Light Hous keeping

By LULA MACKAY..

A wedding gift that may be looked upon with wonder and perhaps a bit of disdain today, but 10 years from today, would be collection of pamphlets, some of which cost as little as 15c each.

These wouldn't be fine and fancy cook books, or status volumns to display on a coffee table or a cabinet These would be pamphlets selected by a thoughtful friend that would help get a young wife off on budgets and plans that would keep the marriage on a monetary keel.

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For example, I found choice advice on budget making in one booklet, where the expert suggested a "loose" budget. If you make the budget too tight, the wife is likely to get so frustrated that she will go out one day and blow the whole bankroll. Goodbye budget.

Then, there's the question of what to do with savings. Say, you start off with a nest egg of $1000. If you put the $1000 in a savings account paying five per cent interest, compounded quarterly, at the end of 10 years you will have $1,643.

If you invest in stocks, says a conservative broker, at the end of the 10 years, you might have upped the $1000 to $2,987; or says another conservative brokerage, investment in mutual funds could bring the same investment to $3,220 in 10 years.

But before you go into the investment program, says a pamplet by a family planning consultant, you should keep on hand at least enough emergency savings to sustain the family for six months.

You can also find pamplets which will help you to decide whether to buy a home or rent, and how to do either. For example, you may take a $15,000 mortgage at six percent interest for 15 years at a cost to you of $7,783.95. For the same amount at the same interest for 20 years you will pay $10,791.48.

Of course, after July 1, this year, you will have the government pointing the way to your management and understanding of interest and other charges on loans and credit purchases. The "truth in lending" legislation goes into effect on that date.

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But there are still other items, insurance, for example, that couples need to know about. Insurance companies have scores of pamplets, free, to help you make decisions.

Where can these pamplets be found? The Better Business Bureau in your city has a number of booklets which cover many of these subjects. The U.S. Savings and Loan League booklet on "Home Buyer's Checklist" can aid in this area. The New York Stock Exchange offers "Investment Facts", a good booklet to select.

The above are free booklets. If you wish to put a few half dollars in your gift, you can find paper backs by the scores to help a young couple get off on the road to independence.

Pratt has book list available

"The Blacklist," a 16-page annotated reading list of books by and about the black American, has just been published by the Enoch Pratt Free Library.

Compiled by Misses Helen Harris, Lanetta Parks, and Lillie Story, young adult librarians at Pratt, the list includes fiction and nonfiction titles selected because they vigorously affirm the spirit and determination of the young Afro-American, and paint a perceptive, accurate portrait of his past and present life in a divided society.

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A quotation from the writings of Margaret Walliet to "My People Everyker dedicates "The Blackwhere, in the memory of the bitter hours when we discovered we were black and poor and small and different and nobody cared and nobody wondered and nobody understood . . ."

Single copies of the list are available at any branch of the Pratt Library.

Economy meals for good eating

Variety, they say, is the spice of life, so variety is what you should keep in mind when planning the family menu, suggests the U. S. Department of Agriculture's Consumer and Marketing Service.

Avoid sameness in your meals by including a variety of foods each day and from day to day. From time to time, introduce a new food that will increase the family's range of taste and add to the nutritional adequacy of their diets.

You can achieve excellent results by varying flavors and textures. Contrast strong flavor with mild, sweet with sour; crisp textures with smooth.

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Follow a daily food guide that provides the essential nutrients of the major food groups: meat, fruit-vegetable, milk and bread-cereal. And round out your meals and meet energy needs with other foods. Try to have some meat, poultry, fish, eggs, milk or cheese at each meal.

How does your recipe file stack up? A collection of nutritious recipes popular with the family can be a great help. Watch for new recipes to add to the roster.

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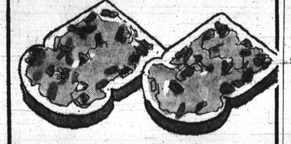
When serving, make sure your table and dishes are as attractive as possible. Brighten a main dish with a slice of tomato, orange, or lemon, a sprig of green, or contrasting colored foods — creamy white cauliflower with bright orange of carrots, or green of broccoli or spinach with potatoes, sweetpotatoes, or other hued vegetables.

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

BREAKFAST
Orange Juice
Hot Wheat Cereal
with Raisins
Toast
Milk
Coffee or Tea
LUNCH
Frankfurter Bean Soup
Grilled Cheese Sandwich
Fresh Apples
Milk
DINNER
Breast of Chicken
Provencale
Hash Brown Potatoes
Celery and Carrot Stalks
Compote of Dried Prunes
and Other Fruits
Milk
Coffee or Tea

This recipe for Breast of Chicken Provencale should rate high with the family on all scores. It makes an attractive dish for company meals, too.

Remove skin from chicken breasts and cut in half. Place in shallow baking pan. Sprinkle with paprika, salt and tarragon. Broil until browned. Turn chicken, season again and broil to brown other side. Transfer to baking dish. Cut green peppers into pieces, slice onions and add to chicken with canned tomatoes and additional water if needed. Sprinkle with salt. Bake at 375 degrees for 20 minutes.



Try this sugary, buttery, nut-studded toast-topping

praline toast

1 cup sifted light brown sugar, packed
½ cup melted butter or margarine
½ cup finely chopped pecans
4 slices Blue Ribbon Bread

Mix together brown sugar, butter, and pecans; crumble evenly on Blue Ribbon (the fine-textured, fresher-tasting bread). Bake in preheated 400 degree oven 6 to 8 minutes, or until slightly brown and bubbly. (4 servings)

for freshness' sake go Schmidt's Blue Ribbon Bread

Dietician on duty

Planned Parenthood has added a nutritionist at its Monday clinic session. A dietician's services will be offered on Monday mornings, 10:00-12:00, in addition to Thursday mornings, 10 a.m. to 12 noon.

Information and guidance will be available on diets, especially in relation to contraceptive pills and weight gain.

Mrs. Vincent Gott has been serving as nutritionist at the Thursday morning clinic sessions. Because of the demand, the additional session on Monday will begin with Mrs. Jerome Gilbert as nutritionist.

Both Mrs. Gilbert and Mrs. Gott are qualified dieticians who serve Planned Parenthood as volunteers.

Planned Parenthood is a non-profit health agency which offers family planning information and services. It is located at 517 North Charles St.; telephone — Plaza 2-0131.

MARCH 29-30

The Peabody Opera Department will present a double bill of two one-act operas: "The Wish" by George Antheil and "La Navarraise" by Jules Massenet, in the Peabody Concert Hall.

If nothing worries you, you don't need a savings account.

Big, brave you. You'll never get sick. Need an operation. Lose a day of work. Or even retire. And what do you want? Not a new house. Or boat. Or furniture. And you'll never have wedding expenses for the kids! Fine. You don't need a savings account. So the worried ones are the ones we're after.

But even if you have everything you want right now—wouldn't it be just a nice, safe, oozy, and secure feeling to know there's some spare cash handy? Put just a little away every payday. You'll be surprised how fast it grows. And how good it makes you feel.

Do as thousands of others do and open a savings account at any Maryland National Bank office. Then relax.

maryland national
Member FDIC

MARCH OF UNBEATABLE VALUES

shop ACME MARKETS

Prices Effective Thru Sat., March 8, 1969. Quantity Rights Reserved.

U.S. GOV'T. INSPECTED FOR WHOLESOMENESS! FRESH WHOLE
FRYERS 29¢ lb. CUT-UP 33¢ lb.
Fresh Roasters .... lb. 39¢ Leg or Breast Quarters lb. 39¢

LANCASTER BRAND, FANCY BEEF LIVER 39¢ lb. BABY BEEF LIVER ..... lb. 49¢
LIVER AND BACON SALE!
LEAN SLICED BACON FIRESIDE BRAND 1-lb. pkg. 69¢ LANCASTER BRAND 1-lb. pkg. 79¢
ACME FRESH! ROCK FISH 49¢ lb.

Rib Steaks LANCASTER BRAND, 7-INCH CUTS ..... lb. 99¢
Rib Roast LANCASTER BRAND, TENDER OVEN-READY 1st. cuts slightly higher ..... lb. 85¢
Cross Cut Roast BONE-IN ..... lb. 79¢
Cross Cut Roast OLD FASHIONED 3-CORNER ROAST OR BONELESS .. lb. 95¢

FRESHLY SHUCKED, SALT-WATER Oysters .. STANDARDS 12-oz. can $1.19
FANCY MEDIUM (40-50 COUNT) Shrimp lb. $1.09 5-lb. box $5.39
ESSKAY OR LANCASTER BRAND Franks SKINLESS .. 1-lb. pkg. 69¢
WHITE or YELLOW AMERICAN, THIN SLICED Loaf Cheese .. lb. 69¢
SHARP CHEDDAR Cheese ..... lb. 89¢

FRESHEST PRODUCE UNDER THE SUN! ...GOLDEN RIPE BANANAS 12¢ lb.
Florida Oranges SWEET, JUICY LARGE, 100 SIZE! .... dozen 49¢
Pascal Celery FRESH, CRISP ..... 2 large bunches 33¢
Salad or Slaw Mix FRESH ..... 2 pkgs. 49¢

MORE UNBEATABLE VALUES!
Hunt's Tomato Sauce ..... 6 8-oz. cans 78¢
Comstock Pie Filling BLUE ..... 1-lb., 5-oz. can 49¢
Comstock Pie Filling LEMON ..... 1-lb., 7-oz. can 39¢
Ideal Coffee ALL GRINDS ..... 1-lb. can 65¢
Tender Sweet Peas FARMDALE ... 7 1-lb. cans $1
Boston Baked Beans IDEAL 3 1-lb. cans 49¢
Apple Butter IDEAL ..... 2 1-pt. jars 49¢
Apple Sauce MUSSELMAN'S ..... 2 15-oz. jars 49¢

ALL GRINDS COFFEE... MAXWELL HOUSE 1-lb. can 66¢

DEL MONTE SWEET PEAS SAVE 19¢ 5 1-lb., 1-oz. cans $1.00

SAVE 8¢ ... HEINZ KETCHUP REGULAR 14-oz. bot. 22¢ IDEAL 14-oz. bot. 21¢

SAVE 10¢ ... SUPREME FRESH BUTTERMILK SANDWICH BREAD 3 1-lb., 6-oz. loaves 89¢
BIRDS EYE COOL WHIP 1-qt. ctn. 49¢
IDEAL HOMOGENIZED VITAMIN "D" FRESH MILK ½-gal. ctn. 56¢

THIS COUPON WORTH (MFG) 10¢ toward the purchase of any pkg. BOUNTY TOWELS Void After March 8, 1969 One Coupon per Family Please. ACME

MERICO BUTTERMILK BISCUITS 5-in pkg 5¢

THIS COUPON WORTH (MFG) 15¢ toward the purchase of a 1-qt. bot. MIRACLE WHITE NON-CHLORINE SAFE BLEACH Void After Sat., March 8, 1969. One Coupon per Family Please. ACME

THIS COUPON WORTH (CO) 100 S&H Green Stamps WITH YOUR $10 OR MORE PURCHASE (Excluding Cigarettes & Milk Products) Void After Sat., March 8, 1969. One Coupon per Family Please. ACME

THIS COUPON WORTH (CO) 50 S&H GREEN STAMPS with the purchase of any 3-lbs. or more FRESH PAN-READY CHICKEN PARTS Void After Sat., March 8, 1969. One Coupon per Family Please. ACME

THIS COUPON WORTH (CO) 30 S&H GREEN STAMPS with the purchase of 3-lbs. or more LANCASTER BRAND GROUND BEEF Void After Sat., March 8, 1969. One Coupon per Family Please. ACME

THIS COUPON WORTH (CO) 30 S&H GREEN STAMPS with the purchase of FIRESIDE OR LANCASTER BRAND SLICED BACON Void After Sat., March 8, 1969. One Coupon per Family Please. ACME

THIS COUPON WORTH (CO) 30 S&H GREEN STAMPS with the purchase of a 3-POUND BAG APPLES Void After Sat., March 8, 1969. One Coupon per Family Please. ACME

THIS COUPON WORTH (CO) 30 S&H GREEN STAMPS with the purchase of any 2 loaves SUPREME FRESH BREAD (EXCEPT DIET) Void After Sat., March 8, 1969. One Coupon per Family Please. ACME

THIS COUPON WORTH (CO) 30 S&H GREEN STAMPS with the purchase of 1 loaf NEW! ... SUPREME DIET BREAD Void After Sat., March 8, 1969. One Coupon per Family Please. ACME

ADVERTISED ITEMS EFFECTIVE AT BELOW STORES

MONDAWMIN SHOPPING CENTER
LIBERTY HEIGHTS AVE. and REISTERSTOWN ROAD

REISTERSTOWN ROAD PLAZA
REISTERSTOWN ROAD and PATTERSON AVE.

Pantry Pride
DISCOUNT FOODS

OVER 7,000 ITEMS DISCOUNT PRICED
PRICES EFFECTIVE THRU SAT.-MAR. 8TH
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

REDEEM BOTH COUPONS WITH A $5.00 PURCHASE

U.S. GOV'T. INSPECTED CHICKEN QUARTERS LEGS OR BREASTS 38¢ lb.
CENTER CUT PORK CHOPS HICKORY SMOKED 85¢ lb.
U.S.D.A. CHOICE ROUND ROAST BONELESS 89¢ lb.
VIRGINIA COUNTRY CURED HAMS WHOLE OR SHANK HALF 89¢ lb.
HICKORY SMOKED BACON BY-THE-PIECES 49¢ lb.
HICKORY SMOKED SPARE RIBS 49¢ lb.

REDEEM THIS VALUABLE COUPON FOR FYNE WRAP ALUMINUM FOIL 25-FT. SM 9¢
WITH A $5.00 PURCHASE. LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER MAR. 8TH

REDEEM THIS VALUABLE COUPON FOR PANTRY PRIDE ICE CREAM ½-GAL. SM or ICE MILK 39¢
WITH A $5.00 PURCHASE. LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SATURDAY MAR. 8TH

GWALTNEY'S VIRGINIA COUNTRY HAM SLICES 12-OZ. PKG. $1.39
PARK'S FAMOUS FLAVOR PORK SAUSAGE DINNER OR LITTLE LINKS 1-LB. PKG. 89¢
U.S. GOV'T INSPECTED TURKEY WINGS OR DRUMSTICKS LB. 29¢
U.S. GOV'T INSPECTED CHITTERLINGS PORK 10-LB. PAIL $3.19
U.S. GOV'T INSPECTED PORK FEET OR NECK BONES FRESH LB. 23¢
U.S. GOV'T INSPECTED SPARE RIBS FANCY LB. 59¢

SELECTED CHIQUITA BRAND BANANAS 3 lbs. 34¢
TENDER NEW GREEN CABBAGE 2 lb. 17¢
PASCAL CELERY TENDER GREEN 2 Stks. 29¢
CALIFORNIA THINSKIN LEMONS SUNKIST 8 FOR 49¢
FLA. THINSKIN ORANGES JUICY 5 LB. BAG 57¢
WESTERN SWEET D'ANJOU PEARS 2 LBS. 49¢
SWEET SOUTHERN YAMS 2 LBS. 39¢
CRISPY GREEN CUCUMBERS 3 FOR 38¢
WESTERN GREEN PEPPERS LARGE 2 FOR 29¢
U.S. NO. 1 YELLOW GLOBE ONIONS 2 LBS. 15¢
WESTERN SWEET D'ANJOU PEARS 2 LBS. 49¢
U.S. 1 GRADE POTATOES WHITE 3 LBS. 14¢
MARYLAND GROWN WHITE TURNIPS 2 LBS. 35¢

HYGRADE'S SLICED LUNCHEON MEAT YOUR CHOICE 8-OZ. PKG. 49¢
•PLAIN LOAF •OLIVE LOAF •PIMENTO LOAF •COOKED SALAMI •SPICED LUNCHEON
ESSKAY'S LIVER-WURST 10-OZ. CAN 33¢
ESSKAY'S OR GOETZE'S LARD 2 1-LB. PKG. 33¢
PANTRY PRIDE SLICED BACON lb. PKG. 75¢

CRACKER BARREL CHEESE SALE 8-OZ. SHARP 59¢ 10-OZ. SHARP 69¢
PANTRY PRIDE CREAM CHEESE EVERYDAY LOW PRICE 8-OZ. PKG. 25¢
PANTRY PRIDE BISCUITS EVERYDAY LOW PRICE 3 CANS 25¢
HOOD VIT-D FRESH MILK EVERYDAY LOW PRICE ½-GAL. CTN. 56¢

FRESH MEDIUM SIZE TROUT lb. 39¢

EVERY ITEM LISTED BELOW IS OUR EVERYDAY LOW PRICE Over 7,000 Items Discount Priced

SAVE CRISCO ..... 3-lb. 70¢
SAVE CUT RITE WAX PAPER ..... 2 125 FT. 49¢
SAVE DEL MONTE PEAS ..... 1-lb. 1-OZ. 20¢
SAVE CAMPBELL TOMATO SOUP ..... 10½-OZ. 10¢
SAVE HEINZ KETCHUP ..... 14-OZ. 24¢
SAVE GIANT TIDE ..... QT. 72¢
SAVE LIBBY TOMATO JUICE ..... 46-OZ. 28¢
SAVE NIBLETS GOLD CORN WHOLE KERNEL 12-OZ. 21¢
SAVE ELBOW MACARONI PANTRY PRIDE 1-lb. 19¢
SAVE MAXWELL HOUSE COFFEE ..... 1-lb. 68¢
SAVE KEN L RATION ..... 6 15½-OZ. 84¢
SAVE DEL MONTE GOLD CORN WHOLE KERNEL 1-lb. 1-OZ. 20¢
SAVE EVAPORATED MILK PANTRY PRIDE 6 14½-OZ. 79¢
SAVE LIBBY CORNED BEEF ..... 12-OZ. 58¢
SAVE LIPTON TEA BAGS ..... 48's 58¢

SAVE CAMPBELL SOUP CHICKEN NOODLE SOUP OR CAMPBELL CHICKEN RICE 2 10½-OZ. 29¢
SAVE FRENCH GREEN BEANS PANTRY PRIDE 5 1-lb. 89¢
SAVE GIBBS PORK & BEANS 4 30-OZ. $1.00
SAVE PANTRY PRIDE SPINACH 7 1-lb. $1.00
SAVE WHOLE KERNEL CORN PANTRY PRIDE 6 1-lb. $1.00

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

SAVE DRIED BEANS GREAT NORTHERN ..... 2-lb. 27¢
SAVE SEASIDE LIMA BEANS ..... 2-lb. 63¢
SAVE CONVERTED RICE UNCLE BEN'S 28-OZ. 53¢
SAVE SWEET POTATOES PANTRY PRIDE IN SYRUP 23-OZ. 57¢
SAVE CREAM STYLE GOLD CORN PANTRY PRIDE 6 16-OZ. $1.00

SAVE YELLOW CAKE MIX DUNCAN HINES 3 10-OZ. 95¢
SAVE KING SYRUP ..... 24-OZ. 33¢
SAVE NABISCO RITZ CRACKERS ..... 1-lb. 41¢
SAVE QUAKER HOMINY GRITS ..... 1-lb. 8-OZ. 27¢
SAVE FYNE SOFT NAPKINS ..... 4 250's $1.00
SAVE ALPO BEEF DOG FOOD ..... 2 14½-OZ. 49¢
SAVE CANNED SODA PANTRY PRIDE LO-CAL OR REG. 10 12-OZ. 75¢
SAVE FROZEN MORTON CHICKEN DINNER ..... 2 12-OZ. 75¢
SAVE FROZEN MEAT PIES PANTRY PRIDE 6 8-OZ. 95¢
SAVE FROZEN FRENCH FRIES CHEF CHOICE 2-lb. 29¢
SAVE FROZEN KALE, COLLARDS, TURNIP SOUTHLAND FROZEN GREENS 6 10-OZ. 79¢
SAVE FROZEN CORN ON COB BIRDS EYE PKG. OF 4 45¢
SAVE FROZEN MORTON PARKERHOUSE ROLLS PKG. 35¢
SAVE COCA COLA, PEPSI COLA N.R. 4 PK. 16-OZ. 61¢
SAVE DIET RITE OR R.C. N.R. ..... 4 PKG. 16-OZ. 57¢