FASHION NOTE: In contrast to last season, young men's suits are streamlined. The "Put-On 50" above has today's look: close to the body, shaped styling with side lapels, buttoned, flap pockets and the important geometric-weave fabric. Suit from Sears.

Light Housekeeping

By LULA MACKAY

Really, you should read food labels.

If you read labels carefully you not only would get a good deal of information but save yourself a lot of disappointment upon beginning meals. For example, when buying a can or bottle of orange juice there's a world of difference between the contents of the package labeled 'orange drink" and "orange juice." The popular dry and frozen drinks have orange flavor and color and they are sweet. But the drinks may contain little or no natural orange juice.

And if you think you are cutting the calories by using ice milk in place of ice cream, or whipped toppings and sour cream toppings instead of the real dairy produce, take a good look at labels. Measure for measure, ice milk contains only a few less calories than ice cream. And in most cases the dairy substitutes are not significantly lower in calories than the products they are designed to replace. Much of this information is on the label.

* * *

What's new? In stores, this spring is a new line of women's washable footwear which combines fashion with function.

Burlington Industries has designed slippers in thick-soled clogs, espadrilles, T-straps and sandals in 100 per cent cotton prints. All have the new cork soles.

These shoes come in a variety of solids with contrast binding and plus stitching plus a section of colorful patterns that include peasants prints, polka dots and bold florals.

* * *

Beauty bit: A new collection of frosted lip glosses not only look good, but taste good . . like, for instance, fresh fruit.

Created in a patty form, the glosses come in a round plastic compact, topped by a clear transparent cover.

The five flavors and shades (and they're by Max Factor) are cherry, strawberry, nectarine, coconut and pineapple. You apply them with either fingertip or brush.

* * *

Homemaking: If your hospital or health center hasn't done this you should check it yourself.

A medical service introduced in New York by French and Poly-clinic Medical School and Health Center has a wallet-size medical emergency card which provides information that could mean the difference between life or death in a medical crisis.

The card is about the same size as a credit card and has space to fill in blood type, serious illnesses, drug allergies, name and phone number of the family physician and hospital where the individual's medical history is on file.

* * *

Recipe of the Week: This is a particularly good recipe, both from the viewpoint of taste and convenience. Ingredients given are for eight individual servings or can be made into one large loaf. The individual idea scores because if the family is of two or four, the extra loaves (individual) are snatched away in the freezer.

Here's how:

Mix a pound of ground beef with a half pound each of ground veal and ground pork, three slices of bread mixed with a cup of milk, one egg, a half cup minced raw onion, two tablespoons of prepared mustard, one tablespoon of worcestershire sauce, a half cup of walnut meats, chopped, and salt, pepper, sage and celery salt to taste.

Pan broil a tiny meat patty before tasting for seasoning and adjustment. Shape mixture into eight loaves, cover each with a bacon strip and a thin layer of chili sauce and place in a single layer in lightly greased shallow pan. Pout one cup of water around loaves and bake in preheated 350-degree oven one and a half hours.

School Lunches

MONDAY
Grilled Cheese Sandwich
or Chipped Ham
Sandwich
Corn Niblets
Buttered
Savory Tomatoes or
Spinach Supreme
Chilled Peaches
w/Prune Garnish
½ Pt. Milk

TUESDAY
Spaghetti Italiano or
Cheese on Rye
Creamy Cole Slaw
Buttered Green Beans
or Coin Carrots
Hot Roll
and Butter
Calico Fruit Cup
½ Pt. Milk

WEDNESDAY
Hot Turkey Sandwich
or Frank on Roll
Creamy Whipped Potatoes
or Sunny Yams
Butt. Garden Peas
or Chilled Tomato
Juice
Peanut Butter Cookies
½ Pt. Milk

THURSDAY
Southern Style Ham
or Bologna Sandwich
Potatoes Au Gratin
Green Cabbage
w/Butter Sauce or
Glazed Apples
Cracklin' Cornbread
and Butter
Jello w/Topping
½ Pt. Milk

FRIDAY
Dixie Hamburger or
Egg Salad
Sandwich
Parsley Rice
Butt. Kale or
Butt. Peas and
Carrots
Hot Roll
and Butter
Royal Hawaiian Dessert
½ Pt. Milk

Elementary School

MONDAY
Grilled Cheese Sandwich
Buttery Green Beans
Savory Tomatoes
Chilled Peaches
w/Prune Garnish
½ Pt. Milk

TUESDAY
Spaghetti Italiano
Creamy Cole Slaw
Corn Niblets
Hot Roll
and Butter
Calico Fruit Cup
1 Pt. Milk

WEDNESDAY
Hot Turkey Sandwich
w/Gravy
Fluffy Whipped Potatoes
or Sunny Yams
Buttered Green Peas
or Sauerkraut
Orange Juice and
Peanut Butter Cookies
1 Pt. Milk

THURSDAY
Tuna Surprise
Golden Browned Potatoes
or Potato Salad
Buttered Spinach
Snow-capped Jello
½ Pt Milk

FRIDAY
Dixie Hamburger
Parsley Rice
Buttery Peas
and Carrots
Hot Roll
and Butter
Royal Hawaiian Dessert
½ Pt. Milk

Beauty for little Girl and her Mom

The best time to teach little girls good lifelong beauty habits is when they are young and eager to imitate Mom.

You might be surprised at the number of grooming routines your three-year-old can learn to manage on her own with a little instruction from you.

And, if you make it a mother and daughter routine, it can be a nice time of closeness for both of you.

Hair care, one of the beauty concerns of all women, is a good place to begin.

Make it a point to wash your hair together. No tears baby shampoo won't sting her eyes — one of the reasons little girls sometimes hate to have their hair washed. Baby shampoo is gentle enough to use as often as you want. If you haven't tried it on your own hair yet, you'll have made a great beauty discovery when you see how young and shiny it makes it.

The other reason little girls used to hate to comb their hair can also be easily eliminated. The new spray cream rinse especially for children eliminates the tangle problem. With no more tangles her hair gets less breakage and is conditioned for manageability. Since the convenient spray eliminates measuring and mixing, she can easily use it by herself. And, it will solve the young problems in your hair too, so once again you can share beauty aids.

Your little girl will be proud of herself for being able to wash and comb her own hair when so many of her friends are still having theirs done by their mothers. She'll feel very grown-up — just like Mom.

VALUABLE COUPON — 10¢ OFF WITH THIS COUPON — Toward the purchase of FANCY FRUIT FARM PRESERVES CASH VALUE 1/20th of 1¢ GOOD ONLY AT TWO GUYS — One coupon per family. Good date Sat., May 15, 1971. — Two Guys

VALUABLE COUPON — 10¢ OFF WITH THIS COUPON — Toward the purchase of KEEBLER REG. PKG. CINNAMON CRISP GOOD ONLY AT TWO GUYS — One coupon per customer. Good date Sat., May 15, 1971. — Two Guys

VALUABLE COUPON — 15¢ OFF WITH THIS COUPON — Toward the purchase of 2 PKGS. PILLSBURY 2-LAYER CAKE MIXES GOOD ONLY AT TWO GUYS — One coupon per family. Good date Sat., May 15, 1971. — Two Guys

VALUABLE COUPON — 10¢ OFF WITH THIS COUPON — Toward the purchase of 4 OR MORE PRE-SWEETENED FUNNY FACE GOOD ONLY AT TWO GUYS — One coupon per family. Good date Sat., May 15, 1971. — Two Guys

VALUABLE COUPON — 7¢ OFF WITH THIS COUPON — Toward the purchase of PILLSBURY BEST FLOUR 5-LB. BAG GOOD ONLY AT TWO GUYS. One coupon per family. Good date Sat., May 15, 1971. — Two Guys

VALUABLE COUPON — 15¢ OFF WITH THIS COUPON — Toward the purchase of 2 CANS SALTESEA MANHATTAN CLAM CHOWDER 36-OZ. SIZE GOOD ONLY AT TWO GUYS — One coupon per family. Good date Sat., May 15, 1971. — Two Guys

Two Guys PLUS YOUR MOST VALUABLE TRADING STAMPS FREE!

WE SELL ONLY U.S. DEPT. GRADED CHOICE BEEF

more for your money! SALE TODAY thru SAT.

MASH'S SMOKED HAM SHANK HALF lb. 49¢

MASH'S BUTT HALF SEMI-BONELESS lb. 69¢

SMOKED CENTER CUT HAM STEAK lb. 89¢

CITY CUT PORK CHOP SALE!
SHOULDER CHOPS lb. 59¢
HIP CHOPS 69¢
CENTER CUT $1.08

GENUINE SPRING (SHOULDER) LAMB CHOPS lb 89¢

BONELESS BOLAR ROAST LB 1.19

SILVER TIP ROAST U.S.D.A. CHOICE 1.23
TOP ROUND ROAST STEAK SLICED lb. 1.25
BEEF LIVER lb. 49¢
CITY CUT FRESH REG. BONE IN PORK BUTTS lb. 59¢

THICK CUT SHOULDER LONDON BROIL
LEAN & TENDER CUBE STEAK
TASTY BONELESS SHOULDER STEAK lb. 1.25

GROUND MEAT SALE!
FRESH ALL BEEF GROUND BEEF lb. 69¢
FRESH LEAN GROUND CHUCK lb. 79¢
FRESH EXTRA LEAN GROUND ROUND lb. 89¢

CHUCK STEAK FIRST CUT lb 53¢

ROASTING PORK lb. 49¢
CITY CUT COUNTRY STYLE SPARE RIBS lb. 69¢
GOV'T INSPECTED THIGH ON CHICKEN LEGS lb. 49¢
TWO GUYS BLUE LABEL OR BONNIE MAID SLICED BACON lb. 69¢
TWO GUYS ALL MEAT FRANKS lb. 65¢
HYGRADE ALL BEEF FRANKS lb. 69¢
OSCAR MAYER ALL MEAT OR ALL BEEF SLICED BOLOGNA 12-oz. pkg. 79¢

ARMOUR STAR MIRACURE VAC PACK SLICED BACON lb 69¢

Two Guys YELLOW CLING PEACHES SLICED OR HALVES 5 1-lb cans 99¢

Two Guys CALIFORNIA TOMATO SAUCE 10 8-oz. cans 79¢

PRODUCE DEPARTMENT
BANANAS GOLDEN RIPE lb. 9¢
ASPARAGUS FRESH JERSEY each bunch 79¢
FRESH FLORIDA CUCUMBERS 2 FOR 25¢
FRESH CALIFORNIA ICEBERG LETTUCE LARGE HEAD each 29¢
CALIFORNIA NAVEL ORANGES 12 in bag 49¢
WASHINGTON STATE WINESAP APPLES 3 lb. bag 49¢
FRESH TASTY LARGE STALK PASCAL CELERY each 18¢

DAIRY DEPARTMENT
MARGARINE SOF-SPREAD IMPERIAL 2 1-lb. 89¢
REGULAR OR BUTTERMILK PILLSBURY BISCUITS 4 8-oz. 35¢
KRAFT JUICE PINEAPPLE ORANGE 3 plus dep. $1

FROZEN FOOD DEPT.
MORTON DINNERS 9 VARIETIES 3 11-oz. $1
REGULAR OR CRINKLE CUT BIRDS EYE POTATOES 1-LB BOX 22¢
SARA LEE CHOCOLATE CAKE 13½-oz. 59¢
BUITONI RAVIOLIETTES 10-OZ. OR MEAT LASAGNE 13-oz. 49¢

APPETIZING DEPARTMENT
LIBERTY GERMAN BOLOGNA 79¢ lb.
RICHS ALL WHITE MEAT CHICKEN ROLL ½-lb. 59¢

TWO GUYS TRADING STAMPS ONE BOOK SPECIAL YOUR BOOK SAVES 4.97 TOWARD THE PURCHASE OF MOLDED ATTACHE' CASE SCUFF RESISTANT Heavy gauge plastic. Double tongue and groove closure. Black, olive. REG. 5.97 YOU PAY $1 PLUS THIS COUPON TRADING STAMPS GIFT DEPARTMENT

WEEKLY BONUS SPECIAL PLASTIC PAIL 15-quart capacity! Your choice of colors. REG. 79¢ WITH A 1000 PURCHASE OF $2 OR MORE. HOUSEWARES DEPT. 48¢

Two Guys WILL GIVE YOU A FREE* PICTURE EACH WEEK FOR 10 WEEKS SELECT FROM OUR ART GALLERY OF MASTERPIECE REPRODUCTIONS

Two Guys FREE FOOD DEPT. COUPON ONE 8"x10" FAMOUS ART MASTERPIECE *WITH THIS COUPON AND A $3 OR MORE FOOD PURCHASE Minimum Mark-Up and Fair Trade Items Excepted. Limit One to Adult Customer. Cash Value 1/20¢. One coupon per family. Good date Sat., May 15, 1971. 3rd WEEK

KOSHER STYLE OR POLISH TWO GUYS PICKLES ½-gal. 59¢

HILLS BROS. COFFEE 2-lb. can 1.59

CAMPBELL'S TOMATO SOUP 10½-oz. can 11¢

HUDSON FLAIR NAPKINS 2 pkgs. 25¢

VANITY FAIR FACIAL TISSUES 4 124-ct. pkgs. 89¢

TWO GUYS JIFFY WHITE LIQUID CLEANER 3 1-qt. btls. 99¢

CRISCO OIL 48-oz. btl. 99¢

TWO GUYS LOW SUDS DETERGENT 20-LB. CTN. 2.39

STAR UNIVERSAL COLD WATER DETERGENT QT. BTL. 49¢

SAXET SWEET PEAS 8 lb. 99¢

TEENIE WEENIE CORN WHOLE KERNEL 16-oz. or VAC PACK 12-oz. 6 for 99¢

DRAGO WHOLE STRING BEANS 5 1-lb. cans 99¢

HEINZ BARBECUE SAUCE ALL VARIETIES 3 16-oz. btls. 99¢

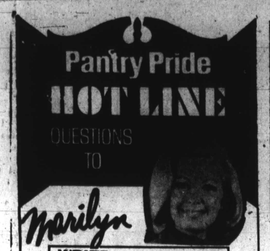
MARISCO FIG NEWTONS 16-oz. 43¢ KEEBLER RICH 'N CHIPS 16-oz. 49¢

Two Guys BAKERY SPECIALS!
SANDWICH WHITE BREAD 2-LB. PULLMAN 39¢
JEWISH HARD & BLUNT ROLLS pkg. of 6 29¢
HORN & HARDART GRILLED LEMON PIE PLAIN, CINN. OR SUGAR 24-oz. 69¢
DONUTS PLAIN OR MARBLE 3 doz. 1.29 $1
POUND CAKE LOAF 1-lb. 4-oz. 69¢
TWIST PRETZEL THINS 11-oz. 29¢

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., May 15, 1971.

THE NO. 1 LOW PRICE LEADER IN TOWN!

Pantry Pride HOT LINE QUESTIONS TO Marilyn



WRITE: HOT LINE 3325 Duncanwood Lane Balto., Md. 21213

Dear Marilyn:

Help please. We have received a lovely wooden salad bowl and would love to know how to season it for most satisfactory use.

Mrs. Cortledge, Del Haven. N.J.

Dear Mrs. Cortledge:

The best way to season a salad bowl that I have ever found is simply to take a clove of garlic and rub the bowl thoroughly with it.

When washing the bowl, by the way, do it quickly and dry immediately.

The bowl will stay lovely that way.

Dear Marilyn:

I love to bake cakes, pies and anything else. My family loves Jello so I went and got little molds. How do I get the Jello out of the molds? Nothing seems to work.

Mrs. S. Slepner, Cherry Hill, N.J.

Dear Mrs. Slepner:

I'm glad you asked that! There is a trick to getting the Jello out of molds and here it is. Using a very thin layer of oil, lightly grease the mold. When the Jello is firm turn it over. Sometimes the oil will be enough to release the Jello. If not, leave the mold overturned on plate and wet a dishtowel with hot water and wring it out. Place the dishtowel around the mold. It will instantly release the Jello.

The reason I'm so glad you asked that is because I've just given you one of the secrets for making those big luscious molds you see advertised, as well.

Marilyn

Pantry Pride HOT LINE

I get answers:

A while ago someone asked me in asking how to make pizzelle. We got an overwhelming number of replies and most agree on this basic recipe:

Beat 6 eggs; gradually add 1½ cups sugar, beating until smooth. Stir in 3½ cups all-purpose flour and 1 tbl. aniseed and 1 tbl. vanilla extract. Follow the directions for baking in the pizzelle iron book.

Dear Marilyn:

Do you have a suggestion for a different breakfast drink besides the old standbys like tea and coffee?

Mrs. B. Conshohocken, Pa.

Dear Mrs. B.:

Along with coffee and tea another real favorite in Europe is hot chocolate. Why not give that a try or cocoa perhaps. Maybe something chocolate will give you a good morning lift.

Marilyn

Dear Marilyn:

My problem is this. I love bananas. I buy them on Fridays for the week to put in my lunch but before the week is out they turn black and get soft and mushy. I want to know if there is any way to solve this problem. I have tried refrigeration, wrapping in Reynold's wrap and it did no good. Help me if you can.

Elder Jerry M. Mock, Baltimore, Md.

Dear Banana Lover:

You are right. You do have a mushy problem. Since I have suffered from the same difficulty, the best advice I can give you is—learn to bake banana cake.

If anyone else has a solution, please let us both know.

Marilyn

Dear Marilyn:

You are my last resort. I've gotten so many different versions to my question—they all come out to the same mixed up answer. What is the really, really difference between Chop Suey and Chow Mein?

Millie C., Baltimore

Dear Millie:

If I am going to be someone's last resort perhaps my name should be Miami or Palm Springs.

Seriously, though, I have checked with the owners of several Chinese restaurants and they are in agreement. The only difference between Chop Suey and Chow Mein is that Chop Suey is served with rice and Chow Mein with fried noodles.

I hope this really, really solves the problem.

Marilyn

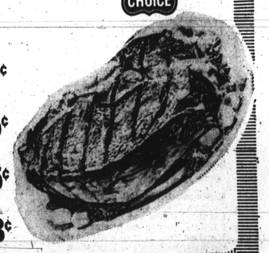
Pantry Pride HOT LINE

CHICKEN QUARTERS LEGS or BREASTS lb. 33¢

FRESH PORK SHOULDER PICNIC STYLE lb. 35¢

Nobody In Town Sells Better Meat!

SIRLOIN STEAK lb. $1.09



USDA CHOICE-BONELESS FRESH BRISKETS WHOLE lb. 89¢
USDA CHOICE RIB ROAST SHORT CUT lb. 95¢
PANTRY PRIDE GRADE 'A' REG. GROUND BEEF Sold in 3 Lb. Pkg. or Over lb. 65¢
FYNE TASTE LEAN SLICED BACON 1-lb. Pkg. 53¢

MASH'S FULLY COOKED HAMS SHANK PORTION lb. 39¢ BUTT PORTION lb. 49¢
PANTRY PRIDE GRADE 'A' PORK BUTTS BONE IN lb. 59¢
CENTER CUT HAM SLICES lb. 99¢
PANTRY PRIDE GRADE 'A' PORK LOIN WHOLE or HALF lb. 69¢

REGULAR or ALL BEEF ESSKAY FRANKS lb. pkg. 59¢

IN OUR BAKERY DEPT.
CHEESE PIE PLAIN or PINEAPPLE 22-oz. pkg. 49¢
CHEF DELIGHT CHEESE SPREAD 2-lb. loaf 69¢

PRICES ARE LOWER IN PANTRY PRIDE COUNTRY

We agree . . . your family deserves the best—and that means serving them the finest foods! We're happy to offer you one of the largest selections of the finest foods discount priced to save you money! It's all part of Pantry Pride's effort to give you the finest foods available . . . and still help you balance your food budget!

PANTRY PRIDE GRADE 'A' ROASTERS FRESH 3 lb. Avg. lb. 39¢
COUNTRY PORK HAHN'S SAUSAGE lb. 89¢
WEAVER'S DUTCH FRYE CHICKEN JUST MEAT 'N EAT 1-lb. 8-oz. Pkg. $1.49
PANTRY PRIDE GRADE 'A' PORK SPARE RIBS lb. 69¢

IN OUR APPETIZER DEPT.
LUNCHEON MEAT SPICED Available At Most Stores lb. 79¢

IN OUR BAKERY DEPT.
WHITE BREAD ROUND TOP 4 1-lb. 6-oz. loaves $1.00

SMALL FANCY SHRIMP lb. 85¢ 2 lb. Box $1.59

COME IN AND PICK YOUR OWN
SUGAR CORN SWEET FLORIDA 10 for 69¢
POTATOES U.S. NO. 1 IDAHO BAKING 5 lb. bag 59¢
TOMATOES FIRM SLICING cello pkg. 33¢
ORANGES CALIFORNIA VALENCIA 10 for 77¢
SUNKIST LEMONS THINSKIN JUICY 10 in bag 65¢

IT COSTS LESS IN PANTRY PRIDE COUNTRY
PANTRY PRIDE FROZEN ORANGE JUICE 6 6-oz. cans 89¢
CLEANSER PANTRY PRIDE 14-oz. Can 10¢
LIBBY TOMATO JUICE 3 1-qt. Cans 89¢
YELLOW PEACHES DIET DELIGHT 3 1-lb. Cans 79¢
PRESERVES PANTRY PRIDE STRAWBERRY 3 12-oz. Jars $1.00
HUNT'S SNACK PACK GELATINS 4-oz. Cans 55¢
MAXWELL HOUSE INSTANT 10-oz. Jar $1.45
CLOROX BLEACH 1-qt. 49¢
AJAX LIQUID 20¢ OFF 1-qt. 8-oz. Btl. 59¢

PRICES EFFECTIVE THRU SAT. MAY 15. LIMIT RIGHTS RESERVED

REDEEM THIS VALUABLE COUPON FOR 10¢ CASH 5-lb., 4-oz. pkg. KING SIZE AJAX DETERGENT 25¢ OFF LIMIT ONE COUPON PER SHOPPING FAMILY VOID AFTER SAT., MAY 15th Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 10¢ CASH PKG. KEEBLER CINNAMON CRISP or GRAHAM CRACKERS LIMIT ONE COUPON PER SHOPPING FAMILY VOID AFTER SAT., MAY 15th Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 40¢ CASH 8-oz. jar TASTER'S CHOICE FREEZE-DRIED COFFEE LIMIT ONE COUPON PER SHOPPING FAMILY VOID AFTER SAT., MAY 15th Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 7¢ CASH 5-lb. bag PILLSBURY FLOUR LIMIT ONE COUPON PER SHOPPING FAMILY VOID AFTER SAT., MAY 15th Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 10¢ CASH 6-oz. jar CHASE 'n SANBORN INSTANT COFFEE LIMIT ONE COUPON PER SHOPPING FAMILY VOID AFTER SAT., MAY 15th Pantry Pride