Economy meals for good eating

Because pork production has been running about 20 percent higher than a year ago, food shoppers in the weeks ahead have good prospects of special features on many pork items.

Take advantage of these special offers when planning your marketing list. For the best buys of all, look for the less popular cuts, which can be turned into a tasty and attractive dish with just the right preparation.

* * *

One of the most versatile and nutritious choices as a main dish feature — pork — may appear in any meal of the day. If you're a bacon and eggs, ham and eggs, sausage and pancakes family, then you'll look forward to a hearty breakfast that features pork.

Any one of these pork items, and many others besides go well in lunch and dinner dishes. Variety and eye and taste appeal depend on the cook, so this is a good time to pork up your recipe file.

* * *

Perhaps you'd like to bring back an old-time family favorite recipe. Or you might prefer a stylish dish like one you might eat at a Hawaiian luau or a Chinese restaurant, or some other exotic foreign fare. If you've never been to New England, try some hearty New England bean dish, highlighted by pork. Or if you've never been south of the border, then a Mexican or Puerto Rican pork rich dish might be in order.

In planning your meals, remember pork is rich in nutritive value. It's an excellent source of the B vitamins, especially thiamine (vitamin B1), iron and protein. Pork liver is outstanding for vitamin A value.

If you're counting calories, pork is for you. Trim off the fat and a 3-ounce serving of roast fresh Boston butt will contain about 225 calories, while an equal size serving of cured ham will contain about 160 calories.

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

BREAKFAST
Orange Juice
Scrambled Eggs
Toast with Margarine
Milk
Coffee or Tea

LUNCH
Macaroni and Cheese Casserole
Celery and Carrot Sticks
Fresh Apple
Milk

DINNER
Upside-Down Ham Ring
Baked Potato
Brownies a' la mode
Milk
Coffee or Tea

This recipe for Upside-Down Ham Ring is for the main dish of the dinner meal:

Butter a five-cup ring mold, sprinkle with brown sugar, then evenly distribute the contents of one small can of pineapple, drained.

Combine ground cooked ham and fresh ground pork (a total of 3 cups of meat is needed) with enough evaporated milk to moisten. Season with salt, pepper and dry mustard. Press pork mixture on top of pineapple. Bake about 35. Cool about 5 minutes before minutes in moderate oven, inverting on platter. Fill center with buttered peas.

School Lunches

HIGH SCHOOLS —

MONDAY
Tangy Barbecue on Roll or Tuna Salad Sandwich
French Baked Potatoes
Butt, Collard Greens or Mexicorn
Sunny Peach Pudding
Pt. Milk

TUESDAY
Flaky Fish Square w/Tartar Sauce or Grilled Cheese Sandwich
French Fried Potatoes
Buttered Green Beans
Fruited Jello
½ Pt. Milk

WEDNESDAY
Frankfurter on Roll
Boston Baked Beans
Pineapple Cole Slaw
Applesauce Delight
½ Pt. Milk

THURSDAY
Favorite Meat Loaf w/Gravy
Buttered Parsley Potatoes
Stewed Tomatoes or Buttered Peas and Carrots
Cracklin' Cornbread and Butter
ChetButwu y 23 ½
Chewy Peanut Butter Bar
½ Pt. Milk

WEDNESDAY
Pizza Grill or Porkburger on Roll
French Fried Potatoes
Buttered Spinach or Sauerkraut
Cherry Joy or Pumpkin Royal
½ Pt. Milk

THURSDAY
Frankfurter on Roll or Ham and Cheese on Roll
Boston Baked Beans
Pineapple Cole Slaw or Green Salad
½ Pt. Milk

FRIDAY
Favorite Meat Loaf w/Gravy
Buttered Parsley Potatoes
Creole Green Beans or Buttered Garden Peas
Snowflake Chocolate Pudding
½ Pt. Milk

ELEMENTARY SCHOOLS

MONDAY
Tangy Barbecue on Roll
French Baked Potatoes
Mexicorn
Sunny Peach Pudding
½ Pt. Milk

TUESDAY
Pizza Grill or Porkburger on Roll
Butt, Roll
Cottage Fried Potatoes
Buttered Green Beans
Fruited Jello
½ Pt. Milk

WEDNESDAY
Frankfurter on Roll
Boston Baked Beans
Pineapple Cole Slaw
Applesauce Delight
½ Pt. Milk

THURSDAY
Favorite Meat Loaf w/Gravy
Buttered Parsley Potatoes
Stewed Tomatoes or Buttered Peas and Carrots
Glazed Button Carrots
Hot Roll and Butter
Snowflake Chocolate Pudding
½ Pt. Milk

FRIDAY
Flaky Fish Square w/Tartar Sauce
Spanish Rice
Spinach Supreme
Cheese Biscuit and Butter
Calico Fruit Cup
½ Pt. Milk

Special events, programs offered at Madison YWCA

Ladies, young and old, interested in having fun and better living are being offered a variety of activities at the YWCA, 1912 Madison AVE.

A fun day called "Lady's Day Out" will begin on January 19 and continue once a week thereafter. The ladies will play pinochle and bridge from 11 a.m. until 2 p.m. They will supply their own lunches; no fee will be charged. In February the winners of a play-off will receive handsome trophies.

* * *

Another enjoyable event to look forward to is the "Shrove Tuesday Pancake Supper," served from 3 p.m. to 6 p.m. on Tuesday, February 23, the day before Ash Wednesday. Planned to provide a quick supper after attending nearby churches, the meal will consist of pancakes, sausage, apple sauce, and coffee at a cost of only $1.25 per ticket.

A slimnastics class, taught by Miss Carolyn Jones, "Miss Black Baltimore" until June, 1971, will help the ladies develop muscle tone necessary for a good figure and carriage. Class will meet on Mondays for six weeks, beginning January 18 at 7:30 p.m. Fee will be $15.

* * *

TEEN EVENTS

The privilege of bowling free in the alleys at 1912 Madison Avenue is offered to members of Y-teen clubs between 4 p.m. and 5:30 p.m., Tuesday through Friday. Each bowling session must be scheduled by Mrs. Sarah Hayden, and the teen group must be accompanied by a Y-teen advisor or other adult. A fee is charged for bowling leagues in order to cover the cost of trophies.

* * *

Y-teens at 1912 Madison Avenue are eagerly looking forward to a talent show on January 28, at 8 p.m. Trophies will be awarded for best performances. Auditions of dancers, singers, musicians, bands, orators, or any performing talent will be held on January 23 at 3:30 v.m. and January 26 at 6 v.m. Call Miss Virginia Williams at the YWCA, 669-1881.

Great preparation is a luncheon and fashion show sponsored by the charm and modeling class on February 21 at 2:30 p.m. Subscription is $2. "Beeline" spring and summer fashions will be modeled by teen members of the charm class taught by Miss Maureen Jones, a graduate of the Walters Modeling Academy. Door prizes and other awards will be given.

* * *

Teens are given credit for the success of the tutoring program on Tuesday afternoons from 4 p.m. to 5:30 v.m. at 1912 Madison Avenue. Approximately twelve elementary school boys and girls are now enrolled with tutors on a non-to-one basis. More tutors are needed to give the children help with math and reading and to do arts and crafts projects or play games after a study session. To participate in this program call Mrs. Sarah Hayden, 669-1881.

For information about any of the above events or programs, call the YWCA, 1912 Madison Aenue, 669-1881. Brochures listing classes and clubs are available from all YWCA centers. Cases are inexpensive, partly because the YWCA is a member of the Community Chest, supported by the United Fund. Other YMCA centers are: North rea Center, 21 West Susquehanna Aenue, Toqson 823-8911; Central Center, 128 West Franklin Street, 685-1460; Harford County Center, 10 North Main Street, Bel Air, Md., 879-0780.

"FLOWERS FOR ALL OCCASIONS"
J. J. CUMMINGS & SONS
Priced Reasonably — Expertly Arranged
Member, Florist Telegraph Delivery Assn.
NO BRANCH STORES
PHONE: PLAZA 2-1374, 1375, 1376
1123-25 W. BALTIMORE STREET

VALUABLE COUPON — 20¢ OFF WITH THIS COUPON — Toward the purchase of 3 CANS 14-3 4-OZ. CANS GREAT AMERICAN SOUPS 5 for 89¢ WITH COUPON. Good only at Two Guys. One coupon per customer. Good Sun., Jan. 24 thru Sat., Jan. 30, 1971. AA 1-29 — Two Guys

VALUABLE COUPON — 25¢ OFF WITH THIS COUPON — Toward the purchase of 3 CANS CONTADINA TOMATO PASTE 12-OZ. CANS. Good only at Two Guys. One coupon per customer. Good Sun., Jan. 24 thru Sat., Jan. 30, 1971. AA 1-29 — Two Guys

VALUABLE COUPON — 10¢ OFF WITH THIS COUPON — Toward the purchase of YUBAN COFFEE 1-LB. CAN. Good only at Two Guys. One coupon per customer. Good Sun., Jan. 24 thru Sat., Jan. 30, 1971. AA 1-29 — Two Guys

VALUABLE COUPON — 50¢ OFF WITH THIS COUPON — Toward the purchase of INSTANT HILLS BROS. COFFEE 10-OZ. JAR. Good only at Two Guys. One coupon per customer. Good Sun., Jan. 24 thru Sat., Jan. 30, 1971. AA 1-29 — Two Guys

VALUABLE COUPON — 15¢ OFF WITH THIS COUPON — Toward the purchase of 3 BOXES PILLSBURY CAKE MIXES 19-OZ. Good only at Two Guys. One coupon per customer. Good Sun., Jan. 24 thru Sat., Jan. 30, 1971. AA 1-29 — Two Guys

VALUABLE COUPON — 25¢ OFF WITH THIS COUPON — Toward the purchase of AXION PRE-SOAK 25-OZ. BOX. Good only at Two Guys. One coupon per customer. Good Sun., Jan. 24 thru Sat., Jan. 30, 1971. AA 1-29 — Two Guys

VALUABLE COUPON — 7¢ OFF WITH THIS COUPON — Toward the purchase of VIVA TOWELS TWIN PAK. Good only at Two Guys. One coupon per customer. Good Mon., Jan. 25 thru Sat., Jan. 30, 1971. AA 1-29 — Two Guys

VALUABLE COUPON — 7¢ OFF WITH THIS COUPON — Toward the purchase of 2 CANS HEINZ BEANS VEGETARIAN OR PORK 16-OZ. CANS. Good only at Two Guys. One coupon per customer. Good Mon., Jan. 25 thru Sat., Jan. 30, 1971. AA 1-29 — Two Guys

WE SELL ONLY U.S. GOV'T. GRADED CHOICE BEEF
Two Guys
PLUS YOUR MOST VALUABLE TRADING STAMPS FREE!
SALE TODAY thru SAT.
more for your money

MASH'S SMOKED HAM FULL CUT SHANK HALF 48¢ LB.
Semi Boneless Butt Half ... lb. 68¢
HAM STEAK SMOKED CENTER ... lb. 88¢
BONELESS CROSS RIB U.S.D.A. CHOICE ROAST BEEF lb. 97¢
BONELESS BRISKET CORNED BEEF FIRST CUT 79¢ THICK CUT lb. 49¢
CITY CUT FRESH HAM FULL CUT SHANK HALF lb. 59¢
FULL CUT BUTT HALF ... lb. 49¢
CITY CUT PORK CHOP SALE!
SHOULDER CHOPS lb. 59¢
HIP CHOPS lb. 69¢
CENTER CUT CHOPS lb. 98¢
CITY CUT FRESH PORK SALE!
FRESH LEAN SMALL RIBS SPARE RIBS lb. 69¢
CITY CUT FRESH WHOLE PORK BUTTS lb. 59¢
CITY CUT FRESH PORK SHOULDER ROASTING PORK lb. 49¢
CITY CUT COUNTRY STYLE SPARE RIBS lb. 69¢
FRESH SWEET OR HOT ITALIAN SAUSAGE lb. 79¢
SUGAR CURED SLAB BY THE PIECE SMOKED BACON lb. 39¢
U.S.D.A. CHOICE FIRST CUT CHUCK STEAK lb. 49¢
GOV'T. INSPECTED REG. STYLE CHICKEN BREAST lb. 59¢
GOV'T. INSPECTED THIGH ON CHICKEN LEGS lb. 49¢
FRESH LEAN GROUND CHUCK lb. 75¢
FRESH EXTRA LEAN GROUND ROUND lb. 85¢
BREADED VEAL STEAK or CUBED BEEF STEAK ... 16-oz. pkg. 99¢
TWO GUYS BLUE LABEL OR BONNIE MAID SLICED BACON lb. 49¢
STEAK SALE
THICK CUT SHOULDER LONDON BROIL
LEAN & TENDER CUBE STEAK
BONELESS SHOULDER STEAK 1.19 lb.
TWO GUYS ALL MEAT SKINLESS FRANKS lb. 59¢

PRODUCE DEPARTMENT
BANANAS GOLDEN RIPE 10¢ lb.
WASHINGTON STATE APPLES GOLDEN DELICIOUS RED DELICIOUS 2 lbs. 39¢
SWEET TASTY FLORIDA CARROTS 1-lb. cello bag 29¢
FLORIDA INDIAN RIVER SEEDLESS GRAPEFRUITS 5 FOR 39¢
INDIAN RIVER FLORIDA ORANGES 15 in bag for 49¢
U.S. NO. 1 YELLOW GLOBE ONIONS 3 lb. bag 27¢
FRESH GREEN FLORIDA CABBAGE lb. 10¢
DAIRY DEPARTMENT
ALL FRUIT FLAVORS BORDEN'S YOGURT 8-OZ. 5 FOR 99¢
BORDEN'S BISCUITS SWEET OR BUTTERMILK 3 8-oz. 25¢
SOFT BLUE BONNET — 4¢ OFF MARGARINE 1-lb. 39¢
FROZEN FOOD DEPT.
GREEN GIANT VEGETABLES WHOLE KERNEL CORN WITH BUTTER SAUCE, 10-OZ. KITCHEN SLICED GREEN BEANS WITH BUTTER SAUCE, 9-OZ., CREAMED SPINACH, 10-OZ. 4 FOR 99¢
BIRDS EYE "ORANGE PLUS" 9-OZ. 39¢
AUNT JEMIMA BUTTERMILK WAFFLES 3 9-oz. pkgs. $1
DOLE ALL VARIETIES FROZEN JUICES 6 6-oz. CANS 99¢
APPETIZING DEPARTMENT
IMPORTED POLISH CHOPPED HAM ½-LB. 69¢
IMPORTED PICNIC HAM ½-lb 69¢

NABISCO CHIPS AHOY CHOC. CHIP COOKIES 14½-oz. pkg. 49¢
ANN DALE OATMEAL COOKIES 3 12½-oz. $1
SUNSHINE KRISPIES 4 7½-oz. $1
TWO GUYS BUBBLE BATH 2 12-oz. bottles 39¢
TWO GUYS VANILLA OR CREME DUPLEX COOKIES 3 1-lb. pkgs. $1
FINE, MEDIUM OR WIDE PENN. DUTCH NOODLES 3 1-lb. pkgs. 99¢
CHUN KING-CHOW MEIN DINNERS 43-oz. can 79¢ NOODLES 5-oz. can 27¢
HI-C ALL FLAVORS FRUIT DRINKS 3 46-oz. cans 85¢
HEINZ TOMATO KETCHUP 4 14-oz. bots. 99¢
TEENE WEENE VAC PAK CORN WHOLE KERNEL 5 12-oz. CANS 99¢
TWO GUYS CUT GREEN BEANS 6 1-lb. CANS 99¢
LITTLE FRISKIES FISH, CHICKEN or LIVER CAT FOOD 2-lb. bag 43¢
PRIMOR IMPORTED PIMENTOS 6 2-oz. CANS 99¢
NON-DAIRY CREAMER COFFEE MATE 16-oz. jar 69¢
VANITY FAIR REGAL PRINT FACIAL TISSUES 4 125 count pkgs. 99¢

THENDOR IMPORTED ARTICHOKE HEARTS 3 6½-oz. jars 89¢
STAR UNIVERSAL WHITE, PINK OR CLEAR LIQUID DETERGENT qt. 16-oz. 29¢
TWO GUYS WINDOW CLEANER qt. 16-oz. 29¢
TWO GUYS CLEANSER 2 21-oz. cans 25¢

TWO GUYS TRADING STAMP ONE BOOK SPECIAL YOUR BOOK SAVES 5.57 TOWARD THE PURCHASE OF G.E. DECORATIVE WALL CLOCK YOU PAY $3 PLUS ONE FILLED TWO GUYS TRADING STAMP BOOK. Has graceful accent lines enriching the bold dial. Fashion colors fit any room, such as kitchen or playroom. REG. 6.57 GIFT DEPT.

Two Guys BAKERY ...more for your money!
ROUND TOP OR SQUARE KING SLICED WHITE BREAD 3 1-lb. 6-oz. loaves 89¢
FRENCH BREAD OR DELI RYE 1-lb. 29¢
STREUSEL FINGERS pkg. 43¢
RAISIN BOATS pkg. 43¢
OLD FASHIONED BOBKA RING 1-lb. 55¢
POTATO CHIPS DIP OR REG. twin pak 10-oz. 49¢

WEEKLY BONUS SPECIAL
"AEROWAX" 27-ounce size. REG. 84¢ 59¢
WITH A FOOD PURCHASE OF $5.00 OR MORE HOUSEWARES DEPT.

Two Guys FOOD SUPERMARKETS
TOWSON — Joppa Rd. & Goucher Blvd. Open Daily 9:30 A.M. Till 10 P.M.
DUNDALK — Merritt Blvd. & German Hill Rd. Open Daily 9:30 A.M. Till 10 P.M.
BALTIMORE — 2401 Belair Rd. Open Daily 9:30 A.M. Till 10 P.M.
We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat., Jan. 30, 1971.

Harford licenses

BELAIR, Md. — "Marriage Licenses, Harford County, January 21:

HUTTON-EDWARDS — Roy R., 23, Street; Emma J., 20.

OLIVER-SALCONI — Charles M., 31, Havre de Grace; Jo Anne, 28.

BRIGADIER-JONES — William L., 25, Bel Air; Brenda J., 24.

CARPENTER-KEFFER — David A., 24, Seattle, Wash.; Myra A., 26.

PETROSKI-JONES — Clement J., 23, Mountaintop, Pa.; Marilyn J., 20.

CARR-WALDETT — Richard, 19, Bel Air; Cynthia L., 17.

PEFFLEY-TEPANO — James B., 20, Lebanon, Pa.; Rosalia A., 20.

SZAFRANIEC — PHILIPS Leonard J., 31, Edgewood; Linda L., 23.

PEREA-ADAMS — Paul A., 21, Westminster, Cal.; Karen L., 18.

BUTLER-BOCHUM — Gary E., 21, Havre de Grace; Elizabeth A., 19.

WALLEN-EYDER — James P., 20, Cheney, Kan.; Gwen D., 20.

KILEY-SKRIPSKY — James E. Jr., 26, Omaha, Neb.; Mary W., 21.

DOLLARD-LLUIO — John T., 71, White Marsh; Mildred, 59.

LOSITO-WALLEN — Charles R., 21, Florence, N.J.; Linda M., 23.

LEE-ERTWINE — Michael W., 19, Edgewood; Patricia A., 19.

— Bruce W., 21, Youngstown, Ohio; Priscilla, 20.

HIMES-ALLEN — James C., 24, Aberdeen; Betty J., 29.

DOTY-MARPLE — Michael B., 21, Baltimore; Lois O., 21.

WEACO WINDOW & DOOR GUARDS
Burglary Protection Laboratory Approved
Commercial Residential Industrial
WEACO
467-1354
2142 HARFORD RD.
If No Answer Call 433-8425

BUY AT Wholesale Prices Get Our Estimates And Save On Lumber and Building Supplies
"The Best For Less"
PENN LUMBER, Inc.
728-5450
801 PENNA. AVE.
Off W. Franklin St.

Alcohol still big threat to health

"Alcohol is still the drug with the greatest public health impact in the Western Hemisphere," Dr. Eugene B. Brody told a drug abuse conference in San Jose, Costa Rica this week.

Dr. Brody, chairman of the department of psychiatry of the School of Medicine, University of Maryland at Baltimore, and Don Jose Figueres Ferrer, President of the Republic of Costa Rica, were the principal speakers at the final session of the conference, which reviewed social conditions conducive to drug abuse.

In summarizing the data presented at the conference, Dr. Brody noted the inconsistency of governments and parents in imposing severe penalties on the use and sale of drugs like marijuana while promoting the use and sale of alcoholic beverages.

"One of the major facts that have led to pandemic drug abuse, including the abuse of alcohol, is economic," he said.

He cited the pharmaceutical industry's overproduction of drugs intended for medicinal purposes, and its encouragement through advertising of their use in all phases of daily life.

Commenting on Dr. Brody's discussion, President Figueres noted that almost 30 per cent of the Costa Rican national budget is derived from a state monopoly on liquor.

For the first time, he stated publicly that he is seriously considering a ban on alcohol advertising, in spite of the country's economic dependence of alcohol sales.

President Figueres, who led his country's revolution in 1948 and was chief of the revolutionary government for 18 months thereafter, is regarded as one of the fathers of modern Costa Rica.

He was elected President for a five-year term beginning in 1953 and for another in 1970. A former coffee-grower, now regarded as among the most liberal of the remaining democratically elected Latin American chiefs of state, he is deeply concerned with the impact of business and government on social conditions.

The conference was held under the auspices of the Costa Rican government, the University of Costa Rica Faculty of Medicine, and the Canadian, the American, and the Latin American Psychiatric Associations.

Philly Picked For '76 World Fair

PARIS — Philadelphia has been selected as the site of the next World Fair in 1976, official sources at the International Exposition Bureau said last week.

The sources said an official communique announcing the selection of Philadelphia would be released Friday afternoon in Paris, after a Friday morning meeting being held under the auspices of the International exposition bureau in the Paris suburb of Neuilly Sur Seine.

Bureau officials said they were not empowered to make the official announcement themselves, but that it was already agreed that Philadelphia would be the site of the next world fair.

BIG VALU FOOD CENTERS
Shop Any Day Save Every Day

FOOD CLUB ALL MEAT OR ALL BEEF Franks 1-lb. pkg. 39¢

100% PURE GROUND BEEF LEAN (Lesser QUANTITY Higher) SOLD IN 3-POUND UNITS 58¢ lb.

CHUCK Steaks first cut U.S. CHOICE BEEF (Center Cut) 65¢ lb. 55¢ lb.

U.S. GOVT. INSP. BROILING & Frying Chickens CUT-UP 31¢ lb. Whole 27¢ lb.
LEAN U.S. CHOICE California Roasts 68¢ lb.
U.S. CHOICE GRADE Beef Roasts POT ROAST Bone In 68¢ lb. Three Corner Bone less 88¢ lb.
FRESH CAUGHT Sea Trout lb. 33¢
MASH'S FULLY COOKED SMOKED Hams SHANK OF HAM lb. 58¢ SEMI-BONELESS BUTT OF HAM 78¢ lb.
MORRELL PORK Sausage 1-lb. Roll 48¢ IN-THE-PIECE Liverwurst 49¢ lb.
LEAN SLICED Bacon Gaylord 1-lb. Pkg. 58¢ Food Club 1-lb. Pkg. 68¢ Esskay 1-lb. Pkg. 78¢

Lean Fresh Pork Shoulders ... lb. 48¢
Chuck Filet Steak OR LONDON BROIL STEAK U.S. CHOICE ... lb. 98¢
¼-Legs & Breasts Chicken ... lb. 38¢
Fancy Pigs Feet, Neck Bone OR PORK TAILS lb. 25¢
THIGHS AND DRUM STICKS BREASTS OR PARTY PARTS WEAVER Batter Dip Chicken ... PKG. 1.39
Brilliant Cooked Shrimp ... PEELED 10-Oz. Pkg. 99¢
GOETZE Luncheon Meats OLIVE OR PICKLE LOAF Spiced Luncheon, Bologna, Garlic Bologna Or Plain 6-oz. 38¢
Fresh Roasting Chickens ... lb. 38¢
Salads IDA MAE Potatoe, Cole Slaw, Fruit Filled Gelatin, Choc. Pudding 2 lb. CONT. 49¢
Smoked Meats Food Club, Beef, Ham, Turkey Or Pastrami ... 3-oz. Pkg. 35¢
Center Cut Ham Slices ... lb. $1.09
Breakfast Links Esskay ... 8-Oz. Pkg. 39¢
American Cheese FRESH SLICED White or Yellow ... lb. 88¢
Chicken Roll MR. KESSLER ½-lb. 65¢ Ham Pressed & Chopped ½ Imported lb. 69¢

JUBILEE Apple Pie Save 46¢ 29¢ 1-lb. 6-oz. Pkg.

FINEST QUALITY-JUBILEE ENRICHED White Bread JUMBO 1-Pound, 6-Ounce Loaf ... 25¢
INSTANT Maxwell House COFFEE 6-Oz. Jar $1.19
LOW PRICED Bordens cremora ... 1-lb. Jar 69¢
FOOD CLUB Mayonnaise ... 1 Quart Jar 49¢
PLASTIC CONT. Topco Bleach ... One Gal 37¢
GAYLORD Orange Juice ... 6-ounce Can 16¢

Crest Toothpaste Reg. 6¢ OFF . 6¾-Oz. Tube 69¢
Listerine Antiseptic 20¢ OFF . . . . 32-Oz. Bottle $1.29
Alka Seltzer Plus 36¢ . . . . . 20 In Box 75¢
Top Spred Oleo Quarters ... 1-lb. Pkg. 21¢
Cheez Whiz Spread KRAFT ... 1-lb. 85¢
Dorman Austrian Swiss Sliced Cheese 6-Oz. Pkg. 42¢
Cracker Barrel Sharp Yellow Stick . . 10-Oz. Pkg. 75¢
Pineapple Cheese Pie JUBILEE 1-lb. 6-Oz. . . 49¢
Jewish Rye JUBILEE. . . Or Pumpernickle Bread . . . . 1-lb. 4-Oz. Loaf 33¢
Pound Cake Loaves JUBILEE . . . . 1-lb. 6-Oz. 59¢
American Cheese THIN SLICED 1-LB. PKG. 79¢
Sunshine Tree Orange Juice . ½-Qt. 49¢

U.S. #1 'A' SIZE Potatoes 10-lb. Bag 49¢
Ripe Bananas GOLDEN lb. 12¢
Celery Hearts CRISPY, FLORIDA BUNCH 39¢
100% Pure Florida Orange Juice 69¢
ALL PURPOSE Stayman Apples 3 ... 49¢
MEATY CANADIAN Yellow Turnips 10¢
SNOW WHITE Mushrooms Luscious Puerto Rican Pinapples 59¢

CHECK & COMPARE
Cracker Meal Jubilee ... 10-oz. pkg. 19¢
Food Club Grape Jelly ... 10-oz. jar 23¢
Pal Peanut Butter ... 1-pt., 8-oz. jar 69¢
Pancake Syrup Food Club ... 1-qt., 4-oz. JAR 75¢
Ace Tea Bags 100 in box ... box 55¢
Tomato Catsup Food Club ... 1-lb., 4-oz. 29¢
French Dressing Food Club ... 8-oz. 29¢
Spry Shortening 7¢ off ... 2-lb. 10-oz. can 89¢
Chunk Tuna Food Club Light ... 6½-oz. 35¢

EVERY DAY LOW DISCOUNT PRICES
Kelloggs Special K ... 11-oz. box 55¢
Baby Soft Tissues ASST. COLORS 200 in box 19¢
Topco Ammonia SUDS OR CLEAR ... 1-qt. btl. 14¢
Cold Power Detergent ... 3-lb., 1-oz. box 85¢
Gain Detergent ... 3-lb., 1-oz. box 85¢
Mott's Apple Sauce ... 15-oz. glass 26¢
Pork & Beans Gaylord ... 15½-oz. can 12¢

Come Check & Compare Our Low Prices
Froz. Broccoli Spears GAYLORD ... 8-oz. pkg. 20¢
Froz. Cauliflower GAYLORD ... 8-oz. pkg. 19¢
Froz. Green Beans GAYLORD ... est 8-oz. 17¢
Froz. Sweet Peas GAYLORD ... 10-oz. pkg. 14¢
Froz Dinners TOP FROST ... all var. 11-oz. pkg. 35¢
TOP FROST Frozen Strawberries ... 10-OZ. PKG. 29¢
1½ Bushel capacity Plastic Laundry Basket—23"x18"x10" in Sand color ea.
Swing Top Waste Bin—28 qt. capacity in attractive Avocado with White top ea.
28 qt. capacity Waste Basket—Avocado color ea.
$1.09 each

PRICES EFFECEIVE THRU JAN. 30, 1971 — QUANTITY RIGHTS RESERVED

Camay Soap 5½-oz. Bars 17¢
Ivory Soap Medium Bar 11¢
Ivory Soap Personal Size 07¢
Safeguard Soap 5-oz. Bar 22¢
Zest Soap 4-oz. Bar. 16¢
Comet Cleanser 14-oz. Cont. 17¢
Spic & Span 3-lb. 6-oz. Box 95¢
Mr. Clean 1-Pt. 12-oz. Cont. 66¢
Soft Whipped Mrs. Filbert's OLEO 4¢ OFF 1-lb. Pkg. 43¢
Top Job Liquid Cleaner 1-Pt. 12-oz. Cont. 65¢
Downy Fabric Softener 1-Qt. 1-oz. Cont. 79¢
Cheer Detergent 3-lb. 6-oz. Box 85¢
Dash Detergent 3-lb. 2-oz. Box 76¢
Gain Detergent 3-lb. 1-oz. Box 85¢
Ivory Flakes 2-lb. Box 87¢
Cascade Auto. Dishwasher Detergent 2-lb. 3-oz. Box 77¢
10¢ OFF Drive Detergent 3-lb. 1-oz. Box 72¢
25¢ OFF RINSO DETERGENT 5-lb. 4-oz. Box $1.20
60¢ OFF ALL DETERGENT 20-lb. Box $3.99
6¢ OFF WISK LIQUID Qt. Btl. 71¢
Final Touch Fabric Softener ½-gal. $1.49
Lifebuoy Soap 3½-oz. Bar 19¢
Lux Bath Soap 4 3½-oz. Bars 50¢
7¢ OFF PHASE 3 Bath Soap 2 3½-oz. Bars 41¢
Liquid Cold Water ALL Qt. Btl. 75¢
Dishwasher ALL 2-lb. 3-oz. Box 79¢
HANDI-WIPES 10 IN PKG. 49¢

40¢ OFF WITH THIS COUPON — BIG VALU — ON PURCHASE OF 10-oz. JAR (#23217) NESCAFE — Limit 1 Coupon per shopping family. Offer Expires Jan. 30, 1971. MFC

10¢ OFF WITH THIS COUPON — BIG VALU — ON PURCHASE OF 10-oz. or 15-oz. Box (#MC-2947) CHEERIOS — Limit 1 Coupon per shopping family. Offer Expires Jan. 30, 1971. MFC