Economy meals for good eating

A jar of peanut butter can be considered plain or luxury fare, depending on when and how you need to use it.

Certainly this nutritious peanut product is versatile enough to be adapted to uses from a preparation for an everyday meal or snack to the most impressive of party buffets.

Its price tag is low enough to meet the economy menu planners' budget needs, so this is definitely a good item for the pantry shelf, advises the U.S. Department of Agriculture's Consumer and Marketing Service.

PEANUT BUTTER is well-endowed with protein, energy, niacin, thiamine, fat and phosphorous, making it a well-rounded food suitable for main dish feature fare.

However, using it in appetizers, desserts, side dishes and snacks will also be a wise idea, since it will help round out the quota of needed nutrients.

USE YOUR peanut butter in sandwiches and snacks, as well as in cooking and baking. Whether you serve a peanut butter sauce, stuffing, meat loaf, soup, cookies, pastries, or an infinite variety of other tasty dishes, they're sure to please.

Here's a menu for a day's good eating making use of foods in plentiful supply and reasonably priced;

BREAKFAST — Orange juice, fried eggs with sausages, toast, milk, coffee or tea

LUNCH — Peanut butter meat balls with spaghetti; cole slaw, fresh pear, cookies, milk

DINNER — Braised turkey wings, hashed brown potatoes, broccoli, tossed salad, pound cake a la mode, milk, coffee or tea

* * *

THIS RECIPE for peanut butter meat balls with spaghetti is for the main dish of the luncheon meal:

Use one-half cup peanut butter, one-half lb. ground beef, one-fourth cup finely chopped onion, two tblsps. chili sauce, one tsp. salt, one eight tsp. pepper, one egg, and two cups seasoned tomato sauce.

To prepare: Mix peanut butter lightly with beef, onion, chili sauce, salt, pepper and egg. Form into 12 meat balls. Brown in hot peanut oil. Add tomato sauce, cover and simmer about 30 minutes. Serve with cooked rice or spaghetti. Makes 4 servings.

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REDEEM THIS VALUABLE COUPON FOR CAMPBELL'S TOMATO SOUP — 10½-oz. can 5c Limit 2 cans — WITH $5.00 PURCHASE—LIMIT 1 COUPON PER SHOPPING FAMILY VOID AFTER SAT., APRIL 29, 1967

PORCELAIN FINE CHINA — COMES IN TWO BEAUTIFUL PATTERNS — Featured This Week — SAUCER only 29c WITH EACH AND EVERY $5.00 PURCHASE

QUARTERED CHICKEN LEG or BREAST — U.S. GOV'T INSPECTED FRESH lb. 29c

MASH'S SEMI-BONELESS HAMS — HALF OR WHOLE lb. 59c

GOETZE'S FRANKS — All Meat lb. pkg. 59c

QUARTERED (9 to 12 Chops Per Pkg.) PORK LOINS . . lb. 49c

FOOD FAIR BRAND RIB STEAK SHORT CUT lb. 79c

FRESH (Picnic Style) PORK SHL'D . . lb. 33c

FOOD FAIR BRAND POT ROAST BONELESS BEEF lb. 69c

ESSKAY'S LIVERWURST 10-oz. ee. 33c
FOOD FAIR ALL BEEF MIDGET SALAMI lb. 79c
FOOD FAIR (VAC PAK) SLICED BACON lb. pkg. 79c
SLICED PLUM ROSE IMPORTED HAM 4½-oz. pkg. 59c

"Sliced Cheese Jamboree"

FOOD FAIR SLICED SWISS CHEESE lb. pkg. 77c

DAIRY SWISS AMERICAN SLICES lb. pkg. 59c
WISCONSIN SLICED AMERICAN CHEESE lb. pkg. 69c

FRESH MILK — FOOD FAIR HOMOGINIZED VITAMIN D ½-gal. ctn. 50c

FOOD FAIR SLICED SWISS CHEESE IMPORTED SWITZERLAND 6-oz. pkg. 55c
BALLARD OR PILLSBURY BISCUITS 4 cans 39c
CHEESE CAKE JUBILEE-CHERRY OR PINEAPPLE lb. 49c
PARKAY MARGARINE 2c OFF 2 1-lb. strs. 57c

MIX 'EM or MATCH 'EM — Your Choice 6 for $1.00
DEL MONTE SPINACH 8-oz. can
STEWED TOMATOES DEL MONTE 8-oz. can
CUT GREEN BEANS DEL MONTE 8-oz. can
DEL MONTE PEAS DEL MONTE EARLY GARDEN 8-oz. can
CREAM CORN DEL MONTE GOLDEN 8-oz. can
BARTLETT PEARS FOOD FAIR 8-oz. can
FREESTONE PEACHES FOOD FAIR 8-oz. can
FRUIT COCKTAIL FOOD FAIR 8-oz. can

FRESH TENDER ASPARAGUS . . . lb. 23c

INDIAN RIVER (PINK SEEDLESS) GRAPEFRUIT . 5 IN BAG 39c

KALE and COLLARDS — FRESH DAILY 2 lb. 39c

From Our Garden Dept. . . .
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MICHIGAN PEAT 100-lb. bags $3.69 3 100-lb. bags $5.00
PINE BARK MULCH 3-cu. ft. bag $1.29
GARDEN HOSE SOLITE GUARANTEED 50 ft. $1.98 ea.
WEEDLESS TOP SOIL 50-lb. bag $1.19

ENDIVE & ESCAROLE — FRESH TENDER lb. 19c

INDIAN RIVER ORANGES NATURAL COLOR 5 lb. bag 39c
FRESH RIPE IMPORTED PINEAPPLES ea. 35c
CALIF. MEATY AVOCADO PEARS ea. 23c

FRESH MEATY EGG PLANTS ea. 19c
LARGE BREAKFAST CALIF. PRUNES 2-lb. bag 59c
CALIF. APRICOTS CHOICE SELECTED 8-oz. bag 43c

LOOK WHAT 10c WILL BUY . . . Your Choice 10c
ROUND THE CLOCK FRUIT DRINKS 12-oz. can
AU GRATIN POTATOES PY-O-MY 2-oz. pkg.
O & C POTATO STICKS 2-oz. can
FOOD FAIR TOMATO SOUP 10½-oz. can
PY-O-MY DINNERS SPAGHETTI OR MACARONI 5-oz. pkg.
PY-O-MY EGG CUSTARD MIX 2-oz. pkg.
WASHINGTON HOT MUFFIN MIX 8-oz. pkg.
JIFFY CORN MUFFIN MIX 8½-oz. pkg.
FOOD FAIR SALT PLAIN OR IODIZED 1-lb. 10-oz.
PILLSBURY MOO JUICE INST. MILK SHAKE MIX ¾-oz. pkg.
STRONG HEART DOG FOOD 15½-oz. can
PUSSY CAT CAT FOOD 15½-oz. can

FROZEN FOODS . . . ORANGE JUICE — FOOD FAIR The Real Thing 6 6-oz. cans 73c
DELUXE APPLE PIE MRS. SMITH'S FROZEN 2-lb. 12-oz. 89c
MIXED VEGETABLES FOOD FAIR 5 10-oz. pkgs. $1.00
LEAF OR CHOPPED SPINACH FOOD FAIR 10-oz. pkg. 10c
LIBBY'S ORANGE JUICE 6 6-oz. cans $1.00
BANQUET SUPPER BEEF AND TURKEY 2-lb. pkg. $1.39
PIZZA 4's ITALIAN CHEESE FROZEN 13½-oz. pkg. 49c SAUSAGE 13½-oz. pkg. 59c

LYSOL DISINFECTANT
REG. 12-OZ. 83c
REG. 5-OZ. 49c
PINE 5-OZ. 49c

SOLARINE WAX 1-pt. 11-oz. 83c

DELICIA COOKIES
GOODIES 16-OZ. PKG. 39c
WAFFLE CREME 12-OZ. 39c
8-IN-1 PAK 14-OZ. 41c
PEANUT CREME 8¾-OZ. 39c

HEAD and SHOULDERS SHAMPOO
TUBE 9c OFF 89c
LOTION 7c OFF 76c
JAR 8c OFF 86c

21c OFF WOODBURY Shampoo 10-OZ. BOT. 59c

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HEINZ WHITE VINEGAR qt. bot. 29c
HEINZ 57 SAUCE 5-oz. bot. 35c
GRAVY MASTER 2-oz. bot. 25c
HEINZ RELISH INDIA, HOT DOG OR HAMBURGER 11-oz. jar 29c
DOG YUMMIES 6-oz. box 19c
VET'S DOG FOOD 6 15½-oz. cans 59c
FRISKIES DOG FOOD 6 15½-oz. cans 85c
HUDSON NAPKINS FAMILY box of 200 35c
HUDSON FACIAL TISSUE box of 200—2-ply 25c
HUDSON TISSUE BATHROOM 4-roll pkg. 49c
CRACKER JACK PASS AROUND PACK 6-oz. pkg. 29c
CRACKER JACK SPACE UNIT pkg. 27c
HYRADE PISTACHIOS 5c OFF 10-oz. pkg. 64c
LIPTON NOODLE SOUP pkg. of 3 29c
NABISCO COOKIES FAMILY FAVORITE 3 10-oz. pkgs. 89c
HYGRADE DANISH ASST'D 3 11-oz. pkgs. $1.00
HYGRADE JELLY STARS 3 11-oz. pkgs. $1.00
HYGRADE BUTTER COOKIES 3 10½-oz. pkgs. $1.00
CANDY BARS HOLLYWOOD FAMILY CIRCLE 6 6c bars 25c
3 LITTLE KITTENS A LO-CAT LOOT 2 6½-oz. cans 29c

PRICES EFFECTIVE THRU SAT., APRIL 29TH. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

FOOD FAIR — the store for meat

Young Baltimore artist always had the ability

By AUGUST B. RUSSO

"Draw some stick figures for me, uncle," pleaded young Nelson Taylor, who was copying pictures from comic books. But the nine-year-old's uncle, Thomas English, told the boy he was old enough to draw his own, and he showed him how. Taylor discovered then the talent he had as an artist.

Taylor, now 30, reflects, "That was my first real inspiration."

Taylor never seemed to lack ideas or the ability to see them to the finished product. He continued drawing for teachers right through college.

Taylor enrolled at Maryland Institute of Art in 1957 and began work toward a bachelor of fine arts degree. He credits his instructor, Dean Forth, with showing him with the fine points of oil painting, drawing and sculpture.

* * *

AFTER TWO years, Taylor enlisted in the Army and was stationed in California as an illustrator. During this time he continued his education at Monterey Peninsula College, where he studied cartooning and air brush illustrating.

His leisure time was spent perfecting his oil painting technique. Taylor said he learned much about abstract art from his instructor, George Nelson. "Nelson had an approach to abstract art which was different from my past experience," said Taylor, "or from what I had ever dreamed of doing."

Emphasizing large-sized paintings, Taylor commented on the relative freedom of greater amounts of painting space. "If a picture is a good size, I can get right into it. If it's small, I just can't feel it."

SUCCESS AS an artist came at the Carmel-By-The-Sea Art shows. At this California sea resort, artists frequently staged art shows, and Taylor exhibited his first paintings there.

His exhibit consisted of a series of small landscapes and some abstracts. One piece was a controversial still life in abstract. Taylor said the theme used strong vertical and horizontal lines.

"The longer you looked at it," he said, "the more the things in the still life fell together." Someone looked long and longingly at this 40-inch painting — so longingly in fact, that he bought it.

"Bridges," said Taylor, who is a commercial artist with the Bendix Field Engineering Corporation in Owings Mills, "are interesting. I am making a study of views of bridges and things under and beyond them."

He said the mud, clay, broken stone and still water, which many find ugly, are actually rich in color and tones.

The first of his series, to be exhibited at the Druid Hill Art Festival next month, is called Reflections. The oil painting is smooth and satin-finished, with remarkably intricate detail.

Taylor achieved the reflections on the water in the painting "San Francisco Across The Bay," by cutting the freshly applied paint with a palet knife, rendering the broken facets of a reflected image.

Along the reservoir fence in May, the portrait of a young artist may be viewed. Aspiring toward the immortality of emotion in paint, Nelson Taylor still pursues his dream.

YOUNG ARTIST, Nelson Taylor stands with two of his latest works. Nelson has fondness for abstracts L) and traditional scenes (R). A Baltimorean, he has participated in a number of art exhibitions.

Art show set for May 21

The 15th Annual Outdoor Art Festival will be held May 21 between 11 a.m. and 6 p.m. on the north side of Druid Hill Park Lake.

Officers of the Art Festival include Milton Jacobson, president; Henry Berge, vice president; Sandra Levy, secretary-treasurer; and Elane Stein, awards chairman.

Over 300 exhibit spaces for resident artists over 16 years of age are available. Original work only in all media: painting, drawing, prints, sculpture and crafts.

Artists are limited to one unit of exhibition space for a fee of $2. The fee for clubs and organizations is $16.

* * *

AWARDS totaling $800 or more in cash and prizes will be made at the festival.

The awards panel includes: Jack Goembel, Bureau of Recreation; Samuel Green, Morgan State College; William Johnston, Walter's Art Gallery; George O'Connell, University of Maryland; Stanley Pollack, Towson State College; Dr. W. R. Rearick, Johns Hopkins University; Frank Russell, Maryland Institute; Eunice Graham and Frieda Sohn.

* * *

ENTRY FORMS are available at the Enoch Pratt Main Library and all branches, local art supply stores, Walter's Art Gallery, The Museum of Art, Maryland Institute and Radio Station WCBM.

Sen. Kennedy speaks at JHU

Sen. Edward M. Kennedy, of Massachusetts will speak in Shriver Hall, Johns Hopkins University, at 8 p.m. Tuesday, in the "Politics Tomorrow" series.

He will be introduced by Dr. Milton S. Eisenhower, Hopkins president.

Sen. Kennedy, a graduate of Harvard University and the University of Virginia Law School, was elected to the Senate in 1962 to fill the unexpired term of his brother, the late President John F. Kennedy. He is now serving as a member of the Senate Judiciary Committee and chairman of its subcommittee on refugees and escapes.

After the lecture, Sen. Kennedy will answer questions from the floor.

Recital benefits Rescue Mission

A recital, "Words and Music" was given recently in the auditorium of the Educational Building of First Baptist Church for the benefit of the Baltimore Rescue Mission.

The mission, a haven for the homeless man regardless of color, is located at 416 N. Greene St. Help is needed to continue the work of the mission under the director of Raleigh Holt and his staff.

Mr. Holt described to the audience the heartbreaking journey of a man from the security of home and family to the tragedy of skid row.

The recital reflected the many moods of drama and poetry. The "words" were skillfully spoken and enacted by Mary Carter Smith in an exciting monodrama "Before Breakfast" by Eugene O'Neill and in readings from her own book of poems, "Opinionated".

Mrs. Smith joined Keith Walker, a senior at Morgan State College, recently granted a Fullbright grant for study in France, in an inspirational reading of I Corinthians 13 as translated by Moffatt. Mr. Walker also served as master of ceremonies.

The "music" was provided by Mrs. Delores Yvonne Stokes, Thomas Moreland and Mrs. Irma Moody.

Two songs, "Mother" and "Sweet Molly Malone," were sung by a chorus of children from the Maryland School for the Blind.

The audience donated $101. Mrs. Ernestine Smith of the Matron's Club presented to Mr. Holt. Since then $30 additional has been received.

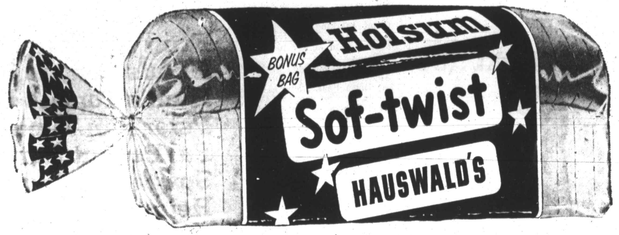
The Matron's Club served as hostesses throughout the program.

Also featured on the program were Mrs. Geraldine James, who offered prayer, greetings from The Rev. James and Dolphus Livingston, chairman of the deacon board of First Baptist Church.

MAY 5

BOOK ARTS LUNCHEON, the 1967 version of the annual Book and Author Luncheon, sponsored by the Enoch Pratt Free Library. Speakers: Marquis Childs, Beni Montresor, Mrs. Edna Beilenson. For ticket information call MUlberry 5-1798. Emerson Hotel, 12:30 p.m.

AT BENEFIT RECITAL, Smith, Keith Walker, a senior at Morgan State College, and Mrs. Delores Y. Stokes, performed at First Baptist Church to raise money for the Baltimore Rescue Mission.



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