Light Housekeeping

Economy meals for good eating

By LULA MACKAY

You can store his maroon, paisley, brocade and classic black tuxedo away for the nonce. Men are turning up in brown dinner suits, matching brown vests, pleated apricot shirts and apricot bow ties, these days, and looking perfectly ...uch.

And if he doesn't go for brown ... men's formals are being featured in green, grey and medium blue. Lapels, in most cases are vying for the spotlight with the shawl collar.

Many are faced with satin that's coordinated to the color of the tuxedo. And for the Mister who is an "individual," there are formal separates . . . in sizzling solids, perky prints and velvets.

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The Dollar Stretcher: Whether cosmetics are effective or not, we want them . . . whether to up our ego or change our appearances. But many a penny can be saved by shopping the dime stores and department store bargain basements.

You can find a nail polish of practically the same shade for 59 cents as from a flossy counter that will cost $2.50 (and if you can't, buy a couple of 59 cent ones and mix your own color . . . you'll still save a dollar). Baby oil or petroleum jelly will take make-up off . . . and witch hazel is an excellent astringent.

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What's new? You will not need tools to install a new mop and broom holder in your cleaning closet.

The aluminum holder has adhesive backing and will hold securely on any smooth wall surface. Vinyl coated steel hooks firmly grip all handles in any convenient position.

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The Beauty Bit: Those teen-agers who are bothered with skin problems (and who of them are not?) will find new help in an old product which has been updated for more effective control of acne pimples, blackheads and oily skin.

A "new" Ice-O-Derm Medicated Astrigent will be available about the middle of this month (February) which has a more effective anti-bacterial agent, and astringent cleansing action which help deep clean the skin and tighten the pores. It is greaseless and absorbs quickly into the skin. It should be used twice a day after washing the face, and comes at a low tariff of a single dollar for a large tube.

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Recipe of the Week: For a new deal on the seafood front, combine shrimp with beans . . . yes, kidney beans! Shrimp-Caribean is another of those all-purpose dishes that you can shine as a hostess with at a luncheon, a supper party or a dinner entree.

This recipe is for four servings. It requires one tablespoon cooking oil, a fourth cup chopped onion, a half teaspoon garlic salt, two teaspoons chili powder, an eighth teaspoon oregano, one and a half cup canned tomatoes, one No. 2 can kidney beans, drained, and a pound of cooked shrimp.

Heat oil in saucepan, add onion and cook over low heat until tender. Add all other ingredients except shrimp. Continue cooking till beans are hot, stirring occasionally. Add shrimp and simmer gently five minutes. Serve with hot rice.

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When sewing, stitching should follow a smooth curve or straight line. Top-stitching should be traight and an even distance from ... The number of stitches per inch should be adjusted according to the weight and resiliency of the fabric and the purpose of the stitching.

List grapefruit and grapefruit juice among the menu "musts" now, suggests the U. S. Department of Agriculture's Consumer and Marketing Service.

Since both are now plentiful and reasonably priced, the economy-minded homemaker can enjoy them frequently in family meals.

Stock up the pantry with some extra cans of grapefruit juice and be sure to keep a generous supply of fresh grapefruits in the refrigerator for handy use at mealtimes and between meals, as is or in an interesting preparation.

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If you're planning a salad, dessert or fruit cup using fresh citrus, or a grapefruit pie, you may wish to have the added pleasure of sectioning the fruit yourself. Chill the grapefruit before preparing it.

To section, cut a slice of peel from the top, being careful not to cut into the flesh. Then cut peel in strips from top to bottom, cutting just deep enough to remove the white membrane. Then cut a slice from the bottom.

Or, cut off peel, going around the fruit, spiral fashion. Go over fruit again, removing any remaining white membrane. Cut along side of each dividing membrane from outside to the middle. Remove section by section over a bowl to retain the juice.

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Here's a menu for a day's good eating using foods that are plentiful and reasonably priced:

BREAKFAST
Cooked Prunes
Hot Cereal
Toasted Muffins with Margarine and Marmalade
Milk
Coffee or Tea

LUNCH
Frankfurter Split Pea Soup
Grilled Cheese Sandwich
Fresh Apple
Milk

DINNER
Individual Meat Loaves
Grapefruit and Squash
Cole Slaw
Cookies
Milk
Coffee or Tea

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This recipe for grapefruit and squash is for the main dish—vegetable serving for the dinner meal:

To prepare: cut acorn squash in half. Sprinkle each half with a tablespoon of brown sugar and dot with margarine or butter. Bake as usual, adding fresh grapefruit sections for last 15 minutes of baking.

FEBRUARY 9

Kick-off meeting for 1969 membership campaign of Elizabeth City State College, Baltimore Alumni Chapter, 3 p.m., at Forest Manor.

YOUR KIND OF STORES

BROWN'S Super Markets
EAST and WEST
PLENTY OF FREE PARKING

GIBB'S PORK & BEANS LGE. 2½ CAN 19¢

RICELAND RICE 2 lb. PKG. 19¢

KOUNTY KIST PEAS 303 CANS 2 FOR 29¢

PILLSBURY PANCAKE MIX 3 lb. BOX 49¢

DEL MONTE TOMATO CATSUP 14-OZ. BOTL. 19¢

INTRODUCTORY OFFER
JUST GRAND SODA
°ORANGE °COLA °ROOT BEER °GINGER ALE
LGE. 16-OZ. BOTL. 6 FOR 59¢

ESSKAY'S SMALL, LEAN FRESH SHOULDERS 4 TO 6 lb. AVERAGE lb. 39¢

PAL PEANUT BUTTER LARGE 2½ lb. JAR 89¢

-FROZEN FOODS
HANOVER JULIANNE POTATOES 1-lb. BAG 19¢
BIRDSEYE CORN ON COB 4 EAR PKG. 39¢

ESSKAY PORK CHOPS
FIRST CUT lb. 59¢
CENTER CUT lb. 89¢

OLD VIRGINIA ASSORTED FLAVORS JELLY 18-OZ. ICE TEA GLASS 29¢

MUSSLEMAN'S APPLE SAUCE LGE. 50-OZ. JAR 59¢

FRESHLY MADE GROUND BEEF IN 3-lb. PKG. OR MORE. lb. 49¢

ESSKAY PURE LARD 2 lbs. FOR 29¢

SEABROOK STEW VEGETABLES FROZEN 24-OZ. BAG 39¢

KRAFT'S MACARONI DINNER 7-OZ. BOX 19¢

PATRICK-CUDAHY'S ALL-MEAT FRANKS 1-lb. PKG. 49¢

GOETZE'S BREAKFAST SAUSAGE 3 lb. PKG. $1.19

-FRESH PRODUCE
NEW, GREEN CABBAGE lb. 8¢
CALIF. ICEBERG LETTUCE LGE. HD. 19¢

PET, PEARL or CARNATION MILK 6 CANS 99¢

-DISCOUNT DRUG DEPT.
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FRESH DAILY!
*LAKE TROUT *OYSTER TROUT
*SILVER TROUT *ROCK *BUTTER
*MULLET *FILLET *PORGIES
*CRAB MEAT OYSTERS *SHRIMP

DOMINO SUGAR 5 lb. BAG 49¢
WITH PURCHASE OF $5.00 OR MORE

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STORE HOURS WEST	STORE HOURS EAST
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THURS. 8 to 8	THURS. 9 to 9
FRI. SAT. 8 to 9	FRI. SAT. 8 to 9
SUN. 8 to 12:30	SUN. 8 to 12:30

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Pantry Pride
DISCOUNT FOODS

ADVERTISED PRICES EFFECTIVE AT OUR MONDAWMIN PANTRY PRIDE ONLY
PRICES EFFECTIVE THRU SAT., FEBRUARY 8th
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

REDEEM BOTH COUPONS WITH A $5.00 PURCHASE

REDEEM THIS VALUABLE COUPON FOR
ALL PURPOSE CLOROX BLEACH ½-GAL. 19¢ S.Mg
WITH A $5.00 PURCHASE. LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER FEBRUARY 8th

REDEEM THIS VALUABLE COUPON FOR
PANTRY PRIDE ICE CREAM OR ICE MILK ½-GAL. 39¢ S.Mg
WITH A $5.00 PURCHASE. LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SATURDAY FEBRUARY 8th

HICKORY SMOKED PICNICS
SLICED lb. 43¢
Whole lb. 39¢ BONUS SPECIAL

LEGS or BREASTS CHICKEN QUARTERS
FRESH CUT lb. 33¢ BONUS SPECIAL

ROUND ROAST U.S.D.A. CHOICE lb. 89¢ BONUS SPECIAL

U.S.D.A. GRADE 'A' YOUNG TURKEY 16 lbs. OVER lb. 32¢ BONUS SPECIAL
U.S.D.A. CHOICE TOP ROUND STEAK lb. 98¢ BONUS SPECIAL
QUARTER PORK LOIN SLICED 9-11 CHOPS lb. 69¢ BONUS SPECIAL
ESSKAY'S SILVER LABEL SEMI-BONELESS HAMS lb. 69¢ BONUS SPECIAL

PORK FEET & NECK BONES LB. 23¢ BONUS SPECIAL
ESSKAY HIGHLAND Breakfast Sausage LB. ROLL 79¢ BONUS SPECIAL
VA. COUNTRY CURED PEPPER PICNICS WHOLE LB. 59¢ BONUS SPECIAL
FANCY PORK SPARE RIBS LB. 59¢ BONUS SPECIAL

BONUS SPECIAL FLORIDA PINK SEED LESS GRAPE FRUIT 5 lb. bag 49¢
BONUS SPECIAL TENDER GREEN NEW CABBAGE 2 lbs. 15¢
PANTRY PRIDE MARGARINE 6 lb. ¼'s 98¢ BONUS SPECIAL
MORRELL'S FRANKS lb. pkg. 59¢ BONUS SPECIAL

CUCUMBERS FANCY FIRM GREEN 3 FOR 28¢ BONUS SPECIAL
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FRESHLY PREPARED SALAD MIX 2 CELLO BAGS 57¢ BONUS SPECIAL
PANTRY PRIDE CREAM CHEESE 3 oz. 10¢ BONUS SPECIAL
VA. ENGLISH MUFFINS 2 12-oz. 39¢ BONUS SPECIAL
PANTRY PRIDE SOUR CREAM pt. 47¢ EVERYDAY LOW PRICE
WEAVER'S SLICED CHICKEN ROLL 8 oz. 79¢ BONUS SPECIAL
EASY TO SPREAD LIVERWURST lb. 49¢ BONUS SPECIAL
PANTRY PRIDE SLICED BACON lb. 1 pkg. 69¢ BONUS SPECIAL

BONUS SPECIAL FANCY FLORIDA MULLETS LB. 27¢

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SAVE 10c FRENCH FRIES CHEF CHOICE 2 LB. 29¢
SAVE 10c BOIL 'n BAG MEATS BANQUET ALL VARIETIES 4 5 oz. 89¢
SAVE 39c MORTON CREAM PIES 4 PKG. 99¢
SAVE 8c BIRDSEYE AWAKE 3 9 oz. 79¢
SAVE 10c SARA LEE POUND CAKE 12 oz. 69¢
SAVE 10c MORTON BISCUITS 2 10 oz. 39¢
SAVE 6c MORTON MEAT PIES 3 8 oz. 59¢
SAVE 17c STRAWBERRY, PEACH, & PINE FRUITS POLANER PRESERVES 3 12 oz. $1.00
SAVE 10c DUFF HOT ROLL MIX ORIGINAL OR GINGERBREAD PKG. 19¢
SAVE 6c AJAX CLEANSER 5¢ OFF 2 14 oz. 19¢
SAVE 20c POTATO CHIPS PANTRY PRIDE 1 LB. BAG 49¢
SAVE 23c LIBBY FRUIT COCKTAIL LO CAL. 4 1 LB. 95¢
SAVE 20c KOUNTY KIST PEAS 6 1 LB. 15 oz. $1.00
SAVE 25c DEEP BLUE LIGHT TUNA SOLID PACK 3 7 oz. 79¢
SAVE 45c PROGRESSO SOUP MINESTRONE OR LENTIL 5 1 LB. 4 oz. $1.00

SAVE 16c BOUNTY PUDDINGS ALL FLAVORS 4 1 LB. $1.00
SAVE 10c PILLSBURY PANCAKE MIX 32 oz. 39¢
SAVE 10c SURE PRE SOAK DETERGENT 25 oz. 69¢
SAVE 35c PEANUT BUTTER PANTRY PRIDE SMOOTH 3 12 oz. $1.00
SAVE 24c MAYONNAISE PANTRY PRIDE 32 oz. 46¢

PANTRY PRIDE ENRICHED SLICED WHITE BREAD
4 1-lb. 6-oz. LOAVES $1.00
6 1-lb. LOAVES $1.00

SAVE 10c BLEACH PANTRY PRIDE GAL. 39¢
SAVE 50c GOLDEN CORN PANTRY PRIDE WHOLE KERNEL 6 1 LB. $1.00
SAVE 6c WELCH GRAPE JELLY 1 LB. 10 oz. 39¢
SAVE 16c DEL MONTE DRINK PINEAPPLE GRAPEFRUIT 3 1 QT. 14 oz. 79¢
SAVE 7c CAMPBELL PORK & BEANS 6 1 LB. 79¢

SAVE 24c FRUIT DRINKS PANTRY PRIDE 4 1 QT. 14 oz. 95¢
SAVE 45c CUT GREEN BEANS PANTRY PRIDE 6 1 LB. 89¢
SAVE 6c V8 COCKTAIL JUICE 1 QT. 14 oz. 44¢
SAVE 5c KING COLE MIXED VEGETABLES 1 LB. 10¢
SAVE 8c LIBBY SAUERKRAUT 4 1 LB. 11 oz. $1.00
SAVE 6c SPAM FOR QUICK FIX MEALS 12 oz. 49¢
SAVE 4c DINTY MOORE BEEF STEW 1 LB. 8 oz. 59¢
SAVE 7c CHEF BOY-AR-DEE BEEFARONI 2 15 oz. 59¢
SAVE 10c JUMBO SWEET PEAS PANTRY PRIDE 4 1 LB. 79¢
SAVE 10c REALEMON LEMON JUICE 1 QT. 49¢
SAVE 17c WHOLE KERNEL DEL MONTE GOLDEN CORN 4 1 LB. 10 oz. 89¢
SAVE 27c CUT GREEN BEANS DEL MONTE 4 1 LB. 89¢
SAVE 17c HUNT KETCHUP 4 14 oz. 89¢
SAVE 50c BIG DOLLAR TEA BAGS 100's 49¢
SAVE 6c WESSON OIL 24 oz. 49¢