. Box 163, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, ZONE, PATTERN NUMBER.

• • •

FIRST TIME! 3 FREE PATTERNS in big, exciting 1965 needlecraft Catalog! 200 designs — smart stoles, jackets, hats, toys, afghans, linens, everything! Send 25 cents.

• • •

DELUXE QUILT BOOK! 16 complete quilt patterns — pieced and applique, for beginners, experts. Send 50 cents now.

It's as American as the flag to take your dinner out-of-door to a breezy, tree-shaded all corner of the patio, porch or back yard. Food just seems to taste better served outside especially when it's simply seasoned, cooked just right and there's plenty of it!

If you're cooking meat outside and your attention is needed at the grill, it might be wise to bake a vegetable casserole which needs no checking in the range.

LESS Shortening!
when you use SELF-RISING Washington FLOUR
Baking Powder and Salt Already Added
"NO FINER FLOUR AT ANY PRICE"

Family Pot Luck
BY HELEN HALE

Vegetables can be so good when you treat them a bit differently from the old ways! In these days when barbecuing is so popular, why not skewer them and roast over the charcoal, as you do meats, for example?

In any recipe where the ingredients are many, most woman prefer to double the recipe and thus have two meals out of it.

Helen's Favorite

Marinated Vegetables
(Serves 4)

8 canned artichoke hearts
8 large fresh mushroom caps
8 small cooked onions
4 small firm ripe tomatoes
4 small cooked potatoes
1 small green pepper, cut in squares
3/4 cup salad oil
¼ cup vinegar
1 teaspoon salt

Place vegetables in single layer in large shallow pan. Combine oil vinegar and salt. Pour over vegetables. Let stand, basting often, 2 to 3 hours. Drain, saving alternately on 4 skewers. Grill over glowing coals or under broiler unit of oven, basting with marinade, about 10 minutes, or until heated through.

NOV. 1

The Adjacent Neighborhood Improvement Association will observe its 11th anniversary, featuring gospel singing and a talk by Mrs. Sarah Hawkins, at Zion Baptist Church, Caroline and Lanvale Sts., 3 p.m.

NOV. 1

A worship service dedicated to the coming elections, followed by an informal discussion and coffee hour, will be held at the Morgan College Christian Center at 10:30 a.m.

Hints for Homemakers

INEZ KAISER

A friend in need is a friend indeed — that is what SWAN LIQUID is. It's the liquid detergent every homemaker can depend on. There's no fear of it losing its cleaning ability when you need it most.

SWAN has a new "pink-lotion formula" that cuts hard grease without hard scrubbing. Recently, I tried it on a large number of greasy pots after I had completed the washing of the family dishes. Its longer-lasting suds had as much power then as they did when I first began. Some detergents lose their cleaning ability while you are doing your dishes. But not SWAN. It removed the grease with little effort on my part. There was no need for me to even scrub the utensils.

I also discovered that it can be used in hard and soft water. It matters not what part of the country you might live in — the results are the same.

The thing that interested me most about it is that it's just like a friend — kind and gentle. SWAN LIQUID does not rough up your hands or give them that dated, dishwashing look. Since I shake hands with people all the time this is most important to me.

SWAN is available in regular, giant and king sizes. Buy a bottle the next time you shop. You will find it one of the most dependable kitchen friends you ever had.

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What a difference a fabric softener can make. It can make your clothes whiter and softer. If you don't believe me, just try adding FINAL TOUCH with Sodium Plus to your last rinse water and see how it brightens the colors.

Now, you may wonder, is it really necessary to add a fabric softener to your final rinse water? Yes, it is. It makes all the difference in the world how your clothes look, feel and iron. FINAL TOUCH gives them a luxurious look that you will just love. Once you try it, you will never be without that blue bottle with a distinctive shape.

You will find that it does other things, too, besides whitening your clothes. I discovered that it removes that static electricity in clothes. My lingerie, blouses and dresses do not cling to my body any more.

FINAL TOUCH can be used in either an automatic, wringer or hand washer. You may purchase it in two convenient sizes — regular or giant. All you do is pour the required amount in the final rinse water.

Please believe me, this fabric softener brightens clothes better than any other brand on the market today. Use it the next time you launder your clothes.

There is nothing newer under the sun than new LIGHT SPRY. It is the answer to every homemaker's wish. No other shortening is like it. The whipped shortening is perfect for all your baking, cooking and frying.

If you are like most women I know, you get a great satisfaction from making a cake that will just melt in your mouth or a pie that has a tender, flaky crust. As you know, the basic ingredient for baking or frying is shortening. Why not try making a cake this week and use LIGHT SPRY? It contains a special "Cake Improver" and has been pre-creamed to mix quickly and thoroughly with both liquid and dry ingredients. The finished product is sure to have a light texture.

If your family has a sweet tooth for pastries, then you must try the water-whip-pastry double-crust recipe on the can.

Weight for weight, this vegetable shortening also is higher in polyunsaturates than regular hydrogenated shortenings. It makes food easy to digest.

The cans are now keyless. They can be opened with a regular can opener and have a plastic lid for reclosing.

In conclusion, let me tell you that new LIGHT SPRY is the lightest shortening you can buy.

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Easy does it — and that is exactly what WISK, the heavy-duty detergent does. It puts its strength where the dirt is and gets your whole wash spotlessly clean.

When I say it cleans all your washables, I mean just that. The other day I started my fall housecleaning. You should see how bright my blankets and throw rugs were after I laundered them. There were several stained areas on the rugs. All I did was measure the amount of WISK needed for the wash load, poured some directly on the heavy-soiled areas and put the remainder of the liquid in the washing machine.

One amazing feature about this detergent is that you can use it directly on colored clothes as well as white. It does not remove the color.

I also discovered during this general cleaning period that WISK can be used very effectively to clean my windows, range, refrigerator and floors. It does a magnificent job on each.

When I complete my task, our home will be clean throughout by using just one detergent. This will really save storage space as well as the time involved in shopping for various products suitable for many household uses.

Take it from me, before you begin your pre-holiday cleaning, try this detergent. WISK will wash all your dirt away. Try it and see. It's made by Lever Brothers Company.

BIG VALU FOOD CENTERS
THE NEW DISCOUNT DIVISION OF PENN FRUIT CO.

YOU'RE INVITED...
TO THE NEWEST AND THE MOST BEAUTIFUL SUPER-SAVINGS DISCOUNT FOOD CENTER IN BALTIMORE
NOW OPEN IN THE MONDAWMIN SHOPPING CENTER

Remodeled from Floor to Roof (the former Penn Fruit location)
YOU'LL BE DAZZLED WITH ITS BEAUTY!
YOU'LL BE AMAZED AT THE LOW PRICES!

FANCY, PLUMP OVEN READY 18 LBS. & OVER TURKEYS 29¢ lb.
HYGRADE SKINLESS FRANKS 1-lb. pkg. 47¢
10 TO 17 LB. TURKEYS . . . 33¢ lb.

USDA CHOICE
YOU CAN ALWAYS DEPEND ON BIG VALU'S U.S.D.A. CHOICE STEER BEEF
BONELESS STEAKS
SIRLOIN, ROUND, SHOULDER, CUBE OR TIP SIRLOIN
89¢ lb.

49¼-OZ. BOX DETERGENT TIDE SAVE 22¢ GIANT SIZE 59¢
We Reserve The Right To Limit Quantities
SAVE 18¢ ALL GRINDS COFFEE MAXWELL HOUSE 1-LB. CAN 73¢
SAVE 16¢ ¼-LB. PRINTS GRADE 'AA' CREAMERY BUTTER 1-LB. PKG. LAND O' LAKES 59¢
SAVE 30¢ Autocrat (with purchase of first ½ gal. at reg. price) ICE CREAM HALF GAL. ALL FLAVORS 29¢

FOOD CLUB Sweetmilk or Buttermilk BISCUITS 10 IN PKG. 7¢ PKG.

SAVE 16¢ FRESH BAKED JUBILEE PUMPKIN PIE 49¢ ea.
SAVE 20¢ JUBILEE HALF ROUND FRESH BAKED DAILY Pound Cake 39¢ EA.
PLAIN, VANILLA ICED OR MARBLE

PENNY SAVER Sliced White BREAD 1-LB. LOAF 16¢
SWANSON TV Beans & Franks, Corned Beef Hash, Spaghetti & Meat Ball DINNERS SAVE UP TO 34¢ 3 FOR $1
OR MORTON'S ALL VARIETIES EXCEPT SHRIMP
DEL MONTE PINEAPPLE-GRAPEFRUIT DRINK SAVE 31¢ 4 Giant 46-oz. cans $1

1000 SHEET ROLL Scott TOILET TISSUE
KING COLE WHOLE POTATOES 16-OZ. CANS
Gaylord APPLE SAUCE ELNA 16-OZ. CANS
PEAS or TOMATOES ELNA 16-OZ. CANS
CUT GREEN BEANS ELNA 15½-OZ. CANS
PORK AND BEANS CAMPBELL'S 10½-OZ. CAN
TOMATO SOUP
SAVE UP TO 95¢ 10 For $1

SAVE 10¢ 5¢ CANDY BARS 24 IN BOX 79¢
HERSHEY, NESTLE'S, MILKY WAY, BABY RUTH, OH HENRY, MOUNDS

FIRM, GOLDEN RIPE BANANAS 9¢ lb.
U.S. NO. 1 LARGE, WHITE POTATOES 10-lb. bag 49¢
SOUND, RIPE (4 IN PKG.) TOMATOES 2 pkgs. 29¢

FAMOUS LISTERINE ANTI-SEPTIC SAVE 39¢ 14-OZ. BOT. 59¢
FAST, EFFECTIVE Bayer ASPIRIN SAVE 22¢ BOT. OF 100 57¢
PRICES EFFECTIVE THRU SAT., OCT. 31—QUANTITY RIGHTS RESERVED

"Federal" LAUNDRY BASKET SAVE 70¢ EASY TO HANDLE SQUARE SHAPE, TURQ., SAND, or YELLOW 79¢ EA.

FRESH CUT FLOUNDER FILETS 55¢
21 to 25 Per Lb. (5 Lbs. $4.89) JUMBO SHRIMP 99¢ lb.
FRESH (PAN READY 53¢ lb.) ROCKFISH . . 39¢ lb.

OPEN MON. & TUES. 12 NOON 'TIL 9 PM
WED., THUR., FRI. & SAT. 9 AM 'TIL 9 PM
MONDAWMIN & EASTPOINT BIG VALU FOOD CENTERS OPEN 9 AM 'TIL 9 PM DAILY

MONDAWMIN Shopping Center — REISTERSTOWN ROAD & GWYNNS FALLS PKWY.
LOCH RIDGE Shopping Center — LOCH RAVEN BLVD. AT JOAN AVE.
CHARING CROSS Shopping Center — 5210 BALTIMORE NATIONAL PIKE
MERRITT PARK Shopping Center — 1790 MERRITT BOULEVARD
EASTPOINT Shopping Center — EASTERN AVE. AND NORTH POINT RD.
ERDMAN Shopping Center — ERDMAN AVE. AND SINCLAIR LANE