ECONOMY

Peas good aid for the budget

Here's a money-saving New Year's resolution for thrifty homemakers: pick peas.

If your food budget's been knocked for a loop by the holiday season — count on split peas to help put it back in shape.

Split peas are the top item in January on the Plentiful Foods List, issued monthly by the U.S. Department of Agriculture.

Split pea production is up 82 per cent from a year ago.

USDA's Consumer and Marketing Service says this sharp increase means that grower prices are lowest in about 20 years, except for brief periods in the early 1940's and '50's.

Split peas are an excellent food value because they provide more protein for your money than most other foods. A cup of cooked split peas supplies almost one-third of a man's minimum daily protein allowance (slightly more than one-third of a woman's).

To make the best use of this protein, serve split peas together with protein foods of animal origin, such as meat or cheese. This combination makes an unbeatable "protein team" which the body needs to build and repair vital organs and tissues.

In addition, split peas are also good sources of iron and the B vitamins thiamine and riboflavin.

A tasty way to serve split peas for a main course is in croquettes. Combine cooked split peas with cooked chopped meat, and shape into croquettes.

Roll them in a slightly beaten egg, then in bread crumbs, and fry. Serve with cream sauce or tomato sauce.

Another croquette idea combines mashed cooked split peas with chopped American cheese. Serve with tomato or mushroom sauce.

Here is a menu plan for a breakfast, lunch, and dinner using split peas and other foods that are abundant and reasonable in price:

BREAKFAST
Orange Juice
Fried Eggs
Corn Muffin
Milk
Coffee or Tea

LUNCH
Split Peas with Bacon
Fresh Pear
Milk
Coffee or Tea

DINNER
Chicken à la King on Toast
Broiled Apple Slices
Tossed Salad
Brownies
Milk
Coffee or Tea

SPLIT PEAS WITH BACON is a savory main dish that's perfect for a hearty lunch:

3 slices bacon
3¾ cups cooked split peas (takes 1½ cups uncooked split peas).
1 cup cut-up cheese

TO COOK THE DRY SPLIT PEAS: Add 1½ cups dry split peas to 3 cups boiling water. Boil 2 minutes. Remove from heat, cover and let soak for ½ hour. Add ¾ teaspoon salt, bring to boil. Lower heat and cook slowly for 20 minutes or until tender. Do not stir. Makes about 3¾ cups cooked peas.

TO PREPARE SPLIT PEAS WITH BACON: Cut up bacon and cook until crisp. Add split peas and cheese. Stir over low heat until hot. Serve at once. Makes 6 servings.

BUY AT
Wholesale Prices
Get Our Estimate
And Save On
Lumber and Building Supplies
"The Best For Less"
PENN LUMBER, Inc.
728-5450
601 PENNA. AVE.
Off W. Franklin St.

WEACO
WINDOW & DOOR GUARDS
Builders Protective Negotiator Approved
Commercial
Residential
Industrial
WEACO
467-1354
2142 HARFORD RD.
If No Answer Call 433 8425

New pre-med program for minority students

The black Medical students of the University of Maryland and Johns Hopkins are conducting a six-weeks pre-medical program for members of minority groups.

The program will run from Jan 19 to July 28, 1972 and will be based at the University of Maryland School of Medicine, Baltimore.

The courses will be representative of the first year of medical school and the schedule will be arranged to simulate the medical school enviroment. It is hoped that any potential problems that students may encounter in medical school can be recognized and ironed out during the summer.

The program is now three years old and many of its students are already in medical school.

The program is designed to enrich the background of the medically-oriented Black student.

Participants will receive a stipend and free housing will be available, and it is sponsored by the Josiah Macy Jr. Foundation:

For information and application forms, send name and address to: Yvonne Johnson, COME, 621 W. Lombard St., Baltimore, Maryland, 21201.

ORCHID SHOPPE
Wadsworth Robinson
FUNERAL DESIGNS
OUR SPECIALTY
1304 E. MONUMENT
276-6274

J.J. CUMMINGS & SONS
"FLOWERS FOR ALL OCCASIONS"
Priced Reasonably Expertly Arranged
Member, Florist Telegraph Delivery Assn.
NO BRANCH STORES
1123-25 W. BALTIMORE STREET
PHONE: PLAZA 2-1374, 1375, 1376

Two Guys FOOD SUPERMARKETS ... FOR YOUR BEST FOOD BUYS!
SALE TODAY THRU SATURDAY!

VALUABLE COUPON — 20¢ OFF WITH THIS COUPON — Toward the purchase of MAXWELL HOUSE COFFEE 2-LB. CAN — GOOD ONLY AT TWO GUYS — One coupon per customer — Good thru Sat., Jan. 8, 1972 — AA 1-7
VALUABLE COUPON — 23¢ OFF WITH THIS COUPON — Toward the purchase of INSTANT MAXWELL HOUSE COFFEE 6-OZ. JAR — GOOD ONLY AT TWO GUYS — One coupon per customer — Good thru Sat., Jan. 8, 1972 — AA 1-7
VALUABLE COUPON — 25¢ OFF WITH THIS COUPON — Toward the purchase of LIPTON 100 COUNT SIZE TEA BAGS — GOOD ONLY AT TWO GUYS — One coupon per customer — Good thru Sat., Jan. 8, 1972 — AA 1-7
VALUABLE COUPON — 15¢ OFF WITH THIS COUPON — Toward the purchase of DOVE FOR DISHES 22-OZ. SIZE 29¢ WITH COUPON — GOOD ONLY AT TWO GUYS — One coupon per customer — Good thru Sat., Jan. 8, 1972 — AA 1-7
VALUABLE COUPON — 25¢ OFF WITH THIS COUPON — Toward the purchase of CHOCK FULL O' NUTS SPECIAL PROCESS COFFEE 4-OZ. JAR — GOOD ONLY AT TWO GUYS — One coupon per customer — Good thru Sat., Jan. 8, 1972 — AA 1-7
VALUABLE COUPON — 15¢ OFF WITH THIS COUPON — Toward the purchase of HEFTY TRASH CAN LINERS 20-COUNT SIZE — One coupon per customer — Good thru Sat., Jan. 8, 1972 — AA 1-7
VALUABLE COUPON — 7¢ OFF WITH THIS COUPON — Toward the purchase of ANY PKG. OF JOLLY TIME POP CORN — GOOD ONLY AT TWO GUYS — One coupon per customer — Good thru Sat., Jan. 8, 1972 — AA 1-7
VALUABLE COUPON — 10¢ OFF WITH THIS COUPON — Toward the purchase of DUTCHIE 6-PAK SOFT PRETZELS — GOOD ONLY AT TWO GUYS — One coupon per customer — Good thru Sat., Jan. 8, 1972 — AA 1-7

GRADE -A- ROCK CORNISH HENS 39¢ lb. (1½ lb avg)
MASH'S SEMI-BONELESS SMOKED HAM SHANK HALF 59¢ lb. BUTT HALF 79¢ lb
READY TO COOK TURKEY DRUMSTICKS 19¢ lb.

ROAST BEEF SALE!
U.S.D.A. CHOICE BONELESS CROSSRIB ROAST lb. 1.23
U.S.D.A. CHOICE BOTTOM ROUND ROAST lb. 1.25
U.S.D.A. CHOICE TOP ROUND lb. 1.33
U.S.D.A. CHOICE SILVER TIP lb. 1.35
U.S.D.A. CHOICE BONELESS RUMP lb. 1.49
U.S.D.A. CHOICE BONELESS BOLAR ROAST lb. 1.39

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

GOV'T INSPECTED CHICKEN
3½ LB. AVG. ROASTING CHICKEN
QUARTERS BACKS OR LEGS 39¢ lb
BREAST QUARTERS WING ON

Two Guys TRADING STAMPS FREE!
EVERY Two Guys STORE IS YOUR REDEMPTION CENTER
Yes, your filled books are good as cash at any Two Guys store! You don't need to make special trips to redeem them . . . and you're not limited to catalog selections based on full retail price. You can make your choice from anything in Two Guys tremendous assortments of merchandise and food, and take advantage of low discount prices.
SPEND YOUR FILLED STAMP BOOKS LIKE CASH WORTH $2.25 IN ANY DEPARTMENT IN THE STORE INCLUDING FOOD!

USDA CHOICE FIRST CUT CHUCK STEAK lb 59¢
IMPORTED FROZEN Leg of Lamb 79¢
GOV'T. INSPECTED REG. STYLE Chicken Breast 69¢
CITY CUT FRESH PORK SHOULDER Roasting Pork 49¢
CITY CUT COUNTRY STYLE Spare Ribs 69¢
TWO GUYS TOP GRADE DELUXE Sliced Bacon 59¢
TWO GUYS SKINLESS ALL MEAT Franks 65¢
GOV'T INSPECTED THIGH ON CHICKEN LEGS lb 49¢
CITY CUT SMALL LEAN & MEATY SPARE RIBS lb 79¢
CITY CUT QUARTER LOIN PORK CHOPS ENDS & CENTERS 9-11 CHOPS lb 79¢

SEE OUR WEEKLY ONE BOOK SPECIAL. YOUR BOOK CAN BE WORTH UP TO $20
TWO GUYS TRADING STAMP ONE BOOK SPECIAL — YOUR BOOK SAVES $5.99 TOWARD THE PURCHASE OF 10-PC. COFFEE SET IN SPANISH MOSAIC DESIGN. Set includes coffee pot, 4 mugs, sugar bowl, creamer & tray. GIFT DEPT. REG. 7.99 — YOU PAY $2 — PLUS ONE FILLED Two GUYS TRADING STAMP BOOK

PORK CHOP SALE! HIP CHOPS 59¢ SHOULDER CHOPS 69¢
Two Guys LARGE 8 INCH APPLE PIE 39¢
Two Guys SQUARE or ROUND WHITE BREAD 5 1-lb 6-oz $1

PRODUCE DEPARTMENT
BANANAS GOLDEN RIPE 9¢ lb.
ORANGES CALIF. NAVEL 138 SIZE 18 in bag 79¢

Two Guys SUGAR 5-lb. BAG 57¢
PET EVAPORATED MILK TALL CAN 17¢
Two Guys ALL FLAVORS SODA 10 12-oz. cans 79¢
CLOROX BLEACH GAL. JUG 47¢
CAMPBELL'S CHICKEN NOODLE SOUP 2 10½-oz. cans 29¢
TIDE X-K DETERGENT 49-oz. pkg. 79¢
MAXWELL HOUSE COFFEE 2 lb. can 1.67
DUNCAN HINES LAYER CAKE MIXES 18½-oz. pkg. 37¢
Two Guys MAYONNAISE qt. jar 47¢
Two Guys VAC PACK WHOLE KERNEL CORN 6 12-oz. cans 89¢
3-B ALL DETERGENT 49¢ OFF LABEL 3.59
CAMPBELL'S PORK'N' BEANS 4 1-lb. cans 57¢
CROSSE & BLACKWELL CRAB SOUP 13-oz. can 29¢
Two Guys UNSWEETENED PINEAPPLE JUICE 4 46-oz. cans 99¢
Two Guys YELLOW CLING PEACHES SLICED OR HALVES 4 29-oz. cans 99¢
Two Guys SOLID WHITE TUNA 7-oz. can 39¢
FFV BROWN EDGE WAFERS 10½-oz. 39¢

WEEKLY BONUS SPECIAL "NOXON" METAL POLISH AND CLEANER 7-ounce size REG. 37c EA. 2 FOR 49¢ WITH A FOOD PURCHASE OF $2 OR MORE HOUSEWARES DEPT.

DAIRY DEPT.
ROYAL DAIRY COTTAGE CHEESE 2-lb. LARGE OR SMALL CURD 59¢
BORDEN'S ALL FLAVORS FROSTED SHAKES 6 9½-oz. cans 99¢
FLEISCHMANN'S QUARTERS 100% CORN OIL MARGARINE 2 1-lb. pkgs 89¢

FROZEN FOOD DEPT.
BANQUET OR MORTON POT PIES CHICKEN—BEEF—TURKEY 6 8-oz. 89¢
BIRDSEYE'S POTATOES REG. OR CRINKLE CUT 8 9-oz 99¢
RANCHERS BEEF or BREADED VEAL PATTIES 2 lb box 1.09
APP'S FAMILY SIZE LASAGNA WITH CHEESE 4-lb. 1.69

APPETIZING DEPARTMENT
ESSKAY BOLOGNA lb. 79¢
IMPORTED HAM ROLL ½ lb. 59¢

Two Guys FOOD SUPERMARKETS
TOWSON Joppa Rd. & Goucher Blvd. 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 Road 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., Jan. 8, 1972

FASHION NOTE: Interesting vivid green and white cotton border print with yellow and red stripes and narrow scroll pattern is used for this ankle length patio and dinner dress. The wide stripes are used by Elinor Simmons for Malcolm Starr's Spring 1972 for the bodice and sleeves and the narrow scroll edging for the leg revealing side slit skirt. Designed collection.

AL LAWS AUTO INSURANCE SPECIALIST
SERVING THE GREATER BALTIMORE AREA FOR YOUR INS. NEEDS
*LIABILITY *COLLISION
*FIRE-THEFT *COMMERCIAL
*MOTORCYCLES *TRUCKS
LOW DOWN PAYMENTS
AL LAWS Easy Budget Terms 3539 PARK HEIGHTS AVE. Call: 669-1313
NITES, SUNDAYS AND HOLIDAYS *PHONE: 367-5087

BYNUM'S FUEL OIL CO.
HOLIDAY SPECIALS
100 Gal. $17.06 50 Gal. $10.57
ORDER EARLY — PROMPT DELIVERY
566-4300 566-9702
1824 W. EAGLE ST.
FAST, EFFICIENT BURNER SERVICE

You will Spread Christmas Cheer Throughout The Year
WHEN YOU GIVE A SUBSCRIPTION TO THE AFRO-AMERICAN
Special Christmas Offer!
(BALTIMORE AND WASHINGTON ONLY)
ONE YEAR (TWO EDITIONS) TUES. and FRI. $15.00

ONE YEAR SUBSCRIPTION (ONE EDITION ONLY).. $7.75
EACH ADDITIONAL ONE YEAR $7.50
TWO YEARS $13.00
THREE YEARS $18.00
FOREIGN-ONE YEAR $12.00

CHECK ONE:
Enter my own subscription as first gift.
THE ABOVE RATES ARE GOOD FOR YOUR PERSONAL SUBSCRIPTION NEW OR RENEWAL
Offer Expires January 31

AFRO EDITIONS
Baltimore Tuesday
Baltimore Friday
Richmond
Virginia
Washington Tuesday
Washington Friday
New Jersey
Maryland

Indicate the edition you desire on each individual order.

North YM announces program

The North Baltimore YMCA, at 2501 The Alameda, will begin a full range of activities for adults during its winter program which begins Jan. 10.

• • •

Programs for adults include bridge instruction, dog training, dancing, creative art, photography, radio and television repair, ladies' trampoline and slimnastics, conditioning and weight training for men, yoga, swimming and bowling.

• • •

To register for programs call the Y at 467-2354. The majority of the programs will run for ten weeks and will be conducted once or twice a week.

Many activities start on Monday, January 10 including dog training, creative art, photography and yoga.

• • •

Classes beginning Jan. 11 are duplicate bridge ballroom dancing, conditioning and weight training for men and ladies' slimnastics.

Starting on Jan. 13, will be instruction in beginner bridge; and on Jan. 13, the Y will begin classes in modern dance, radio and television repair, ladies' trampoline, adult swim and family fun swims.

The Y's ten-week father-and-son bowling league will be held Sundays beginning Jan. 9.

Md. Ed. group names conference panelists

The Maryland Council on Education will meet at 9:30 a.m. Jan. 15, at 344 North Charles St. Dr. Donald Wesley is program chairman and Mrs. Edith Stidman is chairman of the Council.

The topic to be discussed is: Accountability: School, Educator, X? The annual theme is "Big Questions in Education."

Panelists include T. Bayard Williams, Past President and member of the Baltimore County Board of Education; John Fiscella, Education Director of the Montgomery County Education Association; William J. Gerardi, Principal of Baltimore Polytechnic Institute; and Mrs. Mimi Joseph, Chairman of the Pimlico Study Group and Parent Representative of the Mount Royal Elementary School.

JAN. 10

The Baltimore Association for Retarded Children invites the parents of retarded and handicapped children to a pre-school meeting to be held today 10 to 8 p.m. at the Association Headquarters, 4321 Old York Road. Admission is free and the public is invited.

100% U.S. GOV'T. INSPECTED FOR WHOLESOMENESS! PAN-READY FRYERS FRESH WHOLE lb. 27¢ CUT UP 33c
Leg or Breast FRESH FRYING QUARTERS lb. 37¢
Fresh Roasting Chickens lb. 45¢
ACME
Prices Effective Thru Sat., Jan. 8, 1972. Please Request a Rain Check If You Are Unable to Find Any Advertised Item.
SERVE WITH CONFIDENCE!...SERVE LANCASTER BRAND!
TENDER, OVEN-READY Rib Roast $1.09
LANCASTER BRAND BONELESS Chuck Steaks 99¢
LANCASTER BRAND, TENDER Cubed Steaks $1.39
7-INCH CUT Rib Steaks $1.19
LANCASTER BRAND (BONELESS lb. $1.39) Cross Cut Roast 99¢
LEAN, FRESH Ground Chuck 89¢
TENDER CALIFORNIA BEEF ROAST Blade Bone Removed lb. 89¢
PORK LOINS QUARTERED SLICED 9-11 CHOPS AVG. lb. 69¢
LEAN, SMOKED Pork Chops CENTER CUTS 99c
COUNTRY STYLE Sliced Bacon 59c
LANCASTER BRAND, PLAIN OR GARLIC, THIN Sliced Bologna 1-lb. pkg. 75¢
LANCASTER BRAND, MEATY Scrapple 1-lb. pkg. 39¢ 2-lb. pkg. 69¢
MEDIUM 40-50 COUNT (5-lb. box $7.39) Fancy Shrimp $1.49
PASTEURIZED Backfin Crabmeat 12-oz. can $2.09
FRESHLY SHUCKED Oysters STANDARDS 12-oz. can $1.29
LANCASTER BRAND, FROZEN Beef Patties 1-lb. pkg. 89¢
WEAVER'S Dutch Frye Chicken 1½-lb. pkg. $1.69
WEAVER'S Chicken Breast 1-lb. 7-oz. pkg. $1.69
U.S. NO. 1 ALL-PURPOSE WHITE POTATOES
New Cabbage ALL-GREEN 10¢
Florida Tangerines 150-SIZE 20 for $1.00
Fresh, Crisp Carrots 2 bchs. 35¢
Fresh, Crisp Cucumbers 3 for 35¢
10 lb. bag 69¢
ACME "EXTRA MEASURE" BUYS!
HANOVER Blackeye Peas 2 15½-oz. cans 35¢
WHITE OR ASSORTED COLORS Teri Towels Jumbo roll 40¢
IDEAL CALIFORNIA Fruit Cocktail 4 1-lb. cans $1.00
FARMDALE YELLOW CLING Sliced Peaches 4 1-lb. 13-oz. cans $1.00
IDEAL BRAND Freeze-Dried Coffee 4-oz. jar 89¢
TWICE AS FAST AS ASPIRIN! Bufferin Tablets btl. of 100 99¢
FARMDALE Stuffed Olives 6-oz. jar 39¢
ACME RED Mouth Wash 1-qt. btl. 49¢
SERVE WITH PORK! Libby's Sauerkraut 2 1-lb. 11-oz. cans 55¢
SUNSWEET Prune Juice 1-qt. 8-oz. btl. 59¢
SERVE HOT OR COLD! Hormel Spam 12-oz. can 52¢
EVAPORATED MILK Carnation or Pet 13-oz. can 17¢
MISSION Tomato Sauce 10 8-oz. cans 79¢
ASSORTED FLAVORS IDEAL SODAS IN "ZIP TOP" CANS! 6 12-oz. cans 59¢
TENDER, SWEET Del Monte PEAS 5 1-lb. 1-oz. cans $1.00
SEACALL GRATED WHITE TUNA FOR YOUR FAVORITE SALAD! 3 6-oz. cans $1.00
DOWNY FABRIC SOFTENER 8¢ OFF LABEL 1-qt. 1-oz. btl. 59¢
SAVE 14¢. ASST'D. FLAVORS FARMDALE Ice Cream ½-gal. ctn. 65¢
KRAFT'S Velveeta Cheese 2-lb. loaf 98¢
GOLDEN MARGARINE Mrs. Filbert's 3 1-lb. qtrs. $1.00
IMPERIAL Margarine 1-lb. qtrs. 49¢
SAVE 15¢ FARMDALE SLICED White Bread 5 1-lb. loaves $1.00
IDEAL PEAS, CORN, SUCCOTASH OR MIXED Vegetables 5 10-oz. pkgs. $1.00
SARA LEE BAKE SHOP SPECIALS Pull-Aparts Other Sara Lee Varieties at Regular Price 12-oz. pkg. 69¢
BIRDS EYE Tiny Taters 5 1-lb. pkgs. $1.00
THIS COUPON WORTH (CO) 100 S&H GREEN STAMPS WITH YOUR $10 PURCHASE (Excluding Cigarettes & Milk Products) One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (CO) 100 S&H GREEN STAMPS with the purchase of two pkgs. LIGHT BULBS One Coupon per Family Please. Void After Jan. 11, 1972.
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 Jan. 11, 1972.
THIS COUPON WORTH (CO) 50 S&H GREEN STAMPS with the purchase of any three LANCASTER BRAND FROZEN DINNERS One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (CO) 50 S&H GREEN STAMPS with the purchase of 2 lb. FRESH CHICKEN PARTS One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (CO) 25 S&H GREEN STAMPS with the purchase of 1-lb. pkg. Frozen or Lancaster Brand SLICED BACON One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (CO) 50 S&H GREEN STAMPS with the purchase of a doz. IDEAL GRADE "A" FRESH EGGS One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (CO) 25 S&H GREEN STAMPS with the purchase of a bag of 10# FLORIDA GRAPEFRUIT One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (MFG) 40¢ CASH! toward the purchase of a 10-oz-12-oz. jar MAXWELL HOUSE INSTANT COFFEE One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (MFG) 25¢ CASH! toward the purchase of a 14-oz. FINAL TOUCH FABRIC SOFTENER One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (MFG) 15¢ CASH! toward the purchase of 2 lb.-4-oz. pkg. GAINES-BURGERS One Coupon per Family Please. Void After Jan. 11, 1972.
THIS COUPON WORTH (MFG) 10¢ CASH! toward the purchase of a 7-pt. bt. SOLARINE POT & PAN CLEANER One Coupon per Family Please. Void After Jan. 11, 1972.
Cheaper by the bunch.
DEL MONTE 8 OZ. BUFFETS
Bartlett Pear Halves 4 8½-oz. cans 99c
Fruit Cocktail 5 8½-oz. cans 99c
Lima Beans 5 8½-oz. cans 99c
Stewed Tomatoes 5 8-oz. cans 99c
Cut Green Beans 6 8-oz. cans 99c
Cream Style Corn 6 8½-oz. cans 99c
Whole Kernel Corn 6 8½-oz. cans 99c
Early Garden Peas 6 8½-oz. cans 99c
Pineapple-Grapefruit Drink 6 6-oz. cans 59c
"Price Per." "Price Per" is a special shelf-pricing tag, designed to help you better understand what you're getting for your money at Acme. It shows you the exact price of each item in terms of its weight or measure. Acme is pricing items throughout the market this special price-per-unit way.