Pot pourri

MARIE MURPHY PHILLIPS COOKE
AFRO Women's Editor

Young homemakers are always asking, "Where do I begin? I've never had to prepare a meal in my life. Mamma always did the cooking. Now my husband expects dinner every night, but I can't cook. Help!

Well, to the young bride and vets, too, take note:

First of all, recognize a good buy; secondly, shop wisely and thirdly, invest a few dollars in a good cookbook, which features recipes from soul food to gourmet cooking.

A GOOD BUY

Recognizing a good buy is a matter of comparing costs in different stores, if convenient, and comparing brands in terms of quality, family preference, and intended use.

Home Economists suggest that to get the most from your food dollar, you do some exploring within the basic food groups:

Milk and milk products.

Meats, cheese and other high protein foods.

Fruits and vegetables.

Enriched breads, cereals and pastas.

Find out in what form, quantity, season, or grade your best buy lies.

In the fruit and vegetable group you can realize significant savings. Among canned products, not all recipes require top Grade A Fancy fruits and vegetables.

In stews, you might use a lesser grade of tomatoes, peas, kernel corn, or carrots. U. S. Grade B. Choice, canned fruits and vegetables are tasty and equally nutritious as the higher grades; they vary only in appearance.

Among fresh fruits and vegetables, in-season products are often your best buy. Winesap apples, abundant from late fall through May, are good for eating, cooking and baking and can be stored from five to seven months.

But from September to January, your best buy would probably be a Jonathan or Greening apple because the crop must be sold in a shorter space of time.

CHECK SPECIALS

Check the newspapers and in-store specials to find out what produce is at its seasonal peak.

Canned and frozen fruits and vegetables are often money savers when fresh food prices are high. For baking, use frozen or canned berries and fruits in pies or choose frozen or canned vegetables to make your own pot pies, stews and deep dish meat and vegetable combinations.

In the enriched breads and cereals group, usually the best price is the

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WHERE ECONOMY ORIGINATES

PRICES SO LOW YOU CAN SPLURGE A LITTLE

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Pillsbury Biscuits Country Style, Buttermilk 4 8-oz. pkgs. 43¢
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— JANE PARKER BAKERY —
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FANCY WESTERN RED NONE PRICED HIGHER! EMPEROR GRAPES lb. 49¢
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A&P ROASTED PEANUTS 2 -lb. pkg. 89¢

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A&P GRADE 'A' ORANGE JUICE 6-oz. can 18¢
ALL VARIETIES EXCEPT HAM, HADDOCK OR ROAST BEEF BANQUET DINNERS 10-oz. pkg. 39¢
A&P GRADE 'A' CHOPPED SPINACH 2 10-oz. pkgs. 33¢
BIRDSEYE ORANGE PLUS 9-oz. can 53¢
A&P REGULAR or CRINKLE CUT French Fried Potatoes 5 -lb. bag 89¢
DOWNYFLAKE Waffles HOMEMADE 10's 12-oz. pkg. 39¢
JENO'S SNACK TRAY Pizza 15's 7¼-oz. pkg. 87¢
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BIRDSEYE Onions CHOPPED 4 12-oz. pkgs. 89¢
A&P GRADE 'A' Green Peas 2 -lb. bag 63¢
A&P GRADE 'A' Vegetables MIXED 2 -lb. bag 65¢
A&P GRADE 'A' Cut Corn 2 -lb. bag 59¢
AMERICAN KITCHEN Tasti-Fries 10-oz. pkg. 29¢

SEEDED OR PLAIN—BUY 3 SAVE 8c Rye Bread 3 1-lb. loaves 1.00
SAVE 2c Flaky Rolls 12-oz. pkg. of 12's 35¢
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SHOPPER STOPPER SUPER DISCOUNT HEALTH & BEAUTY AIDS
CONTAC Capsules 10 Continuous Action Decongestant Capsules SAVE 10c 89¢
Close-Up Toothpaste 6.2 oz. FAMILY SIZE RED and MINT 59¢ SAVE 20c
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FOR UPSET STOMACH Pepto Bismol 8-oz. btl. 81¢
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COLD POWER LAUNDRY DETERGENT 49-oz. box 69¢
ASSORTED COLORS Lux Soap BATH SIZE 4 bar pkg. 65¢
A&P Soft Rinse ½-gal. jug 35¢
LAUNDRY—WHITE OR BLUE Sail Detergent 49-oz. box 59¢
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LADY SCOT Toilet Tissue PRINTED 3 2-roll pkgs. 85¢
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DECOR & ASST'D. COLORS Scot Towels 2 2-roll pkgs. 79¢
Pampers DAYTIME DIAPERS 30 in pkg. 1.45
"LEMON FRESH" WOODBURY SOAP BATH SIZE each 10¢
ALUMINUM FOIL Wonderfoil 12 INCH WIDTH 25-ft. roll 24¢
A&P Plastic Wrap 12 INCH WIDTH 200-ft. roll 39¢
SANDWICH Baggies 80 in box 35¢
SQUARE Lunch Bags 2 30-ct. pkgs. 43¢
A&P PLASTIC Trashcan Liners 10 in box 49¢
A&P Spray Starch 24-oz. can 39¢
WHITING & DEODORIZING A&P Bleach ½-gal. jug 28¢
1-qt. jug 39¢
JOHNSON REG. or LEMON Pledge 7-oz. can 89¢
Windex Window Cleaner 20-oz. can 46¢
A&P WHITE, PINK, YELLOW FACIAL TISSUE 2 boxes of 200 39¢
HURST DRIED GREAT Northern Beans 2 -lb. pkg. 41¢
DRIED Pinto Beans 1-lb. bag 22¢
14-OZ. BOX 49¢ Minute Rice 28-oz. box 79¢
PLAIN or IODIZED A&P Salt 26-oz. pkg. 10¢
ANN PAGE Macaroni & Cheese 2 7½-oz. pkgs. 39¢
ANN PAGE SPAGHETTI OR Spaghettini 2 1-lb. pkgs. 49¢
ANN PAGE 4 VARIETIES Spaghetti Sauce 2 -lb. jar 63¢
BREAST-O-CHICKEN Tuna LIGHT MEAT SOLID PACK 7-oz. can 49¢
Hormel Spam 7-oz. can 41¢
Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., Jan. 20th, 1973 in A&P WEO Stores in Baltimore including Annapolis, Aberdeen, Bel Air, Joppatowne, Havre De Grace and the Delmarva Peninsula!!

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one which offers the most weight for the money. Consider, however, the quality of the product, the nuturitional contribution it makes, and what your family likes and dislikes.

PICK A BOOK

A cookbook can be many things — depending on its author and its purpose. To the young bride whose budget will only allow steak once a month or less, should shop for cookbook which features thrifty recipes, like various ways of cooking hamburger, chicken and chuck.

A cookbook broadens one's knowledge of the preparation of food, its serving and its role in family life.

(Note: No matter how many books you use, no recipe can rate raves if you fail to follow it with meticulous care. Practice these pointers:

READ FIRST

Read every word of the recipe first. Don't start a dish until you have read the recipe from the beginning to end and are completely familiar with it. Then do exactly what it tells you—and when.

Follow do-aheads. Many recipes tell you when and how much of the making you can do ahead. A wonderful time-saver, whether it's family or company you're cooking for.

Be sure your pans are the right size. A too-small pan or dish is sure to cause the mixture to run over. A too-large one will leave it underbrowned, skimpy, or flat.

Be careful when you measure. In perfecting a recipe, use the same measuring cups and spoons.

DON'T ALTER

Never alter key ingredients. Vary spices and seasoning if you will. But never, never alter the amounts of four, sugar, liquid, or shortening. Never substitute other ingredients, either. If a recipe calls for cake flour, use cake flour — NOT SOMETHING ELSE. It makes a difference.

Don't double recipes in the beginning. There's no guarantee of success. Rather, make up recipe exactly as given then repeat itas many times as needed.

To the young homemaker, begin your cooking chores with simple tasty dishes — like one-dish casseroles. Here's suggestion:

CORNED-BEEF HASH AND TOMATO BAKE

Two cups chopped, corned beef, three cups chopped, cold, cooked potatoes, one half cup minced onions, one teasp. salt, one fourth teasp. pepper, one fourth cup nonfat dry milk (optional), one third cup milk, or evaporated milk, undiluted, two tablesp. salad oil.

* * *

Coarsely chop meat and potatoes, separately, in chopping bowl; combine. Then stir in onions, salt pepper, dry milk.

Heat salad oil in small skillet. Meanwhile, grease 1½ quart casserole dish. Turn mixture into dish.

Press tomato halves into top of mixture; spread each half with a little prepared mustard; sprinkle with salt, pepper, minced onion, Worchestershire, a few fresh bread crumbs, and bits of butter.

Bake at 375 degrees F. uncovered, 30-35 min., or until brown. Makes 4 servings.

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(CUPP NOTE: Entry blanks for the 1973 National Sandwich Idea Contest are now available from SANDWICH HEADQUARTERS, Room 1010, 14 East Jackson Boulevard, Chicago, Illinois 60604. World travel, Coronation ceremonies for 1973's Sandwich King or Queen in New York City and cash prizes await the winners of this prestigious contest which is limited to food service professionals and is now in its 18th consecutive year. Entries must be postmarked no later than February 20).

ENJOY GREAT MEAT OR DOUBLE YOUR MONEY BACK
That's right, Double your money back if you're not completely satisfied with any meat purchased at A&P WEO.
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Fancy Porgies MEDIUM lb. 49¢
AVAILABLE IN STORES WITH SEAFOOD DEPT.
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ANN PAGE Tomato Soup 2 10½-oz. cans 23¢
LIPTON'S Cup-A-Soup 5 VARIETIES 3 pkgs. of 4 1.00
FRANCO-AMERICAN Spaghetti-o's 15½-oz. can 18¢
CHEF BOY-AR-DEE Beefaroni 15-oz. can 37¢
BETTY CROCKER CHEESEBURGER-MACARONI Hamburger Helper 8-oz. pkg. 55¢
PENNA. DUTCH Noodles FINE, MEDIUM, BROAD 1-lb. bag 44¢
ANN PAGE Pork & Beans with Tomato Sauce 2 16-oz. cans 29¢
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CHASE & SANBORN Coffee REG. or ELEC. PERK 2 -lb. can 1.85
FREEZE-DRIED Maxim Coffee 8-oz. jar 1.99
A&P Evaporated Milk 2 13-fl. oz. cans 35¢
MATINEE Tea Bags 100 in box 69¢
AUNT JEMIMA COMPLETE Pancake Mix 32-oz. box 55¢
ANN PAGE Pancake & Waffle Syrup 32-oz. decanter 59¢
SUNNYFIELD REGULAR Pancake Flour 5 -lb. bag 59¢
FRUIT DRINKS MARVEL ALL VARIETIES 3 46-oz. cans 75¢
A&P UNSWEETENED Grapefruit Juice 46-oz. can 51¢
SUNSWEET Prune Juice 1-qt. btl. 49¢
A&P Tomato Juice 46-oz. can 33¢
SUNNYFIELD Corn Flakes 18-oz. box 35¢
SOUR CREAM FUDGE 18½-oz. at 40¢ Cake Mixes Betty Crocker Yellow, Yellow Butter, Devil's Food, German Choc., Cherry Chip 18½-oz. pkg. 43¢
BETTY CROCKER READY TO SPREAD Frostings Choc., Vanilla, Cherry, Sour Cream Choc., Dark Fudge 16½-oz. can 55¢
Rich N' Chips KEEBLER 14-oz. pkg. 49¢
ANN PAGE Thin Mints 10-oz. pkg. 39¢
ANN PAGE SOLID MILK Chocolate Balls 1-lb. pkg. 79¢
PLAIN GOLD MEDAL FLOUR 5 -lb. bag 59¢ 10 -lb. bag 1.17
A&P GRADE 'A' Golden Corn WHOLE KERNEL 3 17-oz. cans 65¢
A&P GRADE 'A' Apple Sauce 5 16-oz. cans 89¢
A&P GRADE 'A' SMALL Early June Peas 17-oz. can 29¢
HEINZ Tomato Ketchup 20-oz. btl. 39¢
ANN PAGE Mayonnaise 1-qt. jar 59¢
ANN PAGE Salad Mustard 16-oz. jar 25¢
A&P Tomato Sauce 8-oz. can 11¢
ANN PAGE FRENCH Dressing 8-oz. btl. 29¢
Sweet Gherkins HEINZ 16-oz. jar 63¢
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