## Illustrious Women

MRS. MAE WRIGHT PECK

By PAULA M. BROOKS

Mrs. Mae Wright Peck was an instructor in the Baltimore City School System for 41 years, but she didn't stop there. She now has a new position with Educational T.V.

Mrs. Peck's title is Staff Specialist in Utilization with the Division of Instructional T.V. for the Maryland State Department of Education.

"I answered the ad in the AFRO. It was really a spur of the moment decision when I followed through with it. But I was hired for the position on Jan. 29, 1971 and I'm pleased with my work," said Mrs. Peck.

When asked how her family reacted to the new and interesting position, she said, "My family was pleased that I had taken the job."

"My duties at WMPB (Channel 67) involve revision of teachers' manuels, printing educational material and some travel," said the fashionable Mrs. Peck.

She said that even though she misses the direct contact with the classroom, educational T.V. is an allied occupation. It's merely an innovative approach to education.

Mrs. Peck said that she is in favor of educational T.V. in the schools in addition to regular classroom work.

After receiving her A.B. degree from Tufts University, she earned her Master's degree from New York University. Additional graduate studies were pursued at American and Columbia Universities, CCB, Eastern Baptist, Goucher, Morgan State and Towson State Colleges.

She is the former National president of Delta Sigma Theta Sor., Inc. and the immediate past president of Philomatheans.

Married to Warren Peck, the couple attends Holy Trinity Church.

## Writer celebrates birthday, asks prayers for Mr. Hutchins

By MELVINA EDWARDS

Mr. and Mrs. A. Chase entertained at dinner on Sunday, the Rev. and Mrs. William Edwards, the Rev. and Mrs. Charles N. Bourne and Leo Rice.

* * *

Birthday greetings to the writer of this column Melvina Edwards from her friends.

Sympathy is extended to the Rev. Joseph Gray and family at the passing of his sister Mrs. Minnie Smith.

Funeral services were held at the Kelson Funeral Home. Eulogy was by the Rev. William Edwards.

* * *

The marriage of Mrs. L. Dorothy Carter, daughter of Y. Gray and Mrs. John M. Jackson of Philadelphia, took place on Thurs. Jan. 13.

Mrs. Mamie Hawkins of Dunkirk is a patient at Calvert County Hospital. Mrs. Elizabeth Brown is now resting at home.

* * *

Prayers, please, for Melvin Hutchins who is a patient at University Hospital. He is the husband of Mrs. Ruth Hutchins.

## Banquet set for home for aged

The Maryland Baptist Home for the Aged will have its first banquet on Thursday, Feb. 17 at 7 p.m.

The affair, sponsored by "The Fire Renovation Expansion Drive" committee of the United Baptist Missionary Convention will be held at the Eastwind, 9000 Pulaski Highway.

The Rev. W. E. Paige is president of the home, the Rev. Lorenzo Graves is committee chairman and the Rev. Montague Brackett is president of the convention.

## Economy meals for good eating

"Chicken every Sunday" is no longer an apropos slogan for the poultry-eating public.

Americans now eat these tasty birds throughout the week. Why? Because they're economical and form the base for some of the tastiest main dishes you can make.

A plentiful supply of broiler-fryers is expected from the large number of chickens going to market this month, and prices attractive to consumers are predicted by the U.S. Department of Agriculture's Consumer Marketing Service.

When buying chicken for frying, roasting, braising or stewing, allow about half a pound ready-to-cook weight for each serving. For broiling, allow ¼ to ½ bird per serving.

Now suppose that: fryers breasts sell for 60 cents pound, that fryer legs sell for 49 cents a pound, that roasters sell for 49 cents a pound, and that whole fryers sell for 33 cents a pound.

* * *

Try this delicious recipe for Skillet Chicken with Rice, which combines two economical items (chicken and rice) in an easy top-of-the-stove meal:

Use one broiler-fryer (2-3 lbs.), cut up; one half cup fat for browning, one and one half teaspoons salt, one teaspoon paprika, one eighth teaspoon pepper, two cups boiling water, one onion sliced, and three fourth cup uncooked rice.

Coat chicken with flour and seasonings and fry to light brown. Reduce heat, add boiling water, onion and rice. Cover and simmer until chicken is fork-tender, rice is fluffy and water is evaporated, about 40 minutes.

Here's a menue for a day's good eating using chicken and other plentiful and reasonably-priced foods:

BREAKFAST
Orange Juice
Apple-Cinnamon Oatmeal
Milk
Coffee or Tea

LUNCH
Split Pea Soup
Grilled Cheese and Tomato Sandwich
Fresh Pear
Milk

DINNER
Skillet Chicken with Rice
Baked Apple
Fres Green Beans
Milk
Coffee or Tea

* * *

At a glance, it looks as if whole fryers are the least expensive and fryer breasts the most expensive. But price per pound is not always the best guide to actual saving.

For example, fryer breasts coasts 15 cents per serving; fryer legs, 16.3 cents; roasters, 24.5 cents and whole fryers, 24.8 cents and whole fryers, 24.8 cents per serving.

YOU CAN REGISTER now every day, from 9-4 p.m. to vote, at People's Cohrt Building, ground floor, Fayette and Gay Sts. On Thursdays, register from 9-7 p.m. You may register until April 17 for Presidential and Congressional Primary and until October 10 for General.

Primary lection is May 16, 1972. General is Nov. 7, 1972.

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GOLD MEDAL FLOUR 5 lb. BAG 49¢
VIVA TOWELS 3 JUMBO ROLLS $1.00
COLONIAL SUGAR 5 lb. BAG 59¢
FRESH PIG TAILS 29¢ lb.
KOUNTY KIST WHOLE KERNEL GOLDEN CORN 2 12-OZ. CANS 33¢
CLOROX BLEACH GALLON 49¢
PET OR CARNATION MILK 5 TALL CANS 89¢
GOETZE SCRAPPLE 2 lb. PKG. 69¢
BETTY CROCKER CAKE MIXES LEMON YELLOW BUTTER YELLOW 3-18 OUNCE BOXES $1.00
ESSKAY ALL MEAT BOLOGNA 12 OUNCE PKG. 69¢
FROZEN FOOD FEATURES BANQUET DINNERS *CHICKEN *MEAT LOAF *SALISBURY STEAK *TURKEY 39¢
MIGHTY HIGH STRAWBERRY SHORTCAKE 2 lb. PKG. 99¢
OLD VIRGINIA GRAPE JELLY 18 OUNCE JAR 39¢
GRADE A FANCY ROASTING CHICKEN 3½ lb. Average 33¢
HANOVER JULIENNE POTATOES 16 OUNCE PKG. 29¢
HAWAIIAN PUNCH GRAPE ORANGE RED 3-46 OUNCE CANS $1.00
GOETZE BREAKFAST SAUSAGE 2 lbs. 99¢
FRESH PRODUCE SPECIALS BANANAS 2 lbs. 25¢
FIRE SIDE SNACK CRACKERS 16 OUNCE BOX 19¢
FRESH PORK KIDNEYS HOG MAWS lb. 29¢
RUSSET BAKING POTATOES 10 lbs. 49¢
DISCOUNT DRUG DEPT. CLOSE-UP TOOTH PASTE Reg. 69¢ Sale 49¢
DRISTAN TABLETS Reg. $1.39 Sale 98¢
YOU GET MUCH MORE AT YOUR KIND OF STORES
SHOP BROWN'S SEVEN DAYS EVERY WEEK

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| MON.-WED. 9 TO 7 THURS. 9 TO 8 FRI.-SAT. 8 TO 9 SUNDAY 8 TO 1:00 | Mon.-Wed. 8 to 6:30 THURS. 8 TO 8 FRI.-SAT. 8 TO 9 SUNDAY 8 TO 1:00 P.M. | MON.-WED. 9 TO 7 THURS. 9 TO 8 FRI.-SAT. 8 TO 9. SUNDAY 9 TO 1:00 |

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BROWN'S B SUPERMARKETS



## Seasonal vegetables main-stays of meals

By VIRGINIA McLUCKIE
Food Economist

It is time to use seasonal winter vetetables and fruits and utilize processed forms even if the temperature outside is not typical of winter chill, says Virginia McLuckie, Food Economist, Baltimore Office of the Department of Markets, University of Maryland.

Root vegetables are important winter vegetables, potatoes, onions, rutabagas, carrots and cabbage are the economy buys in this group of vegetables.

White potatoes are one of the main-stays of our diet as we use them for any meal of the day, prepared in plain or fancy ways. Production of fall potatoes is estimated at one per cent less than 1970's record crop.

The 1971 crop was harvested from 22,600 fewer acres but the yield per acre was a record high 235 hundred weight. The winter and spring crops for 1972 are expected to be less than 1971 because of lower acreage planted and growing conditions. Right now potatoes are in good supply.

* * *

The best quality potatoes are firm, smooth, well shaped, free from cuts, bleminhes and decay. Look for fairly clean, washed potatoes. At home sort the potatoes using any with defects first, then store them in a dark, cool, place where there is some air circulation. Think of the potatoes in sizes of four potatoes per pound, boiled in the jacked or pared or baked as having about 100 calories.

Rutabagas are a vegetable we see in the produce bin and pass it up because we are not very familiary preparing it or may never have tasted its flavor. Top quality rutabagas are well formed, reasonably smoothe and firm and heavy for their size. They are characterized by a round yellow body with a wide deep purple mantle. The moisture is retained in the fine yellow flesh by a waxing process which extends the market life to six to eight months. Rutabagas are easy to cook. They may be peeled then boiled, baked, pan-sauted or pressure cooked in small or large pieces. One pound of rutabaga, diced and cooked makes 2½ cups or four generous servings.

* * *

As for canned vegetables, prices for most items were firm to strong at the time of the price freeze. Some items are currently at ceiling levels. With a moderate supply expected this season firm prices are expected to continue. Supplies are smaller for snapbeans, beets, sauerkraut, and pickles. Total supplies of green peas, sweet corn and tomato products are moderately larger.

Excluding potatoes, the total supply of the seven major frozen vegetables is expected to be slightly smaller than a year earlier. Stocks on hand for the No. 1 frozen vegetagle potatoes are up fourteen percent and most of the tonage is in French fries.

Fruit best buys lists include juice oranges, grapefruit, Temple oranges, apples, D'Anjou pears, bananas, canned pears, canned applesauce and dried prunes.

To make Lemon Rutabaga sticks, you will need two cups (1 pound) rutabaga sticks, one tablespoon butter, one teaspoon finely chopped onion, one teaspoon lemon juice, and two teaspoon parsley (optional).

Cook rutabaga sticks in a small amount of boiling salted water until crisp-tender. Drain and add remaining ingredients. Toss to coat. Makes 4 servings.

## Club elects Mrs. Williams

Les Pierette Bridge Club elected Mrs. Mildred Williams president at a session in her home on Debilan Circle, Saturday.

Other officers named were Mesdames Gilda Brown, vice president; Evelyn Revel, secretary; Elmina Collins, treasurer and Salome Fuller, reporter.

Other members are Mesdames Leana Ferrell, Georgianna Howard, Nellie Bowden, Mary Bacote and Charlotte Little.

For outstanding service to the club during the past year, Mrs. Charlotte Little received a decorative plate and a vase was presented to Mrs. Mary Bacote.

## Income tax info at P.O.

Baltimore Postmaster announced that beginning Monday, January 3, 1972, Internal Revenue Service publications 334, "Tax Guide for Small Business" and publication 17, "Your Federal Income Tax," will be on sale to the public at post offices throughout the Baltimore Pstal District.

Supplies of the publications will be available to the public at service windows for the price of 75 cents each.

The postal service in cooperation with Internal Revenue Service is making a concerted effort to aid samll businessmen and the public by providing them with vital information that may save them amny tax dollars. The information contained in these publications.

Approximately 15,000 first and second class post post offices will sell the publications as a needed comunity service to the public. "This isnot to be confused with the Internal Revenue Tax Form for taxpayers to complete before the April 15, 1972 deadline," said the Postmaster.

January 29

"Metropolis," film at the main Pratt Library, Wheele: Auditorium, 2:00 p.m.

Two Guys DISCOUNT DEPARTMENT STORES
MORE FOOD FOR YOUR MONEY PLUS. . .
SALE TODAY thru SAT.

Produce Dept.
GOLDEN RIPE BANANAS lb. 9¢
POTATOES US #1 GRADE-A- 20 lb. BAG 79¢
FANCY CRISP CORTLAND APPLES 3 lb. 29¢
U.S. #1 GRADE-A- YELLOW ONIONS 4 LB. LOOSE 23¢

Frozen Food Dept.
BIRDSEYE'S TASTI-FRIES 5 10-OZ. FOR 99¢
MINUTE MAID ORANGE JUICE 12-OZ. 49¢ 4 6-OZ. LARGE SIZE MAKES ½-GAL. 99¢ 16-OZ. 63¢
MORTON ALL VARIETIES CREAM PIES 14-OZ. 4 FOR 89¢
BLEND-RITE NON-DAIRY CREAMER 8 PTS. FOR 99¢

Dairy Dept.
MRS. FILBERTS' FAMILY SIZE SOFT MARGARINE 1-LB. PKG. 39¢
REG. OR BUTTERMILK PILLSBURY'S BISCUITS 4 8-OZ. 35¢
DAIRY FRESH UNSWEETENED GRAPEFRUIT JUICE ½-GAL. GLASS 69¢

BAKERY DEPT.
Two Guys SQUARE or ROUND WHITE BREAD 5 1-lb. 6-oz. $1
Two Guys LARGE 8 INCH PINEAPPLE PIE 39¢

STEAK SALE!
SIRLOIN STEAK USDA CHOICE USUAL FINE TRIM 1.09 LB.
WE SELL ONLY U.S. GOV'T. GRADED CHOICE BEEF
U.S.D.A. CHOICE FIRST CUT CHUCK STEAK lb 59¢
FRESH FROZEN IMPORTED OVEN READY LEGS of LAMB 79¢
CITY CUT ENDS & CENTER PORK CHOPS lb 79¢ QUARTER LOIN 9-11 CHOPS
GOV'T INSPECTED CHICKEN LEGS lb. 39¢ QUARTERS—BACK ON
GOV'T INSPECTED CHICKEN BREAST lb 39¢ QUARTERS WING ON
GOV'T INSPECTED CHICKEN LEGS lb. 49¢ THIGH ON
U.S.D.A. CHOICE BONELESS CROSS RIB (ROAST) lb. 1.19
GOV'T INSPECTED REG. STYLE CHICKEN BREAST 69¢ lb.
U.S.D.A. CHOICE BOTTOM ROUND ROAST lb. 1.23
CITY CUT COUNTRY STYLE SPARE RIBS lb. 69¢
U.S.D.A. CHOICE TOP ROUND ROAST lb. 1.29
READY TO COOK TURKEY DRUMSTICK lb. 29¢
U.S.D.A. CHOICE SILVER TIP ROAST lb. 1.29
GRADE-A-1 ½-lb. AVG. CORNISH HENS lb. 49¢
U.S.D.A. CHOICE BONELESS RUMP ROAST lb. 1.45
Two Guys DELUX BRAND TOP GRADE SLICED BACON 75¢ lb.
STEER SLICED BEEF LIVER lb. 49¢
SWIFT PREMIUM VAC PACK SLICED BACON 89¢ lb.

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Two Guys SUGAR 5-lb. BAG 57¢
Two Guys MAYONNAISE QT. JAR 47¢
Two Guys TOMATO CATSUP 20 oz. BTLS 4 FOR 99¢
PET EVAPORATED MILK 14½-OZ. CAN 17¢
CAMPBELL'S PORK N' BEANS 4 16-OZ. CANS 57¢
WELCH'S 46-OZ. CANS FRUIT DRINKS 3 FOR 87¢
Two Guys ALL FLAVORS SOFA 10 12 OZ. CANS 79¢
CROSSE & BLACKWELL CRAB SOUP 29¢
CLOROX BLEACH GAL. JUG 47¢
WHITE CLOUD BATHROOM TISSUE 2 ROLL PACK 4 FOR $1
CAMPBELL'S CHICKEN NOODLE SOUP 2 10½-OZ. CANS 29¢
IVORY SNOW 20¢ OFF LABEL 54 OZ. LONG SIZE 1.14
TIDE XK DETERGENT 3-lb. 1-oz. 79¢
Two Guys PAPER PLATES PKG. OF 100 9-IN. SIZE 49¢
MAXWELL HOUSE COFFEE 2-lb. CAN 1.67
Two Guys PKG. OF 100 TEA BAGS 67¢
DUNCAN HINES LAYER CAKE MIXES 18½ OZ. PKG. 3 FOR $1
PRIDE OF COLOMBIA COFFEE 3-lb. CAN 1.99

Appetizing Dept.
A&B GERMAN BOLOGNA 79¢ lb.
IMPORTED JARLSBERG SWISS CHEESE 59¢ ½-lb.

Two Guys WHOLE KERNEL OR CREAM STYLE CORN 17 OZ. CANS 6 89¢
VALUABLE COUPON 15¢ OFF WITH THIS COUPON MFR HEFTY CORN. Toward the purchase of HEFTY TRASH CAN LINERS 20 Count size. GOOD ONLY AT TWO GUYS. One coupon per purchase. Good thru Sat., Jan. 22, 1972. AA-1-22
VALUABLE COUPON 15¢ OFF WITH THIS COUPON MFR PILLSBURY CO. Toward the purchase of PILLSBURY HUNGRY JACK MASHED POTATOES 16 OZ. SIZE. GOOD ONLY AT TWO GUYS. One coupon per purchase. Good thru Sat., Jan. 22, 1972. AA-1-22
VALUABLE COUPON 7¢ OFF WITH THIS COUPON MFR PILLSBURY CO. PILLSBURY BEST FLOUR 5 lb. BAG. GOOD ONLY AT TWO GUYS. One coupon per purchase. Good thru Sat., Jan. 22, 1972. AA-1-22
VALUABLE COUPON 50¢ OFF WITH THIS COUPON MFR GENERAL FOODS. Toward the purchase of INSTANT YUBAN COFFEE 8 OZ. JAR. GOOD ONLY AT TWO GUYS. One coupon per purchase. Good thru Sat., Jan. 22, 1972. AA-1-22
Two Guys SLICED OR HALVES FREESTONE PEACHES 4 1-LB. CANS 89¢
VALUABLE COUPON 10¢ OFF WITH THIS COUPON MFR HUNT WESSON CO. Toward the purchase of HUNTS SNACK PACK 9 CAN PACK. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Jan. 22, 1972. AA-1-22
VALUABLE COUPON 20¢ OFF WITH THIS COUPON MFR RIVAL PET FOODS. Toward the purchase of 6 PACK RIVAL BEEF DOG FOOD 15½ OZ. CANS. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Jan. 22, 1972. AA-1-22
VALUABLE COUPON 12¢ OFF WITH THIS COUPON MFR PROCTER & GAMBLE. Toward the purchase of 2 BARS ZEST BATH SOAP 2 for 29¢. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Jan. 22, 1972. AA-1-22
VALUABLE COUPON 20¢ OFF WITH THIS COUPON MFR GENERAL FOODS. Toward the purchase of MAXWELL HOUSE COFFEE 2-LB. CAN. GOOD ONLY AT TWO GUYS. One coupon per customer. Good thru Sat., Jan. 22, 1972. AA-1-22

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We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat., Jan. 22, 1972.