ACCEPTS DONATION — Melvin Roy, left, president of the Eastside Committee, recently accepted a $1,495 check on behalf of the East Baltimore Children's Fund. Presenting the check were Dr. Russell A. Nelson, president of the Johns Hopkins Hospital and Dr. Janet Hardy, associate professor of pediatrics and co-chairman of the Hopkins Committee. The funds, raised by faculty and employees of the Hopkins Medical Institutions, will be used to send children to camp and other recreational outings this summer.

Ice cream sticks to aid patients

Wooden and plastic ice cream sticks are being collected by the Maryland Tuberculosis and Respiratory Disease Association to be used in craft therapy by long term chronic hospital patients.

"The State-wide drive will continue throughout the summer," said Frank T. Jones, Executive Director "and persons wishing to contribute should wash the sticks and submit them in plastic bags to the nearest firehouse."

Local firemen are cooperating by providing their stations as collecting points throughout Baltimore City.

Hospital patients use the tiny sticks to construct items such as ship models, brie-a-orac and bowls.

Mt. Wilson State Hospital officials recently reported that their supply of contributed sticks was depleted and that they had to actually buy some for their therapy program.

Further information about the ice cream stick collection may be obtained by calling Maryland TB-RD Association at 685-6484.

$50

That's right; each and every week, the AFRO every week, the AFRO pays a total of $50 for news tips. YOU can share in this prize fund. Just be FIRST to call AFRO City Desk, 728-8200 as soon as you witness a newsworthy event. Bring photos of news events to City Desk and qualify for a special prize.

LOVED ONES — If you've lost a loved one, you can insert the death notice in the AFRO as late as two hours before publication — Tuesday noon and Friday noon. Call 728-8200 or ask your funeral director to call the AFRO.

* * *

Do something for somebody less fortunate than yu. Look around you. Be kind to someone today.

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Economy meals for good eating

Have a fluffy, puffy omelet . . . for desert.

The U.S. Department of Agriculture's Consumer and Marketing Service makes this suggestion now, while eggs are on its Plentiful Foods List. Continuing an upward trend, egg production this month is expected to be more than one per cent above a year earlier. It is likely that retail prices will be slightly more attractive than the same time last year.

Dessert omelets are light, airy treats that put a delicate, delicious cap on summer dinners. And the natural goodness of eggs — packed with top-quality protein, vitamins, and minerals — means that dessert becomes an important nutritious part of the meal.

* * *

To prepare the basic fluffomelet used in desserts, beat egg whites until stiff, but not dry, in one bowl. In another bowl, whip the yolks to a pale yellow color with a table spoon of milk for cream or whipped cream) per egg, and a little sugar and salt. Fold this mixture into the egg whites. Slip into a frying pan or baking dish containing melted butter, and cook or bake until lightly browned and the top surface "springs back" when lightly touched.

Flavorings can be added before cooking, or as fillings or garnishes. Jams, jellies, and preserves are naturals for desert omelets. Other tasty choices are chopped dried fruit; grated lemon, lime, or orange rind; chopped, peeled apple, diced banana; cranberry sauce; canned peaches; or chopped nuts. The finishing touch on any dessert omelet is a generous sprinkling of powdered sugar.

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

BREAKFAST
Half Grapefruit
French Toast
Milk
Coffee or Tea

LUNCH
Salmon Croquettes
Tossed Salad
Sliced Watermelon
Milk
Coffee or Tea

DINNER
Broiled Frankfurters
Baked Beans
Creamed Spinach
Lemons Cups
Milk
Coffee or Tea

Lemon Cups combine abundant rice and eggs in a luscious, creamy dessert for this week's special recipe.

You will need one cup sugar, one fourth cup flour, one eighth teaspoon salt, two tablespoons melted butter, one third lemon juice, Grated rind of one lemon, four eggs, separated, one and half cups milk, one cup cooked rice, and Whipped cream garnish.

Combine sugar, flour, salt and butter. Add lemon juice and rind. Stir in well-beaten egg yolks and milk. Add rice and blend thoroughly. Fold in stiffly beaten egg whites. Pour into 8 greased custard cups. Place cups in a pan of hot water and bake at 325 degrees about 45 minutes or until set; cool. Serve with whipped cream, if desired. Makes 8 servings.

CCC offers basic course in astronomy

A basic course in astronomy, supplemented by on-campus planetarium demonstrations, will be offered this fall for college credit via educational television by Catonsville Community College, according to Dr. Robert L. Sawyer, professor of physics and earth sciences and head of the college division of natural sciences.

The course is one of four to be offered by a consortium consisting of three Baltimore area community colleges and WMPB, Channel 67, the Maryland educational television station.

The astronomy course entitled "Eye on the Universe", includes basic principles of the science including modern theories, new data, and techniques of astronomical observation.

The history of man's thinking about his universe, as well as the structure, distribution, and evolution of astronomical objects, will be covered. Dr. Sawyer is the instructor for those who register at the Catonsville college.

JULY 13

A "hurry course" in first aid will be offered free at 10 a.m. Tuesday, July 13, at the Patterson Park Branch of the Enoch Pratt Free Library, Linwood and Fayette Streets. Red Cross representative William H. Robinson will be the guest speaker. Books and pamphlets on first aid will be available for borrowing from the library collection.

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VALUABLE COUPON — 20¢ OFF WITH THIS COUPON MFR. COLGATE CO. — Toward the purchase of OCTAGON LIQUID 48 OZ. SIZE 33¢ WITH COUPON. Good Only At Two Guys. One coupon per customer. Good thru Sat., July 17, 1971. Two Guys Food Supermarkets AA 7-16

VALUABLE COUPON — 20¢ OFF WITH THIS COUPON MFR. RONZONI MFG. CO. — Toward the purchase of ANY 32-OZ. JAR RONZONI SAUCE. Good only at Two Guys. One coupon per customer. Good thru Sat., July 17, 1971. Two Guys Food Supermarkets AA 7-16

VALUABLE COUPON — 40¢ OFF WITH THIS COUPON MFR. HILLS BROS. INC. — Toward the Purchase Of HILLS BROS. INSTANT COFFEE 10 OZ. JAR VALUE 1/20TH of 1¢. Good Only at Two Guys. One coupon per customer. Good thru Sat., July 17, 1971. Two Guys Food Supermarkets AA 7-16

VALUABLE COUPON — 10¢ OFF WITH THIS COUPON MFR. MOBIL CHEM CO. + FLOW — Toward the purchase of HEFTY TRASH CAN LINERS 6 COUNT. Good only at Two Guys. One coupon per customer. Good thru Sat., July 17, 1971. Two Guys Food Supermarkets AA 7-16

VALUABLE COUPON — 20¢ OFF — Toward the purchase of IVORY LIQUID 32-OZ. SIZE. Good only at Two Guys. One coupon per customer. Good thru Sat., July 17, 1971. Two Guys Food Supermarkets AA 7-16

WE SELL ONLY FLEMO'S GRADE CHOICE BEEF

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PLUS YOUR MOST VALUABLE TRADING STAMPS FREE!

SALE TODAY THRU SAT., JULY 17, 1971

U.S. GOV'T. GRADED A MARYLAND FINEST MARVAL BRAND HEN TURKEYS 10-14 LB. AVG. lb. 39¢

GOETZE ALL MEAT BIG DADDY WEINERS LB. 79¢

GOETZE ALL MEAT FAMILY FRANKS 2 12-OZ. PKGS. 90¢

BONELESS BRISKET COLUMBIA LEAF CRYVACK CORNED BEEF lb. 89¢

U.S.D.A. CHOICE - FIRST CUT CHUCK STEAK lb. 53¢

GOV'T. INSPECTED CHICKEN LEGS lb. 49¢

FRESH ALL BEEF GROUND BEEF lb. 69¢

GROUND CHUCK FRESH LEAN lb. 79¢

GROUND ROUND FRESH EXTRA LEAN lb. 89¢

CITY CUT RIB QUARTER PORK CHOPS 7-11 ENDS & CENTERS lb. 79¢

U.S.D.A. CHOICE THICK CUT SHOULDER LONDON BROIL

BONELESS SHOULDER STEAK LB. 1.23

U.S.D.A. CHOICE BONELESS BOLAR ROAST LB. $1.19

U.S.D.A. CHOICE TOP ROUND ROAST lb. 1.23

U.S.D.A. CHOICE (ROUND) SILVER TIP ROAST lb. 1.23

U.S.D.A. CHOICE BONELESS RUMP ROAST lb. 1.39

SWEET PREMIUM VAC PACK SLICED BACON lb. 79¢

CITY CUT COUNTRY STYLE SPARE RIBS lb. 69¢

U.S.D.A. CHOICE END OF STEAK ROAST lb. 1.19

TWO GUYS PORK ROLL 1-lb. roll $1.19

CHICKEN OF THE SEA CHUNK LIGHT TUNA 6½ OZ. CAN 39¢

TWO GUYS TAGLESS TEA BAGS PKG. OF 100 49¢

CARNATION EVAPORATED MILK 6 14½ OZ. CANS 99¢

FROZEN FOOD DEPT. MORTON DINNERS 9 VARIETIES 11 OZ. 3 for $1

GREEN GIANT VEGETABLES NIBLETS CORN MEXICORN MEDIUM PEAS MIXED VEGETABLES CREAM STYLE CORN 4 10 OZ. 99¢

TWO GUYS FRUIT COCKTAIL 4 16 OZ. CANS 99¢

TWO GUYS CALIFORNIA TOMATO SUACE 6 13 OZ. CANS 89¢

STAR-UNIVERSAL FABRIC SOFTENER ½-GAL. 39¢

NESTLE STRAWBERRY QUIK 1-LB. CAN 39¢

BLEND-RITE CREAMER NON-DAIRY 8 pts. 99¢

MRS. PAUL'S ONION RINGS 4 5-oz. 99¢

PINEAPPLE-GRAPEFRUIT DOLE DRINK REG. OR PINK 4 46 OZ. CANS 99¢

LILY TULIP DAISY COLD CUPS 30—9 IN. PAPER PLATES PKGS. FOR 3 99¢

DAIRY DEPARTMENT

TWO GUYS GRADE A MEDIUM WHITE EGGS doz. 29¢

PRODUCE DEPARTMENT

BANANAS GOLDEN RIPE lb. 10¢

FRESH SWEET BING CHERRIES lb. 39¢

FRESH LONG GREEN CUCUMBERS 3 for 29¢

U.S. #1 GRADE A - YELLOW ONIONS 3 lbs. 49¢

U.S. #1 GRADE A LONG WHITE POTATOES 5 lbs. 59¢

CABBAGE FRESH GREEN lb. 9¢

PUREX BLEACH 3¢ OFF LABEL ½-GAL. 29¢

FRISKIES CAT FOOD 8 3½ OZ. CANS 99¢

TIDE XK 10¢ OFF LABEL 49 OZ. 75¢

COLD POWER 25¢ OFF LABEL 5 lbs 4 oz. 99¢

TWO GUYS GRAPE JUICE 24 OZ. BTL. 39¢

PERSONAL SIZE IVORY SOAP 4 PACK 25¢

MARGARINE BLUE BONNET QUARTERS 1 LB. 29¢

VANITY FAIR REGAL PRINT JUMBO TOWELS 4 125 3 ply 89¢

Two Guys COLOMBIAN COFFEE 1 lb. can 69¢ 2 lb can 1.49

KRAFT YELLOW OR WHITE AMERICAN SINGLES 12 oz. 59¢

BREAKSTONE REG. CALIF. STYLE, TINY CURD COTTAGE CHEESE low-fat 12 to 16 oz. 39¢

APPETIZING DEPT.

DUTCH MAID VANILLA SUGAR WAFERS 14 oz. 47¢

SUNSHINE HI-HO CRACKERS 16 oz. 39¢

NABISCO CHIPS AHOY 14½ oz. 49¢

GOETZE JUMBO BOLOGNA lb. 79¢

JAKA IMPORTED DANISH CHOPPED HAM lb. 89¢

TWO GUYS TRADING STAMP ONE BOOK SPECIAL YOUR BOOK SAVES 6.02 TOWARD THE PURCHASE OF LADIES' BEAUTY CASE. All wood frame, lightweight solid or plaids. REG. $8.99 YOU PAY 2.97 PLUS ONE FILLED TWO GUYS STAMP BOOK. JEWELRY & GIFT DEPT.

Two Guys MORE FOR YOUR MONEY

HORN & HARDART GRILLED APPLE PIE 24 oz. 69¢

CHOCOLATE BAG OF 14 FROSTED DONUTS 45¢

PRETZEL RINGS 10 oz. 25¢

APPLE STRUDEL pkg. of 6 59¢

ROUND OR SQUARE KING WHITE BREAD 3 89¢

WEEKLY BONUS SPECIAL SALAD BOWL Two Guys Of Colonial Hearth Neighborhoods Depts. $1.29 WITH A FOOD PURCHASE OF $2.00 MORE. REG. 68¢

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.

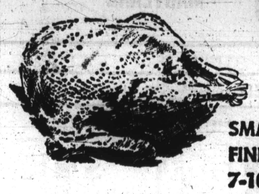
BALTIMORE 2401 Belair Rd. Open Daily 9.30 A.M. Till 10 P.M.

We Reserve The Right To Limit Quantities. Not Responsible For Typographical Errors. Prices Effective Thru Sat., July 17, 1971.

PANTRY PRIDE HAS THE LOWEST PRICE POLICY... WE WILL NOT BE UNDERSOLD

ON ANY WEEKLY ADVERTISED FOOD ITEM BY THE MAJOR FOOD CHAINS A&P, ACME, GIANT, A-MART, BIG VALUE

U.S.D.A. GRADE "A" TURKEYS



SMALL SIZE FINE FOR COOKOUT 7-10-lb. AVERAGE lb. 43¢

BUY THOSE EXTRA TURKEY PARTS - PLEASE ALL THE FAMILY ECONOMICALLY!

TURKEY LEG QUARTERS DRUMSTICKS or WINGS U.S. GOV'T INSPECTED ..... YOUR CHOICE lb. 29¢

BONELESS CROSS RIB ROAST Pantry Pride USDA CHOICE lb. 89¢

U.S JAMESTOWN BRAND LEAN SLICED BACON 1-lb. pkg. 49¢

- CORNED BRISKETS FARMER GRAY THICK CUT ... lb. 79¢ OUR FIRST CUT lb. 89¢
- CUBED BEEF STEAK GREENDELL'S ½ lb. PKG. 99¢
- FRESH ROASTERS PANTRY PRIDE GRADE "A"—3½-LB. AVG. ... lb. 39¢
- FRESH CHICKEN WINGS PANTRY PRIDE GRADE "A" ... lb. 35¢
- CALIF CHUCK STEAK PANTRY PRIDE USDA CHOICE ... lb. 97¢
- PORK ROAST BONELESS RIB SIDE PANTRY PRIDE GRADE "A" ... lb. 99¢
- COUNTRY PORK SPARE RIBS ... lb. 69¢
- COUNTRY PORK SAUSAGE HAUSER'S LONG LINK lb. 89¢

BING CHERRIES SWEET NORTH WESTERN lb. 47¢

PEACHES SWEET FREESTONE SOUTHERN lb. 27¢

- CRISP CABBAGE TENDER ... lb. 9¢
- FRESH LIMES JUICY ... 6 for 33¢
- BOSTON LETTUCE OR ROMAINE ... 2 heads 39¢
- CUCUMBERS or PEPPERS 3 FOR 29¢

FRESH EGGS MEDIUM GRADE "A" ..... dozen 25¢

- CHEESE SPREAD CHEF DELIGHT ... 2-lb. loaf 69¢
- SLICED SWISS CHEESE PANTRY PRIDE 8-oz. pkg. 61¢
- CREAM CHEESE PANTRY PRIDE ... 8-oz. pkg. 27¢
- VIRGINIA BAKED HAM ... ½-lb. 89¢
- ROAST BEEF ... ½-lb. 59¢
- BARBECUE LOAF ... ½-lb. 69¢

WHITE BREAD PANTRY PRIDE ROUND TOP SLICED 4 1-lb. 6-oz. LOAVES $1.00

APPLE PIE FRESH BAKED REG. 69¢ 1-lb. 6-oz. PKG. 39¢

- KEN-L-RATION DOG FOOD ... 6 15½-oz. cans 79¢
- SPRAY STARCH FYNE TEX ... 4 13-oz. cans $1.00
- LIPTON TEA BAGS ... pkg. 48's 69¢
- LIPTON TEA BAGS LEMON ... pkg. 48's 71¢
- FABRIC SOFTENER PANTRY PRIDE ... gallon jug 59¢
- PORK and BEANS PANTRY PRIDE ... 4 1-lb. cans 49¢
- TOMATO SOUP PANTRY PRIDE ... 10½-oz. can 9¢
- CRAB SOUP CROSSE & BLACKWELL ... 3 13-oz. cans $1.00

ROMAN PIZZA 10'S FROZEN 27-OZ. PKG. 85¢

CHARCOAL BONUS SPECIAL BRIQUETS 10 lb BAG 59¢

- ORANGE JUICE SNOW CROP FROZEN ... 4 6-oz. cans 99¢
- LIBBY FRUIT DRINKS or LEMONADE FROZEN ... 6-oz. cans 10¢
- FRIED FISH FILLET MRS. PAUL'S FROZEN ... 14-oz. 79¢
- FISH STICKS MRS. PAUL'S FAMILY SIZE FROZEN ... 14-oz. 79¢
- ORANGE PLUS FROZEN ... 9-oz. can 49¢
- ARMOUR TREET LUNCHEON MEAT ... 12-oz. can 49¢
- WHITE GRAPE DRINK WELCH'S 3 1-qt. 14-oz. cans 89¢
- APPLE SAUCE SENESA ... 1-lb. 9-oz. jar 33¢
- TOMATO SAUCE CONTADINA ... 6 8-oz. cans 69¢
- EARLY JUNE PEAS PANTRY PRIDE ... 4 1-lb. cans 79¢

WE SHALL NOT BE HELD RESPONSIBLE FOR ANY TYPOGRAPHICAL ERRORS.

PANTRY PRIDE COUNTRY

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. ALL PRICES EFFECTIVE THRU SAT., JULY 17.

HERE IS PANTRY PRIDE'S NEW PRICE POLICY

"WE WILL NOT BE UNDERSOLD ON ANY WEEKLY ADVERTISED FOOD ITEMS—BY THE MAJOR FOOD CHAINS; A&P, A-MART, GIANT, ACME or BIG VA.J."

Pantry Pride has the lowest possible discount prices in the city and we're proud to say "we will not be undersold" on any weekly advertised food item, at any time, by any other major supermarkets.

Oh, once in a while some other supermarket will run a special price for a day or two and when this happens Pantry Pride says again that "we will not be undersold". Just clip out the current ad from the other store. Bring it to Pantry Pride and we will meet the price no matter what the item, or whichever supermarket.

You know, when you can get the lowest discount prices plus a 200% double your money back guarantee on your purchase, shouldn't you make Pantry Pride your everyday food store?

Remember, Pantry Pride will not be undersold on advertised items. We're stubborn about things like that! . . . why shop anywhere else?

REDEEM THIS WEEK — REDEEM NEXT MONDAY and TUESDAY ONLY

REDEEM THIS VALUABLE COUPON FOR FREE! ONE 11-oz. MONOGRAMMED BEVERAGE GLASS (ANY INITIAL) With A $5.00 Purchase. Limit One Coupon Per Shopping Family. VOID AFTER SATURDAY, JULY 17th. Pantry Pride

REDEEM THIS VALUABLE COUPON FOR FREE! One 8-oz. MONOGRAMMED "ON-THE-ROCKS" GLASS (ANY INITIAL) With A $5.00 Purchase. Limit One Coupon Per Shopping Family. Effective JULY 19th & 20th ONLY. Pantry Pride

Additional Glasses Only 39¢ each.

REDEEM THIS VALUABLE COUPON FOR 12¢ CASH 15-oz. PKG. CHEERIOS CEREAL. LIMIT ONE COUPON PER SHOPPING FAMILY. Void After SATURDAY, JULY 17th. R9812 Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 30¢ CASH ON THREE PKGS. QUAKER CEREAL. Captain Crunch, Quisp, Quake, Life, King Vitamin. LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SATURDAY, JULY 17th. R9830 Pantry Pride

REDEEM THIS VALUABLE COUPON FOR: 7¢ CASH 5-lb. BAG GOLD MEDAL FLOUR. LIMIT ONE COUPON PER SHOPPING FAMILY. Void After SATURDAY, JULY 17th. R9807 Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 15¢ CASH 2-oz. JAR NESTEA INSTANT TEA. LIMIT ONE COUPON PER SHOPPING FAMILY. Void After SATURDAY, JULY 17th. R9815 Pantry Pride

SAVE $1.00 REDEEM THIS VALUABLE COUPON FOR $1.00 OFF WITH THE PURCHASE OF ANY SIX FROZEN HORN&HARDART ITEMS. LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SAT., JULY 17th, 1971. Pantry Pride

COOKED SHRIMP SHELL ON lb. $1.29

CANNED HAMS FARM BEST COOKED 3-lb. CAN $2.79 5-lb. CAN $4.59