THIS WEEK'S FEATURED RECIPIE

Fish stick wrap-ups, fine for main meals,

In a hurry? Everyone has days when there aren't enough hours to accomplish all that is scheduled.

There is a way to make sure that your family is well-fed, however, without spending long hours in the kitchen. Investigate the wonderful world of convenience fishery products. Fish sticks and portions were especially designed for good nutrition and good eating as well as quick preparation.

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The production of these tasty fishery products has risen by leaps and bounds, and the reason, of course, is their versatility, food value, and moderate cost. It makes sense to serve fish sticks or portions often — nutritional sense and budget sense.

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Have fish sticks on hand in the freezer, ready at a minute's notice for busy days or unexpected company. Try Fish Stick Wrap-Ups today for a hot, satisfying lunch or an in-a-hurry dinner.

This easy-do entree may be prepared ahead and refrigerated until time to pop it in the broiler when the "I'm hungry" crowd arrives.

Teeny-boppers, cool-cats, and the "in" generation will all join together in praise of this flavory, savory combination of foods.

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The recipe, from the National Marine Fisheries Service, calls for precooked fish sticks which are sandwiched with strips of pimiento cheese and wrapped in bacon slices. Broil until the bacon is crispy and the fish sticks are heated through, and you're ready to serve — what could be easier? This versatile entree may be served in buns, if you wish, or as the main course for dinner.

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Try this tasty recipe today — your family will be pleased, the budget will be eased, and you'll be out of the kitchen in minutes.

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Let's Cook Fish! Make nutritional sense and budget sense by learning how to buy, store, and cook fish. Let's Cook Fish (I 49.49/2:8), Fishery Market Development Series No. 8, is in full color and offers basic information on preparation methods with step-by-step instructions, nutritional values, market forms, how to buy, and a selection of tasty recipes.

For your copy send 60 cents to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

FISH STICK WRAP-UPS

24 frozen fried fish sticks (¾ to 1¼ ounces each), 6 slices (1 ounce each) pimiento cheese, cut into four strips, and 12 slices bacon.

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Top 12 frozen fish sticks with 2 strips of cheese. Cover with remaining 12 fish sticks. Wrap bacon lengthwise around sides of fish sticks to cover exposed edges of cheese. Secure with toothpicks. Cover broiler rack with heavy-duty aluminum foil.

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Cut 4 or 5 slits in foil to allow fat to drain during cooking. Place fish sticks on broiler rack. Broil about 4 inches from source of heat for 10 to 15 minutes or until bacon is crisp. Turn once during broiling. Makes 6 servings.

THUMBS UP FOR fish stick wrap-ups. This versatile entree may be served in buns, or, if you wish, as the main course for dinner. This zifty recipe calls for frozen fried fish sticks, pimiento cheese and 12 slices of bacon. Using aluminum foil on the broiler, there's no clean up afterwards.

Great meat mystery: what's a name?

By JEANNE LESEM
UPI Food Editor

NEW YORK (UPI) — Meat is suffering an identity crisis.

With more than 600 names of varying cuts in use at the retail level, often only the butcher knows for sure what part of an animal the meat came from.

Mrs. Virginia H. Knauer, the President's consumer affairs commissioner, has the cooperation of meat industry trade associations in an effort to clarify or eliminate fanciful local, regional and store cut names.

But until the job's done, how's a consumer to cope?

We put the question to Sandra Brookover, then consumer meat specialist for the livestock division of the U.S. Department of Agriculture consumer and marketing service. Her answer was discouraging.

In her last interview before resigning from the near but not at one end of service, Miss Brookover said nomenclature was a problem everywhere her job took her in recent years.

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"Family steak in Klamath Falls (Ore.) is not the same cut as family steak in Chicago," she said. "Boneless cuts are especially hard to identify. They could be sirloin, round or lean chuck. Even I have a very difficult time."

Miss Brookover suggested ringing the service bell at supermarket meat counters to get help in identifying unrecognizable boneless cuts.

"Occasionally you'll find cutters who can't answer your questions, but about 90 per cent of the time they can," she said.

She added many supermarkets now post USDA meat charts that not only depict meat cuts but also suggest the best methods of cooking each one. Unfortunately, the charts picture only primal cuts.

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Bone structure used to offer reliable clues to many cuts and, to some extent, it to buy unboned meat. still does for anyone willing

Fewer shoppers are, in Miss Brookover's experience.

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"I watch college age kids shop, establishing future buying habits. They buy convenience things — meat patties already formed and boneless chicken breasts," she said, adding that do-it-yourself types who are willing to buy unboned cuts appear in the minority.

Among the few beef cuts that are easily recognized are seven-bone chuck steaks or roasts, whose bone is shaped like the figure 7, and round bone arm chuck steak or roast, which has a small round bone the cut.

Among more expensive, and more tender, beef cuts, both porterhouse and T-bone steaks have T-shaped bones, but the porterhouse has the larger tenderloin section of the two.

Club and strip loin steaks also look alike. Both have the same large muscle as the porterhouse and the T-bone, but no tenderloin. The strip loin muscle generally is narrower than the club — more like a long triangle.

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All this is easier to understand if you have illustrations. They're available in the USDA's Home and Garden bulletins, Nos. 145, 146 and 195, representing, in this order, beef steaks, beef roasts and lamb. They can be ordered for 20 cents each from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

CAUTION

Some baby foods may be harmful

MOUNT VERNON, N.Y. (UPI) — Commercial baby foods do little to satisfy a baby's daily nutritional needs, and probably contain ingredients that may be harmful, the Consumers Union reported Saturday.

In an article scheduled to appear in the October issue of Consumer Reports, the brand rating organization said baby foods add little to the nutrition babies get from milk, cereal and vitamin and mineral supplements recommended by doctors.

The report said extensive tests showed such foods in fact contain salt, sugar and modified starch that can prove harmful.

The article stressed that the vitamin, mineral and protein contents of baby foods "closely parallel" the actual foods. But it said housewives should occasionally buy fresh foods and "do some mashing and straining" of their own to avoid the harmful extras in store-bought varieties.

The report noted that babies "do just fine without baby foods, but that serving baby foods was helpful to "introduce infants to a variety of textures and tastes, as well as the different groups of foods."

It said housewives deciding to avoid baby foods should also avoid regular frozen or canned foods because of the likely content of monosodium glutamate, "of doubtful safety for babies."

In the report, the CU said salt "should be left out of baby food" since it might "train babies to eat foods that contain excessive salt," an ingredient which has been linked to high blood pressure and other diseases that can lead to heart trouble.

In the same way, sugar added to baby foods can train infants to develop a sweet tooth," and possibly to problems tooth decay in adult life.

Noting the third ingredient, modified starch, which is added to increase "shelf life" and prevent "weeping, the separation of water from solids," the CU said "not enough is known about modified starches to justify their extensive use in packaged foods, especially baby foods."

It also noted that some manufacturers fail to specify the origin of modified starches, "so parents of children with allergies cannot be selective."

ESSKAY'S U.S.D.A. CHOICE PORTERHOUSE STEAKS $1.69 lb.
ESSKAY'S U.S.D.A. CHOICE BONELESS RUMP ROAST $1.39 lb.
HAM SLICES CENTER CUT 99¢ lb.
BEEF LIVER 69¢ SLAB BACON 69¢ SAUSAGE 89¢ SLICED BACON 99¢
PORK LOINS ESSKAY'S WHOLE OR HALF 89¢ lb.
CHICKEN LEGS & BREASTS 39¢ lb.
SLICED BACON 99¢ lb.
ESSKAY'S PURE LARD 5 lbs. $1
CHIPPED BEEF 59¢
ESSKAY'S U.S.D.A. CHOICE BONELESS SHOULDER OR RIB STEAKS $1.29 lb.
USDA CHOICE ESSKAY'S or GOETZE'S SMOKED NECKS $1.19 lb.
MORRELL'S PRIDE READY TO EAT CANNED HAMS 5 lb. can $5.39
POLISH RINGS .99¢
BOLOGNA 89¢ lb.
FRANKS 59¢ lb.
BAC TURKEY DRUMSTICKS 33¢ lb.
GOETZE'S BREAKFAST SAUSAGE 2 lbs. $1.29
POLISH RINGS .99¢
SPARE RIBS 79
GOETZE'S VARIETY LUNCH MEATS 45¢
FULLY COOKED (LOW SALT CONTENT) MASH'S HAMS SHANK HALF .69 lb. BUTT HALF .69 lb. 59¢ lb.
GROUND ROUND $1.29 lb.
FRESH CUT FRYING CHICKEN WINGS 35¢ lb.
ESSKAY'S SEASONED BEEF PATTIES 2½ lb. bag $2.29
FRESHLY MADE GROUND BEEF IN 2-LB. PKG. OR MORE 69¢ lb.
ROUND STEAKS ESSKAY'S U.S.D.A. CHOICE BONELESS $1.25 lb.
VALUABLE COUPON FABRIC SOFTENER 59¢ OFFER EXPIRES SATURDAY, OCT. 7, 1972
VALUABLE COUPON LESTOIL 39¢ WITH THIS COUPON OFFER expires Saturday, Oct. 7, 1972
VALUABLE COUPON PAMPERS $1.39 WITH THIS COUPON OFFER expires Saturday, Oct. 7, 1972
VALUABLE COUPON BRACHES 39¢ WITH THIS COUPON OFFER expires Saturday, Oct. 7, 1972
MRS. FILBERT'S MAYONNAISE 49¢ pint
TOILET TISSUE 12 rolls in 4 roll pkgs. $1
VALUABLE COUPON PUNCH DETERGENT 49¢ WITH THIS COUPON OFFER expires Saturday, Oct. 7, 1972
★ KOUNTY KIST CORN
★ CAMPBELL'S PORK & BEANS
★ SEASIDE BUTTER BEANS
★ KOUNTY KIST SWEET PEAS
★ MUSSELMAN'S APPLE SAUCE
★ KING COLE WHITE POTATOES
★ FRANCO-AMERICAN SPAGHETTI
MIX 'EM or MATCH 'EM - YOUR CHOICE 6 for $1
CANADA DRY FRUIT SODAS ASSORTED (DIET OR REGULAR SIZE) 5 12-oz. btls. $1
MAXWELL HOUSE INSTANT COFFEE 12 oz. bonus jar $1.49
WELCH'S PURE GRAPE JELLY 2-lb. jar 55¢
REYNOLDS ALUM. FOIL 25-ft. roll 25¢
AUNT JEMIMA PANCAKE FLOUR 4½-lb. bag 69¢
TIDE or RINSO DETERGENT giant size 69¢
CALO CAT FOOD 6 reg. cans 10¢
PRUNE JUICE GOLDEN CROWN quart bottle 39¢
LEMON JUICE GOLDEN CROWN quart bottle 49¢
VINEGAR 69¢
COFFEE CREAMER PET NON-DAIRY 16-oz. jar 59¢
WAX PAPER CUT-RITE 25¢
RED HEART DOG FOOD 8 reg. cans $1.00
CASCADE 69¢
VIVA PAPER NAPKINS 140-count pkg. 35¢
★ DAIRY SPECIALS ★
MARGARINE 1-lb. pkg. 39¢
ICE CREAM 55¢
MRS. FILBERT'S MARGARINE 3 1-lb. pkgs. $1
LAND O' LAKES BUTTER 1-lb. pkg. 79¢
FRESH MILK ½-gal. carton 55¢
YOGHURT 6-oz. cup 25¢
STEAK FISH 59¢ CRAB MEAT $2.69
DELICATESSEN DEPT. ESSKAY'S BOLOGNA ¼-lb. 45¢ TURKEY ROLL ¼-lb. 69¢
FIRESIDE CHOCOLATE or BANANA SWEET PIES 3 pkgs. $1.00
McCormick Bag'n Season 3 pkgs. $1.00
TRASH BAGS TOTEM 39¢
CORN ON THE COB 4 ears 49¢
BANQUET BUFFET DINNERS TURKEY SLICES IN GRAVY, SALISBURY STEAK, CHICKEN IN GRAVY, BEEF STEW, CHICKEN PAPRIKA 2 dinners 89¢
SENECA LEMONADE 10¢
CHEF'S CHOICE FRENCH FRIES 10¢
BEEF PATTIES 89¢
FROSTY ACRES WAFFLES 12¢
COOL WHIP 49
FOOD-A-RAMA
2700 WEST COLD SPRING LANE • 20 S. HILTON STREET • 3805 LIBERTY HEIGHTS AVENUE • 3420 CLIFTON AVENUE • 4713 GWYNN OAK AVENUE • BALTIMORE STREET AND FREMONT AVENUE
WE ACCEPT U.S.D.A. FOOD STAMPS
PRICES EFFECTIVE FROM TUES., OCT. 3rd thru SUN., OCT. 8th, 1972.
SWEET CALIFORNIA RED GRAPES 39¢ lb.
WESTERN ICEBERG LETTUCE large head 23¢
FIRM RIPE TOMATOES carton 25¢
CELERY 19¢
RED DELICIOUS APPLES 3 lbs. 49¢
CUCUMBERS BELL PEPPERS 7¢
VISIT OUR NEW Gwynn Oak Location NEXT DOOR ... LENNY MOORE'S

SHOP and COMPARE
ALL GIANT STORES ARE OPEN 9 A.M. UNTIL MIDNIGHT
When you Shop and Compare value, you'll discover why more smart shoppers are going to Giant. There is More for You at Giant. More top quality foods--nationally known brands and Giant's own quality brands, USDA Choice Beef and Lamb and Grade A poultry. More services.. Open Dating, Unit Pricing, Nutritional Labeling. More savings on a greater variety of items. So Shop and Compare. You'll find Giant is Your Store for Greater Value. Sundays too.
GIANT THE QUALITY FOOD PEOPLE
LIBBY'S BARTLETT PEAR HALVES 3 1-lb. cans $1.00
Fall Housecleaning
GIANT BRAND ALL PURPOSE CLEANER EVERYDAY LOW PRICE qt. bot. 39¢
FALL CLEAN-UP TIME
GIANT BRAND TRASH BAGS IT'S NEW box of 20 99¢ box of 10 59¢
GIANT FOOD TOASTER TARTS Plain - Cinnamon, Cherry, Blueberry or Strawberry 3 10-oz. boxes $1.00
BONUS SPECIAL - Giant Food Grape Jelly 3 12-oz. jars 79¢
BONUS SPECIAL - Giant Food Yellow Sliced or Halves Cling Peaches 3 1-lb. 13-oz. cans 95¢
BONUS SPECIAL - Libby's in Butter Sauce Peas or Corn 4 12 1/2-oz. cans 99¢
BONUS SPECIAL - Libby's in Butter Sauce Green Beans 4 10-oz. cans 99¢
BONUS SPECIAL - Libby's in Butter Sauce Carrots 5 11 1/2-oz. cans 89¢
Everyday Low Price - Giant Brand Spray Window Cleaner 1-lb. 3-oz. can 39¢
Everyday Low Price - Giant Brand Disinfectant Spray 14-oz. can 79¢
Everyday Low Price - Giant Brand Garbage Bags box of 30 39¢
BONUS SPECIAL - Giant Brand Lawn & Leaf Bags box of 5 59¢
GIANT FOOD FRUIT COCKTAIL 3 1-lb. 1-oz. cans 79¢
GIANT FOOD TOASTER TARTS Frosted - Cinnamon, Blueberry or Strawberry 3 11-oz. boxes $1.00
BONUS SPECIAL - Giant Food Chocolate, White, or Lemon Frosting Mixes 3 15-oz. boxes 95¢
BONUS SPECIAL - Giant Food Devil's Food, Dark, Chocolate, Yellow, White, Spice or Lemon Cake Mixes 3 1-lb. 3-oz. boxes 95¢
BONUS SPECIAL - Giant Brand Concentrated Fabric Softener 3 1-qt. 1-oz. bots. $1.00
BONUS SPECIAL - Betty Crocker Hash, Beef Noodle or Potato Stroganoff Hamburger Helper 8-oz. box 55¢
BONUS SPECIAL - Betty Crocker Chili Tomato or Cheeseburger Hamburger Helper 8-oz. box 55¢
NEW FROM ARMOUR. BONELESS FRESH HAM NETTED lb. 1.09
Something new from Armour for your enjoyment...skinless, shankless, netted, boneless fresh hams. These are very lean hams; the excess fat is removed during the boning process. Roast whole or half. You can also remove some slices for use as fresh ham steaks.
Roast Boneless Fresh Ham uncovered in a 325F oven until meat thermometer, inserted in the center of the meat, registers 170F.
SIZE OF ROAST | MINUTES PER LB. | TOTAL TIME APPROXIMATE
Whole Roast 9-13 lbs. | 30 to 35 | 4 1/2 to 5 hours
Half Roast 4 1/2-6 1/2 lbs. | 40 to 45 | 3 1/4 to 4 3/4 hours
Slit and remove netting before carving
USDA GRADE A FRESH or FROZEN FRYERS WHOLE lb. 35¢
CUT-UP lb. 39¢
BONUS SPECIAL - USDA Grade A Fresh Chicken Breast Quarters with wing lb. 39¢
BONUS SPECIAL - USDA Grade A Fresh Chicken Leg Quarters lb. 39¢
BONUS SPECIAL - USDA Gov't Inspected for "Wholesomeness" Chicken Livers lb. 59¢
EVERYDAY LOW PRICES
USDA Choice - Boneless Chuck Roast lb. 89¢
USDA Choice - Full Cut Bone In Round Steak lb. 1.29
USDA Choice - T-Bone Steak lb. 1.99
USDA Choice Porterhouse Steak lb. 1.99
Prices effective through the close of business Sat., Oct. 7, 1972
HEIDI BAKERY CREME LAYER CAKE DEVILS FOOD 3 LAYER ea. 85¢
BIRDS EYE GREEN BEANS Regular Cut or French Style 3 9-oz. pkgs. 79¢
FREEZER QUEEN MINI MEALS Breaded Chicken Croquette, Breaded Veal Parmagian, Meatballs, Char Broil Beef Patties 3 7.5-oz. pkgs. $1.00
DELICATESSEN
BONUS SPECIAL - Oscar Mayer Wieners 1-lb. pkg. 95¢
BONUS SPECIAL - Oscar Mayer Beef Franks 1-lb. pkg. 95¢
YOU GET 6 POUNDS OF ENRICHED BREAD when you buy 4 1 1/2-lb. loaves for $1.00
Enriched Bread Giant Label 5 1-lb. loaves $1.00
BONUS SPECIAL - Birds Eye Corn on the Cob 2 pkgs. of 4 ears 89¢
BONUS SPECIAL - Roman Meat Lasagne 12-oz. pkg. 55¢
BONUS SPECIAL - Libby's Orange Juice 3 6-oz. cans 69¢
BONUS SPECIAL - Libby's Orange Juice 2 12-oz. cans 89¢
FRESHER PRODUCE CUCUMBERS EVERYDAY LOW PRICE Crisp Green 3 for 29¢
SEAFOOD DEPT. GULF SHRIMP Tender Delicious 31/60 Count 5-lb. box 7.49 lb. 1.49
BUDDIGS SLICED SMOKED MEATS • Beef • Ham • Chicken 3 3-oz. pkgs $1.00
Blueberry Cheese Danish in foil pan ea. 79¢
Raisin Pound Cake loaf 49¢
Coconut Glazed Cake Donuts 6 for 35¢
Pineapple Filled Pastries pkg. of 6 55¢
In Red Pan - Almond Filled Danish ea. 79¢
RED DELICIOUS APPLES EVERYDAY LOW PRICE 3 lb. cello bag 59¢
From the Pure Crystal Clear Waters of Buhl, Idaho FRESH RAINBOW TROUT Each fish specially selected for Giant lb. 1.09
Everyday Low Price - Giant Food Sliced Cooked Imported Ham 4 to 8-oz. pkgs. lb. 2.25
BONUS SPECIAL - Pillsbury Crescent Rolls 8-oz. can 35¢
BONUS SPECIAL - Fleischmanns Regular Margarine 1-lb. pkg. 47¢
BONUS SPECIAL - Oscar Mayer Smokies 12-oz. pkg. 95¢
BONUS SPECIAL - Giant Food All Varieties Gelatin Desserts 3-lb. cup 37¢
Fresh from the Heidi Bakery LATTICE TOP APPLE PIE 1-lb. 8-oz. 49¢
Everyday Low Price - Golden Delicious Apples 3-lb. cello bag 59¢
Everyday Low Price - 2 or more stalks per bunch Celery Hearts bunch 39¢
WESTERN BARTLETT PEARS EVERYDAY LOW PRICE lb. 33¢
Everyday Low Price - Carolina Red Sweet Potatoes 4 lbs. 59¢
Everyday Low Price - Assorted Houseplants 6-in. pot ea. 2.99
FRESH BOSTON LETTUCE EVERYDAY LOW PRICE head 25¢
MRS. FILBERTS REGULAR MARGARINE 3 1-lb. pkgs. $1.00
MD. CASUALTY BLDG. West 40th Street
BELVEDERE GARDENS 5830 Hillen Road
INGLESIDE SHOP. CENTER 5632 Balt. Nat'l Pike
3602 MILFORD MILL RD. Baltimore, Md.
RAVENWOOD SHOP. CENTER 8100 Loch Raven Blvd.
110 STEMMERS RUN RD. Baltimore, Md.
1734 YORK ROAD Lutherville, Md.
RITCHIE HWY. SHOP. CENTER Glen Burnie, Md.
5901 REISTERSTOWN RD. Baltimore, Md.
1925 EAST JOPPA RD. Baltimore, Md.
PIKESVILLE PLAZA 3737 Old Court Rd.
SEARS CITY 6634 N. Ritchie Hwy.
6340 YORK ROAD PLAZA Baltimore, Md.
YORKTOWNE PLAZA 122 Cranbrook Rd.
WILDE LAKE VILLAGE GREEN Columbia, Md.
MONTGOMERY WARD PLAZA Rt. 40 & Rolling Rd.
FOREST PLAZA Annapolis, Md.
RANDALLSTOWN PLAZA Offut Rd. at Liberty Rd.