MRS. SYLVIA JONES, lab technologist for Sinai Hospital demonstrates the complicated blood sampling computer recently purchased by the hospital and which can run tests on 12 different types of blood at once.

Economy meals for good eating

Warm weather brings a special nutrition problem; appetites are often light — wilted by the heat — so it's harder to get your daily quota of nutrients.

Thank goodness for dairy products! Milk, ice cream, buttermilk, cottage cheese, and the others are cooling, tempting foods that have increased appeal in warm weather.

And dairy products are chock full of vitamins and minerals. They're especially good sources of calcium.

Calcium is needed for strong bones and teeth, but it's often lacking in otherwise good diets.

Dairy products approach peak production at this time of year. Since they're "in season," you may find them particularly good buys at your grocery.

* * *

If you haven't yet jumped on the dairy bandwagon, now's a great time to join the millions of Americans already there. Would you believe that in 1969, civilian consumption of fluid milk and cream in the United States was 271 pounds per person?

That sounds like a lot, but there's actually room for improvement. The figure has been dropping steadily for years. Fifteen years earlier, in 1954, the civilian consumption figure was 346 pounds per person.

As for other dairy products, in 1969 we each consumed an average of 5.4 pounds of butter and 11 pounds of cheese.

But the big winner was, of course, ice cream: we each enjoyed a grand total of 18.1 pounds of that luscious product!

* * *

Here's a menu for a day's good eating, using lots of dairy products and other plentiful and moderately priced foods:

BREAKFAST
Canned Peaches
French Toast
Milk
Coffee or Tea
LUNCH
Macaroni and Cheese
Tossed Salad
Fresh Orange
Milk
Coffee or Tea
DINNER
Meatloaf
Mashed Potatoes
Peas
Ice Cream with
Mocha Dessert Sauce
Milk
Coffee or Tea

Here's a recipe for Mocha Dessert Sauce, a smoothly superb dress-up for ice cream or plain cake:

Use two tablespoons cornstarch, two-third cup sugar, one-half teaspoon salt, two cups whole milk, one-fourth cup butter or margarine, two ozs. unsweetened chocolate and one teaspoon instant coffee.

Combine cornstarch, sugar and salt in a 1-quart saucepan. Mix well. Add milk slowly, stirring until smooth. Bring to a boil over low heat, stirring constantly. Boil 1 minute. Add fat and chocolate. Boil, stirring constantly until thick and smooth, about 2 minutes.

Stir in instant coffee. Cool. Serve over ice cream or plain cake. Makes 2¼ cups. Calories per tablespoon: About 45.

Variation: Weight-watchers dessert sauce. — Use 2 cups skim milk and only 1 tablespoon butter or margarine. Use 1/3 cup cocoa instead of chocolate. Stir cocoa into cornstarch mixture. Mix well before adding milk. About 25 calories per tablespoon.

MAY 14

BAZAAR AND BAKE SALE sponsored by Teens, Inc., of Provident Comprehensive Neighborhood Health Center, 12 noon to 4 p.m. at St. Pius Church, Edmondson Ave. and Schroeder Sts. The public is invited.

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PRICES EFFECTIVE TUES., MAY 11 THRU SAT., MAY 15, 1971

ESSKAY'S BONELESS SHOULDER STEAKS 99¢ lb. SAVE CASH
BOSTON BUTTS PORK ROAST 49¢
ELLSWORTH BUTTER RICH TURKEYS GRADE "A" OVER HEAVY 8-LBS. & UP 49¢
SELECT STEER BEEF LIVER 49¢
MORRELL'S PALACE BRAND THICK SLICED BACON 2 lb. 99¢
GOETZE'S WAC PAC Bologna, Pickle Loaf or Spiced Luncheon lb. 39¢
GOETZE'S PROVEN BEST ALL MEAT or ALL BEEF FRANKS lb. 69¢
SAVE! SAVE! SHOP & SAVE! CRISCO SHORTENING 3 lb. 79¢ — WE ACCEPT U.S.D.A. FOOD COUPONS
USDA CHOICE BONELESS 3-CORNER BEEF ROAST 99¢ lb.
CALIFORNIA POT ROAST USDA CHOICE lb. 68¢
MORRELL'S PRIDE ALL MEAT FRANKS 69¢
FRESH GROUND CHUCK 89¢
Highland Brand Breakfast Sausage 2 lb. 89¢
Pure Pork-Style Skinless Smoked Franks Esskay's Sausage lb. 59¢
ESSKAY'S QUARTERED PORK LOINS 69¢
Esskay's Lean Meaty Neck Bones 19¢
ESSKAY'S U.S.D.A. CHOICE BONELESS CHUCK ROAST 69¢
ESSKAY'S EARLY JOY SLICED BACON lb. pkg. 49¢
Freshly Made Ground Beef 69¢
GWALTNEY'S BUDGET BACON ENDS lb. 19¢
SMALL & LEAN GWALTNEY'S SPARE RIBS 3-LBS. & DOWN lb. 69¢
FLUFF NEST GRADE "A" MEDIUM EGGS doz. 39¢
COMBINATION PACKAGE - CHICKEN LEGS and BREASTS 39¢ lb.

* Goetze's BREAKFAST SAUSAGE....2-lb. roll 89¢ * Goetze's SCRAPPLE....2-lb. pkg. 79¢ * Fresh cut Turkey NECKS or WINGS....lb. 29¢
* Esskay's hickory smoked SLICED BACON....lb. pkg. 69¢ * Sugar cured, small SMOKED SHOULDERS 4 to 6-lbs., lb. 43¢ * Morrell's Ready to eat CANNED HAMS...3-lb. can $2.99...5-lb. can $4.99 * Oscar Mayer sliced all meat or all beff BOLOGNA....12-oz. pkg. 69¢
* Esskay's sweet korn SLICED BACON.....lb. pkg. 65¢ *** Esskay's CHITTERLINGS.....10-lb. pail $2.99

FRESH PRODUCE SPECIALS
FRESH YELLOW Corn on the Cob 5 EARS 49¢
GARDEN GREEN String Beans lb. 29¢
WESTERN ICEBERG LETTUCE large head 19¢
JUICY FLORIDA ORANGES dozen 49¢

VALUABLE COUPON — DRIVE DETERGENT large size 99¢ — WITH THIS COUPON — GOOD ONLY AT FOOD-A-RAMA & SELF SERVICE UNITS. EXPIRES SATURDAY, MAY 15th, 1971 — LIMIT ONE COUPON PER FAMILY
VALUABLE COUPON — DOVE LIQUID 39¢ — WITH THIS COUPON — GOOD ONLY AT FOOD-A-RAMA & SELF SERVICE UNITS. EXPIRES SATURDAY, MAY 15th, 1971 — LIMIT ONE COUPON PER FAMILY

BIG SAVINGS...
Crosse & Blackwell CRAB SOUP 3 Reg. Cans $1.00
Libby's SAUERKRAUT 2 No. 2½ can 49¢
Kraft's BARBEQUE SAUCE 18-oz. Jar 39¢
Gold Cup Strawberry Preserves 2 lb. Jar 49¢
Libby's PORK N' BEANS 2 14-oz. Cans 25¢
Whole Golden Corn, 303 can * Kounty Kist String Beans, 303 can * Shenandoah Apple Sauce, 303 can * Franco American Spaghetti, 15½-oz. can MOR VALUE 6 for $1.00
Del Monte PEACHES 3 No. 2½ Cans $1.00
Assorted HI C DRINKS 3 46-oz. cans $1.00
Del Monte Pineapple-Grapefruit DRINKS 3 46-oz. cans $1.00
Lifebuoy FACIAL SOAP 2 Bath Size 33¢
Nestle's Million Dollar CANDY BARS ½-Price Sale 39¢
Mc Cormick's MAYONNAISE Qt. Jar 59¢
Del Monte Whole GOLDEN CORN 5 303 Cans $1.00
Bounty PAPER TOWELS Twin Pack 39¢
Kraft's Pure GRAPE JELLY lb. Jar 49¢
Campbell's Chicken Noodle SOUP Reg. Can 15¢
Charmin TOILET TISSUE 4 Roll Pkg. 39¢
Sterling SALT Round Box 10¢
Clorox BLEACH Plastic Gallon 49¢
Flako Corn MUFFIN MIX Reg. Pkg. 10¢
PET MILK TALL CANS 4 For 69¢

DAIRY SPECIALS
FLUFF NEST EGGS GRADE 'A' MEDIUM doz. 39¢
MRS. FILBERT'S CINNAMON SPREAD ON STRAWBERRY SPREAD 8-OZ. CONT. 25¢
MRS. FILBERT'S WHIPPED MARGARINE 6-stick pkg. 25¢
COOPER'S IND. WRAP AMERICAN CHEESE SLICES 12-OZ. PKG. 59¢
PILLSBURY BISCUITS 4 REG. CANS 39¢

SEAFOOD SPECIALS
FRESH PICKED CRAB MEAT lb. can $1.89 lb. can $1.99

FROZEN FOOD SPECIALS
BANQUET BUFFET DINNERS BEEF STEW *BEEF CHOP SUEY *CHICKEN CHOP SUEY 2 lb. BOX 89¢
FROSTY ACRES CHOPPED BROCCOLI SPEARS REG. PKG. 19¢
OLD SOUTH ORANGE JUICE 6-OZ. CAN 14¢
MORTON'S ASST. CREAM PIES REG. PKG. 29¢
CHEF'S CHOICE FRENCH FRIES 2-lb. cello bag 29¢

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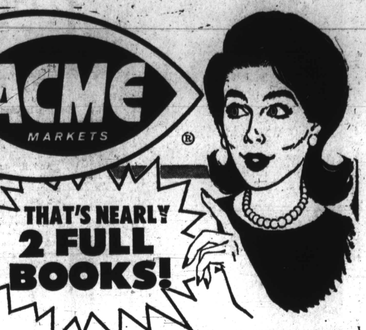

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Sirloin Steaks BONE-OUT, INCLUDING THE MUSHROOMS lb. $1.29 Porterhouse Steaks lb. $1.49

QUARTERED PORK LOINS SLICED 9-11 CHOPS AVG. lb. 65¢
LEAN, CENTER CUT SMOKED Pork Chops lb. 95¢
LANCASTER BRAND, FULLY-COOKED, DRY CURED Semi-Boneless Hams lb. 85¢
LANCASTER BRAND TENDER Beef Liver (BABY BEEF LIVER lb. 59¢) lb. 49¢
FIRESIDE BRAND, LEAN Sliced Bacon 1-lb. pkg. 69¢
ROPE STYLE Esskay Sausage lb. 79¢
DUKELAND, ALL-MEAT Skinless Franks 1-lb. pkg. 59¢
ACME DELI VALUES!
LEAN, SLICED Boiled Ham lb. 99¢
RICH'S (DARK MEAT) Turkey Roll ½-lb. 69¢
FRESH BAKERY BUYS!
SAVE 13¢ SUPREME LARGE PULLMAN SANDWICH BREAD 3 1-lb., 6-oz. loaves 98¢
SAVE 2¢ SUPREME PLAIN, SEEDED, OLD FASH. OR ITALIAN Vienna Bread 2 1-lb. loz. 67¢
SAVE 20¢ VIRGINIA LEE PLAIN, VANILLA OR CHOC ICED Pound Cakes 2½-lb. cake 99¢
DAIRY DELIGHTS!
KRAFT'S INDIV. WRAPPED, SLICED CHEESE WHITE or YELLOW 12-oz. pkg. 69¢
CREAMERY FRESH Louella Butter 1-lb. qtr. 83¢
CORN OIL STICK MARGARINE Mrs. Filbert's 3¢ OFF! lb. 43¢
PRINCESS Margarine 4 1-lb. qtrs. 89¢

LANCASTER BRAND, OVEN-READY LEG O' LAMB WHOLE LEGS lb. 89¢ HALF LEGS lb. 99¢
SQUARE-CUT Shoulder Lamb lb. 65¢
LEAN, TENDER Loin Lamb Chops lb. $1.69
LANCASTER BRAND Rib Lamb Chops lb. $1.59
BLADE-CUT LAMB Shoulder Chops lb. 95¢
SEA FOOD SELECTIONS!
FULLY COOKED, HEAT & EAT, FILLET OF HADDOCK or FLOUNDER lb. 89¢
FRESH CAUGHT Bay Shad lb. BUCK 23¢ WITH ROE 39¢
FROZEN FOOD BUYS!
IDEAL FRESH-FROZEN VEGETABLES CAULIFLOWER, BABY LIMAS, FORDHOOK LIMAS 3 10-oz. pkgs. 79¢
IDEAL BRAND Cheese Pizza 15-oz. pkg. 69¢
IDEAL FLORIDA, FROZEN Orange Juice 1-qt. can 59¢
BIRDS EYE (WITH ALMONDS OR MUSHROOMS) French Beans 2 9-oz. pkgs. 79¢
HANOVER REG. OR CRINKLE CUT Potatoes 2-lb. pkg. 49¢
LANCASTER BRAND, BREADED VEAL OR Pork Steaks 2-lb. pkg. $1.79
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FRESH, GREEN Onions bch. 10¢
LARGE, HOT HOUSE Tomatoes lb. 69¢
FRESH, CRISP Cucumbers 2 for 39¢
50 EXTRA BONUS STAMPS! With The Purchase of Any Jar New Marzetti Dressing And Coupon Below

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Ken-L Ration Dog Food 6 15½-oz. cans 79¢
Kraft's Miracle Whip 1-qt. jar 59¢
Crisco Shortening 3-lb. can 89¢
Breast O' Chicken LIGHT CHUNK TUNA 2 6½-oz. cans 83¢
Tagless Tea Bags MODERN pkg. of 100 59¢
Maxwell House INSTANT COFFEE 10-oz. jar $1.45
Lipton's Tea Bags pkg. of 48 69¢
Green Giant Peas 2 1-lb.-1-oz. cans 45¢
Campbell's Tomato Soup 2 10½-oz. cans 19¢
Niblets Golden Corn WHOLE KERNEL 12-oz. can 20¢
Campbell's Pork & Beans 4 1-lb. cans 57¢
Waldorf Toilet Tissue 8-OFF! 4-roll pkg. 34¢
Clorox Bleach 1-gal. jug 49¢

50¢ OFF BOLD or TIDE XK 10-lb., 11-oz. pkg. $2.57
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100 S&H GREEN STAMPS with the purchase of any pkg. LIGHT BULBS
50 S&H GREEN STAMPS with the purchase of any 3-lb. or more LANCASTER BRAND FRESH GROUND BEEF
50 S&H GREEN STAMPS with the purchase of a 1-lb. pkg. PRESERVE OR LANCASTER BRAND SLICED BACON
50 S&H GREEN STAMPS with the purchase of any two pkgs. LANCASTER BRAND FROZEN DINNERS
50 S&H GREEN STAMPS with the purchase of a 1-lb. pkg. LANCASTER BRAND SKINLESS FRANKS
50 S&H GREEN STAMPS with the purchase of any 3-lb. or more FRESH, PAN-READY CHICKEN PARTS
50 S&H GREEN STAMPS with the purchase of a ½-gal. ICE CREAM or ICE MILK
50 S&H GREEN STAMPS with the purchase of any two doz. IDEAL GRADE "A" FRESH EGGS
50 S&H GREEN STAMPS with the purchase of 1-lb. LOUELLA BUTTER or two 1-lb. pkgs. IDEAL MARGARINE
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50 S&H GREEN STAMPS with the purchase of an 18-oz. container VIRGINIA LEE STICK POTATO CHIPS or 1½-lb. container SHULTZ PRETZELS
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