BIG VALU FOOD CENTERS · Dale's FOOD CENTERS

QUANTITY RIGHTS RESERVED

Save 7-Days a Week!

Open Mon. thru Sat. 7 a.m. 'til 11 P.M. • Sun. 9 to 4

USDA CHOICE

Big Valu and Dale's Only Sell U.S.D.A. Choice Grade Beef

Effective Thru Jan. 20th

ARMOUR STAR **Butts** BONELESS SMOKED LEAN $1.09 lb.

FRESHLY GROUND **Beef** in 3-lb. units Lesser Quant. Higher 75¢ lb.

¼-LOIN, LEAN, PORK **Chops** END & CENTER CUT CHOPS 9 TO 11 CHOPS PER. PKG. 99¢ lb.

U.S.D.A. CHOICE BEEF **Sirloin Steak** $1.29 lb.

TASTY IN THE PIECE GOETZE **Liverwurst** 59¢ lb.

ALL MEAT **Armour Star Bologna** OR PICKLE LOAF 1-LB. 88¢

Rogger Rope Sausage lb. 99¢

Food Club Sausage Meat HOT OR MILD 1-lb. roll 59¢

Gaylord Sliced Bacon 1-lb. pkg. 95¢

All Meat Franks 1-lb. pkg. Food Club 75¢

California Roasts U.S. CHOICE from Chuck 89¢ lb.

FROM CHUCK **Stewing Beef** lb. $1.19

FOOD CLUB ALL VARIETIES **Chipped Meats** 3-oz. pkg. 39¢

WINGS OR **Turkey Drumsticks** lb. 39¢

HOT OR MILD **Sausage Meat** Nittany 2-lb. roll $1.59

MR. BOSTON **Fish Cakes** 2 pound pkg. 99¢

ESSKAY LEAN **Sliced Bacon** 1 pound package $1.19

TASTY **Fancy Pig's Feet** lb. 45¢

ESSKAY **All Meat Franks** 1-lb. pkg. 95¢

CROWN WAFER **Beef Steaks** 14-oz. pkg. $1.39

APPETIZING DEPT. FRESH SLICED TO ORDER GOETZE **Bar-B-Q Loaf** ½-lb. 69¢

Big Valu & Dale's Welcome U.S. Govt. FOOD STAMPS!

FOOD CLUB SOLID **BUTTER** 1-lb. pkg. 59¢

Enriched White Bread Jubilee 1-lb. 4-oz. LOAF 25¢

Fresh Baked Apple Pie 1-lb. 6-oz. PIE 49¢

Cream Cheese FOOD CLUB 8-oz. pkg. 29¢

Topco Bleach gallon jug 39¢

Topco Window Cleaner 15-oz. spray can 29¢

Gaylord Mayonnaise qt. jar 49¢

ELNA **Cut Green Beans** 13-oz. can 17¢

ALL FLAVORS **Gayla Soda** 12-oz. can 8¢

ALL FLAVORS **Gayla Drinks** 14-oz. can 27¢

RED 1-QT. 14-OZ. CAN **Hawaiian Punch** 2/69¢

15-OZ. JAR **Mott's Apple Sauce** 28¢

DEL MONTE **Fruit Cocktail** 1-lb. 1-oz. can 30¢

FOOD CLUB **Instant Rice** 14-oz. box 42¢

FOOD CLUB **Pork 'n Beans** 1-lb. can 15¢

CAMPBELL'S **Pork 'n Beans** 2 1-lb. cans 33¢

ELNA **Can Sweet Peas** 1-lb. 17¢

1-LB. 11-OZ. CAN **Libby Sour Kraut** 33¢

1-LB. CAN—CLIP YOUR COUPON **Luzianne Coffee** 99¢

Save! Detergent **Cheer** 5-LB. 4-OZ. BOX $1.49

Save! Liquid **Joy** QT. BTL. 79¢

Fabric Softener **Final Touch** 1-Qt. 1-Oz. Cont. 67¢

Mrs. Filbert's **Corn Oil** OLEO STICKS 1-LB. PKG. 46¢

COUPON 50¢ off on purchase of Box of 40 Modess Sanitary Napkins Regl. or Super. Limit 1 per shopping family. Offer expires Sat., Jan. 20, 1973

COUPON 50¢ off on purchase of 8 oz. Jar Instant Yuban Coffee. Limit 1 per shopping family. Offer expires Sat., Jan. 20, 1973

COUPON 12¢ off on purchase of 3-3/5 oz. box of 48 Tenderleaf Tea Bags (#TB-315) (Cash value 1/20 of 1¢). Limit 1 per shopping family. Offer expires Sat., Jan. 20, 1973

COUPON 35¢ off on purchase of 5-lb. 4-oz. box Drive Detergent price w/coupon $1.14. Limit 1 per shopping family. Offer expires Sat., Jan. 20, 1973

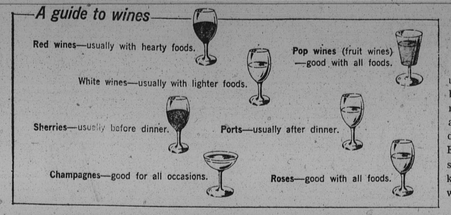
LARGE CALIFORNIA—56 SIZE **Navel Oranges** 10¢ ea.

FANCY SALAD **Tomatoes** 8 IN PKG. 59¢

U.S. #1 — RED BLISS **Potatoes** 14¢ lb.

RED DELICIOUS **Apples** 3 LB. BAG 69¢

100% PURE — FLORIDA **Orange Juice** 2-GAL. JAR 79¢



What you can do with wine

Americans are usually uncomfortable with wines, because we have been raiseed on malted milks and colas. We're not wine drinking country, explains Ed Schultz, vice president-sales, San Francisco, Marketers of Christian Brothers wine and Brandy.

The snobbery of wine has often scared Americans, says Mr. Schultz. After their cola and milk shake youth, Americans usually graduate to hard liquor, bypassing the lighter alcoholic beverage. But times are changing.

LOOK, SNIFF, TASTE

When you order a wine, a waiter or waitress will pour a small amount in a glass . . . you're the host, and if there are any bits of cork in it you'll get them. Then you hold it up to the light, and can see immediately if it's clear bright.

The next thing to do is sniff it. Now you don't teach somebody that something smells bad. It just smells bad. You don't need to know any more about it if it smells bad.

"If it passes the first two tests, taste it. Don't ever taste it first, because if it's terrible you won't know if you should swallow it or what."

As wine has jumped in popularity in the U.S. sales have soared. About 250 million gallons of wine were sold in 1970. Sales rose 315 million gallons in 1971, and should reach 330 million gallons for 1972.

Consumption is rising so fast that "by 1982 we should reach 800 million gallons.

Whatever the reason, the wine boom is on, and with it has come an increase in the prices of some fore on vintage wines and in U.S. wine grapes. For example, grapes used for top quality red sold for about $500 a ton in 1970.

The price topped $300 a ton in 1971 and is now more than $700 a ton some areas.

The yield varies from about 2½ to 4 tons per acre depending on the type of grapes grown.

"Try lots of wines, experiment, enjoy yourself . . . you'll have a lot of fun with it."

Public speaking program set

Are you a woman trying to make it in a man's world?" Have you found the doorway to success blocked by invisible barriers — barriers constructed in part of your own inhibitions and lack of self-confidence?

Help in overcoming these handicaps will be available to women in the Washington, D. C. area through an unusual program to be held at the University of Maryland's Center for Adult Education Feb. 4-7.

"Breaking the Barriers Through Speech" is a concentrated program designed to assist the professional woman in developing the self-confidence that comes from skill in communicating ideas effectively and in eliminating handicaps engendered by traditional conceptions of the female role.

The program is being sponsored here by the Conferences and Institutes Division of University College, the University of Maryland's component for continuing education, in conjunction with the Women's Training and Resources Corporation.

Highlight of the three-day event will be the first day session with Dorothy Sarnoff, president of Speech Dynamics, Inc. and nationally known speech consultant and author. Other features of the program will include intensive instruction in speaking techniques and communicative abilities, with special emphasis on individual attention and practical solutions to particular problems.

The registration fee is $165 for three participants and $145 for any number over three. This fee includes all program materials and the textbook by Mrs. Sarnoff, "Speech Can Change Your Life."

Dr. Cheek wins new honor

Dr. King V. Cheek, president of Morgan State College, has been elected to the Board of Trustees of the Maryland Academy of Sciences for a three-year term.

His appointment was announced by J. Cookman Boyd Jr., chairman of the board of the Maryland Academy of Sciences. Sister Kathleen Feeley, President of the College of Notre Dame was also elected to the Academy Board.

If you can afford to take a winter vacation, you can afford to take it in Europe.

And with Pan Am, you can afford to take it just about anywhere in Europe. Because this winter, we have One-Weeker vacations to more countries in Europe than any other airline. Here are three we think might interest you.

London $317—Includes round trip air fare, first class room at the St. Ermins or Royal Horseguards Hotel, sightseeing, and a continental breakfast every morning.

Paris $327—Includes round trip air fare, first class room at the Ambassador Hotel, cruise on the River Seine, and a continental breakfast every morning.

London/Paris $351—Includes round trip air fare, first class room at the Regent Centre and the Normandy, sightseeing tours of both cities, and a continental breakfast every morning.

If you'd like more information about these One-Weeker vacations, just call your travel agent or Pan Am. Or send in our coupon.

Pan American World Airways A-31-120
Dept. 3679, P.O. Box 2212
Boston, Mass. 02107

Please send me your One-Weeker brochures.

Name _____
Street _____
City _____
State _____ Zip _____
My Travel Agent is _____

Pan Am
Our experience can add to your experience.

Reservations should be made at least 30 days before departure. Prices based on double occupancy hotel room and 7/8 day GIT economy air fares for groups of 10, we put the groups together. Departures available January 5 to March 31.

D. J. FUEL OIL CO.
100 Gallons—$18.00
50 Gallons—$11.00
QUICK SERVICE
CASH ON DELIVERY
WE CLEAN BURNERS
MO. 4-1856 466-6851

ATTENTION BEAUTICIANS!
NORTH AVENUE BEAUTY SUPPLY
3113 W. NORTH AVENUE
proudly presents
REVLON—ADVANCED MAKEUP SEMINAR ON
SUNDAY, JANUARY 28, 1973
AT THE
HOLIDAY INN
5422 Park Heights Avenue
2 P.M. to 6 P.M.
By Invitation Only—Luncheon Served
Makeup Kits—Models
Advanced Education—Individual Instruction
Featuring
Bill Madison & Susan Goodman
PLUS SPECIAL REVLON GUEST ARTIST
For Information—See Your North Avenue Beauty Supply Salesman or Please Call:
945-3430—945-3431—945-3447
Mrs. Miles or Mr. Vaughn

Ever notice all the Kool packs around you at parties?

It seems friends have the same good taste. What makes Kool so popular?

Only Kool, with pure menthol, has the taste of extra coolness. No wonder Kool is America's #1 king-size menthol cigarette.

COME ALL THE WAY UP TO KOOL

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

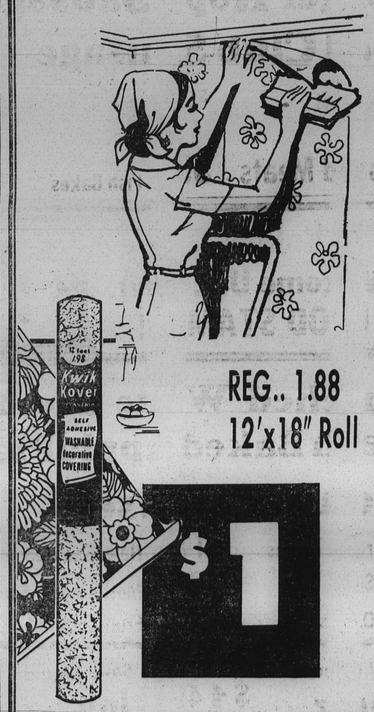
18 mg. "tar," 1.5 mg. nicotine av. per cigarette, FTC Report Aug. '72.

DON'T SAY DRUG STORE . . . SAY DRUG FAIR . . .
THERE'S A BIG DIFFERENCE

df drug fair

Kwik Kover

DECORATIVE SELF-ADHESIVE PLASTIC COVERING



REG.. 1.88
12'x18" Roll

$1

Transform any room in your home into a decorator's dream. Simple and easy to use. Cleans just as easily with a whisk of a damp cloth. Covers almost anything ... walls, furniture, frames, canisters, cabinets, closets. Choice of patterns.

Special price in this ad effective thru Sat., Jan. 20. Rights reserved to limit quantities.

AMERICAN EXPRESS Money Orders SOLD HERE

df drug fair

BANKAMERICARD · master charge

8 DRUG FAIRS OPEN ALL NIGHT EVERY NIGHT

MARYLAND:
Georgia Ave. & Colesville Rd., Silver Spring 588-6788
1141 Univ. Blvd., Hampshire-Langley ..... HE 9-4400
4001 Branch Ave., Marlow Heights 432-3003
9612 Fort Meade Rd., Laurel 776-5566

VIRGINIA:
North Glebe Rd. & Pershing Dr., Buckingham ..... JA 7-2600
9626 Lee Highway, Fairfax Circle 591-4121
4515 Duke St., Shirley Duke 751-4900
Prince William Plaza Shopping Center, Woodbridge .. 273-4037