PANTRY PRIDE COUNTRY

GOOD LOOKS... GOOD HEALTH at DISCOUNT PRICES!...

VALUABLE COUPON
10¢ CASH TOWARDS THE PURCHASE
Colgate MFP TOOTH PASTE
6¢ OFF 6¼-OZ. TUBE
BRV10
LIMIT ONE COUPON PER SHOPPING FAMILY. COUPON EXPIRES SAT., SEPT. 18, 1971.
PANTRY PRIDE COUNTRY

ALL PRICES EFFECTIVE THRU SAT., SEPT. 18th, 1971
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

EFFERDENT TABLETS PACKAGE OF 60 — BONUS SPECIAL THIS WEEK ONLY! — 69¢

LISTERINE ANTISEPTIC 32 OZ. BOTTLE — BONUS SPECIAL THIS WEEK ONLY! — 99¢

DIAL SHAMPOO 11½-OZ. BOTTLE — BONUS SPECIAL THIS WEEK ONLY! — 99¢

VITALIS HAIR TONIC 7-OZ. BOTTLE — BONUS SPECIAL THIS WEEK ONLY! — 89¢

DR. WEST TOOTH BRUSHES HARD OR MEDIUM BRISTLES — 19¢ each — BONUS SPECIAL THIS WEEK ONLY!

2 FOR $1.00 SALE — BONUS SPECIAL THIS WEEK ONLY!

SAVE WITH... **SUAVE**
FAMOUS FAMILY OF QUALITY HAIR CARE PRODUCTS FROM HELENE CURTIS
• SHAMPOO • CREME RINSE • HAIR SPRAY • BUBBLE BATH • LOTION SET • GEL SET
EACH 57¢ — 2 for $1.00

DEP SUPER PROTEIN HAIR SPRAY 13-oz. can — BONUS SPECIAL THIS WEEK ONLY! — 69¢

MODESS SANITARY NAPKINS REGULAR OR SUPER BOX OF 40 — $1.19 — BONUS SPECIAL THIS WEEK ONLY!

CREST TOOTH PASTE REGULAR OR MINT	7½-oz. tube 79¢	SILK & SATIN PADDUM LOTION	10½-oz. bot. 79¢
JOHNSON & JOHNSON BABY OIL	4-oz. bot. 59¢	BRECK SHAMPOO BASIC TEXTURE	6-oz. bot. 79¢
LISTERINE ANTISEPTIC	16-oz. bot. 72¢	WILKINSON BONDED RAZOR	BLADES $1.79
CASHMERE B[illegible]T TALCUM	7½-oz. dist. 63¢	RIGHT GUARD DEODORANT GILLETTE	7-oz. can 99¢
BAN ROLL ON [illegible]ORANT	1½-oz. bot. 79¢	DRISTAN NASAL MIST	11-oz. 99¢

BONUS SPECIAL THIS WEEK ONLY!

DIAL ANTI-PERSPIRANT DEODORANT REGULAR OR UNSCENTED 9-OZ. CAN — 99¢ — BONUS SPECIAL THIS WEEK ONLY!

JOHNSON & JOHNSON BABY POWDER 14-OZ. CONTAINER — 73¢ — BONUS SPECIAL THIS WEEK ONLY!

100% NYLON SEAMLESS PLAIN KNIT NUDE HEEL
CANTRECE HOSE 2 pairs $1.38

EXTRA VALUE UNBELIEVABLE **PANTY HOSE** PAIR 79¢ ONE SIZE FITS ALL

GILLETTE FOAMY SHAVE BOMB 12¢ OFF 11-OZ. CAN — 69¢ — BONUS SPECIAL THIS WEEK ONLY!

Close-up CLOSE-UP TOOTH PASTE REGULAR OR MINT 6.2-oz. tube — 69¢ — BONUS SPECIAL THIS WEEK ONLY!

BUFFERIN TABLETS BOTTLE OF 100 — 99¢ — BONUS SPECIAL THIS WEEK ONLY!

MEDS SANITARY TAMPONS BOX OF 30 — 99¢ — BONUS SPECIAL THIS WEEK ONLY!

WILKINSON STAINLESS STEEL DOUBLE EDGE BLADES pkg. of 5 — 33¢ — BONUS SPECIAL THIS WEEK ONLY!

TAKE ADVANTAGE OF OUR NEW LOW PRICE POLICY

THE NO. 1 LOW PRICE LEADER IN TOWN!

Food is key in Head Start follow-through

One important question Head Start Follow-Through is searching for an answer to, is: Can food help to bridge the gap between what schools expect of children and the ability of children to meet these expectations? It just seems possible.

"No head start in academic learning or even cultural enrichment will succeed if it has to be swallowed on an empty stomach," said Dr. Bruno Bettelheim, University of Chicago psychologist and world authority on childhood emotional development and disorder. "If we are to make learning possible for deprived children I suggest we first concentrate on feeding them in school."

Food is therefore regarded as the key that may open doors in the Follow Through Program. Food is a morning snack and a nutritious lunch.

Observation and tests of the kindergarteners of two years ago who were in the third-year phase of Follow-Through at the Waring School, the first graders who were in the second-year phase, and the kindergartners, who had started in the program last September, show positive results. The children are checked periodically by a team of psychologists, doctors and dentists.

In this innovation in Philadelphia, each school operates its program under one of seven model educational approaches. (Nationwide, 20 exemplary approaches to the education and development of young children are being studied.)

"We meet regularly with the parents," said Mrs. Leontine D. Scott, Follow-Through coordinator for the Philadelphia School District. "Each school has a policy advisory committee, consisting of the school staff, parents and community representatives, who help in decision making."

Over 5,400 youngsters in public elementary schools are now enrolled in Follow-Through in Philadelphia, compared with only 1,300 when the program started in September, 1968. Last January, eight parochial schools also joined in. Now plans are afoot to enroll pre-schoolers, to give them a better head-start on the educational road.

All the children in Follow-Through receive their meals free of charge, while the teachers and their paraprofessional aides pay. Snacks generally consist of fruit juice or milk and cookies. Lunch is the USDA prescribed Type A lunch, designed to provide a third to a half of a child's daily nutritional needs.

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ATTENTION • All meat sold is kosher • All meat is ready to freeze • All orders cut, packed, quick frozen and ready for freezing

Light Housekeeping

By LULA MACKAY

Nutritionists say they wish the average shopper would be as considerate of their families as they are of their pets. For, according to the experts whose business it is to note such things, people who don't take time to read the ingredients listings on their own food purchases make a point of checking them carefully for their pets' food. None, it seems, has it so good as does the American dog.

When it comes to their pets, Americans are just not cost-conscious. Last year prices zipped up more than 10 percent over the previous year, and pet products totaled sales of $890 million, with gourmet pet foods among the lead items.

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The Beauty Bit: Use rouge to "shape" your face. The Shulton people give these tips.

To slenderize a wide face, rouge from jawline to temple. To widen a thin face, rouge under chin and across forehead. Rouge a pointed chin for a softer look. Try rouge under outer edges of brows above wide-apart eyes.

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For pure seduction, dab a bit of rouge on ear lobes, especially if you are wearing small pearls, or tiny diamonds in pierced ears.

Fashion Note: Leg-O-Mutton sleeves distinguish a soft, '40s look dress for fall and winter. Forgive, please. The dress is what is being known as a basic dress — meant to be dressed up or down via the addition or subtraction of jewelry.

The long sleeves have a nice turn of though with the "mutton" addition lifting it out of recent looks. The plain neckline circles the neck. The plain skirt is slightly flared.

The dress comes in all basic colors but, to be perfectly safe, black is best. You add bracelets, necklace or pendant jewelry and matching earrings to look dressed up.

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What's new: The manufacturer says a new kit can help to determine the sex of an unborn baby between the fourth and sixth month of pregnancy.

The process entails the application of a sampling of the saliva of a woman between the fourth and sixth month on a disc of paper chemically treated with an organic fixative. The prepared disc subsequently is submitted to laboratory analysis. The manufacturer says the tenhnique involved is backed by 17 years of research.

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Recipe of the Week: Don't let the peach season pass without trying these Peache Muffins.

Sift two cups all-purpose flour with three teaspoons baking powder, a teaspoon of salt and a third cup of sugar, into a mixing bowl. In another bowl beat an egg lightly and combine with a cup of milk, a fourth cup melted shortening and a teaspoon grated lemon rind. Add to dry mixture and stir only until all of the flour is moistened.

Spoon into greased muffin pans. Top each muffin with a couple of peach slices, pressing them lightly into batter. Sprinkle tops with sugar and cinnamon.

Bake in a hot oven (400 degrees F.) about 25 to 30 minutes. Allow to stand a few minutes. Remove from pans and serve hot.

Makes about 10 large muffins.

For a truly nutritious breakfast, serve the muffins with frosty glasses of orange juice, scrambled eggs and frizzled ham slices, along with plenty of hot coffee for grown-ups and milk for youngsters.

Dollars and Sense: If you look about you, I suspect that you will find that in your town, as in mine, the distinctively dressed women are not the ones who boast of having accounts at the big department stores or the expensive boutiques. They are the women, usually, who have more time than money, who seldom buy for an occasion, and who assiduously study fashion sections of newspapers and the fashion magazines.

These women check sales, but do not buy just because the price tag is marked down. What they buy must be particularly suited to their style. They shop the little outlet stores which stock model clothes at the end of each season. Sometimes they patronize secondhand shops. This kind of shopping can take a great deal of time, and you must shop with an open mind and flexible outlook.

Of course, many of the best-dressed have their own "foster" saleswomen and buyers, who pick up and hold for them. But this is not for the bargain hunters. Such privileged customers must expect to pay for such privileges.

High-pressure advertising lead children to unbalanced meals

By FERRY WIMMER

VIENNA (UPI) — High-pressure advertising has led American children to unbalanced diets, with too much milk, juice and fruit and too little meat and vegatables, two U.S. doctors said, recently.

This imbalance — which they called "socio-cultural malnutrition" — causes infections, apathy, poor appetite and failure to gain weight, the doctors told the International Congress of Pediatrics.

Drs. Karakat Goknlanathan and K. P. Verghese, both from Howard University in Washington, D.C., said they studied 240 children, aged 1 to 6, in affluent families in a suburban industrial town in Maryland. All the families, they said, showed "negativism toward older concepts of child care and modernism in material possessions."

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In such a society, they said, "the adverse effects of mass persuasion techniques appear to outweigh beneficial effects in child nutrition. Overacceptance of heavily-advertised foods as a fetish in diet leads to nutritional imbalances."

The result of this, they said, was a "disproportionate intake of milk, beverages, juices, fruits and candies . . . the social acceptance of these foods is so ingrained that the community is unaware of this unsound dietary habit."

The doctors said too many parents were not providing enough meat and vegetables — but were giving their children up to 30 ounces of fruit juice per day, many times the normal adult intake.

The two pediatricians said parents often told them, "doctor, my child is skinny, he does not eat well, but he loves milk, juices and candies."

They said "recent dietary recommendations for preschool children" often contained an overemphasis on milk and juices.

The doctors called the problem "socio-cultural malnutrition" — a result of affluence, as opposed to "socio-economic malnutrition," which is found in poorer societies.

The one-week Pediatrics Congress drew 6,000 delegates from around the world. It is the largest Congress ever held in Vienna.

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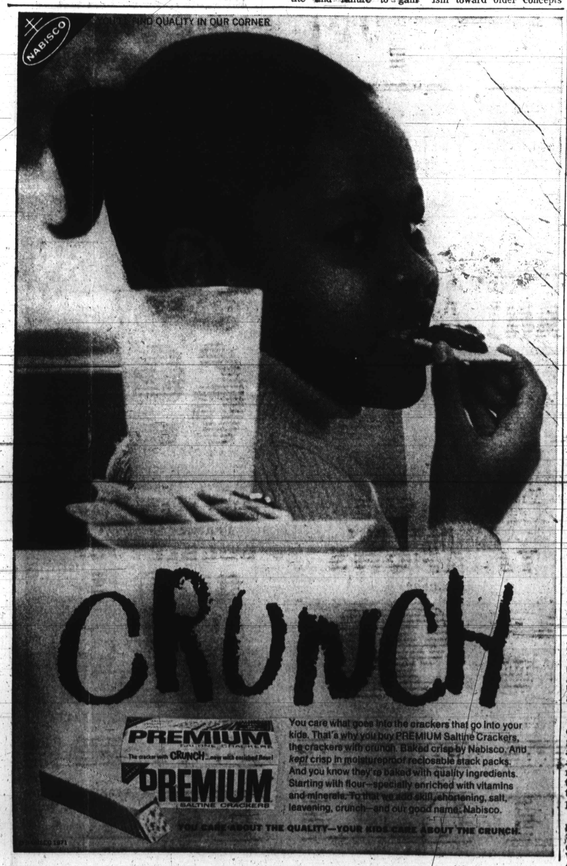

You care what goes into the crackers that go into your kids. That's why you buy PREMIUM Saltine Crackers, the crackers with crunch. Baked crisp by Nabisco. And kept crisp in moisture-proof, recloseable stack packs. And you know they're baked with quality ingredients. Starting with flour—specially enriched with vitamins and minerals. To that we add skill, shortening, salt, leavening, crunch—and our good name, Nabisco.

YOU CARE ABOUT THE QUALITY—YOUR KIDS CARE ABOUT THE CRUNCH.

Household Hints

It's smart to make your home as washable as possible. Scrubbable wall and floor coverings, no-iron curtains, draperies and slip covers and stain-resistant washable tabletops add to easy housekeeping.

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When buying fresh snap beans look for a fresh, bright appearance with a good color for the yellow or green variety. Get young, tender beans with pods in a firm, crisp condition.

• • •

A good diet provides high quality protein for body growth and maintenance, as well as sufficient amounts of needed vitamins, minerals and essential fatty acids to support the body functions and supply needed energy.

Make sure a new appliance will not overload the individual household circuit on which it is used. When in doubt, ask an electrician for guidance.

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