Economy meals for good eating

You've struck it rich right in your own kitchen. That box labeled "nonfat dry milk" is ready to save the day when you've run out of fluid milk . when you want an easy-to-carry and safe form of milk to tote on warm weather outings . when your food budget is stretching toward disaster.

• • •

Nonfat dry milk is always an economical way to use the goodness of milk. And now it's especially plentiful, according to the U.S. Department of Agriculture.

USDA's Agricultural Marketing Service tells us that nonfat dry milk is simply whole milk with water and fat removed. It does not contain vitamins A or D, which are found in fluid whole milk and in fortified fluid skim milk.

However, all the protein, calcium, phosphorus, and B vitamins remain for needed bone and muscle building nourishment. It's low in calories, too — only about 90 calories in every eight-ounce glass of liquified milk.

• • •

In the dry state, nonfat dry milk keeps easily for several months in a tightly covered container placed in a cool, dry place. And when liquefied according to package directions, it keeps in the refrigerator just like other fresh fluid milks.

Use nonfat dry milk's versatility in these flavorful ways:

Mashed potatoes are as fluffy as a cloud when nonfat dry milk crystals and some of the hot potato liquid are added during the whipping. Season with salt and pepper, add a pat of [illegible] and [illegible] that extra [illegible].

[illegible] cooler is as easy as 1-2-3. Combine one part water, two parts nonfat dry milk, and three parts grape juice. Beat until smooth, and serve in tall frosty glasses.

• • •

This menu for a day's meals includes nonfat dry milk and other foods in abundant supply at reasonable prices:

BREAKFAST
Orange Juice
Cottage Cheese and Canned Peaches
Corn Muffin with Margarine
Milk
Coffee or Tea
LUNCH
Potato Soup
Egg Salad Sandwich
Fresh Apple
Milk
Coffee or Tea
DINNER
Herbed Chicken
Spaghetti with Tomato Sauce
Buttered Spinach
Apricot Whip with Custard Sauce
Milk
Coffee or Tea

Apricot whip with custard sauce is a delicious, inexpensive dessert at dinnertime. Make the whip with 1 11-ounce package dried apricots, 1 tablespoon (1 envelope) unflavored gelatin, ¼ cup water, 1 cup sugar, 1 tablespoon lemon juice, 1 teaspoon lemon rind, grated; 2 egg whites, 2/3 cup instant nonfat dry milk, and ½ cup water, cold.

Custard Sauce requires 2 egg yolks, 1 whole egg, ½ cup sugar, ¼ teaspoon salt, 1 cup instant nonfat dry milk, 1¾ cups water, 1 teaspoon vanilla, and ¼ teaspoon almond flavoring.

To prepare: cook apricots according to package directions, sieve and return to saucepan. Sprinkle gelatin on ¼ cup water to soften, add with sugar to apricots, and heat until gelatin and sugar dissolve. Remove from heat; add lemon juice and lemon rind, and cool.

Put egg whites, dry milk and ½ cup water into cold bowl to whip with cold beaters until stiff peaks form. Fold into apricot mixture. Divide into dessert dishes and chill. Serve with custard sauce. Makes 8 servings.

For Custard Sauce: Beat egg yolks and whole egg until well blended. Add sugar, salt, dry milk and water. Cook over low heat, stirring constantly, until mixture coats spoon. Remove from heat at once and add flavorings. Chill before serving.

"Light" or "Dark" Chicken Bones Safe

Because of concern expressed by many people about the "redness" or "darkness" around bones of cooked poultry, the U.S. Department of Agriculture's Animal and Plant Health Inspection Service offers reassurance to the public that such birds are safe to eat.

The characteristic is simply an indication of a very young, tender bird, explains APHIS. Broiler-fryers are now brought to market in about one-half the time (7-10 weeks) of several years ago. Because the birds are raised quickly, their bones have not matured and are very soft and porous.

When the poultry is cooked, sometimes the pigments from the marrow from the soft bones seep through and cause the meat next to the bones to become dark. This is in no way harmful.

CHECK UP ON YOUR CHEESE

1. Which group is all natural cheeses.
a. Cottage, Farmesan, Cheddar
b. Limburger, Cream, pasteurized process
c. All of the above are natural cheeses.

2. Which of the following makes cheeses different
a. The kind of milk used (skim milk, whole milk, etc.)
b. The method used for curdling the milk.
c. The temperature during ripening.
d. All of these

3. Cottage cheese is a (n) — variety of cheese.
a. Unripened
b. Blue-vein mold ripened
c. Soft ripened
d. Very hard ripened

4. Cheese should be stored
a. In the cupboard or some dry place until the wrapping is opened.
b. Frozen unless it will be used immediately
c. In the refrigerator, wrapped to keep the surface from drying.

5. Cheeses are usually perature.
a. True
b. False

6. Cheddar cheese is America's favorite natural cheese. If you buy a brand of Cheddar cheese with USDA Grade AA shield, you know the cheese will:
a. Have a highly pleasing flavor
b. Be of uniform color
c. Have a smooth compact texture
d. All of these

7. What should I do if mold develops on my Cheddar cheese in the refrigerator.
a. Throw the cheese out.
b. Scrape it from the cheese and use the cheese.
c. It depends on whether or not you like mold.

ANSWERS

1-a. Cottage, Parmesan, Cheddar. Natural cheese is cheese manufactured directly from milk. Natural cheeses include not only cottage, Parmesan, and Cheddar, but Swiss, Blue, cream, Limburger, and virtually hundreds of other varieties. Pasterized process cheese is not natural cheese because it is processed from other cheese intead of directly from milk. Pasteurized process cheese is a blend of fresh and aged natural cheeses which are heated and mixed. There is also Pasteurized process cheese food which contains additional ingredients, such as nonfat dry milk. Pasteurized process cheese spread is like cheese food, except that it has higher moisture and lower milkfat. Club cheese, or coldpack cheese, is a blend of natural cheeses like process cheese, except that the cheese is blended without heating. There is also coldpack cheese food which, like pasteurized process cheese food, includes other ingredients.

2-d. All of these. The distinctive flavor and texture of different cheeses are due to all of these procedures and others as well. Others are the method of cutting, cooking, and forming the curd, the type of bacteria or molds used in ripening, the amount of salt or other seasonings added, the length of time or ripening, and the humidity during ripening. Some minor difference in any of these procedures can make for a completely different variety of cheese.

3-a. Unripened. Natural cheeses are generally classified according to the ripening time for each. There are six general classifications. Unripened types include both soft and firm unripened cheeses. Soft unripened cheeses, such as cottage and cream cheese, have a high moisture and undergo no ripening. They are consumed fresh soon after manufacture. Firm unripened cheeses such as Mozzarella are not ripened but have very low moisture so they may be stored longer. Soft ripened cheeses are those such as Camembert. Curing progresses from the outside or rind, to the center. The distinctive mold or bacteria culture on the surface of the cheese helps give it its flavor.

Semisoft ripened cheeses like brick and Muenster ripen from the interior as well as the surface by using surface growth and bacterial culture. They are also less moist than soft ripened cheeses.

Firm ripened cheeses like Swiss and Cheddar are ripened throughout the entire cheese. Since the rate and degree of curing is closely related to the moisture content of cheese, these cheeses, being lower in moisture, usually require a longer curing time. Very hard ripened cheeses are cured very slowly because of their very low moisture and high salt content. Parmesan and Romano are very hard ripened cheeses. Blue-vein mold ripened cheeses like Blue or Roquefort, are cured by using a characteristic mold culture that grows throughout the interior of the cheese to produce the familiar appearance and flavor.

4-c. In the refrigerator. All cheeses should be refrigerated. Ripened cheese keeps well in the refrigerator for several weeks. Only soft unripened cheeses must be used within a few days. The surfaces of cheese should be covered to avoid drying.

Although small pieces of some cheeses can be frozen, normally freezing may damage a cheese's characteristic body and texture and cause the cheese to become crumbly or mealy.

5-a. True. Except for soft unripened cheeses like cottage and cream cheese, all natural cheese should be served unchilled to help bring out its distinctive flavor and texture. This usually requires 20 minutes to 1 hour or more at room temperature, depending on the size of the piece of cheese.

6-d. All of these. USDA Grade AA Cheddar cheese must have a highly pleasing flavor, a smooth compact texture, and an attractive appearance and uniform color. When Cheddar carries the USDA grade shield, the cheese has been graded by a highly trained Government grader, and has been produced in a USDA inspected and approved plant.

In addition to Grade AA Cheddar cheese, may also carry a Grade A shield. This Cheddar is also of good quality, but not quite as high as Grade AA.

7-b. Scrape it from the cheese and use the cheese. Mold which may develop on Cheddar and other ripened cheeses is not harmful, and is easily scraped or cut from the surface of the cheese.

SCORING

Score yourself five points for each correct answer.

30-35 Excellent. You're a cheese gourmet. You know how to put a good nutritional food to good use.

25-30 God. You know your cheeses pretty well. To make gourmet status, write for the USDA Agricultural Marketing booklet, "How to Buy Cheese," G-193.

15-25 Fair. You could stand a few cheese lessons. Get them from "How to Buy Cheese" as recommended. Experience is a great teacher so serve more kinds of cheese more often.

Below 15 Poor. Hurry while they last! Write for "How to Buy Cheese," G-193, Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250. You're missing some good eating if you haven't been serving cheese to your family and friends.

ON THE EASTSIDE

Mothers bring happiness and many fine things

By GEORGINNA MOODY

An active group of ladies called the concerned Mothers at Lafayette Courts are doing many fine things in the community these days.

These ladies decided some time ago there are not enough people concerned for the well-being of their fellowman. The club was formed last year for the purpose of bringing happiness to others.

Some of their charitable acts have been in the form of providing food, clothings, gifts of soaps, records and other personals to the needy. They also give fruit baskets to the sick.

Recently, these mothers helped Mrs. Mary Weather, Alsquith St. celebrate her 82nd birthday. Mrs. Weathers was overjoyed by the many gifts, songs and scripture reading provided during her lovely party.

Members are: Mrs. Bessie Pelzer, secretary; Mrs. Eula Mae Evans, treasurer; Mrs. Alverta Artis, chairman; Mrs. Dorothy Kingsbury, Mrs. Catherine Moore, and Mrs. Estelle Page.

• • •

Happy Birthday wishes to: Daniel Hazelwood, Miss Maxine Moore, May 27; Tommie Alford, May 19; Alfreda, Burham, May 12; Alfred Burham, May 12; Edward Kent, May 5; and Kim Kent, May 6.

Also, Renee Jackson, May 17; Rodney Straughter, May 3; Gurdner Taylor, May 4; Arnold Sye, May 9; Mary Coleman, May 5; Clementine Long, May 14; Iyan Williams May 11.

Miss Ernestine Jones who is confined to Sinai Hospital is doing better, but is still quite ill from gun shot wounds received from a burglar's gun last week. Ernestine is the daughter of Mrs. Pearl Waller of Timothy Baptist Church.

BROWN'S Big B SUPER MARKETS

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PET OR CARNATION EVAP. MILK 5 TALL CANS 89¢

HY TOP SUGAR 5 lb. BAG 59¢

FURMAN MIXED VEGETABLES 39-OZ. 39¢

FURMAN PORK & BEANS 39¢

APPLE BLOSSOM APPLESAUCE 35-OZ. 39¢

QUALITY MEAT VALUES!

DIXIEMAID OR FARM STYLE SAUSAGE 1-lb. 59¢

ESSKAY SWEET KORN BACON 1-lb. 79¢

GOETZE ALL MEAT FRANKS 1-lb. 79¢

ESSKAY BOLOGNA 12-OZ. 69¢

ESSKAY COOKED HAM 6-OZ. 69¢

ESSKAY'S PORK CHOPS FIRST CUT lb. 69¢

GOETZE SCRAPPLE 2-lbs. 69¢

SCOTTIES FACIAL TISSUE 29¢

TIP TOP DRINKS 6-OZ. 10¢

JOY DETERGENT 22-OZ. 44¢

NESTLES BARS 10¢ SIZE (10-pack) 69¢

FRESH PRODUCE SPECIALS

CALIFORNIA ICEBERG LETTUCE 19¢

FIRM RIPE TOMATOES CELLO 29¢

EXTRA LARGE GRAPEFRUIT 3 FOR 39¢

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Marriage Licenses

PERRY-LEACH — Arland C., 23, laborer, 2346 Rosalind; Pearlena J., 22. • • •

SCOTT-ROBERTS — Kenneth B., 23, 1038 Rutland; Diann, 19, 3001 E. Lake. • • •

POWELL-GARNETT — Joseph P., 20, laborer, 2351 Fairfield; Ruth A., 20, 3509 Coesell. • • •

FRANKLIN-BROADWAY — Lindsey L., 22, housekeeper, 2 E. 11 Hom; Vicue O., 3307 Eastern. • • •

HUGHES-QUARLES — Charles E., 19, stevedore, 818 Woodington; Dy, 18, 2236 Koko. • • •

GOLDMAN-HATCHER — Darrell F., 23, 1116 Calvert, news reporter; Paula B., 23. • • •

PURNELL-SMITH — William D., 27, city employee, 3908 Lyndhurst; Hospital Agnes, 26 Pikesville. • • •

THOMAS-CUNNINGHAM — Bernard, 20, laborer, 1132 Hollywood; Dorothy L., 27, 1303 Homewood. • • •

REEVES-DAVIS — Stacy L., 24, 2203 Tucker Lane, assembler; Yvonne, 23. • • •

LOMAX-NEAL — Leroy N., 20, 1627 Etting, laborer; Marie, 28, 725 George. • • •

PETERS-EDMONDSON — Leon A., 27, electrician, 2125 Lakeview; Shirley, 18, 3710 Park Heights. • • •

COUPLIN-DAVIS — John, 28, laborer, 344 E. 25th; Claudia L., 25. • • •

LANGLEY-WHITSTONE — Marvin D., 22, laborer, 1001 Brentwood; Elorer, 23, 2 20 Druid Hill. • • •

HERSHEY-BURKE — Richard E., 24, clerk, 3337 Chestnut; Vickie, 23, 804 Wellington. • • •

FORCE-HOLMAN — Timothy W., 25, operator, 2125 E. Fairmount; Denise A., 21, Baltimore G. • • •

HARRISON-NEWMAN — Andre W., 29, technician, 821 Pulaski; Brenda, 22, 321 Ellamont. • • •

JONES-HARTMAN — Carter H., 22, roofer, 323 Fulton; Dolores M., 22. • • •

JENKINS-LEWIS — Larry D., 18, musician, 2338 Reisterstown; Beverly, 20, 1606 Gorsuch. • • •

Dr. Patterson to speak at NAACP meeting

To commemorate the 18th anniversary of the 1954 Supreme Court decision, Dr. Roland Patterson, superintendent of Public Instruction for the Baltimore City Public Schools, will speak at the NAACP meeting, at Grace Presbyterian Church, Greenspring Ave. and Bannister Rd. on May 21 at 5 p.m.

Dr. Patterson's topic will be "1954 Decision: Where do we go from here?"

Grace Presbyterian Church youth choir and the First United Church of Christ choir will provide music.

The program is sponsored by the Education Committee, Leonard Saunders, chairman. Mrs. Enolia P. McMillian is president of the Baltimore branch.

Abundance of eggs at economy price

By VIRGINIA McLUCKIE
Food Economist

May Egg Month is here with it an abundance of eggs at economical prices. Once more the egg producing industry is providing us with a nutritious, good tasting, low cost answer to spring menus.

Consumers should take full advantage of the peak supply of eggs and increase their purchase in the local markets says, Virginia McLuckie, Food Economist, Department of Markets, Baltimore Office, University of Maryland.

Here are a few suggestions for the home storage and cooking of eggs. Place eggs in the refrigerator as soon as you bring them home from the market. Store them large end up in a covered container as eggs readily absorb the strong and pungent odors and flavors of other foods. Cracked eggs deteriorate rapidly and should be used as soon as possible. Avoid buying eggs with cracked shells.

Refrigerate left-over egg yolks covered with water. Left-over whites should be stored in a covered container in the refrigerator. Use both as soon as possible.

• • •

Allow egg whites to warm to room temperature before beating them so that they will beat to large volume. But, separate eggs into yolks and whites at refrigerator temperature.

• • •

Watch time and temperature when you cook eggs. Use even moderate heat, and cook until just done. Eggs cooked in this manner are tender. High temperatures and over cooking tend to toughen the white and make the yolk mealy.

To cook eggs in the shell, use enough water to completely cover them; this provides even heat during cooking. Cool eggs cooked in the shell in cold water as soon as they are done. A green color on the yolk surface of hard cooked eggs is a sign of over-cooking and to high temperatures. It is harmless but unattractive.

When making custards, sauces or other mixtures, fold, do not stir, using a light under and over motion. For omlets and souffles fold the heavy mixture into the beaten egg whites, not the whites into the other mixture. Do not over-mix or you will lose some of the air you have beaten into the egg whites.

The presence of egg yolks in the whites or the least bit of fat or oil will prevent whites from whipping. Egg whites whip to a greater volume at room temperature than when first taken from the refrigerator.

Casserole dishes, custards and souffles that are being baked should be set in a pan of water to keep the temperature low and heat even for perfect cooking. For surface cooking use a double boiler and keep the water just below boiling to prevent overcooking.

Select top quality eggs for delicate flavor whether the eggs are to be served alone or combined with other foods in taste tempting dishes.

Chicken Supreme is made with one pkg. (6 oz.) wild rice mix, prepared as package directs, two cups cooked diced chicken, two tablespoons butter, two-four tablespoons chopped green pepper, one can (4 oz.) sliced mushrooms, one can (10 oz.) condensed cream of mushroom soup, one-half soup can water.

State pepper and mushrooms in butter. Mix cooked rice, chicken, peppers and mushrooms. Add soup and milk. Mix well. Top with slivered almonds. Bake at 350 degrees F. for 30 minutes.

VOLUNTEERS NEEDED FOR REP. MITCHEL

Anyone wishing to volunteer to help the campaign to reelect Congressman Mitchell may call 728-3400, 1902 Ellamont St., campaign headquarters.

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CANDIDATE
Republican National Convention
7TH DISTRICT
MAY 16, 1972
Authority: Charles Martin

Mr., Mrs. Thomas wed half century

Mr. and Mrs. Aaron Thomas, Sr. of Windsor Ave. celebrated the 50th anniversary of their marriage, recently.

At a beautiful and touching re-dedication ceremony performed by the Rev. Sidney Daniels of Emmanuel Christian Community Church, the couple was attached by their sons, Thornton and Aaron, Jr.

Mrs. Thomas wore a cloth of gold gown trimmed with sequing and gold accessories. Her husband's dinner coat was in gold with black trim, and worn with black trousers.

Miss Almira Miller composed an original lyric for the occasion. John Hamlett of New York led the group in singing.

The elaborate five-tier wedding cake was created by Hermine Timmie, president of Bake Bakery, where Mr. Thomas has been employed for the past 52 years.

• • •

Out-of-town guests here for the anniversary party were Thornton Thomas, Miss Gladys Vann, George Delgardo, John Hamlett and Mrs. Theo Small of New York City; Joseph Parker of Delaware City, Clarence Perry and Mrs. Mary Thomas Philadelphia, and Mr. and Mrs. Walter Haynes of Washington.

Local guests were:

Messrs. and Mesdames Aaron Thomas, Jr., Linwood Thomas, Bernard Hudnall, Arthur Clash, Marion Mitchell, Edgar Stewart, M. Anderson, Bernard Nelson, Arthur Milburn, James Payne, Kenneth Brown, Gilmore Baker;

Mesdames Orna Haynes, Lillian Monroe, Bessie B. Jones, Betty Beasley, Doris Johnson, Carrie Horsey, Frances Stafford, Elizabeth Brown, Marie Nelson, Ruth Knight, Lillie Brown, Geraldine Brown, Ida Hudnall;

Misses Carolyn Thomas, Naomi Thomas, Karen Evans, Patricia King, Makeba Thomas, Kimberly Hundnall, Troya Paker, Claudia Boddy;

Aaron Thomas, 3rd, Charles King, Dwayne Thomas, John King, Donald King, Daren Parker, Jan Van Vaughn, Columbus Randolph, Milton Branch, Jimmy Little, Alfred Banks.

Girls on the Go take patients joy riding

The Girls on the Go Club is taking Lincoln Nursing Home patients for a 2-hour bus ride to Columbia City May 13.

The spring experience begins at 1:30 p.m. and promises to be a delightful occasion for the club members as well as the residents of the home at 27 N. Carey St. Mrs. Irene Croxton is president.

VOLUNTEERS NEEDED FOR REP. MITCHELL

Anyone wishing to volunteer to help the campaign to reelect Congressman Mitchell may call 728-3400, 1902 Ellamont St., campaign headquarters.

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1st Prize Free Dinner for Mom & the Family
RULES

Her Name. SNERJOROU TURHT

1. Open only to Boys & Girls, 7 to 12 years old.
2. Paste picture together on back of entry form.
3. Unscramble Mystery Mother's name and list it.
4. Tell us why you want to take Mom to Dinner.
5. Return entry form to Mondawmin by May 13th
6. Decision of the Judge is final.
7. Nine additional Prizes will be awarded.

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MONDAWMIN MERCHANTS ASSOCIATION
1200 Mondawmin Concourse
Baltimore, Maryland 21215

My Name is _____ Age _____ and I live at _____ with my Mother to Dinner, because _____

The Mystery Mother is _____

School lauds birth of Malcolm X

The Malcolm X Elementary School No. 33, 2810 Shirley Ave., will sponsor activities to celebrate the birthday of Malcolm X, May 19-19.

Included in the festivities will be a guest speaker on the life of Malcolm X, an art exhibit, a drug counselor to discuss abuse of certain drugs, a dance ensemble and the North-West Gospel Choir.

The public is invited from 1:30 through 3:30 p.m. each day.

Daniel Brewington is principal; Mrs. Clarice Day, parent-liaison and Mrs. Thelma Williams, school-home liaison.

Red Cross life saving course

The Baltimore Regional Red Cross and the Reredale Recreation Association will sponsor a Red Cross senior life-saving course starting May 17 at Essex Community College.

Class will meet week nights from 7 to 10 p.m. for seven lessons with the final lesson to be held on May 27 from 10 a.m. to 1 p.m.

The course, for strong swimmers 15-years-of age and older, may be register May 13 from 10 a.m. to 12 p.m. in the field house at Essex Community College. For information call 467-9905.

Plan Morgan class reunions

The 1952 graduating class of Morgan State College is planning a Weekend Reunion May 26 and 27 at the Quality Motel and would like all Baltimore members to participate.

Information about the Reunion activities can be secured by calling Melvin Fox, class president and Reunion Committee Chairman at 367-8224, Ruth Davis, co-chairman at 664-3907, and Janet Woolridge co-chairman at 634-6106 by May 17th which is the deadline date for the Dinner Dance reservations.

Members are urged to call and make reservations as soon as possible since the number they can accommodate is limited. Registration for the class reunion will be held at the Quality Motel at the Baltimore Beltway and Reisterstown Road at 3 p.m., May 26 through May 27.

• • •

Alumni to renew old friendships at 5-year reunion, May 27, 1972, 3:00 p.m., at the Baltimore Hilton Hotel, 101 W. Fayette Street.

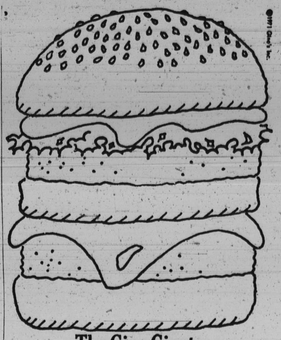
A special appeal is being made to all Morgan graduates for the 1972 reunion.

Persons in the following classes are urged to contact the alumni office, or call 323-2270, Ext. 357.

Classes having reunion for 1972 are: 1897, 1902, 1907, 1912, 1917, 1922, 1927, 1932, 1937, 1942, 1947, 1952, 1957, 1962, 1967, 1972.

Annual business meeting—Hilton Hotel—3 p.m.

Buffet dinner program May 27, 6 p.m.


The Gino Giant:
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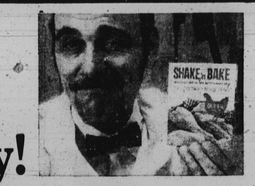
Gino's
Gino's sparkles! The food. The place. The people.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Want to keep meat from taking such a big bite out of your food budget? Buy chicken! And don't forget Shake 'n Bake Seasoned Coating Mix. Shake 'n Bake makes chicken crisp like fried, but not as greasy as fried. Moist and tender inside, too.
And now it even saves you 25¢ on your chicken with the special offer below.
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(We must have your ZIP Code.)
Limit: One refund per family. This certificate must accompany your request. Void where prohibited, regulated, or taxed in any way. Please allow 4 to 6 weeks for delivery. Offer expires November 30, 1972.
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