Light Housekeeping

BY MARIE P. COOKE
(Substituting For Lula Mackay)

The last long weekend of the summer is near. Plan in advance for foods to make the holiday festive with plenty of variety to eat says, Virginia McLuckie, Food Economist, University of Md. Meat counters offer plenty of variety whether you plan to use outdoor cooking or indoor facilities. Red meat specials are recommended. Rib steaks are tender, coming from one of the least exercised portions of the carcass. Loin cuts are next in line for tenderness. These broil or grill very well but they are in greatest demand and price tags maintain a higher level. Cuts from the chuck have possibilities of grill use if tenderized or ground otherwise, these roasts need moist heat cookery.

Turkey and chicken are poultry meats worthy of consideration. Supplies of turkeys are large and prices are low. Chicken supplies are at their usual high level.

Specials on smoked and fully cooked hams should present attractive buys. Ham is a meat that lends itself to advanced preparation. A baked ham makes meals hot or cold, is excellent for sandwiches and salad platter thus eliminating kitchen time the weekend.

If you plan an outing or a picnic try to plan for foods that pack and carry well. Avoid taking salad mixtures and cream filled pastries that spoil easily in warm weather. If you eat out in the backyard remember it is not far to the refrigerator. Keep foods cold and hot foods hot.

The vegetable counters spot light a wide variety of produce as the summer season vegetables continue to be marketed. There is a fairly good supply of local sweet corn of good quality. If you barbecue, plan to roast ears of corn and enjoy the excellent flavor. Tomatoes that are field ripened will be tasty and colorful. Use out hand eating size tomatoes or slice them just before using at a picnic. New potatoes are low in cost and excellent for potato salad. Also on your shopping list include cucumbers, snapbeans and green peppers.

FOIL ROASTED CHICKEN

One whole broiler-fryer chicken (2½ to 3 pounds), Salt and pepper, Paprika, Chopped parley, one pound green beans, cut into pieces or one 10-ounce package frozen cut green beans, thawed, four carrots, pared and sliced, two large potatoes, pared and cut in quarters

Sprinkle chicken cavity with salt and pepper. Hook wing tip into back to hold neck skin; tie legs together. Place chicken across center of a 24 inch piece of heavy-duty aluminum foil. Sprinkle with paprika. Arrange vegetables around chicken; make double fold. Make double fold at each end. Place in a shallow roasting pan. Bake in 450 degree F. oven 1-hour Open foil and fold back; roast 20 minutes longer. Sprinkle with chopped parsley. Makes 4 servings.

Home is where the heart is and, unfortunately, home is often where the hurt is. Bathtub slips, kitchen cuts, stairway falls—the number of at-home accidents totals many million each year.

Yet, most of these accidents can be prevented simply by checking each room for potential safety hazards. These should be eliminated as soon as discovered.

For example, scatter rugs, loose wires and other items that can cause a fall should be secured. Medicines and other potentially hazardous liquids must be kept out of the reach of children. In each instance, common sense should decide what changes are needed.

Also important is a well-supplied medicine chest that will enable family members to treat minor injuries properly. According to programmed First Aid course sponsored by Johnson and Johnson and taught in grades six and up the following supplies are essential: adhesive bandages, to cover smaller cuts and bruises; antiseptics, to clean and disinfect cuts and scratches; sterile gauze pads, to cover large areas

(Continued on Page C-25)

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All A&P WEO Stores Will Be Closed Monday LABOR DAY—SEPT. 4, 1972

Buy Extra for the Long Holiday Weekend

JANE PARKER BAKERY TREATS WHITE BREAD 4 22-oz. loaves 89¢ BUY 4 SAVE 11¢

JANE PARKER SANDWICH OR FRANK ROLLS BUY 4 SAVE 16¢ 4 10-oz. pkgs. of 8 1.00

JANE PARKER APPLE PIE SAVE 14¢ 22-oz. pie 45¢

JANE PARKER SPANISH BAR SAVE 16¢ 19-oz. cake 39¢

PRODUCE BUYS

Lemons or Limes JUICY WESTERN LARGE SIZE 200's dozen 66¢ NONE PRICED HIGHER!

U.S. NO. 1 ALL PURPOSE POTATOES 20 lb. bag 1.29

TOMATOES NEAR-BY VINE-RIPE 3 lbs. 89¢ NONE PRICED HIGHER!

GREEN CABBAGE NEW lb. 12¢ NONE PRICED HIGHER!

LUSCIOUS CALIFORNIA "WEST SIDE" HONEYDEW MELONS JUMBO SIZE 8 ea. 79¢ NONE PRICED HIGHER!

LETTUCE CRISP ICEBERG 3 heads 89¢ NONE PRICED HIGHER!

PRUNE-PLUMS LUSCIOUS WESTERN ITALIAN 3 lbs. 1.00 NONE PRICED HIGHER!

GREEN PEPPERS CRISP CALIFORNIA WONDER 4 for 49¢ NONE PRICED HIGHER!

FROZEN FOOD SELECTIONS

A&P GRADE 'A' Broccoli Spears 4 10-oz. pkgs. 99¢

A&P GRADE 'A' GREEN BEANS FRENCH OR CUT 4 9-oz. pkgs. 89¢

A&P GRADE 'A' SPINACH CHOPPED OR LEAF 6 10-oz. pkgs. 89¢

A&P GRADE 'A' Asparagus Spears 10-oz. pkg. 65¢
A&P GRADE 'A' Cut Green Beans 28-oz. bag 63¢
BIRDSEYE—CHEESE, PEPPERONI, SAUSAGE Pizza Pick-Up Stix 8-oz. pkg. 49¢
SUNNYFIELD Waffles 6's 5-oz. pkg. 10¢
BAMBINO DELUXE Celeste Pizza 10-oz. pie 59¢

BIRDSEYE Awake Drink 3 9-oz. cans 89¢
A&P Handi-Whip 9-oz. ctn. 39¢
A&P GRADE 'A' Orange Juice 6-oz. can 18¢ 12-oz. can 35¢
LIBBY FRUIT DRINKS—6-oz. can 10¢ Lemonade 6-oz. can 10¢ 2 12-oz. cans 39¢

ORANGE, ICED ORANGE, CHOC., FUDGE ICED A&P Cake 13½-oz. cake 69¢
BIRDSEYE—CHOC., STRAWBERRY, VANILLA Thick 'N Frosty 20-oz. ctn. 59¢
ORE-IDA Cottage Fries 3 14-oz. pkgs. 89¢
CAP'N JOHN'S Fish Sticks 10-oz. pkg. 49¢ 1-lb. pkg. 75¢
CAP'N JOHN'S Fish & Chips 1-lb. pkg. 69¢

COMPARE ANYWHERE...Shop A&P WEO for a lower total food bill!

BOLD LAUNDRY DETERGENT [25¢ OFF LABEL] 84-oz. box 1.24

PILLSBURY BEST FLOUR 2-lb. bag 30¢ 5-lb. bag 53¢

S.O.S. Soap Pads pkg. of 10 40¢
OPEN PIT BBQ Sauce 18-oz. btl. 39¢
MRS. FILBERT'S Mayonnaise 32-oz. jar 69¢
GULDEN'S DIABLO—5-oz. jar 23¢ Brown Mustard 24-oz. jar 44¢
THIN, STIX & RINGS A&P Pretzels 10-oz. bag 35¢
WARSAW Falcon Pickles 48-oz. jar 93¢
ARMOUR Vienna Sausage 5-oz. cans 27¢
ARMOUR Potted Meat 2 3-oz. cans 31¢ 3½-oz. can 26¢
LUNCHEON MEAT Armour Treet 12-oz. can 49¢
HUNGRY JACK Mashed Potatoes SERVES 24 16-oz. box 60¢

SHEER STRETCH PANTY HOSE Accurately Proportioned for Height, Weight and Hips LADIES & GIRLS GIRLS FITS FROM 60 to 100-LBS. LADIES FITS PETITE/MEDIUM MEDIUM/TALL 49¢ pair (Made By One Of America's Leading Manufacturers)

FOIL Alka-Seltzer pkg. of 72 1.49
DENTURE CLEANSER Efferdent pkg. of 60 99¢
COLGATE Toothpaste 8½-oz. 88¢
DAYTIME or NEWBORN box of 30 at 1.35 Pampers DIAPERS (Daytime) box of 15 85¢ (Overnight) box of 12 85¢

JOY DISHWASHING LIQUID 22-oz. pt. btl. 55¢

MR. CLEAN LIQUID CLEANER 28-oz. btl. 68¢

Prices effective thru Sat., Sept. 2nd, 1972 in A&P WEO Stores in Baltimore including Aberdeen, Bel Air, Havre de Grace, Joppatown and the Delmarva Peninsula.

Items offered for sale are not available to other retail dealers or wholesalers!

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Continued from Page C-24)

of skin breaks, abrasions; cuts, and to use as a compress; surgical adhesive tape, to bind gauze or hold a dressing in place, and sterile cotton or cotton balls, to apply antiseptics and to clean wounds.

Look over this check list to see if you are treating your hose to the TLC they need to give long service. Every question you can answer with a "yes" lowers the run, snag and tear rate:

Are you careful putting on and taking off panty hose? Pulling and tugging puts under stress on the material. Sharp rings, ragged fingernails and rough hands give quick starts to runs and tears. Wear cotton or cosmetic gloves if necessary. Wear the correct size or the strain from a too short pair will cause popping at the least provocation.

The best way to put on pantyhouse is to gather up a leg portion all the way to the toe. Slip foot in and pull gently and smoothly up to the knee. Repeat with the other leg. Then ease over knees, thighs and hips to the waist. When removing pantyhose, gently roll downward from the waist and ease feet out.

Do you wash stockings in mild suds and lukewarm water promptly after each wearing? Perspiration and dirt deteriorate nylons and cut life expectancy.

Wear gloves while washing and rinsing, use a small mesh bag, or shake them clean in a tightly capped jar half-filled with sudsy solution. Rinse until water runs clear.

Do you have a separate drawer or section of a drawer for pantyhose and stockings? Line with paper, including the sides to protect from rough wood or use plastic or cardboard dividers if other items are kept there too. While some things such as curlers and jewelry can really sang sheer fabric, smooth articles lipstick tubes, loose coins and what-have-you are capable of "brushing" the nylon thread.

Do you rate two pairs with runs to make one pair without runs? Take two pair pantyhose, the same color, each with a damaged leg sections high up. Then roll and stich or use a closely set zigzag machine stitch to "seal" the raw edges. Worn together, you have a pair of stockings with a double panty portion. Of course, if the pantyhose are the type that leg. Cut away the useless have fitted heels, it will be and left side to combine.

Parents given health hints for back-to-school season

Here are some suggestions from the Department of Health and Mental Hygine which may make the returning to school process a healthier one.

* * *

Complete physical examinations before school begins, including booster shots and immunications not yet started, will give children a running healthstart on the long school year, the department advises.

The examination should also include special attention to eyes and ears, for good vision and hearing have much to do with the learning process. A complete dental checkup is also recommended.

* * *

Parents of children who are attending school for the first time, or who are entering a new school, are advised to accompany them for the first few days, so that they know when and where to cross streets, and what sign to look for from their friends the crossing guard or policeman.

The department urges one final word of caution that parents warn their children never to accept gifts or rides from strangers.

The Department of Labor administers programs and monitors compliance with legislation to benefit the American worker in the areas of manpower, occupational safety and health, labor-management relations, international labor, employment standards and labor statistics. The department also provides a complete range of publications on its work in these areas.

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WEO WHERE ECONOMY ORIGINATES

SUPER-RIGHT QUALITY BOTTOM BONELESS ROUND ROAST lb. 99¢ STEAK lb. 1.19 NONE PRICED HIGHER!

RUMP ROAST SUPER-RIGHT QUALITY lb. 1.39 | GROUND ROUND SUPER-RIGHT QUALITY lb. 99¢

SUPER-RIGHT FULLY COOKED SMOKED HAMS SHANK PORTION lb. 49¢ WHOLE OR BUTT PORTION lb. 59¢ NONE PRICED HIGHER!

FRESH CHICKEN Leg or Breast Quarters lb. 36¢ NONE PRICED HIGHER!

SUPER-RIGHT QUALITY BONELESS CHUCK ROAST lb. 89¢ NONE PRICED HIGHER!

EXCELLENT FOR COOK-OUT DELMONICO STEAKS SUPER-RIGHT QUALITY lb. 1.99 NONE PRICED HIGHER!

PORTERHOUSE STEAKS SUPER-RIGHT QUALITY lb. 1.69 NONE PRICED HIGHER!

ALLGOOD BRAND SLICED BACON 2 lb. pkg. 1.59 NONE PRICED HIGHER! GWALTNEY BACON SLICED 1-lb. pkg. 89¢

BONELESS HAMS SUPER-RIGHT lb. 1.49 NONE PRICED HIGHER!

CANNED HAMS READY-TO-EAT 3 lb. can 2.99 5 lb. can 4.99

Turkeys SUPER-RIGHT QUALITY GRADE 'A' 16-lbs. & up lb. 38¢
Cross-Cut Roast Super-Right Quality Boneless lb. 1.09
Armour Turkey GOLDEN-STAR SELF-BASTING (10 lbs. & up) lb. 59¢
A&P Salads POTATO, MACARONI OR COLE SLAW 14-oz. cup 35¢
A&P Salads POTATO, MACARONI OR COLE SLAW 30-oz. cup 69¢
Fried Chicken BANQUET FROZEN 2 lb. pkg. 1.49

Ground Chuck Super-Right Quality lb. 89¢
Strip Steaks NEW YORK BONELESS lb. 2.59
Beef Steaks Super-Right Chopped Frozen 2 lb. pkg. 1.98
Franks SUPER-RIGHT ALL MEAT SKINLESS 2 lb. pkg. 1.29
Esskay Franks All Meat Skinless 1 lb. pkg. 89¢

Rath Hams HICKORY SMOKED 3 lb. can 4.19
Reigel Hams SEMI-BONELESS lb. 1.09
Turkey Roast MARVEL BONELESS lb. 59¢
Braunschweiger RATH CHUNK lb. 49¢
Boiled Ham Available in Stores with Deli Depts. ½ lb. 59¢
Sausage Meat SUPER-RIGHT FRESH 2 lb. pkg. 1.19

SEAFOOD DEPT.
FANCY 40-50 CT. MEDIUM Shrimp 5 lb. box 7.39 lb. 1.49
FRESH Flounder Fillets lb. 1.09
FRESH REGULAR Crab Meat 1-lb. can 2.59 Available in Stores with Seafood Dept.

DAIRY SECTION
SUNNYBROOK GRADE 'A' EGGS LARGE SIZE 2 doz. 97¢
MARVEL-ICE MILK OR ICE CREAM ASS'D FLAVORS ½-gal. ctn. 59¢
BORDEN'S FROSTED SHAKES VANILLA CHOCOLATE STRAWBERRY 5 9¼-oz. cans 89¢

CHECK THESE VALUES...hundreds more in the store!

KOUNTY KIST SWEET PEAS 5 16-oz. cans 85¢
IONA SWEET PEAS 5 17-oz. cans 79¢
Sweet Peas DEL MONTE EARLY BARBER 17-oz. can 24¢
Green Beans HANOVER CUT 49-oz. can 59¢
Green Beans DEL MONTE CUT 16-oz. can 25¢
Libby's Sauerkraut 16-oz. can 20¢
Green Giant Corn CREAM STYLE 2 17-oz. cans 49¢
Pork & Beans SULTANA 2 32-oz. cans 85¢
White Potatoes A&P WHOLE OR SLICED 7 16-oz. cans 1.00
Mushrooms OXFORD ROYAL FANCY STEMS & PIECES 3 4-oz. cans 95¢
Elbaw Macaroni ANN PAGE 1-lb. box 23¢
Instant Rice A&P 24-oz. box 63¢
Noodles ANN PAGE BROAD, FINE & EX.-FINE 6-oz. box 20¢
Vegetable Oil CRISCO 38-fl.-oz. btl. 87¢
Vegetable Oil DEXOLA 38-fl.-oz. btl. 79¢

SHASTA Beverages COLA, ORANGE or GRAPE ½-gal. jug 49¢
Apple Sauce A&P GRADE 'A' 2 25-oz. jars 79¢
Pineapple MANDALAY SLICED, CHUNK OR CRUSHED 4 16-oz. cans 89¢
Tomato Juice LIBBY 48-oz. can 34¢
Lemon Juice REALEMON 32-oz. jar 53¢
Beverages BOND STREET CANNED 12-oz. can 8¢
Fruit Drinks MARVEL 3 46-oz. cans 75¢
Hawaiian Punch ASS'D FLAVORS 48-oz. can 31¢
Hi-C Drinks ASS'D FRUIT FLAVORS 46-oz. can 33¢
Ice Tea Mix OUI-CHIN INSTANT 24-oz. jar 89¢
Ice Tea Mix LIPTON INSTANT 3.4-oz. envs. 35¢
Cranapple Juice OCEAN SPRAY 48-oz. jar 62¢
Nestle Quik CHOCOLATE 1-lb. box 50¢
Mason Root Beer ½-gal. jug 39¢

YUKON CLUB FLIP-TOP Canned Beverages REG. OR LOW CALORIE 10 12-oz. cans 98¢
Pancake Mix SUNNYFIELD BUTTERMILK (REGULAR 32-oz. bag 33¢) 32-oz. bag 43¢
Kitchen Bags HEFTY TALL box of 15 67¢
Paper Towels ANGEL SOFT 3 giant rolls 79¢
Sandwich Bags A&P 1-lb. box 45¢
Plastic Wrap A&P 200-ft. box 39¢
Dial Soap BATH SIZE 4¢ OFF LABEL reg. of 4 54¢
Nabisco CHICKEN IN A BISCUIT, WHEAT THINS, TYNOS OR SOCIABLES 8-oz. pkg. 49¢
Keebler FIG BARS 3 14-oz. pkgs. 1.00
Grape Jelly SULTANA 24-oz. jar 49¢
Preserves ANN PAGE PEACH, PINEAPPLE, PLUM & APRICOT 2 lb. jars 69¢
Peanut Butter ANN PAGE CREAMY OR CRUNCHY 3 lb. jar 1.39
Charcoal CHEF'S CHOICE 20 lb. bag 1.17
A&P Charcoal Lighter 1-qt. can 39¢

TEMTEE KOSHER DILLS 48-oz. jar 79¢
French Dressing ANN PAGE RED. OR CHIF 16-oz. jar 39¢
Salad Dressing ANN PAGE ITALIAN OR THOUSAND ISLAND 16-oz. jar 49¢
Olives ANN PAGE LARGE STUFFED 9-oz. jar 69¢ 12-oz. jar 89¢
Heinz Ketchup 20-oz. btl. 39¢ 14-oz. jar 29¢
Barbecue Sauce ANN PAGE 28-oz. btl. 49¢
Hellmann's Mayonnaise 1-qt. jar 73¢
Ann Page Mayonnaise 1-qt. jar 59¢
Kraft Mayonnaise 16-oz. jar 47¢
Miracle Whip KRAFT DRESSING 16-oz. jar 39¢
Cucumber Chips MAJESTIC 32-oz. jar 59¢
Kosher Gherkins TEMTEE 32-oz. jar 59¢
Salad Mustard ANN PAGE 1-lb. jar 23¢
Garden Relish ANN PAGE 6-oz. jar 29¢

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