Help Yourself to a bit of longevity

NEW YORK (UPI) — Avoiding cardiac trouble figures in the formula for longevity.

Heart and circulatory ailments lead to fatal attacks and crippling strokes.

There are some things a person can do to give himself a push on the road toward long life.

Dr. Irving S. Wright, president of the American Geriatrics Society and past president of the American Heart Association, in an interview talked of some of the things that might help a person reach for longevity:

"Proper treatment of hypertension." High blood pressure damages the blood pipelines and can lead to a stroke. You don't know you have high blood pressure unless you get a physical exam. It can't be brought under control without a doctor's guidance.

"Reduction of obesity." Extra weight puts an additional burden on the body's vital systems — from cardiovascular, to musculo-skeletal. Persons who are overweight also arent as energetic as they could be if they normalized their weight. Obesity also leads to damage to the psyche. Fat persons know they don't look their best. Fatness can tend to lead to depression.

'Elimination of tobacco." Many studies comparing smoker and non-smokers come to the same conclusion: those who use tobacco aren't as well, as a rule, as the non-smokers.

"Corret control of diabetes." Two million Americans have diabetes and don't know it. Here, again, is where an adequate annual physical can help one to learn about hidden problems and engage in control measures.

Many among those aging learn for the first time that they have diabetes when their vision starts going out. Doctors agonize over that because with proper control of diabetes, the blindnesses connected with the disorder needn't happen.

'Reduction of excessive stress." That's easier said than done but it's something a person needs to work at, if interested in longevity. Some persons keep their stress inside and get ulcers or worsen a tendency to high blood pressure. Stress can kill.

Household Hints

Start every day the cleanest way you can. Take a bath or shower. Use plenty of soap-suds.

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Remove the drip pan from the cooking range periodically and wasn't. Between washings, keep it clean by wiping with well-lathered cloth or sponge.

—Gadabouting

(Continued from Page C-21)

Calverton Junior High School under direction of John Miller and Chester Rowlett, and William Johnson sang "Live Is a Many Splendored Thing." There was an original poem by Mrs. Christine Moore.

There were tributes from John Ward, area director of secondary education; Mrs. Jeannette P. Spencer, specialist in guidance and placement; Harry Bruce, supervisor of physical education; Arthur G. Murphy, Sr., attorney; Abdella Campbell, retired principal; and C. Leroy Carroll, principal of Calverton, where Mrs. Williams was head of the Guidance Department at the time of her retirement in January.

Soon she will be off on a tour of Europe. In the meantime she will go deeper into her painting and dip into the theatre. She is the wife of Leon Williams, who also recently retired from the school system, and the mother of twi sons.

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EVER SO OFTEN, say members of the Baltimore chapter of The Smart Set, they take time out to do something nice for themselves . . . and their most recent effort in this direction was an afternoon at Pimlico.

They garnered a batch of guests for the afternoon, had luncheon at the tracks, and even had the seventh race dedicated to them. Sarah Gray, president, awarded the tophy to the winning jockey.

Members there included Doris Cole, Bertha Forte, Ruth Jennifer, Iris Mapp, Alice Pinderhughes, Helen Queen, Sarah Gray and Dorothy Wood. Kay Carter was busy campaigning and Mabel Byrd was off to Panama.

Their guests were Marie Randall, Cordelia Byrd, Juliett Bragg, Julia Douglass, Mazie Rea, Shirley Steward, Millicent Henderson, Bernadine Hairston, Carolyn Stubbs and Blanche Beckham.

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Mr. and Mrs. Cleophas O. King of this city have announced the engagement of their niece, Deborah Marie Cunningham, to Thomas Eugene Walden of Co- Eugene Walden of Columbia, Md.

Miss Cunningham is a graduate of Roozevelt High School and the American Institute School of Business. She is presently employed at the U. S. Coast Guard Headquarters.

Mr. Walden, son of Dr. and Mrs. Emerson C. Walden of Columbia, Md., is a graduate of Howard University and is currently a medical student at the University of Maryland School of Medicine.

A June wedding is planned.

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PEREGRINATORS: Dr. and Mrs. M. L. Barkstdale and Mr. and Mrs. Roland Williams were in Rosedale, N.Y., recently, for the party given by Mrs. Mildred Hunte Randolph to mark the 93rd birthday of her mother, and to which 500 guests came.

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Back from Spain at the week's end were Dr. and Mrs. Irving Henry, Dr. and Mrs. Marlin Rodney, Dr. and Mrs. Laws Nickens, Dr. and Mrs. Ben Kimbers and son, Ricky; Dr. and Mrs. Sidney Burnett and daughter, Angela; Dr. James Davidson, Dr. Lonnie Green and daughter, Sheryl; Dr. and Mrs. Lew Jenkins, Dr. John Davidson, Jr. and Mrs. John Davidson, Sr. The men were chiefly engaged in a dental convocation in Costa de Sol, Torremolmolinas. The party, however, took side trips to Tangiers, Madrid, Grenado, Seville, Nerjoe, Coin and Mijas.

SUNDAY AFTERNOON, Tom Warrington hosted members of the Couples' Club at dinner at his home, which members so enjoyed that they lingered for hours.

About were Mr. and Mrs. J. Hiram Butler, Mr. and Mrs. William Stanford, Mr. and Mrs. Medford Reynolds, Judge and Mrs. Ben Foreman, Dr. Linnie Green, Mrs. Ethel Ricks, Mrs. Mary Elizabeth Law, Mrs. Lula Mackay, and Mrs. and Mrs. James Murphy.

LYDIA MUSSENDEN was hostess to the Pierians, Saturday, 'Twas difficult to keep one's attention on the business of the afternoon, what with it being a beautiful spring day to watch the magnificent view from her glass-walled tenth floor apartment living room.

At one time there was the sky-diving snow at Morgan State College to vie for attention. An equal number of miles away was the Stadium, or you could let your eyes wonder on down to the Bay.

But there were enough stalwarts on hand to keep the program under control, including Gwendolyn Tarter, Dr. Jesse Colston of Washington, Vivian Washington, Mrs. Todd, who, incidentally, was re-elected to the presidency; Jackie Lewis, who remains vice president; Hazel Fleming, Jerry Desbordes, Ruth Whiting, Verniece Reynolds, Audrey Norris, Sedonia Walden of Columbia, Md., Lula Mackay and Mrs. Mussenden.

At the spring seminar of the Maryland Society of Medical Technologists held in Ocean City, Md., recently Mrs. Ann Dickens was named president-elect. She will familiarize herself with the duties of this responsible office for one year and become acting president in 1973.

Mrs. Dickens is chief medical technologist at Provident Hospital, Baltimore, Md. and has been an active member of the MSMT since 1966. The Maryland chapter society is an affiliate of the American Society of Medical Technologists. She is a science graduate of Shaw University.

Other technologists attending the seminar-Weldena Gills of Carter Clinical Lab, Ester Gayle, Esther Hinkes and Barbara Hodkinson and Dorothy Harris of Johns Hopkins Hospital, Lynn Leilich of St. Joseph, Nancy Skinner of Sinai Baltimore General.

Also Mamie Brooks of Provident Comprehensive Care Center, Edie Dietz and George Morrison of Sinai, Lynn Russell of U. of M. School of Medical Technology, Marion Finney and Celina Foster of City Hospitals, Miriam Winborne of Md. State Dept. of Health and technologists for numerous hospitals from Baltimore and throughout the state of Maryland.

Sandra Antoinette Wilson, daughter of Mrs. William Llewellyn Wilson II, of Forest Park Ave., and the late Mr. Wilson, has been elected president of the class of 1975 at Vassar College. She has also been chosen as a member of the Financial Planning Committee and as a freshman counselor for next year.

A graduate of Western High School, Miss Wilson is centering her studies at Vassar in philosophy and economics in a pre-law program. This year she is a percussionist in the orchestra, a member of the Chanel Board, the synchronized swimming club, and the student Afro-American Society.

Over 30,000 Maryland youth need summer jobs

Mrs. Rita C. Davidson, secretary of Employment and Social Services has asked 60,000 private employers throughout the state to make a concerted effort to provide summer employment for young people.

Mrs. Davison said that within the month more than 30,000 youth will be completing classes and looking for summer jobs.

"Young people have demonstrated willingness and ability to work in an endless variety of jobs from typing and tending livestock to cooking and carpet cleaning," she said.

Mrs. Davidson has asked that employers contact the nearest state employment service office.

A FUN lunch children can make themselves is with Carnation's Spreadable Chicken Salad.

Making lunch is mere child's play

There's any number of reasons why Mother might need to get out from under the daily routine of fixing lunch for her children.

Perhaps she has a part-time job or outside activity which interferes, or perhaps she's thinking ahead to the time when the kids will be buying their own lunches. The smart mother realizes her children should establish good eating habits right now, while they're still under her watchful eye.

Do you know what happens to a great deal of the lunch money in school-children's pockets. It buys a bag of potato chips and a bottle of pop. Total nourishment practically zero.

On the other hand, a child who is used to assembling his own lunch at home out of healthful ingredients assembled by Mother ahead of time! is much more likely to eat sensibly away from home, too. Good eating has already become a habit.

Children are never too young to learn how to put together a simple and satisfying feal containing plenty of the foods they need to maintain health and energy. Here's how to teach them in a way that's fun for all.

Just before lunch, set out on the counter a selection of delicious and healthful foods for them to choose from: loaves of fresh-baked bread made with whole-grain cereals and a selection of The Sprendables sandwich spreads like chicken salad, turkey salad and ham salad, all extra-delicious, thanks to the improved Carnation formula with its lighter dressing and chunkier meats.

Art show at lake Sunday

Selected works from the art classes of the Metropolitan Senior Citizens Center will be on exhibit at Lake Montebello Sunday.

Center members will participate in the Greater Northwood Outdoor Art Festival at the lake site from 11 a.m. yo 5 p.m.

BROWN'S Big B SUPER MARKETS

AFRO-AMERICAN CHECK THESE SPECIALS

FOOD STAMPS and COUPONS ACCEPTED — THE TAPES WITH THE LOWEST TOTALS ARE AT BROWN'S THREE STORES.

GREAT GROCERY BUYS

A Penny An Ounce! DEL MONTE PEACHES Sliced or Halves 29-OZ. CAN 29¢

PET OR CARNATION EVAP. MILK 5 TALL CANS 89¢

HY TOP SUGAR 5 lb. BAG 59¢

DEL MONTE ORANGE JUICE 6 18-OZ. CANS 89¢

DEL HAVEN CUT GREEN BEANS Whole KERNEL CORN 6 CANS $1.00

KELLOGS CORN FLAKES 18-OZ. BOX 39¢

QUALITY MEAT VALUES! FRESH CHICKEN WINGS lb. 29¢

ESSKAY CORNED BEEF 2-3 lbs. Avg. lb. 69

SMOKED NECKS 2-lbs. Avg. lb. 89¢

ESSKAY FRONT PIG FEET Whole lb. 29¢

ESSKAY NECK BONES lb. 25¢

ESSKAY SUN-UP SLICED BACON lb. 49¢

GOETZE LUNCHEON MEATS Salami-Bologna-Spiced Lunch 12-OZ. Pkg. 69¢

WASHINGTON SELF-RISING FLOUR 5-lb. BAG 49¢

OLD VIRGINIA GRAPE JELLY 2-lb. JAR 49¢

AUSTIN'S LEMON DISH DETERGENT Qt. Bot. 39¢

MT. ROSE KOSHER PICKLES 48-OZ. JAR 59¢

FRESH PRODUCE SPECIALS

CALIFORNIA VALENCIA ORANGES 39¢ DOZ.

COOL CRISP CUCUMBERS 3 FOR 29¢

CORN ON THE COB 10 EARS 79¢

FROZEN FOOD FEATURES

DONALD DUCK ORANGE JUICE 12-OZ. CAN 39¢

MORTON CREAM PIES *Chocolate *Coconut *Lemon *Banana Pkg. 19¢

DISCOUNT DRUG SAVINGS

ALBERTO BALSAM SHAMPOO 1½-OZ. Trial Size 19¢

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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 7 SUNDAY 8 TO 1:00	MON. — WED. 9 TO 7 THURS. 9 TO 8 FRI. — SAT. 8 TO 9 SUNDAY 9 TO 1:00

FREE PARKING — OPEN SUNDAYS TIL 1:00 P.M. — Serving Our Community for 21 Years

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-IN ONE SPRAYING- KILLS ROACHES FAST KEEPS KILLING FOR 7 MONTHS d-CON warpath 98¢

BAKER'S PAINT AND HARDWARE SUPPLY FAST STORE SERVICE FRONT PRIVATE PARKING 2229 Penna. Ave. Phone: LA. 3-3337 Near Baker St.

NEW BABY? GIVE A GIFT CERTIFICATE We Supply 50 Diapers Per Week For Only $3.15 per wk. NU-JOY-PER Baby Service (After a 4 week minimum) 727-8593

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BLACK STRAND Hair Coloring promises you younger looking hair or your money back. Give your hair become dark and luxurious radiant with highlights, as your hairdresser or barber. Natural looking hair color, most long lasting. Style with permanents. Get a package today. ONLY $1.19 COMPLETE BLACK STRAND 8 natural shades: Jet Black Black—Dark Brown Medium Brown—Light Brown At your druggist, or send $1.50 to Strand Products Co., Dept. N. P.O. Box 5187, Phila., Pa. 19103 Specify shade wanted.

ORCHID SHOPPE Wadsworth Robinson FUNERAL DESIGNS OUR SPECIALTY 4104 MONUMENT 276-5274

Economy meals for good eating

If saying cheese is smile-inducing, then eating it is positively elating!

Cheese is really countless different foods depending on variety. There are styles bland enough for baby, tasty enough to tempt the fussiest eater, and delicate enough to please the most discriminating gourmet.

Cheese and other dairy products really come into their own around this time of year . . . with production approaching the seasonal peak. The U.S. Department of Agriculture suggests serving cottage cheese with fresh fruit for light luncheons, or sliced cheese in main dish Chef's Salads, perfect for too-warm-to-feel-like-cooking dinners. Cheese n' crackers is an epicurean dessert, and cheese n'wine is a whole reason for having a party!

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Don't know how to care for cheese? USDA's Agricultural Marketing Service says that all natural cheese should be kept refrigerated. soft unripened cheeses, such as cottage, cream, or Neufchatel, are quite perishable and should be used within a few days after purchase.

Ripened or cured cheeses keep well in the refrigerator for several weeks if protected from mold contamination and drying out. When possible the original wrapper or covering should be left on the cheese. The cut surface of cheese should be covered with wax paper, foil, or plastic wrapping material to protect the surface from drying.

Mold which may develop on natural cheeses is not harmful, and it is easily scraped or cut from the surface of the cheese. Particular mold in the interior of such cheeses as Blue, Gorgonzola, Roquefort, or Stilton has been carefully developed to produce the characteristic flavor and texture characteristics. This mold usually requires 20 minute to one hour or more at room temperature.

Here's a menu for a day's good eating, including cheese and other foods that are plentiful and reasonably priced:

BREAKFAST
Half Grapefruit
Milk
Coffee or Tea
LUNCH
Hamburger on Bun
French Fries
Potatoes
Cole Slaw
Strawberry Milkshake
DINNER
Corn and Cheese Fondue
Green Beans
Broiled Tomatoes
Peach Crisp
Milk
Coffee or Tea

Corn and Cheese Fondue is a golden protein main dish using cheese and eggs that is a happy choice when meat, poultry, and fish take a holiday from your table. It is made with:

One-third cup bread cubes, one-and one-half cups cream-style corn, two teaspoons minced onion, one teaspoons chopped green pepper, three-fourth cup finely grated cheese, one-half teaspoon salt, two eggs, well beaten, and one-half cup hot milk.

Blend all ingredients. Pour the mixture into a greased loaf pan and set in a pan of hot water. Bake at 350 degree F. (moderate oven) until set — about one hour. Makes 4 servings of three-fourth cup each.

THE ENGAGEMENT of Miss Evon Nickens, daughter of Mr. and Mrs. Savington W. Nickens, to John Gary Hammond, son of Mr. and Mrs. John Hammond, has been announced by her parents. The bride-elect is a graduate of Northwestern High School and the Community College of Baltimore. She is employed at Enoch Pratt Library. Mr. Hammond, who graduated from Northwestern High School and Coppin State College, is in the U.S. Reserves and is employed at Western Electric.

SHE'S ONE—Brenda Sherwonne, daughter of Mrs. Deborah Wright, will celebrate her first birthday at a party at her Windsor Ave. home, Sunday afternoon.

Gen. Dillard at Morgan May 28

Brigadier General Oliver W. Dillard of the Office of the Assistant Chief of Staff for Intelligence of the Department of the Army will be the major speaker for the annual ROTC Commissioning Exercises at Morgan State College, Sunday, May 28.

Gen. Dillard who has been in the military service since 1947 is director of intelligence support with the Office of the Assistant Chief of Staff for Intelligence for the Department of the Army.

Only one of six black generals in the army, he attended the U.S. Army Command and General Staff College, the National War College and the Foreign Service Institute.

Wall hooks or pegboard can be one solution to keeping some samll appliances handy, without using counter space. Among the "wallables" are hand mixers, electric knives, warming u

Two Guys 1947 25 1972 SILVER ANNIVERSARY CELEBRATION

Two Guys ONE COMPLETE BOOK IS WORTH 2.25 IN TRADE IN ANY DEPT. TRADING STAMPS FREE WITH EVERY FOOD PURCHASE *Sorry, we are not allowed to give stamps or redeem stamp books on alcoholic beverages, cigarettes or liquid milk.

EVERYDAY LOW PRICES

MORTON SALT 26 oz. BOX 11¢

Two Guys SUGAR 5 lb. BAG 57¢

Two Guys BLEACH GAL. 39¢

NIGHT TIME DIAPERS Two Guys PKG OF 12 69¢

CORN FLAKES KELLOGG'S 18 oz. BOX 35¢

STARKIST TUNA SOLID WHITE IN OIL 6½-oz. CAN 53¢

PORK N'BEANS CAMPBELL'S 28 oz CAN 2 FOR 49¢

BATHROOM TISSUE CHARMIN 4 PAK 43¢

EVAP. MILK CARNATION 14½ oz. CAN 3 FOR 57¢

Two Guys MAYONNAISE QT. JAR 47¢

CAMPBELL'S Tomato Soup 10½ oz. CAN 10¢

Two Guys FACIAL TISSUE 6 BOXES OF 200 99¢

COMET CLEANSER 6 PACK 6 14-oz. CANS 89¢

LUX DISH DETERGENT 32 oz. BTL 49¢

FRUIT COCKTAIL Two Guys 30-oz. CANS 2 FOR 73¢

HUNT'S PUDDINGS ALL VARIETIES 3 29 oz. cans 99¢

USDA CHOICE CHUCK STEAK CENTER CUT lb. 58¢ LB. 48¢

WE SELL ONLY U.S. GOV'T GRADED CHOICE BEEF

USDA CHOICE BONELESS CROSS RIB ROAST BEEF SOLID MEAT NO WASTE LB. 1.08

WE SELL ONLY U.S. GOV'T GRADED CHOICE BEEF

SALE TODAY THRU SAT

USDA CHOICE CALIF. CHUCK POT ROAST FULL CUT LB. 88¢

FRESH GROUND BEEF lb. 68¢

FRESH GROUND CHUCK lb. 78¢

FRESH GROUND ROUND lb. 98¢

USDA CHOICE BEEF CUBES LEAN FOR STEW lb. 98¢

USDA CHOICE BEEF SHORT RIBS FOR ROTTING lb. 78¢

USDA CHOICE LONDON BROIL THICK CUT SHOULDER lb. 1.28

USDA CHOICE CUBE STEAK LEAN & TENDER lb. 1.28

USDA CHOICE BONELESS SHOULDER STEAK lb. 1.28

FRESH ROAST BEEF

U.S.D.A. CHOICE BONELESS BOLAR ROAST lb. 1.29

U.S.D.A. CHOICE BOTTOM ROUND ROAST lb. 1.29

U.S.D.A. CHOICE TOP ROUND ROAST lb. 1.33

U.S.D.A. CHOICE SILVER TIP ROAST lb. 1.33

U.S.D.A. CHOICE BONELESS RUMP ROAST lb. 1.49

WHOLE ROUNDS, BOTTOM, CROSSRIB, TOP, PRICED HIGHER

PRODUCE DEPT.

GOLDEN RIPE BANANAS lb. 11¢

SWEET LUSCIOUS CANTALOUPES 45 SIZE 3 FOR 98¢

CALIFORNIA ICEBERG LETTUCE large head each 18¢

SWEET FLORIDA 125 SIZE JUICE ORANGES 20 bagged 89¢

GOV'T INSPECTED CHICKEN BREAST QUARTERS WING ON lb. 43¢

GOV'T INSPECTED CHICKEN LEGS QUARTERS BACK ON lb. 43¢

ESSKAY SPARE RIBS COUNTRY STYLE lb. 69¢

ESSKAY ROASTING PORK FRESH PICNIC lb. 55¢

MASH'S SMOKED HAM SHANK lb. 59¢

TAYLOR PORK ROLL 1½-lb. roll 1.89

MASH'S SEMI-BONELESS SMOKED HAM BUTT HALF lb. 79¢

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

ESSKAY SMOKED PICNIC PORK SHOULDER lb. 59¢

APPETIZING DEPT.

IMPORTED CHOPPED HAM ½lb. 69¢

GERMAN BOLOGNA A&B lb. 79¢

FRENCH, ITALIAN OR KIELBASI LOAF MIX or MATCH LOAVES lb. 89¢

RICH'S TURKEY SALAMI lb. 89¢

DAIRY DEPT.

BLUE BONNET 1-lb BOWL Family Size Soft MARGARINE 39¢

BREAKSTONE SWISS-STYLE PARFAIT YOGURTS ALL FLAVORS 5 8 oz. cont. 99¢

BREAKSTONE COTTAGE CHEESE REG OR CALIF. STYLE 2 lb. CONT. 69¢

FROZEN FOOD DEPT.

BANQUET BUFFET SUPPERS SLICED TURKEY VEAL PARMAGIAN SALISBURY STEAK CHICKEN & DUMPLINGS 2 lb PKG 99¢

RICH'S COFFEE NON-DAIRY LIGHTENER 6 pt. 9 oz. cont. 99¢

SARA LEE POUND CAKE 11¼ oz. pkg. 65¢

Two Guys GREEN PEAS 24 oz BAG. 35¢

Two Guys Bakery Specials!

WHITE BREAD ROUND OR SQUARE 5 1-lb 6 oz $1

LEMON PIE LARGE 8 INCH 39¢

ENGLISH MUFFINS pkg. of 6 25¢

SANDWICH WHITE BREAD 3 2-lb. pullman $1

CRISP POTATO CHIPS 1-lb. bag 59¢

KEEBLER CHOC. FUDGE SAND 16 oz bag 47¢

SUNSHINE FIG BARS 16-oz. PKG. 43¢

TWO GUYS TRADING STAMP ONE BOOK SPECIAL YOUR BOOK SAVES 6.97 TOWARD THE PURCHASE OF 2-QT. SILVERTONE FONDUE SET with Etching Gift boxed. YOU PAY $3 PLUS ONE FILLED TWO GUY TRADING STAMP BOOK GIFT DEPT. REG 9.97

WEEKLY BONUS SPECIAL "FORMULA 409" SPRAY CLEANER 32-OZ. SIZE REG. 97¢ 68¢ WITH A FOOD PURCHASE OF $5 OR MORE. HOUSEWARES DEPT.

CLIP THESE MONEY-SAVING COUPONS FROM Two Guys

VALUABLE COUPON — 6¢ OFF WITH THIS COUPON AND ONE PROCTER & GAMBLE CO. — Toward the purchase of 4 BARS PERSONAL SIZE IVORY SOAP 3.75 OZ. BAR 19¢ WITH COUPON GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., May 20, 1972

VALUABLE COUPON — 15¢ OFF WITH THIS COUPON AND ONE PROCTER & GAMBLE CO. — Toward the purchase of DOWNY FABRIC SOFTENER 33-OZ. BTL. 49¢ WITH COUPON GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., May 20, 1972

VALUABLE COUPON — 40¢ OFF WITH THIS COUPON AND ONE NESTLE'S CO. — Toward the purchase of NESCAFE INSTANT COFFEE 10-OZ. JAR GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., May 20, 1972

VALUABLE COUPON — 8¢ OFF WITH THIS COUPON AND ONE GENERAL MILLS CO. — Toward the purchase of BUCWHEATS CEREAL 9-OZ. BOX GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., May 20, 1972

VALUABLE COUPON — 12¢ OFF WITH THIS COUPON AND ONE WESSON CO. — Toward the purchase of 6 CANS HUNT'S TOMATO SAUCE 8-OZ. CAN GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., May 20, 1972

VALUABLE COUPON — 30¢ OFF WITH THIS COUPON AND ONE PROCTER & GAMBLE CO. — Toward the purchase of ALL HOME LAUNDRY DETERGENT 20-lb. box 3.69 WITH COUPON GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., May 20, 1972

VALUABLE COUPON — 8¢ OFF WITH THIS COUPON AND ONE WESSON CO. — Toward the purchase of WESSON OIL 24-OZ. BTL. GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., May 20, 1972

VALUABLE COUPON — 18¢ OFF WITH THIS COUPON AND ONE PROCTER & GAMBLE CO. — Toward the purchase of 3 BARS OF SAFEGUARD DEODORANT SOAP BATH SIZE 5.1-OZ. 49¢ WITH COUPON GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., May 20, 1972

Two Guys FOOD SUPERMARKETS

TOWSON — Joppa Rd. & Goucher Blvd. Open Daily 9:30 A.M. 'Til 10 P.M.

DUNDALK — Merritt Blvd. & German Hill Rd. Open Daily 9:30 A.M. 'Til 10 P.M.

BALTIMORE — 2401 Belair Road Open Daily 9:30 A.M. 'Til 10 P.M.

We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat., May 20, 1972.