Light Housekeeping

By MARIE P. COOKE
(Substituting for Lula Mackay)

Here's a bit of nostalgia for you. Perhaps you liked buckwheat pancakes when you were a youngsters? At the turn of the century, grocery and feed stores carried buckwheat as a food/feed but iin recent times it is better known by pancake lovers. Today, it's again coming into its own, due to the dark appearance of buckwheat flour it 'looks' like a natural food, so it is catching the ride of the current trend.

But, not long ago, back in 1964, so little buckwheat was used that the U.S. Department of Agricuiture even discontinued its data series on it.

Now seems to be a time for revival, and you may be hearing more people ask for buckwheat.

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Buckwheat flour and buckwheat groats (kernels with the hulls removed) must be used fresh, as they soon become rancid because of their high content of fat which makes it difficult to keep in the summer because of its poor keeping quality.

Sometimes the groats may be sold toasted or raw for breakfast food porridge and thickening for soup, gravies and dressings.

Health Tip — Seven of every 100 women in America will some day develop breast cancer, the American Cancer Society reports.

Because 95 per cent of these patients discover they have cancer of the breast by noticing a lump, numbness, or unusual soreness, the society is directing a new effort especially to teach high school girls how to spot the disease.

Though breast cancer is most commonly found in women who are middle-aged and older, the educational program is aimed at the earliest possible detection for effective cure by surgery, radiation, or chemotherapy, and thus lifelong prevention.

Special films and pamphlets on detecting the disease have been prepared for teenagers and inner city residents.

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Beauty Bit — If you want beautiful hair, steal some secrets froom the teenagers.

Those unbeli vably lovely shiny heads of teenage hair are not just youth. The young gals have some sound hair care practices that can benefit any woman.

They wash their hair often using gentle baby shampoo so all the natural oils are not stripped and the hair is left shiny and manageable.

They make sure that the split dead ends are cut off periodically, about every six weeks.

They never tease hair and use hairspray only lightly and occasionally.

They don't have permanents, or sleep on rollers. They rag curl their hair; it straight.

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They don't drastically color their hair. If they want to lighten it they rinse it in lemon juice; use a mild lightening commercial product; or streak it.

They brush every day, but not excessively. In fact, they use the brush rather than a comb.

For manageability, they prefer a children's spray-on creme rinse that leaves the hair with no more tangles, but doesn't take away body.

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Recipe of the week — Pacific Snapper with Spicy Tomato Sauce has a south-of-the-border flavor combined with the succulence of snapper.

This flavory entree is sure to please because it is a combination of tender fillets which are marinated in lime or lemon juice, then baked until flaky and top-

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Light housekeeping

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ped with a sauce.

The sauce is an appetizing, zippy mixture of sauteed onions and garlic combined with tomatoes, stuffed olives and an unusual accent of cinnamon and cloves.

To make this dish you will need:

Two pounds red snapper or other fish fillets, fresh or frozen; one-fourth cup olive or cooking oil, two tablespoons lemon or lime juice, one and one-half teaspoons salt, two cups sliced onion, one-clove garlic, minced; one can (one lb.) tomatoes; one-half teaspoon sugar, one-fourth teaspoon cinnamon, one-eighth teaspoon cloves, one-half cup stuffed olive halves, two tablespoons drained capers (optional) and Jalapeno chilies (optional).

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Recipe of the week—Pa-

Thaw frozen fish. Spread one tablespoon oil over bottom of shallow two-quart dish. Drizzle with lemon or lime juice. Cover; refrigerate about one half hour.

Uncover; sprinkle with one teaspoon salt. Bake in moderate oven, 35 degrees for 30 minutes or until fish flakes easily when tested with a fork.

Baste with juices reverla times during baking. While fish is cooking, prepare sauce.

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Cook onion and garlic in remaining three tablespoons oil until tender, not brown. Add tomatoes, remaining one half teaspoon salt, sugar cinnamon and cloves.

Simmer uncover 15 to 20 minutes or until flavors are blended and sauce is thickened. Stir in olives and capers if desired.

Serve sauce over fish an garnish with jalapeno chilies cut into strips. This recipe should yield about six servings.

Thaw frozen fish. Spread one tablespoon oil over bottom of shallow two-quart baking dish. Drizzle with lemon or lime juice. Cover; refrigerate about one half hour.

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Uncover; sprinkle with one teaspoon salt. Bake in moderate over, 350 degrees for 30 minutes or until fish flakes easily when tested with a fork.

Baste with juices several times during baking. While fish is cooking, prepare sauce.

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Cook onion and garlic in remaining three tablespoons oil until tender, not brown. Add tomatoes, remaining one half teaspoon salt, sugar cinnamon and cloves.

Simmer uncovered 15 to 20 minutes or until the flavors are blended and sauce is thickened. Stir in olives and capers if desired.

Serve sauce over fish and garnish with jalapeno chilies cut into strips. This recipe should yield about six servings.

City Fair activities are many and varied

One hundred and twelve Baltimore Institutions will participate in this year's City Fair, Fri., Sept. 29 through Sun. Oct. 1.

This is more than twice as many as last year, but there promises to be 10 times as much fun.

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Baltimore youngsters can have their faces or bodies painted at the popular Center Stage booth, run over to the Baltimore Department of Social Services Exhibit dress up in outlandish outfits from the costume trunk in the DSS's "old attic" and have their picture taken.

Or a young Baltimorean of a more intelectual bent could purchase a Serqiu Commissiona T-shirt from the Baltimore Symphony booth and while waiting for his turn to paly acheck export, compliments of the Baltimore Department of Recreation and Parks, stop for a while at the Maryland Academy of Siences exhibit to observe the Lunar Rover and two marine aquariams representing the life in the Chesapeake Bay.

A budding writer could test his talent with Baltimore magazine editors.

Selected articles written by Fair-goers, young and old, will be published in future editions of Baltimore.

Walking through a tooth,

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BRING AD WITH YOU — A&P — USE AS A SHOPPING LIST

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WHERE ECONOMY ORIGINATES

JUST A FEW "COME-ON" SPECIALS AREN'T ENOUGH! YOU NEED OUR WONDERFUL, WILD WAREHOUSE PRICES!

SHOP A&P WEO FOR A LOWER TOTAL FOOD BILL!!

Extra-Low Prices! Absolutely No Compromise In Quality!

JANE PARKER BAKERY TREATS
White Bread ENRICHED 4 22-oz. loaves 89¢ BUY 4 — SAVE 11c

APPLE PIE SAVE 10c 22-oz. pie 45¢
SPANISH BAR SAVE 10c 19-oz. cake 39¢
Pumpernickel Bread 3 16-oz. loaves 1.00
RAISIN BREAD PLAIN 16-oz. loaf 37¢

CAPT'N JOHN SPECIALS
BREADED SHRIMP 10-oz. pkg. 1.09 2 -lb. pkg. 3.29
CALORIE WATCHERS HADDOCK or FLOUNDER DINNERS 12-oz. pkg. 69¢

PRODUCE BUYS

RED OR GOLDEN DELICIOUS APPLES 3 -lb. bag 59¢ NONE PRICED HIGHER!
ROMAINE LETTUCE — OR — CHICORY — OR — ESCAROLE 2 -lbs. 49¢ NONE PRICED HIGHER!
CHERRY TOMATOES FIRM RED 1-pt. box 39¢ NONE PRICED HIGHER!
GREEN PEPPERS CALIFORNIA WONDER NONE PRICED HIGHER! 4 for 49¢
WESTERN FLAMING RED Tokay Grapes lb. 39¢ NONE PRICED HIGHER!
LUSCIOUS WESTERN HONEYDEW MELONS ea. 66¢ NONE PRICED HIGHER
FANCY RUSSET BAKING POTATOES 10 -lb. bag 99¢
GOLDEN YAMS SOUTHERN NONE PRICED HIGHER! 4 -lbs. 59¢
GREEN BEANS GARDEN FRESH NONE PRICED HIGHER! 2 lbs. 49¢
POP CORN FAMOUS A&P BRAND 2 1-lb. bags 33¢ 2 -lb. bag 29¢

FROZEN FOOD SELECTIONS

A&P GRADE 'A' GREEN PEAS 2 -lb. bag 63¢
SNOW CROP ORANGE JUICE 12-oz. can 55¢
A&P GRADE 'A' Peas & Carrots 2 -lb. bag 53¢
A&P GRADE 'A' Orange Juice 6-oz. can 18¢ 12-oz. can 35¢
BANQUET—CHICKEN, BEEF & TURKEY Meat Pies 36-oz. pkg. 99¢
BIRDSEYE Orange Plus 9-oz. can 49¢
FROZEN, 4 VARIETIES Swanson Breakfast 4½-oz. pkg. 39¢
A&P GRADE 'A' FORDHOOK LIMA BEANS 2 -lb. bag 75¢
A&P GRADE 'A' Mixed Vegetables 2 -lb. bag 63¢
A&P GRADE 'A' CUT CORN 2 -lb. bag 59¢
SULTANA FRENCH FRIED POTATOES REG. or CRINKLE CUT 9-oz. pkg. 10¢
GREEN GIANT NIBLETS CORN, SWEET PEAS & LEAF SPINACH Vegetables WITH BUTTER SAUCE 3 10-oz. pkgs. 1.00
BREAK N' BAKE CHEESE OR SAUSAGE Jeno Pizzas 13½-oz. pkg. 79¢
AMERICAN KITCHEN Tasti Fries 20-oz. bag 49¢
SARA LEE Pound Cake 11-oz. cake 79¢
BIRDSEYE Corn-on-the-Cob 4-ear pkg. 55¢

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

IVORY DISHWASHING LIQUID (10c OFF LABEL) 22-oz. pl. btl. 48¢
RINSO LAUNDRY DETERGENT 49-oz. box 69¢
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A&P FACIAL TISSUES WHITE PINK or YELLOW 2 200-ct. boxes 39¢
MARCAL NAPKINS COLORED pkg. of 250's 35¢
Final Touch FABRIC SOFTENER [10c OFF LABEL] 33-oz. btl. 66¢

SHOPPER STOPPER! DISCOUNT HEALTH & BEAUTY AIDS
EVER 'N' EVER Hairbrush & Comb Set 99¢ SAVE 90c
HEAD & SHOULDERS Lotion shampoo 11 OUNCE $1.27 SAVE 52c
SOLARINE FLOOR WAX 46 fl. oz. can 1.46
LISTERINE 32-oz. btl. 1.19 1.55 VALUE SAVE 36c
JERGEN'S LOTION EXTRA-DRY SKIN FORMULA 9-oz. ctn. 99¢ SAVE 10c
SHEER STRETCH PANTY HOSE ACCURATELY PROPORTIONED FOR HEIGHT, WEIGHT AND HIPS ... FITS LIKE SKIN 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
MARVEL ANTI-FREEZE & SUMMER COOLANT 1-qt. can 39¢ 1-gal. pl. jug 1.49

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OUR MEATS GIVE YOU BETTER OVERALL VALUE!!

Extra-Low Prices! Absolutely No Compromise In Quality!

SUPER-RIGHT QUALITY BOTTOM BONELESS ROUND
ROAST 1.09 LB. STEAK 1.29 LB.
NONE PRICED HIGHER!
SUPER-RIGHT QUALITY RUMP ROAST lb. 1.39 NONE PRICED HIGHER!
SUPER-RIGHT QUALITY GROUND ROUND lb. 1.09 NONE PRICED HIGHER!
CHICKEN QUARTERS FRESH BREAST or LEG lb. 39¢
HYGRADE FRANKS SKINLESS 1-lb. pkg. 79¢
RATH'S COOKED BEEF SMOKED SLICED 4-oz. pkg. 69¢
BRAUNSCHWEIGER SUPER-RIGHT QUALITY CHUNK lb. 49¢
SUPER-RIGHT FULLY COOKED SMOKED HAMS WHOLE ONLY lb. 59¢ NONE PRICED HIGHER!
SUPER-RIGHT QUALITY PORK BUTTS BONE-IN lb. 69¢ BONELESS lb. 89¢ NONE PRICED HIGHER!
DELMONICO STEAKS SUPER-RIGHT QUALITY lb. 1.99
FRANKFURTERS SUPER-RIGHT ALL MEAT SKINLESS 1-lb. pkg. 69¢ 2 -lb. pkg. 1.35
SAUSAGE MEAT SUPER-RIGHT FRESH 2 -lb. pkg. 1.29
SWIFT'S SAUSAGE LINKS BROWN & SERVE 8-oz. pkg. 75¢

BRING AD WITH YOU — A&P — USE AS A SHOPPING LIST

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SUPER-RIGHT QUALITY GRADE 'A' TURKEYS (16 lbs. & up) lb. 38¢ NONE PRICED HIGHER!

SEAFOOD DEPT.
FANCY MED. 40-50 COUNT SHRIMP 1-lb. box 7-¢ lb. 1.59
FRESH (HAKE) STEAKFISH lb. 49¢
FANCY BUCK SHAD lb. 39¢
FANCY Halibut Steaks lb. 1.09
Available In Stores With Seafood Dept.

DAIRY DEPT.
SUNNYBROOK GRADE 'A' EGGS LARGE SIZE doz. 57¢
IN ½-lb. PRINTS Land O' Lakes Butter 1-lb. pkg. 84¢
MEALTEST LIGHT N' LIVELY Garden Salad 12-oz. cup 37¢

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

GRAB A BAGFUL DEL MONTE 8oz. BUFFETS mix'em or match'em!
MIXED Vegetables 7 8½-oz. cans 1.00
CUT Green Beans 2 8-oz. cans 33¢
FRENCH Green Beans 2 8-oz. cans 33¢
CREAM STYLE Golden Corn 8-oz. can 18¢
"EARLY GARDEN" Green Peas 2 8½-oz. cans 37¢
WHOLE KERNEL Golden Corn 2 8½-oz. cans 39¢
STEWED Tomatoes 2 8-oz. cans 37¢

COCA COLA "IT'S THE REAL THING" BONUS SPECIAL! 3 48-oz. Non-Return Bottles 1.00
Not Available in Owing Mills, Reisterstown, Westminster, Lipin's Corner, Severna Park, Odenton, Annapolis, Harford, Cecil or Prince George Counties.

SuBurBan Club FLAVOR SOFT DRINKS BONUS SPECIAL! 6 16-oz. Non-Return Bottles 85¢
Not Available in Annapolis, Glen Burnie, Lipin's Corner, Odenton, Severna Park, Laurel, Crofton, Prince, Frederick, Md.

ANN PAGE Mayonnaise 1-qt. jar 55¢
SULTANA Salad Dressing 1-qt. jar 43¢
ARMOUR Potted Meat 2 3-oz. cans 31¢
ARMOUR Vienna Sausage 5-oz. can 27¢
LUNCHEON MEAT Hormel Spam 12-oz. can 55¢
LIGHT CHUNK A&P Tuna 6.5-oz. can 38¢
CAMPBELL Vegetable Beef Soup 2 10½-oz. cans 39¢
ANN PAGE Vegetable Beef Soup 2 10½-oz. cans 35¢
CAMPBELL Vegetable Soup 10½-oz. can 14¢
ANN PAGE Vegetable Soup 10½-oz. can 12¢
ANN PAGE "O" STYLE Chicken Noodle 2 10½-oz. cans 39¢
ANN PAGE Turkey Noodle 10½-oz. can 16¢

Kellogg's Corn Flakes 12-oz. box 29¢
Sunnyfield Corn Flakes 12-oz. box 25c
SUNNYFIELD Rice Puffs 8-oz. bag 29¢
KELLOGG'S Frosted Flakes 20-oz. box 64¢
JUMBO 18's Kellogg's Assortment 15-oz. pkg. 79¢
KELLOGG'S 6's Snack Pack 5-oz. pkg. 32¢
CEREAL Captain Crunch 16-oz. box 65¢
ANN PAGE Layer Cake Mixes 18½-oz. box 31¢
JIFFY Corn Muffin Mix 8½-oz. box 11¢
SQUARE Lunch Bags 50-ct. box 19¢
SULTANA Beans w/TOMATO SAUCE 2 32-oz. cans 85¢