Light Housekeeping

By MARIE P. COOKE

There is good news from the produce departments of super markets.

Lettuce, carrots, lemons and oranges, to name a few, will be in the "good buy" category in coming weeks.

In fact, food industry experts say that the outlook for many produce items is "very good" and that the situation isn't nearly as gloomy as recent government statistics indicated.

High produce prices were cited as a factor in reports of cost-of-living increases.

The Super Market Institute, reflecting the concern of its retail food company members for their customers, recently surveyed produce growing areas to determine reasons for the unseasonably high prices in past weeks of some fruit and vegetable items.

Weather has been a major factor behind this year's high produce prices. "Hurricane Agnes," in particular, had a big impact on Eastern produce production and transportation.

No matter how it is brewed, coffee tastes its best only when the coffee-maker is scrupulously clean, so follow this routine after each brew: take it apart, remove the grounds and wash the pot (including basket, stem and cover) in hot soap or detergent suds.

* * *

Just rinsing, even with very hot water, will not remove the oily coffee residue which eventually becomes rancid and gives subsequent brews a bitter taste. Use a well-lathered percolator brush to scrub out the stem and spout where coffee sediment and oils accumulate.

If necessary, scour lightly with cleanser either on a dishcloth (for stainless steel) or on very fine steel wool (for aluminum or glass) — according to the type of pot.

Rinse all parts with hot water, wipe dry and leave the coffee-maker unassembled until needed. Cloth filters from vacuum-type coffee pots should be washed in cool water, then immersed in cold water between uses.

If a special or large capacity coffee-maker has been stored, rinse it before use with hot suds and clear water to remove surface dust.

To recondition and "sweeten" a neglected coffee pot, let it perk for about 10 minutes — using a solution of water and cream of tartar for aluminum, and water with baking soda for other types. An electric coffee-maker needs to be washed inside and out, but should not be immersed unless the manufacturer so advises.

Wheat is helping to celebrate August Sandwich Month this year.

The U.S. Department of Agriculture's Agricultural Marketing Service expects a wheat carryover of one billion bushels, the largest in nine years.

* * *

This means that there will be plenty of bread and other wheat products, so be prepared to be adventurous and experiment! After all, gambling was the mother of the sandwich.

Some 200 years ago, Lord Montagu, the Fourth Earl of Sandwich, could not bear the thought of leaving the

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SAVE AN ADDED $1.42 WITH COUPONS ON THESE PAGES . . .

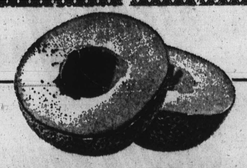
Pantry Pride
DISCOUNT FOODS
PRICES EFFECTIVE THRU SAT. AUG. 12th

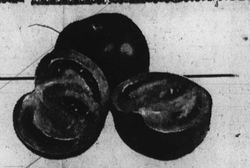
REDEEM THIS VALUABLE COUPON FOR
28¢ CASH
PUNCH DETERGENT
KING SIZE 5-lb. 4-oz. BOX 89¢
$1.17 WITHOUT THIS COUPON
BRV25 M03
VOID AFTER SATURDAY AUGUST 12, 1972

REDEEM THIS VALUABLE COUPON FOR
30¢ CASH
FAB DETERGENT
GIANT SIZE 3-lb. 1-oz. BOX 49¢
79¢ WITHOUT THIS COUPON
BRV30
VOID AFTER SATURDAY AUGUST 12, 1972

REDEEM THIS VALUABLE COUPON FOR
10¢ CASH
HANDI-WIPES
PKG. OF 10's 39¢
49¢ WITHOUT THIS COUPON
BRV10
VOID AFTER SATURDAY AUGUST 12, 1972

LOOSE SWEET TENDER
SUGAR CORN
BONUS SPECIAL
10 EARS 69¢


BONUS SPECIAL
CANTALOUPES
WESTERN 36-SIZE SWEET MEATY
EA. 39¢


BONUS SPECIAL
TOMATOES
SOUND FIRM SLICING
3 cello cts. 79¢

WESTERN SWEET CALIFORNIA
BARTLETT PEARS BONUS SPECIAL .33¢

CALIFORNIA VALENCIA LOOSE
SUNKIST ORANGES BONUS SPECIAL 10 lb. 69¢

CRISP, TENDER
PASCAL CELERY BONUS SPECIAL LARGE STALK EACH 29¢

SEAFOOD DEPT.

FRESHLY PICKED
Regular Crab Meat BONUS SPECIAL Claw & Backfin Also Available 1-lb. can $2.39
Pagoda's Shrimp Rolls BITE SIZE HEAT & SERVE 9-oz. pkg. 89¢
Lobster Tails SOUTH SEA 1-lb. bag $2.99
Mini Fish FRIED FISH SHAPED PORTIONS lb. box 79¢
Fish Cakes SEASTAR ICELANDIC HEAT & EAT 12-oz. pkg. 49¢
Deviled Crabs CARNATION BRAND HEAT & SERVE 12-oz. pkg. $1.19
Fancy Dressed Whitings PAN READY lb. 43¢
Rainbow Brook Trout FANCY QUALITY OF THE WATER lb. 79¢
Flounder Fillet HIGHLINER INDIVIDUALLY FROZEN 12-oz. pkg. 98¢

FRESH BAKED GOODS

PANTRY PRIDE HAMBURGER or Hot Dog Rolls BONUS SPECIAL 4 pkg. of 8 $1
Blueberry Grape Pie 32-oz. pkg. 49¢
Valu Loaf White Bread 4 22-oz. loaf 89¢
English Muffins 12-pk. pkg. 29¢
Kaiser Rolls 12-pk. pkg. 35¢
Apple Turnovers 10-oz. pkg. 59¢

DAIRY DEPT.

FRESH
Medium Grade "A" Eggs BONUS SPECIAL 3 ONE DOZEN CARTONS $1.00
American Cheese PANTRY PRIDE SLICED 12-oz. pkg. 69¢
Sour Cream PANTRY PRIDE pint ctn. 49¢
Cream Cheese PANTRY PRIDE 8-oz. pkg. 27¢
Pillsbury Biscuits 4 8-oz. cans 39¢
Tip Top Citrus Punch 2 ½-PINT CTNS. 25¢ ½-gal. ctn. 59¢
Reddi Wip Topping REAL CREAM 7-oz. can 59¢
Blue Bonnet Margarine BONUS SPECIAL 3 1-lb. pkgs. in qtrs. $1.00
Corn Oil Margarine MRS. FILBERT'S BONUS SPECIAL 1-lb. lb. qtrs. 45¢

DISCOUNT PRICED GROCERIES

CRISPY
Pantry Pride Saltines 1-lb. box 24¢
Pantry Pride Pineapple IN HEAVY SYRUP 1-lb. 4-oz. can 37¢
Armour Treet 12-oz. can 52¢
Hunt's Tomato Paste 2 6-oz. cans 33¢
Hunt's Tomato Sauce 6 8-oz. cans 69¢
Hunt's Ketchup 32-oz. bottle 49¢
Wesson Oil 48-oz. bottle $1.13
Pantry Pride Soda NO RETURN 2 28-oz. bottles 39¢
Fyne Taste Canned Soda 12-oz. can 8¢

PANTRY PRIDE
Ice Cream ASSORTED FLAVORS ½-gal. pkg. 59¢

FRUIT OF LOOM LADIES CASUAL SHOES SIZES 5 TO 10 PAIR $1.99
ECONOMICAL BUSINESS ENVELOPES BOX OF 50 44¢
PLASTIC TRASH CANS 20-GALLON SIZE WITH LID $1.77
NAVY OR ALL WHITE LADIES DUCK SHOES SIZES 5 TO 10 PAIR $2.49
BLUE DOT WESTINGHOUSE FLASH CUBES 3-CUBES 12-FLASHES 99¢
BASKETBALL TYPE CHILDREN'S CANVAS SHOES SIZES 8 TO 10 PAIR $2.49

Chase & Sanborn Coffee lb. $1.75
Chase & Sanborn Coffee lb. $2.55
Snyder's Pretzels 14-oz. bag 59¢
Nabisco Fig Newtons 16-oz. box 49¢
Nabisco Sugar Wafers 1-lb.-oz. box 49¢
Southland Chopped Kale FROZEN 2 10-oz. pkgs. 35¢
Downy Flake Frozen Waffles 12-oz. pkg. 39¢
Green Beans BIRDSEYE FROZEN WITH ALMONDS OR MUSHROOMS 9-oz. pkg. 40¢
Mixed Vegetables BIRDSEYE FROZEN WITH ONION SAUCE 9-oz. pkg. 40¢
Frozen Orange Juice MINUTE MAID 6-oz. can 29¢
Frozen Orange Juice MINUTE MAID 12-oz. can 55¢
Frozen Tangerine Juice MINUTE MAID 6-oz. can 29¢
Frozen Blended Juice MINUTE MAID 6-oz. can 29¢
Frozen Lemonade MINUTE MAID 12-oz. can 33¢
Frozen Seneca Drinks 12-oz. can 19¢

DISCOUNT PRICED FROZEN FOODS

FROZEN
Pantry Pride Lemonade 6-oz. can 10¢
Morton Cream Pies FROZEN VARIETIES 2 14-oz. pkgs. 49¢
Morton Parkerhouse Rolls FROZEN 8-pk. pkg. 35¢
Frozen Corn EMPIRE STATE WHOLE KERNEL 20-oz. bag 49¢
Frozen Meat Pies PANTRY PRIDE CHICKEN, BEEF, TURKEY 2 8-oz. pkgs. 39¢
Roman Cheese Pizza 10's FROZEN 23-oz. pkg. 85¢
Fried Fish Fillet MRS. PAUL'S FROZEN 14-oz. pkg. 85¢
Niblets Corn GREEN GIANT FROZEN IN BUTTER 10-oz. pkg. 34¢
Coffee Lightner PANTRY PRIDE FROZEN pint 15¢

FROZEN
French Fries 5-lb. bag 69¢

PANTRY PRIDE HELPS YOU CHOOSE THE BEST VALUES WITH
UNIT PRICING
This new price tag on our shelves shows two prices... one tells you the price of the item...the other tells you the price, per unit of measurement, or what you are paying by the ounce, pound or quart.
NOW AT PANTRY PRIDE
OPEN FRESHNESS DATING
Pantry Pride believes you have the right to know the freshness of the products you buy in our stores. We've simplified the freshness dating with a simplified numerical date of month, day and where applicable year

REDEEM THIS VALUABLE COUPON FOR
20¢ CASH
RIGHT GUARD DEODORANT
GILLETTE 7-OZ. CAN 79¢
WITHOUT THIS COUPON 99¢
BRV15 M05
VOID AFTER SATURDAY, AUGUST 12, 1972

PANTRY PRIDE WILL NOT BE
UNDERSOLD
ON ANY WEEKLY ADVERTISED FOOD ITEMS BY ANY OF THE MAJOR FOOD CHAINS:
• A&P WEO • GIANT • ACME
• SUPER SAVER • BIG VALU
1. READ ALL OF THE FOOD ADS 2. TEAR OUT THE ITEM AND PRICE W/DATE 3. TAKE YEAR OUTS TO PANTRY PRIDE 4. PUT SAVINGS IN BANK

Light Housekeeping

(Continued from Page C-24)

card table — even to eat.

He devised the scheme of putting his meal between two slices of bread and eating it with one hand while holding his cards in the other.

Today the sandwich makes a quick, nutritious snack, or a wonderful refresher for hot weather meals.

They may be prepared ahead of time and frozen. Spread butter or margarine on both slices of bread and fill with sliced or ground meats, fish and poultry, peanut butter and cheese. Frozen sandwiches thaw in about two hours. Lettuce, tomatoes and other fresh vegetables can be added just before serving.

Mayonnaise and salad dressing should not be frozen. Instead, try perking up sandwiches with lemon, orange or pineapple juice, sour cream and apple sauce also freeze well and may please your family.

There are two sides to every slice of bread. We've looked at freezing, what about broiling?

Why not do a little experimentation tonight? You can have a sumptuous, summery supper with a selection of fruit, a beverage and six SWISS TUNA BROIL SANDWICHES:

Swiss Tuna Broil Sandwiches

One can (7 oz.) flaked tuna, drained, one-third cup chopped green onions, one-third cup chopped green olives, one-third cup chopped celery, one-third cup mayonnaise or salad dressing, six enriched hamburger buns or English muffins, split and toasted, six tomato slices, six slices Swiss cheese.

TO PREPARE: Set out baking sheet. Preheat broiler. Combine tuna, onions, green olives, celery and mayonnaise or salad dressing. Spread tuna mixture on bottom half of hamburger buns or English muffins. Top each with tomato slice and cheese slice. Broil until cheese melts. Cover with top half of bun or muffin. Serve warm.

Nixon says industry must use labels

NEW YORK (UPI) — The price of beauty is too often a bad rash, and the Nixon Administration moved Friday to do something about it.

Mrs. Virginia H. Knauer, special assistant to President Nixon for consumer affairs, announced the start of a national campaign requiring the $5-billion-a-year cosmetics industry to label its products with all chemical ingredients.

"This is a big issue with women," Mrs. Knauer told a news conference at the Hilton Hotel after meeting with representatives of 13 women's organizations.

Mrs. Knauer said an average of 60,000 women a year develop reactions to cosmetics serious enough to consult skin specialists. Many more treat themselves, she said.

"This is only the tip of the iceberg," she added. "It is a lot more serious than the statistics show."

If all the ingredients were labelled, she asserted, the ones causing allergic reactions could be identified and eliminated.

Mrs. Knauer noted she hopes that with sufficient pressure the cosmetics manufacturers will comply voluntarily.

"The first to do so will grab a big part of the market," she added. "The manufactures must be made to realize this is the age of the consumer." Thus far, she said, they have ignored her appeals for a full disclosure of ingredients.

"It's also a low priority item in Congress," Mrs. Knauer said, noting that most members of Congress do not use cosmetics.

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

PANTRY PRIDE THE NO. 1 LOW PRICE LEADER IN TOWN!!

REDEEM THIS VALUABLE COUPON FOR
17¢ CASH
BIZ PRE-SOAK
DETERGENT 1-lb. 9-oz. BOX 59¢
76¢ WITHOUT THIS COUPON
BRV15 M02
VOID AFTER SATURDAY AUGUST 12, 1972

REDEEM THIS VALUABLE COUPON FOR
19¢ CASH
MR. CLEAN
LIQUID CLEANER 1 PT. 12-OZ. BOTTLE 49¢
66¢ WITHOUT THIS COUPON
BRV17 M02
VOID AFTER SATURDAY AUGUST 12, 1972

REDEEM THIS VALUABLE COUPON FOR
18¢ CASH
ZEST SOAP
3 BATH SIZE BARS 48¢
66¢ WITHOUT THIS COUPON
BRV16
VOID AFTER SATURDAY, AUGUST 12, 1972

Pantry Pride
DISCOUNT FOODS
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Pantry Pride GRADE "A"
FRESH FRYERS
WHOLE lb. 29¢ BONUS SPECIAL

Pantry Pride USDA CHOICE
SIRLOIN STEAK
BONUS SPECIAL $1.18 WITH TENDERLOIN lb. $1.28

Pantry Pride USDA CHOICE
RIB ROAST
BONUS SPECIAL 7" CUT lb. $1.09

QUARTERED
PORK LOIN SLICED 9-11 CHOPS BONUS SPECIAL lb. 89¢
PANTRY PRIDE—GRADE "A"
CHICKEN WINGS -FRESH BONUS SPECIAL lb. 35¢
U.S.D.A. CHOICE—WHOLE FRESH BEEF
BONELESS BRISKET BONUS SPECIAL lb. 89¢
U.S.D.A. CHOICE
DELMONICO STEAKS BONUS SPECIAL lb. $1.99
PANTRY PRIDE GRADE "A" FRESH
ROASTING CHICKENS BONUS SPECIAL 3½-lb. avg. lb. 39¢
FROZEN—SOLD IN 5-lb. BOXES
WHOLE CHICKEN LEGS BONUS SPECIAL lb. 49¢

FARMER GRAY BRAND BEEF
CORNED BRISKET BONUS SPECIAL THICK CUT lb. 99¢
FARMER GRAY BRAND BEEF
CORNED BRISKET BONUS SPECIAL OUR FIRST CUT lb. $1.09
U.S.D.A. CHOICE
BEEF RIB STEAKS BONUS SPECIAL 7-INCH CUT lb. $1.19
U.S.D.A. CHOICE—BONELESS
SHOULDER STEAK BONUS SPECIAL lb. $1.29
PANTRY PRIDE GRADE "A"
CHICKEN QUARTERS BONUS SPECIAL LEGS OR BREASTS lb. 35¢
PIEDMONT
ITALIAN SAUSAGE BONUS SPECIAL HOT OR SWEET lb. 99¢

U.S.D.A. CHOICE
BEEF RIB ROAST BONUS SPECIAL 5-INCH CUT lb. $1.39
SOLD IN 3-lb. PKGS. OR OVER
LEAN GROUND CHUCK BONUS SPECIAL lb. 87¢
GREENDELL'S FROZEN
GRAVY WITH SLICED BEEF OR TURKEY BONUS SPECIAL 2-lb. pan $1.29
GREENDELL'S FROZEN
CUBED BEEF STEAKS BONUS SPECIAL lb. 99¢
FARMER GRAY BRAND U.S.D.A. GRADE "A"
TURKEY BREAST BONUS SPECIAL WHOLE lb. 89¢
ESSKAY SILVER LABEL
SEMI-BONELESS HAM BONUS SPECIAL WHOLE OR HALF lb. 79¢

DELICATESSEN DEPT.

FARMLAND COOKED
Canned Hams BONUS SPECIAL 3-lb. can $2.89
Oscar Mayer Wieners lb. pkg. 89¢ ALL BEEF FRANKS lb. pkg. 95¢
Pantry Pride Pork Roll 1½-lb. roll $1.79
AVAILABLE AT MOST STORES APPETIZER DEPT. EVERYTHING SLICED TO ORDER
Goetze's Barbecue Loaf BONUS SPECIAL ½-lb. 69¢
Turkey Roll ALL WHITE MEAT ½-lb. 49¢
Imported Boiled Ham ½-lb. 79¢
Swiss Cheese FANCY DOMESTIC ½-lb. 69¢
Fresh Chicken Salad ½-lb. 79¢
Fresh Salads POTATO, COLE SLAW, MACARONI lb. 39¢

DISCOUNT PRICED GROCERIES

KLEENEX'S NEW
Teri Towels 3 rolls $1.00
Ground Black Pepper PANTRY PRIDE 4-oz. can 35¢
Vegetable Oil PANTRY PRIDE 24-oz. bottle 55¢
Crisco Oil 12-oz. bottle 37¢
Kellogg's Corn Flakes 12-oz. box 29¢
Welch Grape Jelly 10-oz. jar 29¢
Peanut Butter PANTRY PRIDE 12-oz. jar 41¢

PANTRY PRIDE
Vegetable Shortening 3-lb. can 78¢

DISCOUNT PRICED HEALTH & BEAUTY AIDS

ANTI-PERSPIRANT DIAL DEODORANT 9-oz. CAN 99¢ BONUS SPECIAL
SHAVE BOMB GILLETTE FOAMY 11-oz. CAN 89¢
PANTRY PRIDE ASPIRIN TABLETS 5-GRAIN BOTTLE OF 250 39¢ BONUS SPECIAL
SPRAY ULTRA-BAN DEODORANT 5-oz. CAN 99¢ BONUS SPECIAL
10¢ OFF CREST TOOTHPASTE 5-oz. TUBE 56¢
FOR HEADACHE RELIEF BUFFERIN TABLETS BOTTLE OF 100 99¢ BONUS SPECIAL
FOR UPSET STOMACH ALKA-SELTZER TABLETS BOTTLE OF 25 49¢
BABY MILK SIMILAC FORMULA 13-oz. CAN 29¢ BONUS SPECIAL

Gravymaster 3-oz. bottle 25¢
Kal Kan Cat Food MEAL TIME 2 6-oz. cans 35¢
Realemon Lemon Juice qt. bottle 53¢
Handi Wipe Towels DISPOSABLE pkg. of 80 49¢
Mrs. Filbert's Mayonnaise QUART 32-oz. jar 69¢
Dole Pineapple in Syrup 1-lb. 4-oz. can 42¢
Dole Sliced Pineapple IN SYRUP 8½-oz. can 21¢
Dole Sliced Pineapple IN SYRUP 14½-oz. can 31¢
Noodles PENNSYLVANIA DUTCH IN SAUCE 48-oz. can 39¢
Sanka Instant Coffee 4-oz. jar $1.05
Minute Rice 32-oz. box 79¢
Planter's Cocktail Peanuts 7-oz. jar 69¢
Planter's Peanut Butter 12-oz. jar 66¢
Tenderleaf Tea Bags 48 ct. pkg. 67¢
Reynold's HEAVY DUTY ALUMINUM Wrap 75 ft. roll 69¢
Nescafe Instant Coffee 6-oz. jar $1.09
Nescafe Instant Coffee 10-oz. jar $1.49
Chase & Sanborn Coffee lb. jar 99¢
Hi-C Fruit Drinks 5½ FLAVORS 1-qt. 14-oz. can 33¢

DISCOUNT PRICED GROCERIES

NO RETURN BOTTLES
Pepsi-Cola NOT AVAILABLE IN DOVER SALISBURY OR HAVRE DE GRACE 6 16-oz. bots. 69¢
V-8 Vegetable Juice 1-qt. 14-oz. can 42¢
Pantry Pride Drinks ORANGE, GRAPE, PUNCH 1-qt. 14-oz. can 25¢
Sunsweet Prune Juice 32-oz. bottle 47¢
Pantry Pride Applesauce 1-lb. 9-oz. jar 33¢
Tomato Sauce PANTRY PRIDE 6 8-oz. cans 59¢
Cream Gold Corn DEL MONTE 2 17-oz. cans 49¢
Niblets Gold Corn 12-oz. can 20¢
Green Giant Peas 17-oz. can 22¢
Chicken Noodle Soup CAMPBELL'S 2 10½-oz. cans 29¢
Minute Rice 14-oz. box 49¢

STEMS AND PEICES
Quaker State Mushrooms 4-oz. can 29¢

OPEN SUNDAY
FOR YOUR CONVENIENCE AT THE FOLLOWING STORES:
• ARBUTUS SHOPPING CENTER MAIDEN CHOICE LANE
• HARUNDALE MALL GLEN BURNIE, MD.
• 6501 BALTIMORE NATIONAL PIKE RT. 40 W. NEXT TO GEM DEPT. STORE
• FRANKFORD PLAZA SHOPPING CENTER 6025 MORAVIA RD.
• MONDAWMIN SHOPPING CENTER REISTERSTOWN RD. & LIBERTY HEIGHTS AVE.
• 4210 FRANKFORD AVE. AT BELAIR RD.
• 7848 WISE AVE. AT LYNCH ROAD
• EASTPOINT SHOPPING CENTER 7875 EASTERN AVE.
PAROLE PLAZA ANNAPOLIS, MD. 10 a.m. to 6 p.m.