Light Housekeeping

By MARIE P. COOKE
(Substituting for Lula Mackay)

Should women go on camping trips? Why not? One of every four campers is a woman. The other three are a man and two kids. The North American Family Campers Association, which says so, reminds that contemporary camping no longer is an endurance contest with beans and blankets. Today's tents, for example, have waterproof floors, bugproof screening and gay colors. They're waterproof and comfortable.

The association also said trailers, truck campers and motor homes favored by some campers can carry all the appliances and comforts of home. Many literally are efficiency apartments on wheels.

Number one on the clothing list is raingear for every member of the party. Low heel shoes with rubber soles, hiking boots and sneakers also are on the list.

• • •

WHAT'S NEW? The prettiest plastic storage containers for refrigerator or pantry shelf are available in yellow, red, green and blue with see-through sides.

These containers come in 12 bowl and rectangular sizes. All have see-through petal designs in the lids for greater visibility. The containers are stackable.

• • •

HEALTH AID — Toothache pain can strike any time, day or night. The best thing to do is to see your dentist at once for professional treatment.

However many dentists are now recommending a new product, which can be bought without a prescription, for temporary relief when pain occurs when you're traveling or at night or on a weekend.

The product, ORA-JEL, is applied around the hurting tooth and should bring relieving comfort within seconds. The relief should last for a few hours.

• • •

RECIPE OF THE WEEK — With school starting, lunch assumes a special importance. For the school-going brown bagger, every little nutritional plus helps make a better day.

Since cling peaches are a good contributing source of vitamin A, so necessary to help fight infection, to get this "plus" in cookie form is a wonderful way to work toward the minimum daily requirement.

• • •

Peachy lunch box cookies are fine for after school snacks, too, with a glass of milk.

To make the cookie filling you will need:

One can (29 ounces) cling peach slices, ½ teaspoon cinnamon, ¼ teaspoon nutmeg, ½ cup peach syrup, ¼ cup chopped walnuts and ½ teaspoon lemon juice.

For the dough you will need:

• • •

Three-fourths cup shortening, 1 cup sugar, 2 eggs (well beaten), 2¼ cups sifted all purpose flour, 3 teaspoons baking powder, ½ teaspoon salt, one-third cup milk and ½ teaspoon vanilla.

Drain peaches, reserve syrup. Combine peaches, cinnamon, nutmeg and syrup in medium size saucepan. Cook over medium heat 15 to 20 minutes or until mixture cooks down to a jam-like consistency.

Remove from heat, stir

(Continued on page C-23)

"Pantry Pride" DISCOUNT FOODS
PRICES EFFECTIVE THRU. SAT., SEPT. 16th

SAVE AN ADDED $1.72 WITH COUPONS ON THESE TWO PAGES

REDEEM THIS VALUABLE COUPON FOR 18¢ CASH — JOY LIQUID 1-pt. 6-oz. bottle 39¢ — RV15 M03 — WITHOUT THIS COUPON 57¢ — VOID AFTER SATURDAY SEPTEMBER 16, 1972 — Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 54¢ CASH — MAXIM INSTANT COFFEE 8-oz. jar $1.45 — RV30 M04 — WITHOUT THIS COUPON $1.99 — VOID AFTER SATURDAY SEPTEMBER 16, 1972 — Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 25¢ CASH — CARNATION INSTANT BREAKFAST pkg. of 6 44¢ — RV25 — WITHOUT THIS COUPON 69¢ — VOID AFTER SATURDAY SEPTEMBER 16, 1972 — Pantry Pride

SUGAR CORN — SWEET TENDER — ear 8¢ — BONUS SPECIAL (1ST WEEK ONLY)

FIRM SLICING TOMATOES — BONUS SPECIAL (1ST WEEK ONLY) — cello carton 29¢

CRISP NEW CROP APPLES — BONUS SPECIAL (1ST WEEK ONLY) — GOLDEN DELICIOUS 3 lb. bag 59¢

SWEET EATING BARTLETT PEARS ... lb. 33¢
LARGE FIRM CUCUMBERS ... 3 for 29¢
FIRM, GREEN PEPPERS ... each 12¢
NEW CROP—FOR BAKING RUSSETT POTATOES ... 5 lb. bag 59¢

SEAFOOD DEPT.

FANCY Medium Shrimp — 5 lb. box $7.39 — lb. $1.49
Pagoda Shrimp Rolls — BITE-SIZE HEAT & SERVE ... 9-oz. box 89¢
Breaded Fish Steaks — ICELANDIC READY TO FRY ... 12-oz. pkg. 65¢
Fresh Steak Fish — SKINLESS GENUINE HAKE ... lb. 39¢
Fried Mini-Fish — FISH SHAPED PORTIONS HEAT & SERVE ... 1-lb. box 79¢
Two Oceans Crab Cakes — HEAT & SERVE ... 6-oz. pkg. 65¢
Rainbow Brook Trout — FANCY QUEEN OF THE WATER ... lb. 79¢
Fancy Jumbo Shrimp — FRESH WATER ... lb. $2.59
Highliner Haddock Fillet — INDIVIDUALLY FROZEN ... 12-oz. pkg. 99¢
SEAFOOD FEATURES AVAILABLE UNTIL FRIDAY 9 p.m. SEPT. 15th

1/3 OFF ON THE BIG, ORIGINAL, EDUCATOR-RECOMMENDED ILLUSTRATED WORLD ENCYCLOPEDIA
WAS $2.99 NOW $1.99 a volume
VOLUME NO. 1 FOR ONLY 29¢ VOLUMES 2-15 NOW $1.99 a volume
VOLUME 1 NOW ON SALE!
• LARGE, INVITING, EYESAVER TYPE • PRINTED ON GLARE-PROOF PAPER
IMAGINE! One of the best encyclopedias for the elementary grades

DISCOUNT PRICED GROCERIES

PANTRY PRIDE SPAGHETTI OR Elbow Macaroni — 1-lb. box 19¢
Hudson Conserve Asstd. Towels — jumbo size 37¢
Snyder's Pretzels — 14-oz. pkg. 59¢
Nabisco Saltines — 1-lb. box 39¢
Gainesburgers Cheese Flavored — 16-oz. ctn. 91¢
Friskies Chicken Cat Food — 2 15-oz. ctn. 33¢
Friskies Liver Cat Food — 2 15-oz. ctn. 33¢
Carnation Instant Breakfast — All Flavors 7.32-oz. ctn. 69¢
Cut Rite Sandwich Bags — 150 count 39¢
DELICIOUS Jello 1-2-3 Dessert Mix — 4⅜-oz. pkg. 10¢

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.

CALGON BATH OIL BEADS 1-lb. jar 75¢
INSECTICIDE RAID: RAID House & Garden 13½-oz. can $1.39 | RAID Yard Guard 16½-oz. can $1.85
HOUSEHOLD CLOROX BLEACH gal. ctn. 49¢
PINE, SUDZY, CLEAR PARSONS AMMONIA ... 28-oz. bottle 28¢
Hudson Showcase Napkins ... 2 pkgs. 33¢
Downflake Frozen Pancakes ... 10½-oz. pkg. 33¢
Pantry Pride Frozen Waffles ... 10-oz. pkg. 12¢
Hanover Succotash Frozen ... 10-oz. pkg. 45¢
Birdseye Frozen Peas WITH ONIONS ... 10-oz. pkg. 35¢
Birdseye Frozen Peas WITH CREAM SAUCE ... 8-oz. pkg. 35¢
Birdseye Awake Frozen Juice ... 6-oz. can 31¢
Cool 'n Creamy Puddings FROM 10¢ LOW & BAR CHOCE ... 4 4½-oz. cns. 59¢

FANCY DOMESTIC Swiss Cheese — BONUS SPECIAL (1ST WEEK ONLY) — Sliced 1-lb. pkg. 99¢
Light-n Lively Yogurt — ALL FLAVORS — 3 8-oz. cup 89¢
Pantry Pride Cream Cheese ... 8-oz. pkg. 27¢
Les Cal Cottage Cheese — 98% FAT FREE ... 12-oz. cup 35¢
Pure Orange Juice — FLORIDA CITRUS ... ½-gal. ctn. 59¢
Pillsbury Cinnamon Rolls ... 2 9½-oz. ctn. 69¢
Pillsbury Cookies — ALL VARIETIES ... 8-oz. each 55¢
Mrs. Filbert's Margarine — SOFT CORN OIL ... 2 8-oz. cups 49¢
Fyne Spred Soft Margarine ... 1-lb. bowl 33¢

DISCOUNT PRICED FROZEN FOODS

BANQUET BEEF CHOP SUEY OR Chicken Chow Mein — FROZEN — 2-lb. pkg. 2.88¢
Sara Lee Pound Cake — FROZEN ... 11¼-oz. pkg. 77¢
Piccadilly Pizza Circles — FROZEN SAUSAGE BEEF or CHICKEN ... pkg. 39¢
Hanover Julienne Potatoes — FROZEN ... 2-lb. pkg. 58¢
Pantry Pride Meat Pies — FROZEN CHICKEN BEEF—TURKEY 2 8-oz. pkgs. 39¢
Swanson Frozen Breakfast — PANCAKE IN LINK AND SAUSAGE 5 5½-oz. pkgs. 47¢
Frozen Whipped Topping — PANTRY PRIDE ... 10-oz. pkg. 39¢
Jeno Frozen Cheese Pizza ... 13½-oz. pkg. 59¢
Snow Crop Orange Juice — FROZEN ... 12-oz. can 47¢
SNOWCROP — FROZEN Orange Juice 2 6-oz. cans 49¢

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 TEAR OUTS TO PANTRY PRIDE 4. PUT SAVINGS IN BANK

For Dieters: A Fool Proof Plan

NEW YORK (UPI) — Fed up with diets that don't work — for you? The failures, diets indicate you cheat. You eat foods on the nix list. Then you develop lapses of memory about the forbidden acts.

You probably are plump and happy. You are also probably hoping for the day that someone will invent a diet you can follow.

Well, that day has arrived. There's no guarantee that the "official 8½ ounce mashed potato diet" will melt fat. But it may help you to lose some weight laughing.

• • •

This strictly spoof diet is described in a new book — "I Think I'll Start On Monday" (Hawthorn Books Ind.).

By Totie Fields, the pleasantly plump comedienne, this book takes its tone from the fact that the first three letters of diet spell "die."

else between the book's shocking pink covers, calls attention to some hidden calories. Sample:

Licking your lips, two; breathing smog for 24 hours eight and one-half; driving through Hershey, Pa. (chocolate works), 55; licking postage stamps, eight.

• • •

In defense of the fat of the land, Totie says there are ways of looking thinner without dieting.

"Looking thinner, not being thinner, is the real objective of many dieters and accounts for 98 per cent of the girdle sales in America," she says.

These other methods of looking thinner without dieting she recommends:

"Move to the rim of the Grand Canyon. Anyone looks thinner against a vast background."

"Stand on your toes when you meet people." pool up to your neck. People will think it's the waves giving your body that pudgy appearance."

"Eat nothing but garlic and limburger cheese. You won't lose weight but you'll look thinner from a distance."

• • •

Creative ways of cheating while on a diet also are recommended by this woman who, by now you have surmised, has no patience with diets or those who think the world should be populated by thin persons.

One of her creative tricks: Chop orange sherbet and place it neatly on your plate next to your lean beef. It will look like chopped carrots.

Also: Instead of gravy, when it is allowed, pour hot fudge over your roast beef.

Totie really does believe in the wholesome goodness of those who are not slim. The thin persons, throughout history, were not to be admired, according to the comedienne.

Was Scrooge a good guy? Was Lucrezia Borgia a good dame? Nope. Each was thin.

Now look at the good guys and the good dames. Santa Clause is fat. Aunt Jemima is plump. Winston Churchill wasn't thin.

• • •

And neither is Totie Fields — who automatically is a good dame on account of having made light of dieting. And she practices what she preaches, keeping herself stylishly round — around 200 to be exact.

—Light Housekeeping

(Continued from page C-22)

in walnuts and lemon juice. Set aside to cool.

• • •

Cream shortening and sugar. Add eggs, mixing well. Sift dry ingredients together and add alternately with milk and vanilla. Mix well after each addition.

Roll dough an eighth inch thick on floured surface (If dough becomes difficult to work with, refrigerate until it is once again firm). Cut into 2½-inch rounds.

Place on lightly greased cookie sheet, placing level teaspoon of filling on half of rounds and cover with another round.

• • •

Seal edge with tines of fork. Bake in 400 degree oven for 15 minutes or until lightly browned. This recipe makes about 2½ dozen cookies.

THE NO. 1 LOW PRICE LEADER IN TOWN!

REDEEM THIS VALUABLE COUPON FOR 30¢ CASH — AJAX CLEANER LIQUID 1 pt. 12-oz. bottle 38¢ — RV30 — WITHOUT THIS COUPON 68¢ — VOID AFTER SATURDAY SEPTEMBER 16, 1972 — Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 25¢ CASH — CASCADE DISHWASHER DETERGENT 3-lb. 2-oz. box 78¢ — RV25 — WITHOUT THIS COUPON $1.03 — VOID AFTER SATURDAY SEPTEMBER 16, 1972 — Pantry Pride

REDEEM THIS VALUABLE COUPON FOR 20¢ CASH — CHEER DETERGENT 3-lb. 1-oz. box 69¢ — RV15 M05 — WITHOUT THIS COUPON 89¢ — VOID AFTER SATURDAY SEPTEMBER 16, 1972 — Pantry Pride

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

Pantry Pride GRADE "A" — FRESH FRYERS WHOLE lb. 29¢ — BONUS SPECIAL (1ST WEEK ONLY)

Pantry Pride USDA CHOICE — SIRLOIN STEAK — BONUS SPECIAL (1ST WEEK ONLY) — lb. $1.08 — WITH TENDERLOIN lb. $1.18

Pantry Pride USDA CHOICE — RIB ROAST 7" CUT lb. $1.09 — BONUS SPECIAL (1ST WEEK ONLY)

FARMER GRAY—U.S.D.A. GRADE "A" DEEP BASTED TURKEYS 16-22 lbs. AVG. lb. 45¢
U. S. GOV'T. INSPECTED TURKEY DRUMSTICKS OR WINGS lb. 33¢
U.S.D.A. GRADE "A" ROCK CORNISH HENS lb. 59¢
U. S. GOV'T. INSPECTED—STUFFED CHICKEN BREASTS FROZEN 8-oz. PORTION lb. $1.39
FARMER GRAY—U.S.D.A. GRADE "A" TURKEY BREAST WHOLE lb. 89¢
"SHENANDOAH"—BONELESS TURKEY ROAST LIGHT & DARK MEAT 2-lb. pan $2.39
"SHENANDOAH"—BONELESS TURKEY ROAST ALL WHITE MEAT 2-lb. pan $2.89

SOLD IN 5 LB. PKGS. OR OVER GROUND BEEF TOP QUALITY REGULAR lb. 69¢
U.S.D.A. CHOICE—BONELESS FRESH BEEF BRISKET WHOLE lb. 89¢
U.S.D.A. CHOICE RIB STEAKS 7" CUT lb. $1.19
U.S.D.A. CHOICE DELMONICO STEAKS lb. $1.99
U.S.D.A. CHOICE RIB ROAST 5" CUT lb. $1.39
FARMER GRAY—BEEF CORNED ROUNDS lb. $1.09
PEL-FREEZ—CUT UP FRYING RABBITS lb. $1.09

FARMER GRAY—BEEF CORNED BRISKETS THICK CUT lb. 99¢
FARMER GRAY—BEEF CORNED BRISKETS OUR 1st CUT lb. $1.09
SWIFT'S PREMIUM—LINKS OR PATTIES PORK SAUSAGE BROWN 'n SERVE 8-oz. pkg. 69¢
PIEDMONT—HOT OR SWEET ITALIAN SAUSAGE lb. 99¢
GREENDELL'S—FROZEN GRAVY WITH SLICED TURKEY OR BEEF 2-lb. pan $1.29
ESSKAY'S PORK SAUSAGE MEAT FARM STYLE OR DIXIE MAID lb. 69¢
ESSKAY'S—SILVER LABEL FULLY COOKED HAM WHOLE OR SHANK HALF lb. 75¢

DELICATESSEN DEPT.

TASTY-EASY-TO-SPREAD Liver Wurst (PIECE) — lb. 49¢
Goetze's Franks — ALL MEAT ... lb. pkg. 79¢
Sliced Bacon — PANTRY PRIDE VAC-PAK ... lb. pkg. 89¢

AVAILABLE AT MOST STORES — APPETIZER DEPT. — EVERYTHING SLICED TO ORDER
Imported Boiled Ham ... ½-lb. 79¢
Swiss Cheese — FANCY DOMESTIC ... ½-lb. 69¢
Roasted Turkey Breast ... ¼-lb. 59¢
Honey Loaf ... ¼-lb. 49¢
Peppered Ham — RED OR BLACK ... ¼-lb. 59¢
Barbecue Loaf ... ½-lb. 69¢

CONGRATULATIONS TO THE PARTICIPANTS IN THE TIMONIUM STATE FAIR "4H & FFA" LIVESTOCK AUCTION
PANTRY PRIDE PARTICIPATED AGAIN THIS YEAR IN THE AUCTION AND BOUGHT THE FOLLOWING:
GRAND CHAMPION LAMB
129 lbs. OWNED By J. C. LINTHICUM
RESERVE CHAMPION STEER
920 lbs. OWNED BY SHEILA MARTIN
STEER: 985 lbs. owned BY JOHN ARCHER WILL BE ON SALE AT PANTRY PRIDE 2113 PULASKI HIGHWAY BETWEEN ABERDEEN AND HARVE DE GRACE
LAMB: 87 lbs. OWNED BY DONNA MILLER WILL BE ON SALE AT PANTRY PRIDE 2113 PULASKI HIGHWAY BETWEEN ABERDEEN AND HARVE DE GRACE

DISCOUNT PRICED GROCERIES

PANTRY PRIDE Bathroom Tissue — 650 SINGLE SHEETS — 4-roll pkgs. 3 $1
Waldorf Bathroom Tissue — WHITE OR ASSORTED 4 650 sheet rolls 41¢
Fyne Taste Mayonnaise ... jar 45¢
Green Giant Vegetables — PEAS IN CORN GREEN BEANS 2 cans 45¢
Kosher Dill Pickles — MT. OLIVE FRESH ... 48-oz. jrs. 69¢
Libby Pineapple — SLICES, CRUSHED OR CHUNKS 2 14½-oz. cans 49¢
Cut Rite Wax Paper ... 125 ft. roll 26¢
Del Monte Juice — PINEAPPLE GRAPEFRUIT 1-qt. 14-oz. can 31¢
Del Monte Peaches ... 1-lb. 13-oz. can 27¢
Del Monte Fruit Cocktail ... 1-lb. 2-oz. can 29¢
Del Monte Peas ... 1-lb. 2-oz. can 24¢
Glory Foam Rug Cleaner ... 24-oz. can $1.33
Favor Furniture Polish ... 12-oz. can $1.33
Mashed Potato Buds — BETTY CROCKER ... 16-oz. box 71¢
Johnson Klear Wax ... 48-oz. ctn. $1.39
Borden Cremora ... 8-oz. can 49¢
Strained Cranberry Sauce — OCEAN SPRAY ... 1-lb. can 27¢
Brillo Soap Pads ... 2-ct. pkg. 47¢
Chocolate Chips P.D.Q. ... 12-oz. pkg. 58¢
Gainesburgers Cheese Flavor ... 72-oz. ctn. $1.49
Gaines Dog Burgers ... 24-oz. ctn. 91¢
Dow Handi Wrap ... 200 ft. roll 53¢
Dow Aerosol Bathroom Cleaner ... 14-oz. can 78¢
Ziploc Bags Quart ... pkg. of 40 (2½) 43¢
Saran Wrap ... 50 ft. roll 35¢
Maxwell House Coffee ... 2-lb. can $1.33
Kal Kan Beef — AND BEEF BY PRODUCTS ... 21½-oz. can 45¢
Contadina Tomato Paste ... 6-oz. can 16¢
Contadina Tomato Sauce ... 8-oz. can 14¢
Sugar Twin ... 340-oz. pkg. 39¢
Milani 1890 Dressing ... 8-oz. can 41¢
Pream ... 1-lb. 4-oz. can 89¢
Musselman Assorted Jellies ... 1-lb. 2-oz. can 37¢
Greenwood Sliced Pickled Beets ... 16-oz. can 29¢

SWIFT Deli Spreads — EGG & BACON OR TUNA SALAD — 7½-oz. cans 4 $1.00
Del Monte Corn — WHOLE-SERVE-ALL GOLDEN ... 1-lb. 1-oz. cans 25¢
Heinz Ketchup ... 32-oz. bottle 63¢
Musselman Jellies — ASSORTED ... 10-oz. jar 29¢
B&M Baked Beans ... 18-oz. can 34¢
Ocean Spray Cranberry Sauce ... 1-lb. can 27¢
Valu Loaf White Bread ... 4 22-oz. loaves 89¢
Raisin Bread ... 1-lb. 3 each 37¢
Freshly Baked Cakes — GERMAN CHOCOLATE 15-oz. OR BANANA 14-oz. Your Choice 69¢
Apple Sauce Cake ... each 55¢
Danish Coffee Cake ... each 37¢
Cinnamon Mini-Loaf — BROWN & SERVE ... 13½-oz. each 59¢

PANTRY PRIDE Hot Dog Rolls OR HAMBURGER ROLLS — pkgs. of 8 4 $1

FOR YOUR CONVENIENCE THE FOLLOWING STORES WILL BE:
OPEN SUNDAY
10 am 'til 5 pm
• ARBUTUS SHOPPING CENTER MAIDEN CHOICE LANE
• FRANKFORD PLAZA SHOPPING CENTER 6025 MORAVIA RD.
• 7848 WISE AVE. AT LYNCH 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 TV GEM DEPT. STORE
• 4210 FRANKFORD AVE. AT BELAIR RD
PAROLE PLAZA ANNAPOLIS, MD 10 a.m. to 6 p.m.