Pantry Pride USDA CHOICE

NO FINER BEEF SOLD *Anywhere*
ALL *Pantry Pride* BEEF CUTS
ARE GRADED U.S.D.A. CHOICE
LOOK FOR THE INSIGNIA ON ALL BEEF CUT PACKAGES

Pantry Pride
DISCOUNT FOODS

PANTRY PRIDE U.S.D.A. CHOICE QUALITY

Round Roast BONELESS lb. 97¢
BONUS SPECIAL THIS WEEK ONLY!!

- Eye Round Roast U.S.D.A. CHOICE ..... lb. $1.39
- Rump Roast U.S.D.A. CHOICE BONELESS ..... lb. $1.29
- Cubed Beef Steaks U.S.D.A. CHOICE ... lb. $1.39
- Ground Round EXTRA LEAN ..... lb. 97¢
- Cubed Beef Steaks GREENDELL'S FROZEN 1-lb. pkg. 99¢
- Ham Slices PANTRY PRIDE GRADE "A" CENTER CUT ..... lb. 99¢

PANTRY PRIDE GRADE "A"
Pork Loins QUARTERED SLICED 9-11 CHOPS lb. 69¢
BONUS SPECIAL THIS WEEK ONLY!!

PANTRY PRIDE GRADE "A"
Fresh Fryers WHOLE lb. 25¢
SPLIT or CUT UP... lb. 29¢

- Italian Sausage HAHN'S HOT or SWEET lb. 89¢
- Sliced Bacon FYNE TASTE ..... 1-lb. pkg. 69¢
- Turkey Breast U.S.D.A. GRADE "A" WHOLE ..... lb. 89¢
- Chicken Legs PANTRY PRIDE FRESH GRADE "A" WHOLE ..... lb. 49¢
- Chicken Wings PANTRY PRIDE GRADE "A" FRESH .. lb. 33¢
- Greendell's Steaks FROZEN—YOUR CHOICE BREADED VEAL STEAKS OR CHICKENBURGER STEAKS 1-lb. pkg. 99¢

PANTRY PRIDE U.S.D.A. CHOICE
Chuck Roast BONELESS lb. 89¢
BONUS SPECIAL THIS WEEK ONLY!!

Potatoes U.S. #1 ALL PURPOSE 20 lb. bag 78¢
BONUS SPECIAL THIS WEEK ONLY!!

- Yellow Onions U.S. #1 BULK ONLY ..... lb. 10¢
- Winesap Apples CRISP TANGY ..... 3 lb. bag 48¢
- Tender Carrots CRISP ..... 2 1-lb. bags 33¢

VINE RIPE
Firm Tomatoes lb. 39¢
BONUS SPECIAL THIS WEEK ONLY!!

INDIAN RIVER PINK SEEDLESS
Grape-Fruit each 14¢
BONUS SPECIAL THIS WEEK ONLY!!

- Florida Oranges SWEET JUICY 100 SIZE ..... ea. 5¢
- Cole Slaw FRESHLY PREPARED or SALAD BOWL ..... pkg. 28¢
- Honey Tangerines FLORIDA ..... ea. 5¢

CRISP TENDER
Pascal Celery STALK 25¢
BONUS SPECIAL THIS WEEK ONLY!!

Pantry Pride BRAND
Margarine SOLIDS 1-lb. pkg. 17¢ QUARTERED 1-lb. pkg. 18¢
BONUS SPECIAL THIS WEEK ONLY!!

- Shredded Cheddar SARGENTO CHEESE .... 8-oz. pkg. 69¢
- Cheddar Cheese DAIRE SHARP ..... 8-oz. stick 59¢
- Orange Juice PURE FLORIDA ..... ½-gal. ctn. 59¢
- Ballard Biscuits PILLSBURY .... 4 8-oz. cans 39¢

PANTRY PRIDE
Swiss Cheese SLICED 8-oz. pkg. 59¢
BONUS SPECIAL THIS WEEK ONLY!!

- Pizza Cheese SARGENTO SHREDDED .... 8-oz. pkg. 69¢
- Tip Top Punch ..... ½-gal ctn. 49¢
- Sour Cream PANTRY PRIDE ..... pint ctn. 49¢
- Margarine BLUE BONNET .... 3 1-lb. ¼ $1.00

Fish Sticks
SEA STAR ICELANDIC 2-lb. box 95¢
HEAT & SERVE lb. 49¢
BONUS SPECIAL THIS WEEK ONLY!!

- Fried Clams CARNATION BRAND HEAT & SERVE ..... 7-oz. pkg. 79¢
- Sole Fillet HIGHLINER INDIVIDUALLY FROZEN ..... 12-oz. pkg. 79¢
- Haddock Fillet FANCY FRIED HEAT & SERVE ..... lb. 79¢
- Fresh Perch Fillet OCEAN ..... lb. 73¢

SMALL BAY
Fresh Scallops lb. $1.59
BONUS SPECIAL THIS WEEK ONLY!!

- Fish Cakes SEA STAR ICELANDIC ..... 12-oz. pkg. 45¢
- Fresh Shad Fillet MOST BONES REMOVED ..... lb. 49¢
- Shrimp Croquettes TWO OCEANS HEAT & SERVE 14-oz. pkg. $1.05
- Rainbow Brook Trout FANCY ..... 10-oz. pkg. 79¢

PRICES EFFECTIVE THRU SAT., APRIL 8, 1972. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Illustrious Women

MRS. MILDRED FOREHAND

By PAULA BROOKS

Mrs. Mildred Forehand is the head of the English Department at the recently built Walbrook Senior High School, one of seven Baltimore City magnet schools, this one specializing in "Media Communication."

Outside of her busy schedule as English Department chairman, Mrs. Forehand has found time to write and have published, three papers in the field of speech and the English language.

Her papers, which include 'Annotated Bibliography on Speech," "Independent Studies in the English Classroom," and "Student Oriented Classroom," have appeared in professional journals throughout the country.

With the responsibilities of heading the English Department and planning an in-depth program for "Media Communication," Mrs. Forehand said that she has not had the time to devote to her writing as she once did.

"One spare moment," she said, "to write would be wonderful." Presently, she is working on a book that will be published at a later date.

"Media Communication" at Walbrook involves preparing students for further specialized study or terminal careers in the area of communications and media.

Students at Walbrook gain technical, linguistic, and creative skills through practical and simulated experiences in all phases of media programming and production.

When asked how Walbrook was faring in comparison with other magnet schools in Baltimore, Mrs. Forehand said that Walbrook was not standing still.

She received her B.S. degree in Speech and Secondary Education from New York University and her Master's degree in Speech from the University of Maryland.

Greatly concerned about civic problems, Mrs. Forehand is a member of the Walbrook Community Council, the PTA at school No. 87, and a volunteer for the

At one time she was a probation officer and she was a finalist in the AFRO's "Favorite Teacher Contest."

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Married to Lloyd Forehand, a Social Security Administration employee, the couple have three children: Jina, 16, a student at Western; Lorisa, 10; and Dorita, 8, both pupils at school No. 87.

The family attends the Forest Park Presbyterian Church, where the Rev. Walter Menges is pastor.

APRIL 19

"Ride Your Bike To Work Day" is promoted and sponsored by the Maryland Commission on Physical Fitness, the Baltimore Bicycling Club and the Citizens of Bikeways. Wednesday, April 19 is the day that Marylanders are encouraged to relieve our streets of the snarls of traffic and the toxic fumes of gasoline by embarking on their bicycles for a not-so-

rapid transit to work, school or wherever they may be going that day.

St. Pius to sponsor showing of "Purlie"

The parishioners and parents of St. Pius V. Church and School are sponsoring a Theatre Party for the benefit of their school and church, at the Morris Mechanic Theatre, on Tuesday, May 2, featuring the play "PURLIE."

St. Pius V. School is the only Catholic school in the inner city. The church is located at Edmondson Avenue and Schroeder Street. The parish and school are faced with a severe financial problem and in order to continue to operate will have to raise funds.

—There will be a section of reserved seats for those who wish to be a patron and purchase tickets plus make a donation to this cause. The guests will meet the cast and have refreshments after the show.

Make your reservations early in order to get the best seats.

Tickets can be obtained by calling 563-3899 or 723-1382 or by writing to Mrs. Lillian Wainwright, St. Pius V. Church, 324 N. Schroeder St., Baltimore, Maryland 21223.

Tickets can also be purchased at Mondawmin Shopping Center on Fridays and Staurdays until the week of the affair.

Home sewer must know fabrics, notions

NEW YORK (ED) — The home sewer must be knowledgeable about the care requirements of the fabrics she chooses, and of the notions and trim she uses with them.

The performance of a finished garment is no better than the performance of its weakest part. If the fabric selected for a dress is completely washable, the trim, pocketing, interfacing and lining fabrics, binding tape, thread and zipper must be care compatible, too.

For example, if the home sewer selects a Portrel polyester double knit shrink-resistant dress fabric, and the lining used is 100 per cent rayon or cotton (as many fabrics are), the garment is not going to be very useful or wearable after one washing.

Good judgment on the part of the home sewer can help eliminate many potential problems.

For instance, pre-shrink the zipper before sewing it into the dress. Test a sample of trim for color-fastness before using it with a white fabric. Do not use plastic buttons on a garment that will need dry-cleaning. (They could dissolve in the dry cleaning solvent), unless you are prepared to remove them before cleaning.

There is more to making clothes than having a wide selection of high fashion fabrics from which to choose and the skill to cut and sew them in the latest styles.

You have to make sure that after washing or dry cleaning, your dress will still fit!

Two 25th Guys 1947 1972
SILVER ANNIVERSARY CELEBRATION

25¢ SALE!

Two Guys DRINKS ALL FLAVORS 46-oz. cans 25¢

Progresso Fine Foods! SPAGHETTI SAUCES ALL VARIETIES TWIN JARS 25¢

Two Guys BLEACH GAL. JUG 25¢

S.O.S. SOAP PADS	pkg. of 10 25¢	TWO GUYS APPLESAUCE	25 oz. jar 25¢
MUELLER'S EGG NOODLES	12 oz. box 25¢	TWO GUYS LIQUID DISH DETERGENTS	qt. btl. 25¢
VANITY FAIR LUNCHEON NAPKINS	196 count 25¢	TWO GUYS ALL VARIETIES CAKE MIXES	18½ oz. pkg. 25¢
FACIAL & BATHROOM TISSUE HUDSON TOGETHER	2 pak tray 25¢	TWO GUYS INSTANT COFFEE	2 oz. jar 25¢
HUDSON GIANT TOWELS	162 count 25¢	TWO GUYS ALL VARIE. COOKIES	16 oz. bag 25¢
TWO GUYS TOMATO JUICE	qt. btl. 25¢	DOG FOOD ALPO ALL VARIETIES	14½ to 16 oz. cans 25¢
TWO GUYS SOLID WHITE TUNA	3½ oz. cans 25¢	LIBBY'S VIENNA SAUSAGE	4 oz. can 25¢
TWO GUYS SALAD DRESSING	16 oz. jar 25¢	LIPTON CHICKEN NOODLE SOUP MIX	2 pak 25¢
TWO GUYS SHOESTRING POTATOES	7 oz. can 25¢	TWO GUYS RAVIOLI MEAT or CHEESE	15 oz. can 25¢
HUNTS TOMATO PASTE	12 oz. cans 25¢	TWO GUYS GELATIN DESSERTS	4 3-OZ. PKGS. 25¢

ALL MEAT JUMBO HOT DOGS
100% GOV'T. INSPECTED
AT OUR SNACK BAR OR HOT DOG CARTS
A GREAT LUNCH
25¢ EA.

Two Guys 25¢ Bakery Specials!

RYE BREAD	ROUND or LONG 1-lb.	25¢
SUB ROLLS	pkg. of 3	25¢
DONUTS	PLAIN SUGAR or CINN pkg. of 12	25¢
ENGLISH MUFFINS	pkg. of 6	25¢
PRETZEL TWIST	(THINS 9 oz.)	25¢

WHITE BREAD ROUND OR WALDORF Two Guys 4 lbs. 89¢

PEACH PIE FRESH LARGE 9 INCH Two Guys 39¢

DAIRY DEPT.
NEW CHIFFON FAMILY SIZE MARGARINE DELICIOUS 1 lb. bowl 39¢

AMERICAN CHEESE SLICES KRAFT WHITE or YELLOW 12 oz. pkg. 59¢

CONCORD GRAPE PUNCH TIP TOP PLASTIC ½ gal. 49¢

FROZEN FOOD DEPT.
BANQUET POT PIES CHICKEN, BEEF, TURKEY 6 8 oz. Pkgs. 89¢

BIRDSEYE COB CORN TENDER AND JUICY 4 EARS 39¢

BIRDSEYE AWAKE BREAKFAST DRINK 3 9 oz. cans 89¢

AUNT JEMIMA WAFFLES COUNTRY STYLE 3 9 oz. pkg. 99¢

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Sorry, we are not allowed to give stamps or redeem stamp books on alcoholic beverages, cigarettes or liquid milk.

WE SELL ONLY U.S. GOV'T. GRADED CHOICE BEEF
BONELESS ROAST BEEF SALE!
BONELESS BOLAR ROAST OR BOTTOM ROUND ROAST LB. 1.19

CROSS RIB ROAST lb. 1.19	TOP ROUND ROAST lb. 1.39	BONELESS RUMP lb. 1.49	SILVER TIP ROAST lb. 1.39

WHOLE ROUNDS TOP-BOTTOM-CROSS RIB PRICED HIGHER NONE SOLD TO DEALERS

WE SELL ONLY U.S. GOV'T. GRADED CHOICE BEEF
BONELESS STEAK SALE
LONDON BROIL
THICK CUT SHOULDER lb. 1.39 | THICK CUT ROUND lb. 1.49
DELICIOUS TOP ROUND STEAK lb. 1.49
LEAN BOTTOM SWISS STEAK lb. 1.39 | LEAN & TENDER CUBE STEAK lb. 1.39

GOOD BUY! PORK CHOP SALE!
HIP CUT lb. 89¢
CENTER CUT lb. 1.29
SHOULDER CUT lb. 79¢

CHICKEN LEGS GOV'T. INSP. QUARTERS BACK ON lb. 39¢
CHICKEN BREAST GOV'T. INSP. QUARTERS WING ON lb. 39¢

WE SELL ONLY U.S. GOV'T. GRADED CHOICE BEEF
CHUCK STEAK FIRST CUT lb. 59¢
GROUND CHUCK FRESH LEAN lb. 85¢

GROUND ROUND FRESH EXTRA LEAN lb. 98¢

CITY CUT QUARTER LOIN RIB 9-11 chops PORK CHOPS ENDS & CENTERS lb. 89¢
MASH'S SEMI-BONELESS SMOKED HAM BUTT lb. 85¢ SHANK lb. 69¢
Two Guys FRANKS ALL BEEF lb. 75¢ ALL MEAT lb. 69¢
HYGRADE'S WEST VIRGINIA SLICED BACON THICK ½ lb. pkg. 1.29

PRODUCE DEPARTMENT
BANANAS GOLDEN RIPE lb. 12¢
ICEBERG LETTUCE Fresh California Head 21¢
U.S. #1 GRADE-A POTATOES 20 lb. bagged 97¢
FLORIDA SEEDLESS LARGE SIZE 32 GRAPEFRUIT 5 bagged for 79¢

APPETIZING DEPARTMENT
ESSKAY BOLOGNA lb. 89¢
PLYMOUTH ROCK SPICED HAM lb. 79¢
LAND O' LAKES AMERICAN CHEESE WHITE OR YELLOW ½ lb. 45¢
IMPORTED PRESSED HAM ½ lb. 59¢

Two Guys SPECIAL OFFER TO YOU

TWO GUYS TRADING STAMP ONE BOOK SPECIAL
3.97 HOT TRAY
Electric 25" long with wood handles.
Reg. 4.97 $1
DEVON BY CORNWALL GIFT DEPT.

WEEKLY BONUS SPECIAL
TY-D-BOL CLEANER 12 oz.
REG. 89¢ 63¢
WITH A FOOD PURCHASE OF $2 OR MORE HOUSEWARES DEPT.

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We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat., Apr. 8, 1972.