AFRO reporter tells students of North Pole discovery

Dr. Herbert M. Frisby, veteran AFRO correspondent in the Arctic spoke at the public schools in Prince Frederick and Calvert Counties last week recalling the American discovery of the Arctic and his own expedition to the North Pole.

Speaking from the topic, "Black Americans at the North Pole," Dr. Frisby at an assembly of students at the Mt. Hope Elementary School in Sunderland recalled how Matthew A. Henson became the first American to set foot on the North Pole.

Henson, an Afro-American, Frisby told his audience how the Maryland born explorer helped discover the Pole, April 6, 1909.

"The most ecstatic moments of Peary's career were termizated by sadness. For twenty-one years Peary had struggled throughout the Artic wastes to be the first human being to locate and stand on top of the world and when he was overwhelmed with the joy of being within one mile of the goal, he could walk no further, for he had lost most of toes by frostbite.

"Then he, in a moment of agony, ordered Matt Henson to go forward and locate the point. Forty-five minutes later, driven up in a dogsled by 4 Eskimos and with extreme disappointment, listened to Matt Henderson say: Commander, this is it."

Then Dr. Frisby talked about his experience in Aug. 12, 1956 when he was flown to the North Pole.

"I was overcome with joy when my navigator announced that we were over the North Pole; a realization of a boyhood dream. But the agony followed on the trip back to base. One of the plane's engine conked out, leaving only one to get us back; and for 8 long hours I stood at the door waiting the order from the pilot to jump which meant suicide; we were at an elevation of 24,000 ft."

Dr. Frisby carried almost a carload of Arctic artifcts with him for illustration. The one which gained most attention was the exhibition of a replica of the Henson Memorial Tablet now fastened to the walls of the State House in Annapolis. This sepia photographic enlargement measure 26 in x 36 in. the exact size of the Henson Memorial Tablet.

Students listened to and participated in Eskimo games and songs, played by the speaker from tape recordings he has made during his 22 years of Arctic and Polar exploration.

The assemblies were attended by principals and delegations of students from other schools in Calvert County.

The program was arranged by Mrs. Jeannette Howe, teacher at the Mt. Hope Elementary School and Mr. A. L. Stamper, guidance counselor at the Calvert High School.

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Variety of beer cookery

Does the word "beer" evoke images of ball games and backyard barbecues . . . barrel-chested males and boisterous barrooms?

Or can you envision "Chicken Bob-B-Que," "Beer Batter Eggplant" and "Beer Cake Devil's Food?" Dare you "See aproned ladies in spotless kitchens before a shelfload of aromatic herbs and spices?

Feel free to dare, because today thousands of young ladies are sweetening the pot with the latest "in" cooking ingredient — BEER!

If you're never thought of entering the world of beer cookery, now is the time to start. And there's no better place to discover the subtle seasoning value of beer than in the pages of "What's Cookin' With National."

This exciting cookbooklet of 16 prize-winning recipes has just been published by The National Brewing Co.

In "What's Cookin' With National," each recipe is fully illustrated on an individual card, and the cards come in a variety of colors, from shades of gold and golden olive to buff and russet. The theme of each illustration depends on the title and ingredients of the recipe.

• • •

Mustachioed Mr. Boh makes a nostalgic comeback bearing a steaming platter of delectable "Mr. Boh's Steak."

"Land of Pleasant Living Clam Chowder" contains a full cast of Chesapeake Bay characters. An inscrutable half moon joins the fiery sun who smiles down on several grinning clams nestled in a brilliant bed of carrots, corn, onion and okra.

Printed on heavy stock, the recipe cards are enclosed in an even heavier, brightly illustrated folder. There is a matching envelope.

Like the recipes, all of which were created in Maryland kitchens, the history of "What's Cookin' with National" has a regional flavor.

• • •

Last summer, a local brewery—The National Brewing Co.—sponsored a "cooking with bee contest" at the Maryland State Fair at Timonium. Its aim was to introduce beer cookery to the Land of Pleasant Living. Entries came from every corner of Maryland. The winning recipes were so delicious, it was decided to return the fruits of the contest labors to the people of Maryland.

A Maryland home economist, Ruth Robinette, kitchen tested each recipe, whereupon The National Brewing Co. worked out its concept of a cookbooklet with recipes on individual cards.

"What's Cookin' with National" is available for $1.50 from Sandra K. Price, The National Brewing Co., 225 N. Calvert Street, Baltimore, Maryland 21202.

can, was a member of the famous expedition. Dr.

School aid for vets

Veterans separated from service after Jan. 31, 1955, are reminded by the Veterans Administration that they are now entitled to one and one-half months of educational assistance — up to a maximum of 36 months — for each month of military service.

Rufus H. Wilson, manager of the Baltimore Veterans Administration Regional Office, said a law which went into effect Dec. 1 liberalized the previous Post-Korean GI Bill limit of one month of educational assistance for each month of service for veterans with at least 181 days of service, including some after January 31, 1955.

Thus, for example, a veteran who may have entered service before the official end of the Korean Conflict (January 31, 1955), but had only 18 months of Post-Korean service, will still be able to get four academic years of VA educational assistance.

• • •

Unchanged by this new law is the amount of educational assistance allowance which a veteran may receive. Currently, a single veteran taking full-time institutional training is paid $130 a month by the VA.

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Try this exciting new baked sandwich
tuna soufflé

1 can (7 ozs.) tuna, drained
¾ cup grated sharp Cheddar cheese
¼ cup each: finely chopped green pepper and finely chopped celery
¾ cup sliced stuffed olives
½ tsp. dry mustard
8 slices Blue Ribbon Bread, trimmed
3 eggs, slightly beaten
1½ cups milk
Paprika

Combine tuna, cheese, green pepper, celery, olives and mustard; mix well. Place 4 slices Blue Ribbon (the fine-textured, fresher bread) in bottom of greased 8"x8"x2" baking-pan; spread tuna mixture over bread. Top with remaining bread slices. Combine eggs and milk; pour over sandwiches. Sprinkle with paprika. Bake in preheated 325° oven 50 minutes or until puffy and lightly browned. (4 servings)

for freshness' sake go *Schmidt's Blue Ribbon Bread*

School lunches

ELEMENTARY SCHOOLS

MONDAY
Favorite of Cross Country School
Frankfurter on Roll
French Fried Potatoes
Buttered Green Beans
Orange Juice and Peanut Butter Raisin Bar
½ Pt. Milk
or
Tomato Rice Soup
Frank on Roll
Buttered Green Beans
Orange Juice and Peanut Butter
Raisin Bar
½ Pt. Milk

TUESDAY
Favorite of Alexander Hamilton School
Baked Meat Loaf w/Gravy
Whipped Potatoes
Buttered Cabbage
Hot Roll and Butter
Peach Cobbler
½ Pt. Milk

WEDNESDAY
Favorite of Graceland Park-O'Donnell Heights School
Turkey Square or Diced Turkey w/Gravy
Parsley Potatoes
Sauerkraut
Roll and Butter
Harvest Custard
½ Pt. Milk

THURSDAY
Favorite of Cecil School
Cheeseburger
French Baked Potatoes
Buttered Carrots and Peas
Buttered Roll
Fruit Cup
½ Pt. Milk

FRIDAY
Favorite of Collington Square School
Tuna Salad
Baked Macaroni and Cheese
Buttere Chopped Spinach
Hot Roll and Butter
Applesauce
½ Pt. Milk

HIGH SCHOOLS

MONDAY
Frankfurter on Roll
French Fried Potatoes
Buttered Chopped Broccoli
or Green Beans
Orange Juice and Peanut Butter
Raisin Bar
½ Pt. Milk

TUESDAY
Baked Meat Loaf w/Gravy
Whipped Potatoes
Buttered Cabbage or Chopped Kale
Hot Roll and Butter
Peach Cobbler
½ Pt. Milk

WEDNESDAY
Turkey Square w/Gravy
or
Diced Turkey w/Gravy
Parsley Potatoes
Glazed Carrots or Sauekrraut
Cheese Biscuit and Butter
Chocolate Pudding or Harvest Pudding
½ Pt. Milk

THURSDAY
Cheeseburger
French Baked Potatoes
Buttered Carrots and Peas or Corn
Buttered Roll
Fruit Cup
½ Pt. Milk

FRIDAY
Tuna Salad or Meat Loaf Sandwich
Baked Macaroni with Cheese
Stewed Tomatoes or Buttere Cchopped Spinach
Hot Roll and Butter
Applesauce
½ Pt. Milk

PALMER'S "SKIN SUCCESS" OINTMENT
SEE GET FAST BLESSED RELIEF FROM THE ITCHING, IRRITATION AND SCALING OF PSORIASIS AND YOU NEVER THOUGHT POSSIBLE, AND AT A LOW PRICE THAT WILL AMAZE YOU.
PALMER'S "SKIN SUCCESS" OINTMENT . . . relieves the itching and irritation of this ugly skin trouble. It removes the scales, disguises the horny skin, it is soaping and soothing. It refreshes the skin. No matter how long you have suffered try PALMER'S "SKIN SUCCESS" OINTMENT, and get the fast blessed relief you have longed for from the itching, irritation and scaling of psoriasis.
ONLY 44¢ ½ OZ. COMPARE! NOTHING FINER AT ANY PRICE!
ECONOMY SIZE 1¾ OZS. ONLY 99¢
GET HEAD-TO-TOE PROTECTION with the deep-penetrating medication of "SKIN SUCCESS" SOAP. It leaves bathes while it fights psoria that often aggravate perspiration odors...makes you sure you're nice to be near. PALMER'S "SKIN SUCCESS" SOAP.

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GIANT FOOD COLOMBIAN COFFEE
All Purpose 1-lb. can (Grind) 69¢

GIANT FOOD CHUNK TUNA
Light Meat 3 6½-oz. cans 79¢

GIANT FOOD YELLOW CLING PEACHES
Sliced or Halves 3 1-lb. 13-oz. cans 79¢

GIANT FOOD PRESERVES
Blackberry, Seedless Blackberry, Blueberry or Red Raspberry
3 12-oz. jars $1

Assorted Flavors
Giant Food Instant Breakfast ..... 2 boxes of 6 envelopes 89¢
Giant Food Mayonnaise ..... qt. 45¢ jar
Giant Food-Green & White Lima Beans ..... 4 1-lb. cans 79¢
Giant Food-Old Fashioned Mixed Vegetables ..... 4 1-lb. cans 49¢
Giant Food Early June Peas ..... 7 1-lb. cans $1
Giant Food-Cut Green Beans ..... 4 1-lb. cans 59¢
Giant Food-Whole Kernel Golden Corn ..... 5 1-lb. cans 89¢
Pineapple Grapefruit Giant Food Drink ..... 4 1-qt. 14-oz. cans $1
Giant Food Apricot Nectar ..... 2 1-qt. 14-oz. cans 69¢
Giant Food Prune Juice ..... 2 qt. bots. 69¢
Giant Food Tomato Soup ..... 4 10½-oz. cans 39¢
Giant Food Heidi Ho Crackers ..... 2 12-oz. boxes 49¢
Giant Food Instant Coffee ..... 6-oz. jar 69¢
Giant Food-Instant Coffee Creamer ..... 6-oz. jar 29¢
Giant Brand Fabric Softener ..... qt. bot. 45¢
Giant Brand Spray Starch ..... 3 1-qt. 3-oz. cans $1
Giant Brand Wild Bird Seed ..... 10-lb. bag 77¢
Giant Brand F.F.V. Cookies Butter Cookies ..... 4 10-oz. boxes $1
Giant Food Go Go Puffs ..... 4 8½-oz. pkgs. $1

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FULL SHANK-HALF lb. 49¢ No slices removed
WHOLE HAM lb. 53¢
SHANK PORTION lb. 39¢
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USDA Grade A OVEN READY TURKEY
16 lbs. and over lb. 29¢
Swift's Butterball Turkeys Higher

SMOKED HAM SLICES
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see both sides of the meat before you buy!
Your favorite cuts of meat are packaged in freezer ready clear plastic trays. Now you can see exactly what you're buying...before you get it home.

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Rath HICKORY SMOKED CANNED HAMS
6 lbs. 3.19 8 lbs. 5.19 10 lbs. 7.89

FRESHER PRODUCE
FLORIDA PINK GRAPEFRUIT
Fancy 40 size 3 for 29¢
Florida New Green Cabbage ..... lb. 7¢
Fancy Winesap Apples ..... 3-qt. cello bag 49¢
Fancy Western D'Anjou Pears ..... 24¢
Fresh Spring Onions ..... bunch 10¢
Crisp Red Radishes ..... 6-oz. cello pkg. 8¢
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Wisconsin-Piece Longhorn Cheese ..... lb. 79¢
Mrs. Filbert's Corf Oil-30 Off Margarine ..... 1-lb. pkg. 39¢
Pillsbury Refrigerated-Cherry, Apple Turnovers ..... 14-oz. pkg. 53¢
Pillsbury Refrigerated-Cherry or Apple Coffee Cake ..... 12.5-oz. pkg. 53¢
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HEIDI Sandwich Style-Reg. 330, Save 2 2½-lb. loaves 59¢
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Rich's Coffee Rich ..... 3 cans 95¢
Breakfast Orange Drink Birds Eye Awake ..... 3 9-oz. cans 79¢
A LENTEN FAVORITE
HEIDI HOT CROSS BUNS 12-oz. pkg. of 6 35¢
PRICES EFFECTIVE THRU SAT., FEB. 22, 1969
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Seafood for LENT
From the Atlantic Ocean to the Pacific Shores...from across the country and around the world...Giant brings you the finest seafood.
Take your pick from the widest variety in this area for wonderful Lenten meals. All Giant's fresh seafood is selected from the top of the catch and rushed to us from across the country and around the world via plane, ship, truck and rail. All displayed on sparkling beds of ice without ever having a chance to lose that keen edge of ocean fresh flavor.
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FROM THE CHESAPEAKE BAY-Fresh Shucked (Select 12-oz. can—1.39) Giant Brand Oysters Standard ..... 12-oz. can 1.19
FROM IDAHO-Overnight via United Airlines Fresh Rainbow Trout ..... lb. 99¢
FROM ALASKA-Fully Cooked Queen Crab Legs ..... lb. 79¢
Fancy FROM FLORIDA-Delicious Snapper ..... lb. 99¢
FROM SCOTLAND-Fancy Skinless Fillet (Heat in bag) Kippered Herring ..... 8-oz. bag 39¢
FROM CANADA-Pan Ready Fancy Lake Smelts ..... lb. 39¢
FROM WASHINGTON STATE-Fancy Center Cut Pacific Coast Halibut Steaks ..... lb. 69¢
FROM NOVA SCOTIA-Fancy Smoked Salmon Fillet ..... lb. 69¢
FROM SPAIN-Fancy Red Jumbo Shrimp ..... lb. 1.89
FROM CANADA-Fancy Smoked Labrador Herring ..... lb. 49¢
FROM NEWFOUNDLAND-Skinless Boneless Sole Fillet ..... lb. 69¢
FROM GREENLAND-Fancy Boneless Perch Fillet ..... lb. 49¢
Chesapeake Bay Rockfish ..... lb. 49¢
Fancy Large Croakers ..... lb. 39¢
Fancy Large Bluefish ..... lb. 49¢
Fancy Norfolk Spots ..... lb. 49¢
FROM CALIFORNIA DUNGENESS CRABS
A Pacific Coast Classic. These gigantic crabs from the deep waters of the Pacific Ocean yield large chunks of sweet, delicately flavored meat. An epicures delight, and delicious served hot or cold.
Fully Cooked Ready to Eat lb. 59¢
SEAFOOD AVAILABLE WHILE SUPPLY LASTS
Giant Rings the Bell on Washington's Birthday Specials!
Comstock Cherry Pie Filling ..... 1-lb. can 49¢
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Pillsbury-46 Off Pie Crust Stick ..... 6-oz. box 21¢
Beach Chocolate Covered Villa Cherries ..... 12-oz. box 69¢
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R Indicates Giant Food Stores with Pharmacies

Your Federal income tax

Q — I have been waiting for my 1968 income tax forms until I receive a statement from the Veterans Administration as to the amount of service-connected disability compensation I was paid last year. When may I expect this statement?

A — Since your service-connected disability compensation is not taxable, you will not receive any statement from VA and need not delay filing your return. As a matter of fact, veterans' benefits generally are exempt from taxation and need not be reported on income tax returns.

Among these exempt veterans' benefits are pension payments, educational assistance allowances, grants for specially-equipped homes and cars for the severely disabled, and payments to surviving dependents of deceased veterans.

• • •

Q — I neglected to have some needed dental work done while in the Army because I was anxious to get out of service. Can I get treatment from the Veterans Administration? I have been out of service three months.

A — Under a new VA policy, a veteran may receive such treatment, without regard to supporting military records, if he applies within six months after release from service, and if it is determined professionally within eight months after separation that the condition is service-connected.

With supporting military records, a veteran may receive VA dental treatment for service-connected conditions during the first year after release from service.

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It helps us, too, to ask you honestly...shouldn't A&P be your store?
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Boneless Cross Cut Roast lb. 89¢
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Allgood Sliced Bacon 2 lb. pkg. 1.29
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Sliced Bologna SUPER-RIGHT lb. 65¢
Esskay SILVER LABEL Hams WHOLE OR HALF lb. 69¢
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Super-Right Smoked (14 to 20 lbs. avg.) FULLY COOKED HAMS
SHANK PORTION lb. 35¢ BUTT PORTION lb. 45¢ WHOLE OR EITHER HALF lb. 49¢
Center Cut Ham Slices lb. 1.09

READY-FOR-THE-PAN FRESH CUT-UP
CHICKEN PARTS WHOLE LEGS W/THIGHS OR WHOLE BREAST W/RIB lb. 59¢
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Your Choice! 5 cans 99¢
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Juice Drink PINEAPPLE-GRAPEFRUIT 3 1-qt. 14-oz. cans 89¢
Fruit Cocktail 4 1-lb. 1-oz. cans 99¢
Peaches YELLOW CLING SLICED OR HALVES 4 1-lb. cans 99¢
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BONUS VALUE THIS WEEK!
FRUIT DISHES
33¢ each with every $5 grocery purchase.
BONUS VALUE THIS WEEK!
SALT & PEPPER
$1.29 the purchase required, no limit

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GLAMOUR DIET BREAD SAVE 1-lb. 4¢ loaf 29¢
"NEW" EARLY COLONY BREAD 1-lb. loaf 29¢
DANISH NUT RINGS 2-oz. pkg. 49¢

Garden Fresh Fruits & Vegetables!
SNO-WHITE Mushrooms lb. 49¢ Original Basket 1.39
STAYMAN Winesap Apples 2 lbs. 39¢
NEW GREEN CABBAGE lb. 9¢
FLORIDA CRISP CELERY HEARTS pkg. of 2 or 3 29¢
WESTERN FRESH CARROTS 2 lb. bags 25¢
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FLORIDA PINK OR WHITE GRAPEFRUIT 5 lb. bag 59¢
RED RADISHES 3 bchs. pkgs. 29¢
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MIXED NUTS EXCEL 16-oz. vac. pack 79¢

Lenten Seafood Values!
FANCY (60-80 COUNT) MAINE Shrimp lb. 69¢ 2 lb. box 1.35
Fancy Ocean Perch Fillets lb. 29¢ 5 lb. box 1.39
HALIBUT STEAKS FANCY lb. 69¢
DUNGENESS CRABS FANCY lb. 79¢
JUMBO SHRIMP FANCY (31-35 CT.) lb. 1.79
SPANISH MACKEREL FRESH lb. 49¢
SHRIMP COCKTAIL CAP'N JOHN'S 3 4-oz. jars 89¢
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Quality Frozen Foods!
A&P CHOPPED OR LEAF SPINACH 10-oz. pkg. 10¢
BANQUET OR MORTON'S PIES Cream 4 14-oz. pkgs. 99¢
A&P ASPARAGUS SPEARS 10-oz. pkg. 49¢
MEAT PIES Morton's Chicken, Beef or Turkey 3 7½-oz. pkgs. 55¢
COFFEE RICH RICH'S 2 1-lb. 8-oz. cts. 39¢ 32-oz. ct. 37¢
A&P MACARONI & CHEESE CASSEROLE 3 1-lb. 2-oz. pkgs. 1.00
AWAKE DRINK BIRDSEYE 3 1-qt. pkgs. 1.00
FRENCH FRIES SULTANA CRINKLE CUT 6 1-lb. pkgs. 49¢
Price in this advertisement effective thru Sat., Feb. 22, 1969, in Markets in Baltimore and Vicinity.

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* A BONUS VALUE ACCESSORY PIECE
7 year spoon-fit guarantee at regular prices
SUNNYBROOK GRADE "A" EGGS LARGE SIZE doz. 59¢ MEDIUM SIZE doz. 53¢
SHARP CHEESE COLORED CHEDDAR (11 TO 13-OZ. PKGS.) lb. 89¢
SWISS CHEESE IMPORTED (9-11 OZ. PKGS.) lb. 89¢
SHARP BAR CHEESE A&P 8-oz. pkg. 45¢
COTTAGE CHEESE A&P 2 12-oz. cts. 52¢
CREAM CHEESE A&P 8-oz. pkg. 29¢
ICE MILK MARVEL ASST'D FLAVORS 16-qt. ctn. 59¢

Cheer Laundry Detergent 1-lb. 6.75-oz. box 36¢
Dash Laundry Detergent 3-lb. 7.25-oz. box 75¢
Oxydol Laundry Detergent 1-lb. 1-oz. box 36¢ 1-lb. 12.5-oz. btl. 85¢
Ivory Liquid 12-oz. btl. 33¢ 1-qt. 6-oz. btl. 57¢
Salvo 2-lb. 14-oz. box 77¢ 3-lb. 10-oz. ctn. 2.27
Thrill 1-qt. 6-oz. btl. 57¢
Bold Detergent 1-lb. 4-oz. box 36¢ 3-lb. 1-oz. box 85¢
Bonus Laundry Detergent 15-oz. box 39¢ 3-lb. 4-oz. box 89¢
Butter Kernel Corn 3 1-lb. cans 65¢
Biz Laundry Detergent 12-oz. box 39¢ 25-oz. box 79¢ 38-oz. box 1.19
Gerber Baby Food STRAINED 6 4½-oz. jars 67¢ JUNIOR 6 7½-oz. jars 97¢
Van Camp Pork & Beans 4 1-lb. cans 63¢
Nine Lives Tuna Cat Food 2 6-oz. cans 31¢ 2 12-oz. cans 59¢ Tuna & Chicken 2 6½-oz. cans 31¢
Mrs. Filbert's GOLDEN Margarine SOLID POUND 2 1-lb. pkgs. 55¢
Maclean's Tooth Paste MINT OR REGULAR 4½-oz. tube 83¢
Borden's Danish Margarine 1-lb. pkg. 41¢
Maxwell House Coffee 3 1-lb. cans 2.53
Dinty Moore Beef Stew 24-oz. can 63¢
Fleischmann's SOFT Margarine 1-lb. pkg. 45¢
Wilkinson Sword Razor Blades pkg. 75¢
Diet Delight Fruit Cocktail 1-lb. can 31¢
Luzianne Coffee 12¢ OFF 2 1-lb. cans 1.57
STRONGHEART Dog or Cat Food 6 15-oz. cans 59¢
Fleischmann's REGULAR Margarine 1-lb. pkg. 41¢