BEST BUY

Two roasting birds good family choice

By VIRGINIA McLUCKIE

Reflect for a moment the vast difference now and the choices our forfathers had ustial planning.

These menu planning helps may suggest a new idea or two from the vast array at the marketplace. Start with the main course. Turkeys are featured as specials. Larger birds are a better buy pricewise because there is more meat in proportion to bone which means more servings per pound. Plan to cook a large enough turkey to provide you with a generous amount of cooked meat for later meals.

If your family is small or your preference runs to chicken, there will be ample supplies of roasting chicken or large 3½ pound size broiler fryers that can be roasted. Two roasted chickens may be the answer to your families requirements and may be a better buy than a 7 or 8 pound turkey.

A roasted loin of pork with onion dressing offers appeal as a dinner special. Whole or half pork loins will give nice meaty center slices for a festive occasion.

For vegetables, today the food shopper has a choice of any hardy or succulent vegetable plus a variety of canned and frozen foods too. We should offer thanks to the cooperative efforts of researchers, producers, processors and retailers who make this wide choice of foods possible. Select vegetables you enjoy with the main course as you build your menu. White and Sweet potatoes, winter squash, dry onions, celery, cabbage, turnips and sauerkraut are on the best buy list.

Fresh fruits for the occasion and other family use includes juice oranges, grapefruit, Tokay grapes, Bosc pears, apples and cranberries. The supply of canned applesauce and pears is large.

The production of cranberries is one percent larger than 1970 and 11 percent greater than 1969. The greatest supply is marketed in November and December. When you buy fresh berries look for those that are plump, dry and with a high luster for firmness. One pound of berries makes 3 to 3½ cups of sauce.

While the season lasts, make full use of this fruit not only in sauce but in combination with sweet potatoes, as glaze for meat, in salads, breads, pies, cakes and other desserts. Cranberry juice makes an excellent appelizer or refreshing drink. Try some new recipes using cranberries for regular meals.

Ginger Cranberries require two cups (½ lb.) fresh cranberries, one-half cup raisins, one-half cup unpeeled orange, four tablespoons honey, five tablespoons sugar, and three-fourth teaspoon ginger.

Put cranberries, raisins, orange through food chopper (use coarse blade). Mix with honey, sugar, and ginger. Pour into jar. Cover. Place in refrigerator overnight to cool and allow flavors to blend. Makes two cups cranberry relish.

Here is a menu that supplies a day's worth of good meals using butternut squash and other abundant and miderately-priced foods:

BREAKFAST
Apple-Cranberry Juice
Cooked Cereal
Cinnamon Toast
Milk
Coffee or Tea
LUNCH
Chicken Noodle Soup
Egg Salad Sandwich
Fresh Pear
Milk
Coffee or Tea
DINNER
Ham Steak
Squash and Pinneapple Pudding
Broccoli
Cheese and Crackers
Milk
Coffee or Tea

Squash and Pineapple Pudding makes a delectable dessert or accompaniment to ham.

Use two cups cooked mashed butternut squash, one cup drained crushed pineapple, one fourth cup brown sugar, one half teaspoon salt, two tablespoons brown sugar, and one tablespoon butter.

Combine the squash with pineapple, ¼ cup brown sugar, and salt. Place mixture in a greased casserole and sprinkle with 2 tablespoons brown sugar; dot with butter.

Bake in a moderate oven (350 degree F.) for 30 minutes. Serves 6 to 8.

Smokers To Legislators

NEW ORLEANS —The chairman of the Louisiana Narcotics and Rehabilitation Commission predicts that marjuana someday will be legalized because "the users of today will be the lawyers and judges of tomorrow."

Dr. C. H. Scrignar said at an American Medical Association panel discussion that he personally was against marijuana legalization because he feared it would lead to further drug abuse.

"Women in Ministry" of the Catholic Church" will be the topic of a discussion Tuesday, Nov. 30 from 8 to 10 p.m. in the Pickwood Room of the College of Notre Dame, 4701 North Charles Street.

Anyone interested is welcome to attend. Laymen in the Diaconate Program and clergymen will be present.

Harlem Park inducts new safeties

The Safety Patrols at Harlem Park Elementary School were inducted on Wednesday.

A short program was held with original poems, guidelines for safety in school, on the playground, and while riding a bicycle.

Officers Gruel and Wyche, and Crossing Guards Carter and Cox were present.

Officer Gruel read the induction oath. The monitors were also introduced to the audience.

Safeties inducted were: James Banks, Captain, Cheyenne Jones, Lieutenant, Brian Jackson, Vernon Brooks, Lawrence Granger, Jesse Usher, Darrell Owens, Marvin Briscoe, Kevin Ellicott, Horace Miller, Phillip Cuffy, and Michael Harris.

The monitors introduced were: Arlette Lee, Jeanne Hendricks, Bobbie Jean Bradley, Sandra Jones, Maddona Black, Tina Howard, Anita Dunbar, Donna Starks, Miriam Snuggs, Rhonda Jones, Angela Wiggins, Deena Curtis, QMuenie Jefferson, and Kathy Harris.

Monitor in charge is Robin Jones. Narrator of the program was Paul Cook.

Other participants were Eric Middleton and Herbert Henson. Chairman of the Safeties is Mrs. Jean Chaney.

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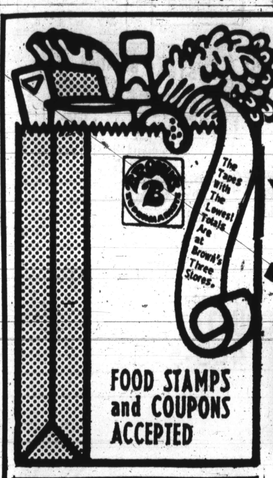

FOOD STAMPS and COUPONS ACCEPTED

BONANZA
EASY ON THE POCKET FOOD VALUES

ESSKAY PORK CHOPS
FIRST CUT lb. 59¢
CENTER CUT lb. 89¢

CAMPBELL'S CHICKEN NOODLE SOUP 2-10½-OZ. CANS 29¢

SENECA APPLE-SAUCE 46-OZ. JAR 49¢

DOMINO SUGAR 5 lb. BAG 59¢

FRESH SPARE RIBS SMALL AND LEAN lb. 59¢

FRANK'S BEVERAGES 8 ASSORTED FLAVORS 6 12-OZ. CANS 49¢

WASHINGTON MUFFIN MIX 7-OZ. PKG. 10¢

MIX OR MATCH MRS. LANE'S *SWEET PEAS *TOMATOES *WHOLE KERNEL CORN *CUT GREEN BEAS 6 CANS $1.00

GWALTNEY CYPRESS BRAND SLICED BACON 1-lb. PKG. 39¢

Pet or Carnation Milk 5 TALL CANS 89¢

GOETZE BOLOGNA OR BRAUNSCHWEIGER lb. 59¢

FROZEN FOOD FEATURES MORTON'S PARKERHOUSE ROLLS 3 FOR $1.00

HANOVER CORN OR PEAS 16-OZ. BAG 3 FOR $1.00

FRESH CHICKEN LEGS & BREASTS ECONOMY CUT lb. 39¢

BANQUET BOIL'N BAGS 5-OUNCES 5-VARIETIES 19¢

CLOROX BLEACH FULL GALLON 49¢

GOETZE BREAKFAST SAUSAGE 2 lb. PKG. 89¢

FRESH PRODUCE SPECIALS FLORIDA GRAPEFRUIT 3 FOR 29¢

SOLARINE FLOOR WAX 16-OZ. CAN 39¢

ESSKAY PURE LARD 2 lbs. 39¢

FLORIDA TANGELOS 10 FOR 39¢

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DISCOUNT DRUG DEPT. HOUR AFTER HOUR
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VALUABLE COUPON — 15¢ OFF WITH THIS COUPON AND PILLSBURY CO. — Toward the purchase of PILLSBURY EXTRA LIGHT PANCAKE MIX 2-LB. BOX. GOOD ONLY AT TWO GUYS. One coupon per customer. Good Sun., Nov. 28 thru Sat., Dec. 4, 1971. AA 12/3

VALUABLE COUPON — 30¢ OFF WITH THIS COUPON AND COLGATE CO. — Toward the purchase of AJAX FOR DISHES 32-OZ. BTL. 49¢ WITH COUPON. GOOD ONLY AT TWO GUYS. One coupon per customer. Good Sun., Nov. 28 thru Sat., Dec. 4, 1971. AA 12/3

VALUABLE COUPON — 7¢ OFF WITH THIS COUPON AND BEST FOODS, INC. — Toward the purchase of ANY PKG. OF H.O. FARINA. GOOD ONLY AT TWO GUYS. One coupon per customer. Good Sun., Nov. 28 thru Sat., Dec. 4, 1971. AA 12/3

VALUABLE COUPON — 25¢ OFF WITH THIS COUPON AND MEE SORDEN CO. — Toward the purchase of CREMORA NON DAIRY CREAMER 35-OZ. JAR. GOOD ONLY AT TWO GUYS. One coupon per customer. Good Sun., Nov. 28 thru Sat., Dec. 4, 1971. AA 12/3

VALUABLE COUPON — 50¢ OFF WITH THIS COUPON AND GENERAL FOODS — Toward the purchase of MAXIM 8-OZ. JAR FREEZE-DRIED COFFEE. GOOD ONLY AT TWO GUYS. One coupon per customer. Good Sun., Nov. 28 thru Sat., Dec. 4, 1971. AA 12/3

VALUABLE COUPON — 15¢ OFF WITH THIS COUPON AND GENERAL FOODS — Toward the purchase of MAXWELL HOUSE COFFEE 2-LB. CAN. GOOD ONLY AT TWO GUYS. One coupon per customer. Good Sun., Nov. 28 thru Sat., Dec. 4, 1971. AA 12/3

VALUABLE COUPON — 15¢ OFF WITH THIS COUPON AND WESSON FOODS — Toward the purchase of WESSON OIL 48-OZ. BTL. GOOD ONLY AT TWO GUYS. One coupon per customer. Good Sun., Nov. 28 thru Sat., Dec. 4, 1971. AA 12/3

HIP CHOPS lb. 59¢ CENTER CUT lb. 99¢ SHOULDER CHOPS lb. 49¢

TRIMMED FIRST CUT CHUCK STEAK lb. 55¢

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

USDA CHOICE BONELESS BOLAR ROAST lb. 1.19

QUARTERS WING ON CHICKEN BREAST GOV'T. INSPECTED lb. 39¢

GOV'T INSPECTED CHICKEN LEGS QUARTERS BACK ON lb. 39¢

GOV'T INSPECTED CHICKEN LEGS REG. THIGH ON lb. 49¢

LAMB CHOPS GENUINE SHOULDER lb. 98¢

TWO GUYS CHUNK LIGHT TUNA 6½ oz. can 39¢

MRS. BUTTERWORTH'S PANCAKE SYRUP 24-OZ. BTL. 59¢

ESSKAY BONELESS BUTTS SMOKED NECKS lb. 89¢

PORK CHOPS QUARTERS PORK LOIN 9-11 CHOPS ENDS & CENTERS lb. 65¢

CITY CUT COUNTRY STYLE SPARE RIBS lb. 59¢

SUGAR CURED SHOULDER SMOKED PICNIC lb. 49¢
U.S.D.A. CHOICE BONELESS CROSS RIB (ROAST) lb. 1.09
U.S.D.A. CHOICE BOTTOM ROUND ROAST lb. 1.19
U.S.D.A. CHOICE TOP ROUND (ROAST) lb. 1.25
U.S.D.A. CHOICE SILVER TIP (ROAST) lb. 1.25
U.S.D.A. CHOICE BONELESS RUMP ROAST lb. 1.39
HYGRADE'S ALL MEAT SKINLESS FRANKS lb. 65¢
PLYMOUTH ROCK OR HYGRADE'S CRYVACK POLISH KEILBASI lb. 79¢
CITY CUT FRESH HAM BUTT lb. 69¢ SHANK lb. 59¢
MASH'S SMOKED HAM BUTT SEMI-BONELESS 69¢ lb. SHANK lb. 55¢
FRESH SWEET OR HOT ITALIAN SAUSAGE lb. 89¢
CITY CUT FRESH PORK SHOULDER lb. 49¢

KEEBLER DELUXE GRAHAMS 13½ oz. 49¢
NABISCO 12-OZ. CHOCOLATE PINWHEELS 49¢

DAIRY DEPARTMENT
TIP TOP FLORIDA CITRUS PUNCH PLASTIC ½ gal. 49¢
SOF-SPREAD IMPERIAL MARGARINE TWO ½-LB TUBS 2 lb pkgs 89¢
STRAWBERRY—CHERRY—PEACH—MANDARIN ORANGE—DAIRY FRESH TWIN-PAK YOGURT 22¢ Two 5-oz. cups

FROZEN FOOD DEPT.
BANQUET CASSEROLES MACARONI & CHEESE 8 8 oz. 99¢
EMBASSY POTATOES REGULAR OR CRINKLE CUT 2 LB. BAG 25¢
RANCHERS BREADED VEAL PATTIES 2 lb. box 1.09
BIRDSEYE INTERNATIONAL ALL VARIETIES VEGETABLES 10 oz 39¢

WEEKLY BONUS SPECIAL
JIFOAM OVEN CLEANER 16-OZ. SIZE REG. 1.29 79¢ WITH A FOOD PURCHASE OF $3 OR MORE HOUSEWARES DEPT.

TWO GUYS TRADING STAMP ONE BOOK SPECIAL — YOUR BOOK SAVES $4 TOWARD THE PURCHASE OF 4 FT. LONG NEEDLE CANADIAN ARTIFICIAL PINE CHRISTMAS TREE. Life like, hard to tell from forest grown trees. Branches color coded for easy assembly. Indoors tripod stand. Guaranteed flameproof. Style 4843-6. BIG AND TO-PAY 2.99 PLUS ONE FILLED TWO GUYS TRADING STAMP BOOK. TRIM-A-TREE DEPT.

ARC CHOC. CHIP COOKIES 16-OZ. TWIN PACK 49¢

APPETIZING DEPARTMENT
A & B GERMAN BOLOGNA lb. 79¢
DOMESTIC SWISS CHEESE lb. 99¢

HUNT'S TOMATO SAUCE 10 8 oz. cans 89¢
GREEN GIANT PEAS 5 17-oz. cans 89¢
TWO GUYS WHITE PKG. OF 100 PAPER PLATES 6 inch 33¢ 9 inch 49¢
TWO GUYS Mayonnaise 2 1-qt. jars 89¢
ALL FLAVORS ROYAL PUDDINGS 4 small size 39¢
TWO GUYS SUPERIOR BLEND COFFEE 2 lb. can 1.29

GREEN GIANT NIBLETS CORN 6 12 oz. cans 89¢
TWO GUYS PINEAPPLE SLICED OR CRUSHED 4 20-oz. cans 89¢
AJAX NEW CLEANSER 2 14 oz. cans 29¢
HEAVY DUTY BLUE WISK DETERGENT 12-OFF LABEL ½ gal. 1.29
MRS. BUTTER WORTH'S PANCAKE SYRUP 24 OZ. BTL. 59¢
BIG ROLL SCOTTOWELS 3-OFF LABEL 164 SHEET ROLL 29¢

Two Guys BAKERY SPECIAL
TWO GUYS SQUARE OR ROUND WHITE BREAD 5 1-lb. 6-oz. $1
TWO GUYS PINEAPPLE CHEESE PIE LARGE 8 INCH 39¢

NEW EVERY DAY LOW PRICES
MAXWELL HOUSE COFFEE 2 lb. can 1.67
TWO GUYS SUGAR 5 lb. bag 57¢
CHARMIN BATHROOM TISSUE 4 pack 39¢
CAMPBELL'S TOMATO SOUP 10½-oz. can 10¢
CLOROX BLEACH JUG ½-gal. 31¢
CRISCO SHORTENING 3 lb. can 85¢
MORTON SALT 26 oz. box 2 for 1.9¢
BREAST-O-CHICKEN TUNA CHUNK WHITE ½ can 39¢
MRS. FILBERT'S MAYONNAISE 32-oz. jar 69¢
KEN-L-RATION DOG FOOD 15½ oz. can 6 for 77¢

PRODUCE DEPARTMENT
BANANAS GOLDEN RIPE lb 9¢
McINTOSH APPLES FANCY CRISP 3 lb. bag 29¢
POTATOES U.S. No 1 Grade A 20 LB BAG 79¢

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We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat. Dec. 4, 1971.