## Seniors open fall pin play

The fall program for senior citizens at Northwest Lanes got under way this week, continuing the previously set schedule of bowling every Monday from 10:30 a.m. to 12:30 p.m.

Team No. 3, composed of Nathan Carroll, Helen Jones, Ann Miller, E. Diliday and Irene Chaffin, finished first in the summer league competition, finished on Aug. 30.

Individual honors went to Nathan Carroll and Lena Wiggins as the high average bowlers for the season. Carroll's 99 average topped the men, and Mrs. Wiggins' 89 was best among the women.

E. Diliday took the high set trophy with his score of 254, while Edna Phifer's 289 won highest honors among women competitors.

Eleanor Archey had a high game of 113, and George Kellam had 79 to lead the men in this department.

## Western Juniors cop PBC softball

Western Police Boys Club captured the Junior League softball championship by taking the best-of-three series with Herring Run in two straight victories.

The WPBC juniors under the guidance of Officer George D. Gilbert, won by scores of 5-1 and 11-10.

The Western Juniors finished with a 9-1 record and produced the league MVP in the person of pitcher Wayne Stewart.

**SEPT. 19**

On Sunday, at 8 p.m. National Attractions Corporation will present the Black Sabbath Concert in the Baltimore Civic Center Auditorium. Ticket prices are $4, $5, and $6.


A&P A-MART DISCOUNT FOODS

DISCOUNT PRICES ON THOUSANDS OF ITEMS

PLUS A&P's WEEKLY MEAT SPECIALS!

A&P A-MART SELLS U.S. GOV'T INSPECTED MEATS AND POULTRY ONLY!

FRESH, READY-FOR-THE-PAN BROILERS or FRYING CHICKENS

[WHOLE] lb. 26¢ — [CUT-UP or SPLIT] lb. 32¢ — [FRESH CHICKEN LEG or BREAST QUARTERS] lb. 35¢

ONE PRICE—NONE PRICED HIGHER (U.S.D.A. INSPECTED)

SUPER-RIGHT QUALITY—NONE PRICED HIGHER!!

FRESH PICNICS WHOLE ONLY lb. 39¢

ALLGOOD BRAND Sliced Bacon 2-lb. pkg. 1.39

SUPER-RIGHT ALL MEAT SKINLESS Frankfurters 2-lb. pkg. 1.29

A&P (6 VARIETIES) Lunch Meats Bologna, Head Cheese, Minced Loaf, Olive Loaf, Pickle Loaf, Old Fashioned 8-oz. pkg. 49¢

SUPER-RIGHT Sausage Meat 2-lb. pkg. 89¢

SKINLESS REG. OR ALL BEEF Brigg's Franks 1-lb. pkg. 79¢

GWALTNEY Sausage Meat 1-lb. pkg. 55¢

DELI. DEPT.!! BOILED HAM TASTY lb. 99¢ (Available In Stores With Delicatessen Dept.!!)

SUPER-RIGHT QUALITY!! FRESH BRISKETS BONELESS (WHOLE) lb. 79¢ NONE PRICED HIGHER!!

SUPER-RIGHT FANCY BEEF LIVER (SLICED) lb. 49¢

FANCY SHRIMP MEDIUM 36-42 COUNT lb. 1.69

BREADED SHRIMP CAP'N JOHN'S 10-oz. pkg. 99¢ 2-lb. pkg. 2.99

IF UNABLE TO PURCHASE ANY ITEM IN THIS ADVERTISEMENT PLEASE REQUEST A RAIN CHECK!

WE RESERVE THE RIGHT TO LIMIT QUANTITIES!

Prices effective thru Sat., Sept. 18, 1971 in all A&P/A-Mart Stores in the Vicinity of Balto. (Including Aberdeen, Annapolis, Bel Air and Havre de Grace)

WESTERN SEEDLESS GRAPES PICK THE BEST!! lb. 29¢ NONE PRICED HIGHER!!

LUSCIOUS WESTERN HONEYDEWS LARGE SIZE 8'S PICK THE BEST!! each 67¢ NONE PRICED HIGHER!!

FANCY EASTERN RED DELICIOUS APPLES PICK THE BEST!! 3-lb. bag 49¢ NONE PRICED HIGHER!!

BARTLETT PEARS FANCY WESTERN CALIFORNIA 3 lbs. 49¢ NONE PRICED HIGHER

CRISP FRESH GREEN BEANS 2-lbs. 49¢ (NONE PRICED HIGHER!)

NEW CROP SOUTHERN GOLDEN YAMS 2-lbs. 29¢ (NONE PRICED HIGHER!)




## Economy meals for good eating

No wonder we use the expression "a good egg"!

Eggs have protein in the top class, with foods like meat and milk, for building and repairing body tissues. They have two of the B vitamins — thiamine and riboflavin — plus vitamins A and D, to help protect health. And the egg yolk holds a rich store of iron for red blood cells and has phosphorus and other minerals needed by the body.

Try to serve eggs often, either "as eggs" or "hidden" in the cooking, for they're good either way. Take advantage of the times they're plentiful, for instance, now!

* * *

Use eggs many ways: "the egg is the cement that holds the castles of cookery together," a famous chef once said. You may use eggs to thicken a custard or sauce...to leaven, or lighten, a souffle or cake...to hold together oil and vinegar in a creamy mayonnaise. Use egg whites to make cloudy soups clear, or an eggshell with some of the white still clinging to "settle" muddy coffee.

First and fundamental rule whether you're cooking eggs in water, frying pan or oven, is to cook them with low to moderate, even heat. Eggs cooked at too high a heat get tough and leathery.

The three consumer grades for eggs are U.S. Grade AA (or Fresh Fancy), U.S. Grade A and U.S. Grade B. The grade you'll find most often is U.S. Grade A, but frequently AA quality eggs are included in the cartons with A quality eggs.

U.S. Grade AA and U.S. Grade A eggs have a round, firm yolk and a high thick white when broken out. They're ideal for all purposes, but especially for frying and poaching, where their appearance is important.

Grade B eggs have a thinner white and the yolk may be somewhat flattened. They're good for general cooking and baking.

* * *

Here's a menu for one day's hearty eating using eggs and other foods you'll find in good supply right now:

BREAKFAST
Breakfast Nog
English Muffin
Coffee or Tea
LUNCH
Split Pea Soup
Jelly Sad
Bwloe6a aa.tara
Grilled Peanut Butter and Jelly Sandwich
Fresh Plum
Milk
Coffee or Tea
DINNER
Chicken Casserole
Apple Sauce
Oatmeal Cookies
Milk
Coffee or Tea

Want to stretch your food dollars for maximum nutrition? Here's a recipe for a quick, nourishing breakfast, Breakfast Nog:

Use 1 can frozen concentrated orange juice, 1 cup nonfat dry milk, 3 cups water, 6 eggs, 1 teaspoon vanilla, and ¼ teaspoon nutmeg.

Beat or blend the ingredients thoroughly. Store in the refrigerator until serving time. Serves 6.

## Money Saving Dinners

SUNDAY
Roast Turkey
Corn Bread Stuffing
Green Beans with Mushrooms
Mashed Potatoes
Apple Pie with Cheese
Ice Coffee or Tea

MONDAY
Barbecue Spare Ribs
Grilled Franks and Hamburg

SUNDAY
Brisket of beef
Candied yams
Green Beans
Apple Pie
Iced Tea

MONDAY
Macaroni and cheese casserole
Corn on the cob
Waldorf salad
Iced tea

TUESDAY
Beef liver
Buttered rice
Green peas
Iced tea

WEDNESDAY
Fried chicken
Mashed potatoes
Asparagus
Iced coffee

THURSDAY
Broiled steak
French fried potatoes
Tossed salad
Iced tea

FRIDAY
Shrimp creole
Rice
Green beans
Iced tea or coffee

SATURDAY
"Do it yourself dinner"
Choice of pizza or grilled franks
Potato chips
Pickles
Grape drink

## AFRO Patterns

AWAY YOU GO looking fresh and fashionable in our newest costume! Flowers (easy embroidery) add a lovely touch to the jacket. Send:

Printed Pattern 4502: NEW Half Sizes 10½, 12½, 14½, 16½, 18½, 20½. Size 14½ (bust 37) outfit 4¾ yds. 45-in.

* * *

Look willowy and wand-slim in this skim with a yoke curved to create a dramatic setting for a sparkling pin. Marvelous in crepe, knit.

Printed Pattern 4950: NEW Misses' Sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) takes 1 7/8 yards 60-inch.

SEVENTY-FIVE CENTS for each pattern — add 25 cents for each pattern for Air Mail and Special Handling.

Send to AFRO-AMERICAN Pattern Dept., 243 West 17th St., New York, N.Y. 10011: Print NAME, ADDRESS with ZIP, SIZE and STYLE NUMBER.

* * *

FREE! Choose one new pattern from 150 styles in new Fall-Winter Pattern Catalog. All sizes! Catalog 50 cents.

INSTANT SEWING BOOK — cut, fit, sew modern way. $1.00

INSTANT FASHION BOOK — what-to-wear answers. $1.00

## Register Saturday for adult classes at Calvert Ed. Center

Saturday morning courses at the Calvert Educational Center have been very popular.

Adult students who wish to complete their high school education more quickly, or people who are unable to attend weekday or evening adult classes may take advantage of the many opportunities on Saturday mornings.

Included in the complete high school schedule of course offerings are English I, II, III, IV; Biology, Chemistry, General Math, Algebra, Trigonometry, Geometry, Afro-American, Modern World, U.S. History, Geography, and Problems of Democracy.

A full range of business education courses include: Beginning Typing, Advanced Typing, Office Practice, Bookkeeping, Clerical Record-keeping, Shorthand, Stenoscript (ABC and Gregg), General Business Training, and Business Math.

In addition to this complete schedule of high school credit courses, Special Interest (non-credit) courses in Preparation for Civil Service, Speed Reading, Refresher in Math, Sewing and Dressmaking and the Fix-it Shop are among the many course offerings.

Of special importance is the fact that classes will again be established for people interested in taking the High School (Equivalence) Diploma Test which is given here every month.

Registration will begin on Saturday, Sept. 18, from 8:30 to 1:30 P.M., the first day of class, at the school located at Calvert Street at North Ave. Join us on Saturday morning.

**SEPT. 21**

The Board of Education of Harford County will hold its first evening meeting of the new school year on Tuesday, September 21, at 8 p.m. in the Board Room in the main office building at 45 East Gordon Street, in Bel Air. The public is invited.


BROWN'S Big B SUPER MARKETS

CUTS YOUR COST OF LIVING

FOOD STAMPS and COUPONS ACCEPTED

DOMINO SUGAR 5 lb. BAG 59¢

MUELLER'S NOODLES 1-lb. 39¢

ESSKAY'S FIRST CUT PORK CHOPS lb. 59¢

ESSKAY'S CHUCK STEAKS lb. 79¢

ECONY CUT CHICKEN LEGS or BREASTS lb. 39¢

ESSKAY SWEET KORN SLICED BACON lb. 59¢

GOETZE'S LUNCHEON MEATS • SPICED LUNCH • SALAMI • BOLOGNA 12-OZ. 69¢

GOETZE'S ALL MEAT FRANKS 1½-lb. 99¢

FROZEN FOOD FEATURES MORTON'S PIES APPLE or PEACH 2-OZ. 39¢ 3 FOR $1.00

CHEF'S CHOICE CRINKLE CUT FRENCH FRIES 2-lb. BAG 39¢ 3 FOR $1.00

MORTON'S POT PIES 5 FOR $1.00

MUSSELMAN APPLE JELLY 18-OZ. JAR 25¢

SKIPPY PEANUT BUTTER 18-OZ JAR 69¢

ROUND THE CLOCK DRINKS • ORANGE • GRAPE 3-CANS 89¢

ESKO SHORTENING 3-lb. CAN 79¢

FRESH PRODUCE SPECIALS SWEET POTATOES lb. 10¢

APPLES RED DELICIOUS 3-lb. BAG 49¢

MD. TOMATOES lb. 19¢

COUPON PORK N' BEANS HANOVER 28-OZ. 2 FOR 39¢ WITH THIS COUPON, GOOD ONLY AT ALL BROWN'S SUPER MARKETS. EXPIRES SUNDAY, SEPT. 19, 1971.

Pet or Carnation Milk 5 TALL CANS 89¢

YOU GET MUCH MORE AT YOUR KIND OF STORES

DISCOUNT DRUG DEPT. DEODORANT ANTI-PERSPIRANT DIAL 14-OZ. $1.49

JERGENS LOTION PLASTIC 7-OZ. 59¢

SHOP BROWN'S SEVEN DAYS EVERY WEEK

| STORE HOURS | STORE HOURS | STORE HOURS |
|---|---|---|
| Brown's West | Brown's East | Brown's Broadway |
| 1400 North Monroe St. at Pressman St. | 1601 N. Washington St. Corner of Federal St. | 424 N. Bond St. in the Broadway Shopping Center |
| MON.-WED. 9 TO 7 THURS. 9 TO 8 FRI.-SAT. 9 TO 9 SUNDAY 9 TO 1:00 | Mon.-Wed. 9 to 7:30 THURS. 9 TO 8 FRI.-SAT. 9 TO 9 SUNDAY 9 TO 1:00 P.M. | MON.-WED. 9 TO 7 THURS. 9 TO 8 FRI.-SAT. 9 TO 9 SUNDAY 9 TO 1:00 |

FREE PARKING — OPEN SUNDAY TIL 1:00 P.M. — Serving Our Community for 21 Years

BROWN'S B SUPERMARKETS

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NOT RESPONSIBLE FOR ERRORS IN PRINTING. PRICES EFFECTIVE: THURSDAY THRU SUNDAY. Sept. 16th—19th.