School Lunches

Elementary School

MONDAY
Favorite of Thomas Jefferson School
Barbecue on Roll
Buttered Chopped Spinach
Buttered Corn
Applesauce
½ Pt. Milk

TUESDAY
Favorite of City Spriggs School
Beef Stew w/Biscuit Topping
Tomato Juice
Buttered Chopped Broccoli
Cheese Biscuit and Butter
Vanilla Pudding w/Chocolate Sauce

WEDNESDAY
Favorite of Dickey Hill School
Cold Cut Submarine
French Fried Potatoes
Buttered Chopped Kale
Fruit Jello
½ Pt. Milk
or
Chicken Rice Soup
Cold Cut Submarine
Buttered Chopped Kale
Fruit Jello
½ Pt. Milk

THURSDAY
Favorite of Gardenville School
Swedish Meat Balls over Twists or Beefaroni
Tossed Salad
Buttered Parsley Carrots
Raisin Buttered Bread and Butter
Orange Juice and Cookies
½ Pt. Milk

FRIDAY
Favorite of James Mosher School
Fish Square w/Tartar Sauce
Au Gratin Potatoes
Stewed Tomatoes
Crispy Cornbread and But-ter
Cocoanut Cake
½ Pt. Milk

HIGH SCHOOLS

MONDAY
Barbecue on Roll
Buttered Chopped Spinach
Buttered Corn or Home Fried Potatoes
Applesauce
½ Pt. Milk

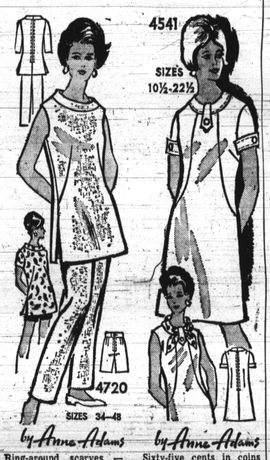
TUESDAY
Beef Pot Pie or Swiss or Pepper Steak
Rice Pilaf or Whipped Potatoes
Buttered Chopped Broccoli or Steamed Cabbage
Cheese Roll and Butter
Fruit Jello
½ Pt. Milk

WEDNESDAY
Cold Cuf Submarine
French Fried Potatoes
Stewed Tomatoes or Buttered Chopped Kale
Vanilla Pudding with Chocolate Sauce
½ Pt. Milk

THURSDAY
Swedish Meat Balls over Twists
Tossed Salad
Buttered Green Beans or Parsley Carrots
Raisin Bread and Butter
Orange Juice and Graham Crackers or Cookies
½ Pt. Milk

FRIDAY
Fish Square w/Tartar Sauce
or Barbecue on Roll
Au Gratin Potatoes
Tomato Juice or Cole Slaw
Crispy Cornbread and Butter
Cocoanut Cake
½ Pt. Milk

AFRO Patterns



by Anne Adams by Anne Adams

Ring-around scarves — print, polka dot, stripes — vary the neckline to suit your whim of the instant. Sew lithe skimmer in shantung, wool.

Printed Pattern 4541: NEW Half Sizes 10½, 12½, 14½, 16½, 18½, 20½, 22½. Size 14½ (bust 37) takes 2-5/8 yds. 39-in.

Look slimmer and sleeker at patio parties, on vacation in this trio designed expressly to flatter larger sizes. Side-slit tunic has dart shaping.

• • •

Printed Pattern 4720: Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48. Size 36 (bust 38) tunic 2-3/8 yards 35-inch; slacks 2½.

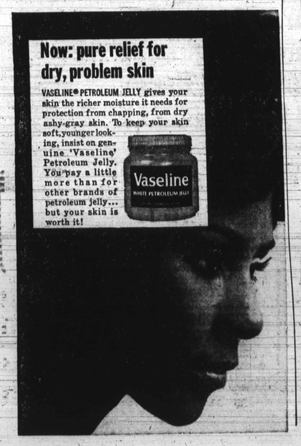
Sixty-five cents in coins for each pattern — add 15 cents for each pattern for first-class mailing and special handling.

Send to Anne Adams, care of AFRO-AMERICAN Pattern Dept., 243 West 17th St., New York, N.Y. 10011. Print NAME, ADDRESS with ZIP, SIZE and STYLE NUMBER.

• • •

OVER 100 NEW FASHIONS close as your mailbox in new Spring-Summer Pattern Catalog. Free pattern coupon. 50 cents.

New! INSTANT SEWING Book. Save hours — cut, fit, sew modern, expert way. Over 50 0 pictures. Only $1.



Now: pure relief for dry, problem skin

VASELINE® PETROLEUM JELLY gives your skin the richer moisture it needs for protection from chapping, from dry ashy-gray skin. To keep your skin soft, younger looking, insist on genuine Vaseline Petroleum Jelly. You pay a little more than for other brands of petroleum jelly... but your skin is worth it!

Light Hous keeping

By LULA MACKAY

Until this month (February) I had s carcely considered Playboy Magazine a necessary adjunch to my homemaking. But with the current issue Playboy like all of the other mags, lecturers, newspapers, gourmets, and what-have-you got on the band wagon of Soul Food.

Thomas Mario does the article in Playboy. What grabs me particularly is that he opens wide the doors from which these dishes may have originated, adding many recipes that have heretofore been placed under other categories.

The fact is, Mr. Mario extends the whole horizon of the subject. He says that trying to pin down an exact definition of soul food is like attempting to codify the permutations of rock; it's almost impossible. So he has concoctions of African, Cajun and American Indian influences bubbling felicitously together in the savory soul food cooking pot.

Also new is a tome on the same subject by Inez Kaiser, who has made a collection of recipes which is being published.

THE BEAUTY THING: Pretty is the sum total of how you look, but it depends to a large extent on shine and polish.

Shine — the kind that comes from old-fashioned cleanliness is where beauty begins. The new look is the scrubbed, not the opaque, look.

If you have a sensitive skin, choose a gentle soap, one gentle enough for a baby, to get that shine without the drying effect normally associated with harsh soaps.

It could be that your hair will need more frequent washings too. If you have delicate hair or a sensitive scalp, you will have to use a shampoo that is king, one that leaves hair clean and lively without any residue to dim the shine. Then polish with the faithful use of a natural-bristle brush to polish.

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Clean skin needs a bit of polish with a bit of oil or lotion. Polished teeth and nails are part of he polishing too.

But the shine and polish look isn't complete unless it is continuing right through your wardrobe to the tip of your shoes.

What's new? Not today new, but new enough for many to not as yet having tried them are a whole line of disposable metal polishers, window cleaners and dust gatherers. If you haven't tried Kleen-Ups you should.

Late winter blustery days are an ideal time to do those bits of odd-and-end cleaning that will make the spring bash a quicker job.

Restore luster to doorknobs with a few moments' polishing. A spree of glass cleaning could include the china cabinet's doors and its figurines. Light fixtures and chandeliers should be included in the pre-spring bash.

Empty oysters into a saucepan of boiling water and simmer for five minutes. Drain, reserving a half cup oyster broth. Add two tablespoons butter, chili sauce, Worcestershire, Tabasco, lemon juice, celery salt and paprika.

Bring to a simmer and let oysters steep in the hot liquid for five minutes. Add cream and bring again to a simmer.

buttered toast. Top each serving with a dab of butter and sprinkle with a little pap

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For this recipe you will like the Pacific King Oysters, which are more economical than east coast oysters, this season, because of the scarcity of the latter. If you are on the West Coast you are lucky, but if you live in the East, the Pacifics are available. They are flown across country each day.

Spray your bra straps with starch before ironing. This helps them to stay flat and comfortable longer.

The Homemaking Bit: To clean the inside of that old waffle iron, dampen several thicknesses of paper toweling with ammonia and place between the griddle of the waffle iron. Close and let stand for an hour.

The ammonia should loosen any food particles so that you can finish the cleaning task quickly.

two Guys

FOOD BUYS... PLUS YOUR MOST VALUABLE TRADING STAMPS FREE!

SALE TODAY thru SAT.

GOV'T INSPECTED 3½ lb. Avg. ROASTING CHICKEN lb. 39¢
GOV'T INSP CHICKEN LEGS lb. 49¢
GOV'T INSP CHICKEN BREAST lb. 59¢
U.S.D.A. CHOICE BONELESS TOP ROUND STEAK lb. 1.18
U.S.D.A. CHOICE BONELESS TOP SIRLOIN STEAK lb. 1.18
U.S.D.A. CHOICE BONELESS TOP ROUND LONDON BROIL lb. 1.18
SMOKED CENTER CUT PORK CHOPS lb. 89¢
SHOULDER LAMB CHOPS lb. 89¢
CITY CUT—COUNTRY STYLE SPARE RIBS lb. 55¢
CITY CUT—HIP CUTS PORK CHOPS lb. 69¢

U.S.D.A. CHOICE BONELESS SILVERTIP or TOP ROUND ROAST BEEF lb. 87¢

FRESH ALL BEEF GROUND BEEF lb. 48¢
FRESH LEAN GROUND CHUCK lb. 68¢
FRESH EXTRA LEAN GROUND ROUND lb. 78¢
U.S.D.A. CHOICE BONELESS RUMP ROAST lb. 98¢
U.S.D.A. CHOICE TOP SIRLOIN ROAST lb. 98¢
U.S.D.A. CHOICE EYE ROUND ROAST lb. 1.18
SLICED BEEF LIVER lb. 39¢
TWO GUYS SLICED COLD CUTS 2 8-oz. pkgs. 75¢
TWO GUYS SKINLESS ALL MEAT FRANKS lb. 55¢
TWO GUYS BLUE LABEL SLICED BACON lb. 45¢

FRESH TENDER GREEN BEANS lb. 19¢
CRISP JUICY McINTOSH APPLES 3 LB. BAG 39¢
U.S. #1 YELLOW GLOBE ONIONS 3 LB. BAG 25¢

BURRY'S PECAN-MARBLE or OATMEAL COOKIES 12 oz. 3 FOR $1
SUNSHINE HYDROX COOKIES 16 oz. 39¢

FROZEN FOOD DEPT.
GREEN GIANT CORN SALE NIBLETS BUTTER SAUCE & CREAM STYLE 10 oz. 22¢
CHICKEN A LA KING, SALISBURY, BEEF SLOPPY JOE, TURKEY 5-OZ. PKG. BANQUET COOKIN' BAGS 22¢

DAIRY DEPT.
KRAFT DELUXE-YELLOW or WHITE SLICES AMERICAN CHEESE 8 OZ. 3 FOR $1
SOFT PARKAY—4¢ OFF MARGARINE LB. PKG. 3 FOR $1

VERYFINE APPLESAUCE LARGE 2 LB. 3 OZ. JAR 29¢
MIRACLE WHIP SALAD DRESSING QT. JAR 49¢
TWO GUYS IMPORTED (With Basil) PLUM TOMATOES 3 2 LB. 3 OZ. CANS 99¢
GELATIN DESSERTS JELL-O ALL FLAVORS 12 3 OZ. PKGS. 99¢
TWO GUYS FRENCH STYLE OR PANTRY CUT GREEN BEANS LB. CANS 5 FOR 89¢
HUDSON—ALL COLORS—BOXES OF 200 FACIAL TISSUES 4 FOR 89¢
CHEF-BOY-AR-DEE CHICKEN, CHEESE or BEEF RAVIOLI 15-OZ. CANS 3 FOR 89¢
POPE BLENDED OIL GAL. CAN 1.49
POPE TOMATO PUREE 7-LB. 12-OZ. CANS 3 FOR 89¢
NINE LIVES TUNA & LIVER, TUNA & EGG, TUNA CAT FOOD & CHICKEN OR SUPER SUPPER 6½-OZ. CANS 6 FOR 89¢
PLANTER'S PEANUT BUTTER 1-LB. 2-OZ. JAR 49¢
EL CAPTAIN GREEN TIPPED & WHITE ASPARAGUS 14½-OZ. CANS 3 FOR $1
TWO GUYS ALL VARIETIES BAG COOKIES POUND 3 FOR $1
TWO GUYS LO-CAL ALL FLAVORS PRESERVES 8-OZ. JAR 29¢
CORONET DECORATOR TOWELS TWIN PAK 39¢
SOFT 'N LOVELY EMERALD GREEN LIQUID DETERGENT 32-OZ. BTLS. 3 FOR $1
STAR-UNIVERSAL PINK, CLEAR OR WHITE LIQUID DETERGENT 32 OZ. BTLS. 3 FOR $1
10¢ OFF LABEL—IVORY LIQUID DETERGENT 1-PT. 6-OZ. BTL. 39¢
CHEER GOLD WATER DETERGENT 3-LB. 4-OZ. BOX 73¢

APPETIZING DEPT.
GOETZE QUALITY SPICED LUNCHEON LB. 69¢
CORNED BEEF ½ LB. 69¢
ESSKAY—ALL WHITE MEAT CHICKEN ROLL ½ LB. 69¢
DOMESTIC BOILED HAM ½ LB. 59¢

two Guys BAKERY SPECIALS
WHITE BREAD ROUND TOP 4 1-LB. 6-OZ. LOAVES $1
JEWISH HARD ROLLS PER/DOZ 4 FOR $1
ISRAELI RYE 1-LB. 4-OZ. 29¢
FILLED DONUTS JELLY, LEMON OR APPLE PER/DOZ 35¢
PIES ALL VARIETIES LARGE 8 INCH 49¢
CHEESE CURLS KEYSTONE BRAND LB. 49¢

COUPON AA 2-14
10¢ OFF PILLSBURY BEST FLOUR 5-LB. BAG
WITH THIS COUPON
Good only at Two Guys. One Coupon per family. Good Wed., Feb. 12 thru Sat., Feb. 15, 1969.

TWO GUYS TRADING STAMP ONE BOOK SPECIAL YOUR BOOK SAVES $7 TOWARD THE PURCHASE OF
45-PC. SERVICE FOR 8 DINNERWARE
BEAUTIFUL YELLOW DAISY PATTERN. DISHWASHER AND DETERGENT SAFE.
REG. 14.88 YOU PAY 7.88 PLUS ONE FILLED TWO GUYS TRADING STAMP BOOK.
GIFT DEPT.

WEEKLY BONUS SPECIAL
"WHISTLE" SPRAY CLEANER
WITH AMMONIA 16 OZ., REG. 79¢
YOU PAY 54¢ WITH A FOOD PURCHASE OF $7.50 or more.
HOUSEWARE DEPT.

two Guys
TOWSON Joppa Rd. & Goucher Blvd. Open Daily 9:30 A.M. Till 10 P.M.
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We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat., Feb. 15, 1969.

DISCOUNT PRICES
COUPON BONUS BUYS!

BIG VALU FOOD CENTERS

USDA CHOICE LEAN TENDER JUICY CALIFORNIA ROAST 56¢ lb.
FIRST CUT Chuck Steak lb. 48¢
CENTER CUT Chuck Steak lb. 58¢
TENDER Cube Steak in 3-lb. units lb. 98¢
U.S. CHOICE Calif. Steak lb. 68¢
BONELESS 3-Cor. Roast lb. 88¢
BEEF Pot Roast lb. 48¢
TENDER Chuck Fillet Steak lb. 88¢
TENDER Beef Cubes lb. 88¢

SAVE $3.88
WHEN YOU CLIP AND REDEEM COUPONS BELOW (Redeem all Coupons with a Minimum $1 Purchase for each Coupon Redeemed)
SAVE 20¢ FOOD CLUB GRANULATED SUGAR 5 lb. bag 29¢
With This Coupon and $5.00 Add. Purchase One Coupon Per Shopping Family. Void After Feb. 15, 1969.

$1.00 OFF ON PURCHASE OF ONE HAM — MASH'S WHOLE-12-14 lbs. SEMI-BONELESS HAM In The Deli Case
25¢ OFF ON PURCHASE OF ONE BOTTLE — 8½-Oz. Bottle Cough Medicine VICKS "44" In The Health & Beauty Dept.
30¢ OFF ON PURCHASE OF ONE BOX — 2-LB. BOX HI-BAR TIDBITS BREADED SHRIMP In The Frozen Seafood
20¢ OFF ON PURCHASE OF ONE PACKAGE — 10 PACK PKG. FOOD CLUB CHOCOLATE OR MALT INSTANT BREAKFAST
50¢ OFF ON PURCHASE OF ONE RAZOR — GILLETTE TECHMATIC RAZOR At The Check Out
SAVE 14¢ ON PURCHASE OF ONE POUND — PARKS PURE FRESH—1-LB. ROLL PORK SAUSAGE 2-LBS. LIMIT In The Deli Case
15¢ OFF ON PURCHASE OF ONE JAR — FOOD CLUB—6-OZ. JAR INSTANT COFFEE
10¢ OFF ON PURCHASE OF ONE BAG — 5-LB. BAG FANCY FLORIDA GRAPEFRUIT In The Produce Dept.
50¢ OFF ON PURCHASE OF ONE PAN — 2-LB. PAN, TOP FROST BONELESS TURKEY ROAST In The Frozen Meat Case
20¢ OFF PURCHASE ONE CADDY — 1-LB., 12-OZ. CADDY Reisman's PRETZELS
10¢ OFF ON PURCHASE OF ONE BAG — 5-LB. BAG JUICY FLORIDA ORANGES In The Produce Dept.
10¢ OFF ON PURCHASE OF ONE JAR — FOOD CLUB—11-OZ. JAR NON-DAIRY CREAMER

With This Coupon and $1.00 Add. Purchase One Coupon Per Shopping Family. Void After Sat., Feb. 15, 1969.

USDA A GRADE Young Plump OVEN READY TURKEYS 18 TO 22 lbs. 32¢ lb.

FANCY FRESH WHOLE FRYERS
FRESH 3-3½ lb. ROASTERS lb. 39¢ — lb. 29¢ cut-up 33¢ lb.
IN THE DELI CASE...
LEAN SUGAR CURED SLICED Esskay Bacon 1-lb. pkg. 69¢
ARMOUR STAR OR SUGARMAID BOLOGNA, SPICED, SALAMI, LIVER CHEESE lb. 68¢
HODGES PURE PORK LITTLE LINK SAUSAGE lb. 79¢
PURE PORK ESSKAY SAUSAGE MEAT 1-lb. roll 55¢
HYGRADE WEST. VA. SMOKED PORK CHOPS lb. 98¢
HYGRADE SKINLESS KNOCKWURST 1-lb. pkg. 68¢
AT THE SERVICE DEPT...
PRESSED & CHOPPED HAM lb. 88¢
DELICIOUS WHITE MEAT CHICKEN ROLL ½-lb. 68¢
DELICIOUS GOETZE BARBECUE LOAF ¼-lb. 29¢
MRS. RUSSEL'S TURKEY PASTRAMI lb. 98¢
ARMOUR STAR HARD SALAMI ½-lb. 68¢
OVEN ROASTED DARK MEAT TURKEY ROLL lb. 98¢
CREAMY POTATO SALAD lb. 32¢
At The Seafood Counter...
FRESH ROCKFISH lb. 39¢
FRESH SLICED STEAK FISH lb. 39¢
FRESH NORFOLK SPOTS lb. 39¢
FRESH STEWING MD. OYSTERS 8-oz. cont. 79¢ 12-oz. cont. $1.19

FRESH TURKEY LEGS lb. 44¢
WHOLE OR HALF TURKEY BREAST lb. 78¢
FRESH TURKEY THIGH lb. 48¢
FRESH DRUMSTICKS lb. 34¢
FRESH TURKEY WINGS lb. 34¢
FRESH BACKS & NECKS ea. 10¢

FRESH QUARTERED CHICKEN LEGS & BREAST 36¢ lb.

¼ LOIN (9-11 CHOPS) PORK CHOPS lb. 68¢
TASTY SPARE RIBS lb. 68¢
FRESH PORK SHOULDER lb. 48¢
(SLICED 65¢ LB.) RIB END PORK ROAST lb. 59¢
SLICED 75¢ LB. LOIN END PORK ROAST lb. 69¢
RISSLING SAUERKRAUT 2 lb. bag 29¢

LEAN 100% GROUND BEEF in 3-lb. units 58¢ lb.

FRESH PRODUCE SPECIALS
CALIFORNIA SWEET EATING Navel Oranges 12 FOR 59¢
CRISP, GREEN FLORIDA CUCUMBERS 3 FOR 29¢
BEST FOR SALADS FANCY ROMAINE LETTUCE lge. hd. 23¢
FANCY SOUTHERN SWEET POTATOES OR YAMS 2 lbs. 29¢
FOOD CLUB PITTED PRUNES 12-oz. pkg. 39¢

MONDAWMIN MONDAWMIN SHOPPING CENTER
PIKE PARK ROUTE 40 WEST 6508 BALTO. NAT. PIKE
LIBERTY HEIGHTS LIBERTY HTS. AND HILLSDALE RD
MERRITT MERRITT SHOPPING CENTER
GLEN BURNIE RITCHIE HIGHWAY OLD ANNAPOLIS RD.
EASTPOINT EASTPOINT SHOPPING CENTER
ERDMAN ERDMAN AVE. AND SINCLAIR LANE
YALE YALE AND BEECHFIELD AVE
HIGHLANDTOWN 3801 EASTERN AVENUE
BIG VALU RITCHIE OPEN SUNDAY NOON TO 6 WED. THRU SAT. 10 A.M. TO 10 P.M.
BIG VALU PULASKI OPEN SUNDAY NOON TO 6 P.M. THURS. 5 P.M. to 11 P.M. FRI. & SAT. 11 A.M. to 11 P.M.

SAVE 15¢ CONTADINA OR HUNT'S Tomato Paste 6-oz. cans 7 $1
SAVE 14¢ GREEN GIANT SWEET PEAS 17-oz. cans 5 $1
SAVE 25¢ FOOD CLUB Stewed Tomatoes 16-oz. cans 5 $1
SAVE 10¢ MAXWELL HOUSE COFFEE 1-lb. can 69¢
SAVE 5¢ JUBILEE Potato Chips 13-oz. pkg. 54¢
SAVE 79¢ CASH CLICK ROOT BEER 12-oz. cans 6 79¢ BUY A 6 PK. GET 6 PK. FREE!

SAVE 12½¢ FOOD CLUB SWEET CUCUMBER CHIPS 3 pt. jars $1
SAVE 4½¢ IMP. DANISH LUNCHEON MEAT 3 12-oz. cans $1
SAVE 20¢ ALL FLAVORS—THROWAWAYS GAYLA SODA 6 28-oz. btls. $1
SAVE 11¢ DOG FOOD CHOPPED ALPO BEEF 4 14½-oz. cans $1
SAVE 16¢ DOG FOOD ALPO CHICKEN RATION 4 14½-oz. cans $1
SAVE 16¢ FOOD CLUB APPLE JUICE 4 qt. btls. $1
SAVE 12½¢ FOOD CLUB PRUNE JUICE 3 qt. btls. $1
SAVE 4¢ FOOD CLUB PINEAPPLE JUICE 3 46-oz. cans 95¢
SAVE 17¢ PINEAPPLE DOLE JUICE 3 46-oz. cans 95¢
SAVE 8¢ PINEAPPLE-GRAPEFRUIT DEL-MONTE DRINK 3 46-oz. cans 79¢
SAVE 16¢ WAGNER ORANGE DRINK 4 qt. btls. $1
SAVE 16¢ FOOD CLUB INSTANT RICE 3 14-oz. bxs. $1
SAVE 8¢ VALIANT RUBBING 70% ALCOHOL 2 pt. btls. 49¢
SAVE 20¢ VALIANT CHILD'S COUGH SYRUP 4-oz. btls. 59¢
SAVE 4¢ ANTISEPTIC LISTERINE 7-oz. btl. 55¢
SAVE 4¢ MOUTHWASH SCOPE 6-oz. btl. 59¢