Ocean perch fillets are penny savers

As a thoughtful, discriminating homemaker you want the best for your family. You are concerned with the quality, nutrition, and taste in the food you serve.

Like many others, however, you are also concerned with the ever-rising cost of most foods. Don't be discouraged — there is a way to please and nourish your family and, at the same time, stay within your food budget. The answer can be found in fishery products, particularly the wide variety of fish fillets available.

Ocean perch fillets are among the most economical. They are usually listed as a "best buy" and are ready to use, almost entirely edible, and have a mild, delicate flavor that makes wonderful eating.

Ocean perch fillets are usually sold frozen; a 1-pound package usually contains 8 fillets, and they provide a whale-size punch when it comes to nutritional value.

There are dozens of plain or fancy ways to prepare fillets but Barbecued Fish Fillets With Cranberry Sauce is one of the tastiest.

Try this seafood sophisticate soon; it adds dash to weekday dinners and is elegant enough for a dinner party.

Barbecued Fish Fillets With Cranberry Sauce

Two pounds ocean perch or other fish fillets, fresh or frozen, one can (one pound) jellied cranberry sauce, one-third cup steak sauce, one tablespoon salad oil, two teaspoons prepared mustard, Parsley, one tablespoon brown sugar.

—Thaw frozen fish. Cut fish into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients except parsley. Beat with an electric or rotary beater until well mixed. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish, skin side up, on a well-greased broiler pan. Brush with sauce. Broil about four inches from source of heat for four minutes. Turn carefully. Baste with sauce. Broil four minutes longer or until fish flakes easily when tested with a fork. Serve with remaining sauce. Garnish with parsley and additional cranberry slices, if desired.

The Veterans Administration announced recently that 12 new drug treatment centers will be opened in several weeks, bringing the total to 44.

Balto. County adult classes start Oct. 2

Vocational training will be available to all Baltimore County residents when Adult Education classes begin the week of Oct. 2.

Registration for all adult classes will be held in the 19 centers Sept. 25 through 28, from 7:30 to 9:30 p.m. Classes will begin the following week.

Registration fees for Baltimore County residents are $3.50 for classes meeting one evening per week and $7.00 for classes meeting two evenings per week.

For further information about adult program offerings call 494-4064.

Parents alerted to new inoculation requirements

School children are now required to be protected against diphtheria, tetanus, whooping cough, polio, measles and rubella, according to new state regulations, effective this September.

Parents are being alerted to the new state regulations that will require protective inoculations for children who enter preschool programs, kindergarten and first grade.

They are urged to see the family physician or to take their child to a City Health Department inoculation clinic.

Parents who are not sure which shots their child has had may call the City Health Department's Immunization Office, 752-2000, ext. 403.

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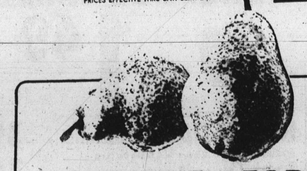
REDEEM THIS VALUABLE COUPON FOR 20¢ CASH — PALMOLIVE DETERGENT — LIQUID 1-pt. 6-oz. bottle 39¢ — 59¢ WITHOUT COUPON — VOID AFTER SATURDAY SEPTEMBER 2, 1972


BARTLETT PEARS — SWEET EATING — lb. 33¢

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Turbot Fillet FANCY SKINLESS NO WASTE lb. 69¢
Carnation Deviled Crabs HEAT & EAT 12-oz. pkg. $1.19
Rainbow Brook Trout FANCY 10-oz. pkg. 79¢
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Fancy Porgies lb. 39¢

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BENNETT CHILI SAUCE 8-oz. can 25¢
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BENNETT'S FIX A DRINK LIQUID SWEETNER SWEET 10 12-oz. bottle 35¢ — 6-oz. bottle 75¢
Howard Johnson Fried Clams FROZEN 7-oz. pkg. 87¢
Roman Cheese Pizza FROZEN 9-oz. pkg. 57¢
Birdseye Green Beans ALMONDS FROZEN WITH SAUCE 9-oz. pkg. 40¢
Birdseye Mixed Vegetables FROZEN WITH ONION SAUCE 9-oz. pkg. 40¢
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Chun King Chicken Chow Mein FROZEN 12-oz. box 77¢
Chun King Shrimp Chow Mein FROZEN 12-oz. box 77¢
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Minute Maid Lemonade FROZEN 12-oz. can 33¢
Minute Maid Pink Lemonade FROZEN 12-oz. can 33¢
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Birdseye Awake Juice FROZEN 6-oz. can 33¢
Riceland Rice 1-lb. bag 19¢
Riceland Rice 2-lb. bag 35¢
Riceland Rice 5-lb. bag 39¢
Riceland Rice Bits 7½-oz. pkg. 79¢
Bartender Mixes qt. pkg. 31¢
O&C French Fried Onion Rings 4½-oz. pkg. 37¢
Seasoned Rye Krisp 1-lb. box 49¢
Underwood Chicken Spread 4½-oz. can 51¢
Underwood Corned Beef Spread 4½-oz. can 49¢
Underwood Deviled Ham Spread 4½-oz. can 24¢
Dove Bath Soap bar 35¢
Lux Bath Soap 2 bars 35¢

DAIRY DEPT.
CLEARFIELD Cheese Spread 2-lb. loaf 69¢
Cream Cheese PATRY PRIDE 8-oz. pkg. 27¢
Mrs. Filbert's Margarine GOLDEN QUARTERS 3 1-lb. qtrs. $1.00
Diet Margarine SOFT BLUE BONNET lb. 47¢
Fleischmann's Margarine 1-lb. lb. qtrs. 49¢
Pure Orange Juice FLORIDA CITRUS ½-gal. ctn. 59¢
Hungry Jack Biscuits MADE WITH BUTTERMILK 4 8-oz. cans 45¢
Shreaded Pizza Cheese 8-oz. pkg. 69¢
American Cheese WISCONSIN SLICED 1-lb. pkg. 89¢

FRESH BAKED GOODS
PANTRY PRIDE Hot Dog Rolls OR HAMBURGER ROLLS 4 pkgs. of 8 $1
Valu Loaf White Bread 4 22-oz. loaves 89¢
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Cheese Mini Loaf 15½-oz. each 59¢
Musselman Apple Juice qt. bottle 33¢
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PANTRY PRIDE Ice Cream ASSORTED FLAVORS ½-gal. ctn. 59¢
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Whipped Topping PANTRY PRIDE—FROZEN 10-oz. ctn. 39¢
Libby Fruit Drinks FROZEN 6-oz. can 10¢
Morton Cream Pies FROZEN 2 14-oz. pkgs. 49¢
Pantry Pride Meat Pies FROZEN • BEEF • CHICKEN • TURKEY 2 8-oz. pkgs. 39¢
Morton Dinners FROZEN CHICKEN OR TURKEY 3 11-oz. pkgs $1.00
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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.

Maryland school boards plan meet

Problems facing education today will be discussed at the 15th annual convention of the Maryland Association of Boards of Education to be held Sept. 27 to 29 at the Sheraton Inn Washington-Northeast.

The first session will deal with the relationship of state and local financial support of education. Dr. Roger A. Freeman, whose keynote address is entitled "Should Local School Support Be Abolished?" is a national authority on financing education.

Lieutenant Gov. Blair Lee will also speak on the school financing problem as it faces Maryland educational institutions.

A business meeting, cocktail party and Presidents' Dinner will be held on Thursday afternoon and evening. The meeting will close with a luncheon Friday.

Registration blanks, both for rooms and for the convention, may be obtained from school superintendents.

College marks its 191st year

WASHINGTON COLLEGE, Chestertown, Md. — The nation's tenth oldest college will start its 191st academic year Sept. 5 with an estimated enrollment of 749 students from 24 states and several countries.

The college will also be welcoming six new members to the 70-member faculty.

They are J. Kemp Randolph, assistant professor of

Registration opening for driving course

Baltimore County will offer driver education at the Catonsville, Dulaney, Dundalk, Franklin, Kenwood, Lansdowne, Milford Mill Parkville, Perry Pikesville, Sparrows Point and Towson adult education centers.

The fee for this course is $50 for adults and day school students. Registration for driver education will be held in the respective centers on Sept. 25, 26, 27 and 28 from 7:30 to 9:30 p.m.

For further information call the Adult Education Department of the Baltimore County Schools at 494-4064.

on Sept. 5

assistant professor of political science; Mr. and Mrs. John Klaus (Kathleen), who will be joining the music department; Mark S. Weinberg, assistant professor of French; Thomas C.

fessor of philosophy and Mrs. Miriam Hoffecker as an assistant circulation li-

CCB adds 5 teachers to faculty this fall

Five new teachers have been added to the faculty of the Community College of Baltimore, Dr. Martin S. Reff, dean of faculty, announced.

Joining the Urban Affairs Department are Joseph Y. Ahmed, Jan Houbolt, and Miss Gladys Tankard. Dr. Elka A. Levin is joining the Dental Hygiene Department while Mrs. Genevive Barnes has been added to the staff of the Food Administration Department.

Ahmed, who holds both a bachelors and a masters degree from Morgan State College, is a former regional field director for the NAACP. Most recently he has been employed by the State of Maryland Commission on Human Relations.

Houbolt is a graduate of Howard University and holds a masters degree from American University.

Miss Tankard, a graduate of Morgan State College, was most recently a fellow at the University of Maryland where she obtained her masters degree.

A native of Argentina where he practiced dentistry for several years after graduating from the University of Buenas Aires, Dr. Levin holds a D.D.S. degree from the University of Maryland. He is a former fellow at The Johns Hopkins Hospital.

Mrs. Barnes was an instructor in nutrition and diet at The Johns Hopkins Hospital. She has a bachelors degree from St. Joseph's College a masters from The Johns Hopkins University.

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SHENANDOAH—BONELESS TURKEY ROAST ALL WHITE MEAT 2-lb. pan $2.89
GREENDELL'S—FROZEN GRAVY WITH SLICED TURKEY OR BEEF 2-lb. pan $1.29
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U.S.D.A. CHOICE RIB ROAST 8" CUT lb. $1.39
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U.S.D.A. CHOICE—BONELESS FRESH BEEF BRISKET WHOLE lb. 89¢
FARMER GRAY BRAND—BEEF CORNED ROUNDS lb. $1.09
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PILLSBURY FLOUR SELF-RISING — 5-lb. bag 54¢ — 10-lb. bag $1.07 — 5-lb. bag 69¢
CREST TOOTHPASTE REGULAR 7-oz. OR MINT tube 81¢
Lawry's Seasoned Salt 3-oz. can 33¢
Lawry's Seasoned Pepper 1.62-oz. can 49¢
Kal Kan Chicken Liver 2 6-oz. cans 35¢
Kal Kan Mealtime Cat Food 2 6-oz. cans 35¢
Kal Kan Beef By Products 2 6-oz. cans 35¢
Kal Kan Tuna/Chicken Cat Food 2 6½-oz. cans 35¢
Kal Kan Heart—Beef Gravy 2 6-oz. cans 35¢
Kal Kan Stew Cat Food 2 6-oz. cans 35¢
Dow Handi Wrap 100-ft. roll 33¢
Glad Sandwich Bags 80-ct. pkg. 34¢
Glad Plastic Sandwich Bags 100-ct. pkg. 57¢
Glad Food Storage Bags 40-ct. pkg. 38¢
Glad Food Storage Bags 20-ct. pkg. 77¢
Maxwell House Instant Coffee 3-oz. jar $1.11
Maxwell House Instant Coffee 10-oz. jar $1.39
Kooly Kupp Foam Cups 9-oz. CUPS 40-ct. pkg. 47¢
Kooly Kupp Foam Cups 9-oz. CUPS 20-ct. pkg. 25¢
Jello Gelatins 2 3-oz. pkgs. 23¢
Accent MEAT TENDERIZER 1-oz. jar 29¢
Accent MEAT TENDERIZER 4½-oz. jar 91¢
Accent MEAT TENDERIZER 10-oz. jar $1.59
Sunshine Hi Ho Crackers 1½-lb. box 49¢
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Pantry Pride Paper Cups 7-oz. CUPS pkg. of 100's 65¢
Pantry Pride Applesauce 5 1½-qt. jars $1.00
Liquid Charcoal Lighter qt. can 33¢
Charcoal Briquettes 20 lb. bag $1.17
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Maxwell House Coffee 1-lb. can 93¢
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• 7844 [illegible] AVE. AT LYN[illegible] ROAD
• HARUNDALE MALL GLEN BURNIE, MD.
• MONDAWMIN SHOPPING CENTER REISTERSTOWN RD. & LIBERTY HEIGHTS AVE.
• EASTPOINT SHOPPING CENTER 7875 EASTERN AVE. 9 am 'til 4 pm
• 6501 BALTIMORE NATIONAL PIKE RT. 40 W. NEXT TO GEM DEPT. STORE
• 8210 FRANKFORD AVE. AT BELAIR RD.
PARO[illegible] PLAZA A[illegible] RD 16 a.m. to 6 p.m.