BEST BUYS:

Cabbage family in plentiful production

By VIRGINIA McLUCKIE, FOOD ECONOMIST

October shoppers have a wide range of tasty vegetables from which to choose.

Careful selection of all foods that you plan to use in meals is suggested. The total crop production of early fall vegetables is seven per cent below last year, but when crops reach their peak, fresh supplies become readily available to consumers. A proportion of the total crop is always grown for processing as canned or frozen vegetables.

October is when the cabbage family comes into full production. The economy member is the regular cabbage which is coming from New Jersey and other nearby states. The volume of Eastern and Western grown broccoli is increasing. Cauliflower the Queen of the cabbage family is coming from California and New York State. The crop should be in good volume through mid-November.

Cauliflower is tasty, it's different, it's filling and it's low in calories. In selecting cauliflower look for one that is solid and creamy white in color. Spotting on the curd indicates the Cauliflower is not so fresh as it might be. "Richness" is the term used to describe the granular appearance when the flowerets have begun to grow. This is not objectionable unless it has progressed too far.

One pound of well trimmed cauliflower will make four servings. The fall production of Brussels sprouts is increasing with peak production in November. These miniature cabbages are in active harvest and another tasty family member.

Locally grown snap beans are still available ranging in quality from fair to good. Other vegetables in this week's selection are Maryland sweet potatoes, white potatoes, onions, carrots and turnips. The best dark green vegetable buy is in cooking greens from local sources.

This is peak pumpkin season. The big field pumpkin used for decoration is usually strong in flavor and coarse in texture. Select a small sugar pumpkin or a hubbard squash for making your own pumpkin pie or other pumpkin dishes. For convenience canned pumpkin is recommended.

The harvest of apples is still going strong with offerings of Cortland and Romes for salad and baking respectively. The apple crop larger than last year is of excellent quality, just waiting for your selection of the many varieties. Bartlett pears, cranberries, table grapes and honeydew melons are in season. More Florida grapefruits have rived along with Florida tangelos.

Recipe for the week is for Chinese Cauliflower

Wash and remove lower stalks from small or medium firm crisp head of cauliflower with sharp knife, cut across head into thin slices.

Place in skillet, sprinkle lightly with salt, add about ½ cup hot water Cook, covered, seven minutes, or until tender but still slightly crisp. Do not drain.

To cauliflower, add two tablespoons each butter or margarine and heavy cream; heat; toss. Serve at once, sprinkled with paprika, or snipped crives or parsley. Makes three or four servings.

Nice with slivered tomato slices or a little corn added.

HONORED — Miss Shirley R. Marrow, left, of the 4700 block Park Heights Ave., and Miss EVelyn M. Boone, right, of the 1200 block Druid Hill Ave. are Army Corps of Engineers employees in the Automatic Data Processing Center in Baltimore. They were awarded plaques for Superior Job Achievements by Colonel Louis W. Prentiss Jr.

Flag House Cts. Art exhibit

Through "togetherness and a spirit of cooperative effort," Art instructor John H. T. Neal Jr. announced, the residents of the Flag House Courts Housing Project, 110 S. Exeter St., will hold an art festival, Sunday from 1:00 to 6:30 p.m.

In case of rain, the festival will be rescheduled for Oct. 31.

The fete will feature novelties, craft work, art exhibits, dances and music.

Neal said the festival will show other low-income communities in the city "what can be done when people put forth a concerted effort in order to accomplish a particular goal."

Economy meals for good eating

It's lucky, they say, to find an egg with two yolks in it, for if you make a wish when you eat the egg it will come true!

Eggs are a lucky break for the cook in another way this month, for they're very plentiful and should be reasonably priced as well.

And there are few better ways to use eggs, says the U.S. Department of Agriculture's Consumer and Marketing Service, than in tasty, economical omelets. Whether it is plain or fancy, flat or fluffy, your omelet will have basically the same ingredients but will vary either in preparation, cooking, or serving so that a multitude of creations emerge from a simple beginning.

Omelets are easy to prepare when you keep in mind these tips: mix quickly, cook immediately, don't cook too long, and serve at once on a heated dish.

They're a fantastic way to stretch your food dollar; you stretch your eggs with liquid and you can use a host of leftovers for filling. Anything you think will go inside an imelet will almost certainly work!

Plain omelets are prepared exactly like scrambled eggs; but are not "scrambled" during cooking. All ingredients are combined in a bowl, mixed until light yellow in color and then poured into a frying pan containing melted margarine.

Plain omelets are also called flat or French omelets. These concoctions are moist, compact in texture, and have a delicately browned bottom side. They may be served "as is," topped with cheese or a sauce, or filled.

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Fluffy omelets, on the other hand, require two bowls for the mixing stage. The egg whites are beaten first bowl. The yolks and seasoning are whipped to a light yellow in the second bowl and then folded into the egg whites.

The mixture is poured into a frying pan or baking dish containing melted margarine, and cooked or baked until lightly browned and the top surface "springs back" when lightly touched. Fluffy omelets, frequently served as a dessert, are also called puffy omelets!

Some of the liquids which may be used in omelets are whole milk, cream, half and half, evaporated milk, nonfat dry milk, water, mushroom liquid, tomato juice, and fruit juices.

For best results in mixing cheese, meat, fish, or vegetables with omelets, three methods of adding the ingredients, are recommended. Melt butter in a frying pan, add the ingredients, stir until the ingredients are thoroughly heated, and add the omelet mixture. Or, add the chosen ingredients to the omelet mixture before cooking.

Be sure to stir in quickly and don't overstir. Or, spread the heated ingredients on the cooked omelet before you fold it in half.

Here's a recipe for a day's good eating using eggs and other plentiful and reasonably priced foods:

BREAKFAST
Prune Juice
Oatmeal with Cinnamon
Milk
Coffee or Tea
LUSCH
Shortcake Omelet with creamed chicken filling
Mixed Vegetables
Fresh Apple
MILK
DINNER
Pork Chops
Fried Rice
Tossed Salad
Fruit Compote
Milk
Coffee or Tea

Here's an interesting recipe for an egg creation that is good as the base for creamed chicken, turkey, shrimp, or beef.

SHORTCAKE OMELET:

TO PREPARE: Separate six eggs; to the yolks add tablespoon salt, ¼ teaspoon black pepper, 1 tablespoon grated onion, 3 tablespoons flour, 2 tablespoons finely diced parsley and combine. Fold yolk mixture into beaten egg whites and bake 15 minutes in moderate oven in two greased 8-inched layer pans.

To serve place one omelet on serving platter, top with half of creamed fish, poultry, or meat sauce mixture. Add second omelet and pour in remaining sauce, cut onto wedges for serving.

Activists say investors got mortgage preference

Activists, Inc., considered a group of concerned citizens, has prepared its third report in a series of computer-based studies which it says reveals exploitation of black homeowners in Baltimore during the 1960s.

The 36-page report entitled "Baltimore Under Seige," was released Sept. 30 and examines the activity of some state chartered savings and loans associations.

According to the report, the lending policies of many savings and loans associations promote investor buying while at the same times, denies mortgage financing to families.

Data used by the report, indicates only 1/3 of the homes here during the sixties, were able to do so at a fair market price.

The Activist report charges the alledged exploitation problem is "a financial one, in that investors and not families have obtained financing."

It states: "At issue is the lack of credit for working class black families in the basic area of shelter.

"Data indicates many of these savings and loans associations violate their charters and the law by lending considerable amounts of mortgage money to families buying from investors or to investors themselves."

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BOLAR ROAST lb. 1.19
SILVER TIP ROAST 1.09
TOP ROUND ROAST lb. 1.09

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QUARTERS WING ON CHICKEN BREAST
QUARTERS BACK ON CHICKEN LEGS
YOUR CHOICE lb 39¢
LEAN FIRST CUT CHUCK STEAK lb. 55¢
THICK CUT SHOULDER LONDON BROIL lb. 1.19

PRODUCE DEPARTMENT
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U.S. #1 YELLOW GLOBE ONIONS 3 lb. bag 33¢
FRESH TASTY CARROTS 2 1 lb. cello bags 23¢
FRESH FLORIDA GRAPEFRUITS 6 for 59¢
NEW FRESH GREEN CABBAGE lb. 8¢

FROZEN FOOD DEPT.
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GREEN GIANT VEGETABLES WITH BUTTER SAUCE NIBLET CORN · LEAF SPINACH · MEXICORN · MIXED VEG. · SWEET PEAS · SLICED BEANS 3 10 oz. or 9 oz. 89¢

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FRESH LEAN GROUND CHUCK lb. 79¢
FRESH EXTRA LEAN GROUND ROUND lb. 89¢
SEMI BONELESS MASH'S SMOKED HAM BUTT HALF 69¢ lb.
MASH'S SUGAR CURED SMOKED HAM SHANK lb. 49¢
GOV'T. INSPECTED CHICKEN ROASTING CHICKEN 3½ lb. avg. lb. 39¢
GOV'T. INSPECTED REG. STYLE CHICKEN BREAST lb. 65¢
READY TO COOK TURKEY DRUMSTICK lb. 29¢
ESSKAY FRESH PICNIC SHOULDER ROASTING PORK lb. 49¢
ESSKAY SLICED BACON SWEET Korn lb. 69¢
OSCAR MAYER ALL BEEF FRANKS OR WEINERS ALL MEAT lb. pkg. 79¢
OSCAR MAYER SMOKEY LINKS 12 oz. pkg. 79¢
TREESWEET INDIAN RIVER ORANGE JUICE 4 6 oz. cans 89¢
COFFEE RICH NON-DAIRY CREAMER qt. 29¢

DAIRY DEPARTMENT
KRAFT YELLOW OR WHITE AMERICAN SINGLES 12 oz. 59¢
MRS. FILBERTS FAMILY SIZE SOFT GOLDEN MARGARINE 1-lb. bowl 39¢
WEISSGLASS OR ROYAL DAIRY-FROM FLORIDA ORANGE JUICE CARTON ½ GAL. 59¢

APPETIZING DEPARTMENT
KITCHEN COOKED BAKED VIRGINIA HAM ½ lb. 79¢
IMPORTED JARLSBERG SWISS CHEESE ½ lb. 59¢

PRIDE PAK INSTANT POTATOES 28 oz. can 69¢
TWO GUYS SOLID WHITE TUNA 7 oz. can 39¢
TWO GUYS DOG MEAL 5 lb. bag 49¢
HOT DIGIDDY DOG FOOD 6 14½ oz. cans 99¢
CORONET JUMBO DECORATED NAPKINS pkg. of 180 29¢
CONTADINA TOMATO SAUCE 5 15 oz. cans $1
CONTADINA STEWED TOMATOES 5 14½ oz. cans $1
SAN GIORGIO SPAGHETTI OR THIN SPAGHETTI 4 16 oz. pkgs. 89¢
TOGETHER FACIAL OR BATHROOM TISSUES 4 twin packs 99¢
CLOROX BLEACH gal. jug 49¢
FOR AUTOMATIC MACHINES TWO GUYS DISHWASHER 4 20 oz. boxes 89¢
BOXES OF 200 2 PLY HUDSON FACIAL TISSUES 4 boxes 89¢
POLANER STRAWBERRY APRICOT OR RED CHERRY PRESERVES 3 12 oz. jar $1
THIN SPAGHETTI OR VERMICELLI MUELLER'S SPAGHETTI 4 1 lb. bags 89¢
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TWO GUYS CUT GREEN BEANS 6 16 oz. cans 89¢
TWO GUYS UNSWEETENED HAWAIIAN PINEAPPLE JUICE 4 46 oz. cans 99¢
MA'S COLA, ORANGE, ROOT OR BIRCH BEER 3 32 oz. btls. 99¢
FROM CARNATION 7½ OZ. CAN THE SPREADABLES 59¢
ANN DALE ROYAL DUPLEX COOKIES 28 oz. 59¢
SUNSHINE 16 OZ. KRISPY CRACKERS 37¢
TWO GUYS QT. BTL. WINDOW CLEANER qt. 89¢
TWO GUYS PITTED PRUNES 12 oz. btl. 37¢
BURRY MINT CRUNCHY GRAHAMS 9½ oz. 3 for $1

Two Guys BAKERY SPECIALS!
SQUARE THIN SLICED WHITE BREAD 4 for $1
SNOWFLAKE & ASSORTED DINNER ROLLS pkg. of 12 29¢
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RAISIN & CORN BOATS 7 49¢
ANGEL FOOD RING 12 oz. 55¢
POTATO CHIPS 12 oz. 49¢

TWO GUYS TRADING STAMP ONE BOOK SPECIAL — YOUR BOOK SAVES 3.99 TOWARD THE PURCHASE OF IMPORTED TRAVEL ALARM CLOCK Luminous Dial — REG. 4.99 YOU PAY $1 GIFT DEPT. — PLUS ONE FILLED TWO GUYS TRADING STAMP BOOK

WEEKLY BONUS SPECIAL "DOW" OVEN CLEANER REG. 99 12 OZ. SIZE 73¢ WITH A FOOD PURCHASE OF $2 OR MORE HOUSEWARES DEPT.

Two Guys FOOD SUPERMARKETS
TOWSON JOPPA RD. & GOUCHER BLVD. OPEN DAILY 9:30 A.M. TILL 10 P.M.
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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., Oct. 23, 1971.

The golden years for Mr., Mrs. Ross

A formal reception in the Masonic Temple, Eutaw St., marked the golden wedding anniversary of Mrs. aand Mrs. Winfield H. Ross, Sr., Sunday evening of last week.

Mr. Ross and the former Miss Mary Bryan, both natives of Cambridge, Md. were married in this city a half century ago and have been residents of this city since.

Parents of three children, Mrs. Mary Lucille Street, Mrs. Pauline Orange and Winfield H. Ross, Jr., the couple also have six grandson, three granddaughters and three great-grandsons.

The grandsons are Joseph E. Jackson, Jr., Leonard B. White, Keith C. Jackson, Steward Orange, Jr., Marvin L. Jackson and Dennis Ross.

Granddaughters include Misses Paulette White, Carolyn Wise and Dora Orange.

Phillip V. White, Sean J. Jackson, and Keith C. Jackson are the great grandsons. Other member of the family is Mrs. Dorothea Ross.

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Mr. and Mrs. Ross are active in fraternal and church circles. He has been affiliated with King Solomon Lodge for 50 years, and Mrs. Ross with the Order of the Eastern Star for 40 years. They are members of Christ Unitarian Methodist Church.

For the reception on Sunday, the honoree wore a gown of pale green chiffon trimmed with sequins. Mr. Ross and his son wore black trousers, ruffled white shirts and brocaded dinner jackets in black and gold. The grandsons were identically dressed in the black trousers, brocaded dinner coats and yellow ruffled shirts.

Among the out-of-town guests at the reception were Mrs. Mable Macer Talley and Miss Lillian E. Macer of Englewood, N. J. and Mrs. Vivian Addison of Mount Vernon, N.Y.

MISS BRENDA DIXON, daughter of Mr. and Mrs. Wendell Dixon of Dukeland St., has ben naméd "Freshman Princess" at Frostburg State College. She is a '71 graduate of Northwestern High School, Baltimore, where she was captain of the cheering squad.

VAGS Club luncheon

Art by Jean Morris and fashions by the Ruth J Boutique will be the fare when the VAGS have their ninth annual luncheon at Martin's West, on the 31st.

All of the proceeds from the luncheon go to charities.

The luncheon has been scheduled for 1:30 p.m., and the club is planning to provide bus transportation from Mondawmin Shopping Center.

Mrs. Queenie Lane is chairman of the affair and other co-chairmen are Mesdames Gloria Barnes, Juanita Green, Fannie Lane, Ruth Brown, Ruth Murray, Frances Bibbs and Gladys Knox.

Members of the club also include Mesdames Walker, Catherine Torrance, Odelle Payne, Margaret Gambrill, Ida Swanson, M. Odel Rae, Elizabeth Parker, Elizabeth Spicer.

Take a sip 'n give it back.
Cutty Sark right on time.
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Hints For Homemakers

INEZ KAISER

"Did you get a sample of TWICE AS NICE at the recent National Urban League Convention in Detroit?" I asked my long-time friend.

"Yes," she replied, "but I haven't used it yet."

"Talk about a really fine product, this is it," I said. "TWICE AS NICE is a two-in-one personal care product that makes taking care of your hair a real pleasure.

"I say this because TWICE AS NICE shampoos your hair and conditions it at the same time. It leaves your hair so manageable you never need to say 'I can't go out tonight because I just can't do a thing with my hair!'"

"What is the golden layer that floats on top?" my friend asked.

"That's the conditioner," I replied. "It's what makes it twice as attractive as any other shampoo—the conditioner you can actually see.

"All you have to do is shake the shatterproof bottle to combine the shampoo and conditioner, then wet the hair, pour on some TWICE AS NICE and wash as usual. The cleaning and conditioning starts right away."

"That's really something special," my friend replied.

"It sure is," I said. "Shampooing as usual with TWICE AS NICE leaves your hair shiny-clean as well as easy to comb, even when wet."

"Please tell me some more," she said. "This TWICE AS NICE sounds like just the thing I've been looking for."

"Well, as you maybe haven't realized," I said, "special shampooing and conditioning is more important than ever these days.

"Dermatologists today are concerned about damage to the scalp and hair caused by the environment. Medical experts tell us that hot sun bakes the hair and dries out the natural oils.

"Smog, soot and grime all make the hair dirtier and it becomes necessary to shampoo more frequently. This robs the hair of essential oils.

"Then you have all the little 'perm' rollers that go into setting an Afro, sitting under the dryer and using other gadgets for setting and holding any hairstyle. All these things apply even more stress to your hair.

"The conditioner in TWICE AS NICE helps make up for the loss of the natural oils lost through all this exposure and hair settings."

"How often should we shampoo our hair?" my friend asked.

"The experts say we should shampoo as often as our hair needs it and not on any fixed weekly schedule," I replied. "They also say to brush the hair—but strokes only as your hair grows, which is down, or you might break the ends. Gentle stroking is best."

"Do they offer any fashion tips, Inez?"

"Well, they claim that the most important thing is to be sure to study your proportions when you style your hair," I said.

"A too big bouffant or Afro, for example, does not make a small woman look taller, but overpowers instead. The small well-groomed hairdo is recommended by many hairdressers this year."

"Thank you for the help," my friend said. "That TWICE AS NICE is really something. It takes care of everything."

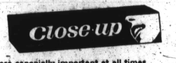
CLOSE-UP FOR CONFIDENCE

"By the way," I continued, "did you also get a sample of CLOSE-UP at the Urban League Convention?"

"Yes," my friend said, "and all I've got to say is I'm awfully glad there is CLOSE-UP!"

"I think it's a great product and a natural for people like us who have to meet and greet hundreds of people all of the time," she continued.

Naturally, I couldn't agree with her more. We both do a lot of traveling and working with the public, and our personal appearance and grooming are especially important at all times.



"Yes, it does make you feel really confident," I replied. "Who would have ever thought that you could get the benefits of both a toothpaste and a mouthwash all in one tube?

"CLOSE-UP cleans your teeth as well as any toothpaste and it also freshens your breath as well as any mouthwash. The mouthwash ingredient is just like getting a bonus."

"Don't forget that it tastes good, too," my friend commented.

"Right," I said, "CLOSE-UP is a whitening, brightening toothpaste and breath freshener that tastes good. As they say: CLOSE-UP is for close-ups—and the young folks love it.

"And now we also have a choice between the regular red paste or the new mint-flavored green version. You can't go wrong either way."

JUST WHAT THE BODY ORDERED

I was finally able to tear myself away to head back to my hotel room for a hot bath and short nap before the evening's activities began.

The more I thought about the bath, the more I hurried. When you do a lot of traveling, you learn how important these little everyday things can be —like enjoying your daily LIFEBUOY bath.

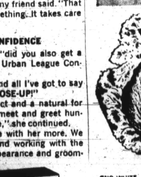
When I travel, I plan on taking at least two LIFEBUOY baths each day—one in the morning and one in the late afternoon.

It's the second bath that I enjoy the most because it helps me to relax from the pressures of the day's problems and to get ready for the evening ones!

Of course, I always enjoy the fact that LIFEBUOY leaves my skin so clean and fresh.

And in my profession, it is so important to feel confident when around people. With LIFEBUOY, I always know that my personal deodorant has an extra reinforcing, protective effect after a LIFEBUOY shower or bath. It never lets me down.

LIFEBUOY's fragrance is nice, too, and doesn't compete with my cologne. You might say it's just what the body ordered.



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LANCASTER BRAND, TENDER Cubed Steaks lb. $1.39
LEAN, FRESH Ground Chuck lb. 85c
TENDER (BONE-IN) California Steaks lb. $1.05
CHICKEN PARTS FRESH, PAN READY
WHOLE LEGS lb. 49¢ — BREAST WITH RIBS lb. 59¢
LANCASTER BRAND, SQUARE CUT Shoulder Veal Roast lb. 89c
LANCASTER BRAND Shoulder Veal Chops lb. 99c
LANCASTER BRAND Boneless Veal Roast lb. $1.09
ALL GRINDS COFFEE MAXWELL HOUSE 1-lb. can 85¢
CARNATION OR Pet Evap. Milk 12 oz. can 17c
LOUELLA Evap. Milk 12 oz. can 15c
ALL PURPOSE Crisco Shortening 3 lb. can 85c
LEMON JUICE Realemon 1 qt. btl. 49c
LOW IN CALORIES! V-8 Cocktail 14 oz. can 44c
FOR WHITER WASHES! Clorox Bleach ½ gal. jug 31c
TOMATO Heinz Ketchup 20 oz. btl. 35c
RICH TOMATO Campbell's Soup 10½ oz. can 10c
CHOCOLATE FLAVORED Hershey's Syrup 2 1 lb. cans 37c
WHITE OR ASST'D. COLORS Charmin Tissue 4 roll pkg. 39c
GRANULATED Sucrest Sugar 5 lb. bag 57c
FIRESIDE BRAND Skinless Franks 2 lb. pkg. $1.35
LANCASTER BRAND, THIN-SLICED BAIN OR GARLIC Bologna 1 lb. pkg. 75c
LANCASTER BRAND, MEATY Scrapple 1 lb. pkg. 39c 2 lb. pkg. 69c
QUARTERED PORK LOINS Sliced 9-11 Chops Avg. lb. 69¢
FROZEN BEEF, CHICKEN OR TURKEY Morton's Pies 5 8 oz. pkgs. $1
LANCASTER BRAND ON ROLL IN BAGS SALISBURY STEAK Beef or Turkey 3 3.5 oz. pkgs. 79c
LANCASTER BRAND VEAL Parmagiana 2 lb. pkg. $1.39
SEAFOOD FAVORITES!
HEAT & EAT, FILLET OF Haddock OR FLOUNDER lb. 89c
HEAT & EAT! Perch Fillet lb. 79c
HEAT & EAT! Fish Sticks lb. 79c
FRESH SHUCKED STANDARD Oysters 12 oz. can $1.29
PRINCESS MARGARINE quarters 5 1 lb. pkgs. 99c
Prices Effective Thru Sat., Oct. 23, 1971 Please Request a Rain Check If Any Advertised Item Is Unavailable.
Decorated Imported Enamelware — This Week's Feature — 1½-Quart Sauce Pan Only $3.99 COMPARE AT $5.99
Choose Pineapple or Avocado. Save this week on the Designer Sauce Pan with color-coordinated seal tight lid to make a big impression with little side dishes.
DELICIOUS RED HAWAIIAN PUNCH 1-qt. 14 oz. can 29¢
WHOLE KERNEL GOLDEN NIBLETS CORN 12 oz. can 20¢
CHICKEN NOODLE Campbell's SOUP 2 10½ oz. cans 29¢
FRESH, CRISP ICEBERG LETTUCE large head 29¢
THIS COUPON WORTH (CO) 100 S&H GREEN STAMPS WITH YOUR $10 PURCHASE (Excluding Cigarettes & Milk Products) One Coupon per Family Please. Void After Oct. 26, 1971. ACME
BNO-WHITE Cauliflower large head 59c
RED OR GOLDEN DELICIOUS Apples 10 lb. 79c
FANCY GOLDEN Sweet Potatoes 3 lbs. 29c
NEW FLORIDA Fresh Corn 5 ears 49c
MIXED VEGETABLES, PEAS & CARROTS, CHOPPED BROCCOLI CORN, PEAS OR SPINACH Vegetables IDEAL 5 10 oz. pkgs $1
BIRDS EYE Orange Plus 2 8 oz. cans 95c
KRAFT'S SHARP 10-oz. 79c Cracker Barrel MELLOW stick 69c
INDIV. WRAPPED, SLICED AMERICAN Kraft Cheese 12 oz. pkg. 69c
FISHER'S ROUND SLICED Longhorn Cheese 8 oz. pkg. 39c
SOFT DIET MARGARINE Imperial 2 1 lb. tubs 55c
SAVE 15¢ FARMDALE SLICED White Bread 5 1 lb. loaves $1
15c OFF LABEL! FINAL TOUCH FABRIC SOFTENER 1-qt. 1-oz. btl. 59¢
THIS COUPON WORTH (CO) 50 S&H GREEN STAMPS with the purchase of a CROSS CUT, ARM OR RIB ROAST One Coupon per Family Please. Void After Oct. 26, 1971. ACME
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