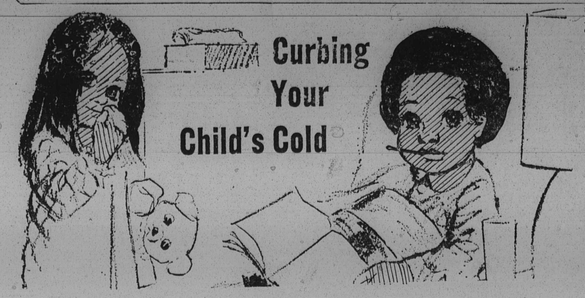


Curbing Your Child's Cold

NEW YORK (ED) — There's nothing common about a cold when it strikes your child. Though still haven't found a cure, their standard advice is worth following: Keep the child warm, make sure he drinks plenty of liquids (soups, water, fruit juices) and

tion into the sinuses and canals which lead to the ears. "Blow gently" is the cue.

And remember, it's not necessary for a child to stay in bed when he has a cold. Let him continue his activity as much as possible — taking care to divert him if activity is too strenuous or the child begins to get hot.

The most difficult hours will be nigattime, especially if a cold is accompanied by fever. Aspirin is necessary to combat fever, and the aches of colds and flu. But use a children's medication. St. Joseph Aspirin For Children, long a favorite in the nursery, helps relieve these symptoms . . . so you can both sleep. (Be sure all medicines are kept out of the reach of children, and buy only those with safety-lock caps.).

Are your child's colds very frequent? They could be an allergy masquerading as a runny nose. If his cold is accompanied by an earache and high or persistent fever, call the doctor at once to avoid ear infection or more serious complications.

But if his "cold" is just a cold — with a little care and attention, he'll be back to normal before you know it.

Most important, teach him how to blow his nose properly. One powerful blow to clear the nasal passages is not the answer — it can force infec-

You should know these facts about how hair grows

Hair is probably one of the things we take most for granted — until we lose it or ruin it.

Did you know that hair grows at a rate of about half an inch per month for two to four years? Then that hair falls out and is replaced by a new hair. Baldness occurs when hair is not replaced as it falls out.

Natural hair color is determined by pigment deposited in hair cells as they form in the root. As a person grows older, pigment is no longer deposited in the newly-formed hair cells, and the hair gradually turns gray or white.

This means, despite many tales, hair can't turn white overnight . . . or even in a single week.

Alcohol—cancer link?

NEW YORK (UPI) — Cancer epidemiologists seeking explanations for recent rises in the incidence of pancreatic and esophageal cancers are leaning to the view that alcohol and/or smoking may play etiologic roles.

University of Michigan gastroenterologist Dr. H. Marvin Pollard told reporters at the Seventh National Cancer Conference in San Francisco that pancreatic cancer has become "a frightening epidemic in America." He said it appears possible that alcoholic beverages or tobacco smoke contain pancreatic poisons.

Now here this . . .

NEW YORK (UPI) — Dr. Max Hayman, director of the Alcohol and Drug Dependence Center of the Compton Foundation Hospital in Compton, Calif., has come to some conclusions scial drinkers won't like.

He figures "social drinking is qualitatively the same as the disorder commonly known as alcoholism — but in a less intensified form."

Spain trip offered by YMCA

An antidote to freezing winter temperatures is being offered to Baltimoreans in YWCA sponsored trip to the southern shores of Spain on the Mediterranean Sea, known as the Spanish Riviera, from March 24 to April 1. Destination is the resort city of Torremolinos which offers a sandy beach and swimming in the warm Mediterranean Sea, golf, tennis, touring the Andolusian Mountains, and enjoying the entertainment at the first class "Aloha Playa" hotel.

* * *

Because the trip is arranged by the YWCA, low group rates are available. Cost of the trip is only $261 which includes round trip jet flight to Torremolinos, Spain, transfers and baggage handling from airport to hotel, first class accommodations at the "Aloha Playa" hotel, a full American breakfast daily, a welcoming Sangria (wine) party, all taxes and gratuities, and a half day sightseeing trip in a private motor coach.

* * *

Optional additions are seven gourmet meals at the hotel for $24 and side trips to Algiers, Africa and Madrid, Spain. The trip to Algiers, Africa is a short jaunt twenty-five miles across the Mediterranean Sea for one day sightseeing for less than $20 for the day. Madrid is approximately 70 miles from Torremolinos. Sightseeing can be arranged or a visit to the Prado Museum on this overnight stay which will cost approximately $50.

Arrangements for side trips must be made by tour participants.

One of the pleasant dividends of YWCA trips arranged by International Division is that the group of at least 40 persons provides companionship for events attended. Sometimes lasting friendships are made and future trips planned.

Persons wishing to go on the trip are asked to register by paying $80 by January 30 at International Division, 128 West Franklin Street. Phone is 685-1460. The remainder may be paid by February 21.

Single parents, school plan 6-part program

A six-part program entitled "Single Again-Disaster or Opportunity" will begin Feb. 8 at Essex Community College for those who have become separated from their husband or wife through death, divorce, or separation. The program is being sponsored by the college in conjunction with Parents Without Partners, Inc.

Meeting for six Thursday evening sessions from Feb. 8 through March 15, participants who register for the course will consider topics to include the following:

Feb. 8, "Positive Aspects of Singlehood;" Feb. 15, "How to Adjust to Others;" Feb. 22, "Children in the One-Parent Home;" March 1, "Preparation for Remarriage;" March 8, "Dating Again" and March 15, "Sex and the Single Against."

Participation in the series will be limited to 50 applicants. A $5.00 registration fee is required. Additional information and registration details may be obtained from the Center for Community Services at Essex Community College 682-6000, ext. 405.

Enrollment is still also open for hospital volunteers to work in the emergency room at Franklin Square Hospital through a meandering mini-course established by Essex Community College to begin Feb. 12.

Future homemakers induct new members

The Future Homemakers of Fairmount Hill Junior High School held its induction ceremony.

Special guests at the ceremony were Mrs. Sidney Geister, home economics specialist; Milton Goldberg, principal and representatives from each departmentand special services of the school.

* * *

The theme for the ceremony was "Toward New Horizons". The Future Homemakers, under the guidance of their sponsor, Mrs. Mary D. Carter, home economics teacher, made and presented to each representative an applesauce cake as a token of "love and appreciation".

Inducted into the FHA club were Misses Mary Bailey, Karen Brown, Wilhelmina Crockerham, Michaelle Doles, Ernestine Gray, Robin Gibson, Marvenia Hubbard, Carolyn Jefferson, Elaine Lee, Catherine Mitchell, Beatrice Nathaniel, Rose Jones, Christie Royster, Wanda Slater, Sharon Stewart, Valerie Stewart, Mary Drummond and Janice Sweeney.

Baltimore director going to meet on aged

Leon M. Woolf, executive director of the Metropolitan Senior Citizens Center, will attend a meeting of the National Institute of Senior Centers in Washington, on Jan. 30 to Feb. 1.

He is the elected representative from Region III, which includes Delaware, District of Columbia, Maryland, Pennsylvania, Virginia and West Virginia, and is chairman of the national committee establishing standards and guidelines for senior centers throughout the country.

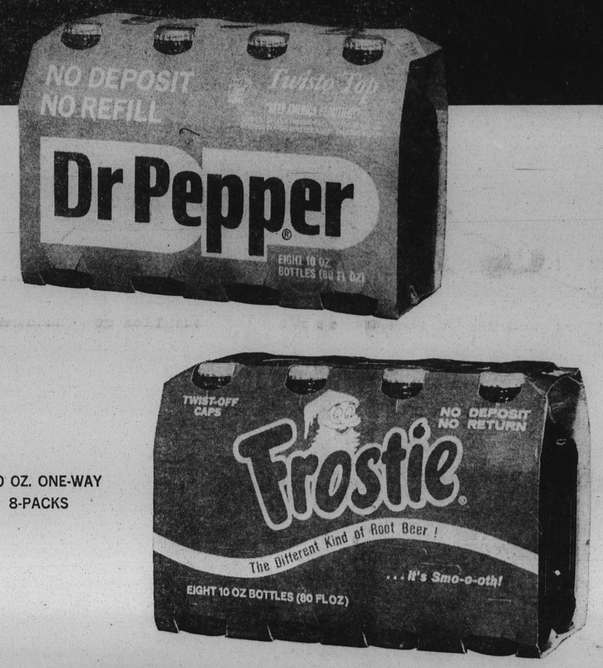
Woolf will present a preliminary report on the work of the committee at a meeting of the delegates council of the Institute.

Among the topics to be discussed at the conference will be legislative prospects for the 93rd Congress as related to aging, revenue sharing; the Older Americans Act, nutrition programs for the elderly, and staff training for professionals and volunteers in senior centers.

The Metropolitan Senior Citizens Center, a United Fund agency, located at 1110 St. Paul St., is the pilot project for the Waxter Center For Senior Citizens.

The new Waxter complex, presently under construction in the Mt. Vernon area, will be the first of its kind in the United States. Ribbon cutting is expected for completion in the fall of this year.

$aver's Choice:



10 OZ. ONE-WAY 8-PACKS

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AT PARTICIPATING DEALERS— offer expires February 3, 1973

March of Dimes seeks donations

Two American babies are born with a birth defect every three minutes; 900 babies are born with birth defect everyday, reports the Greater Baltimore chapter of the March of Dimes.

Theodore C. Mitchell, chairman of the chapter's business and industry contribution committee, has issued a plea for Baltimoreans to make contributions in this year's fund drive.

Monies are needed to help continue research at the Birth Defects Treatment Center of the Johns Hopkins Hospital. Last year, according to Mr. Mitchell, contributions helped provide hope for the 4,000 children born in Maryland with a birth defect.

The tax deductible donations can be mailed or delivered to the local March of Dimes' chapter office, located at 1 N. Howard St.

Organ recital planned Sunday

Mrs. Eugene Belt will present an organ recital at Brown Memorial Church, Park and Lafayette Avenues on Sunday, Jan. 28 at 4 o'clock.

Of current interest in the program will be the composition, "Threnos in Time of War," a 12-tone work composed in 1966 by Ian Hamilton, currently on the faculty of Duke University. The recital is open to the public.

-Musical Moments

(Continued from Page C-24)

Tape" By Dr. Lawrence Moss.

From the present thru Feb. 11 at the Baltimore Museum of Art an exhibition of musical scores at Peabody won the Young Conductors competition sponsored in Dec. by the Handel Choir and the Peabody Institute. He will conduct at the choir's next concert in March.

Sergui Commissiona, untiring music director of the Baltimore symphony was guest conductor for three concerts with the Buffalo Philharmonic Orchestra.

Mr. Commissiona received high acclaim following these concerts in a similar successful tour in Belgium last month.

* * *

Applications are available from Mrs. Ann Goldberg at the Baltimore Symphony office, 120 W. Mt. Royal Ave., Balto. Md. 21301, for Orchestra competition for the young soloist. First place winner will perform with orchestra in the 1973-74 season of the midweek Youth concert series at the Lyric.

An annual grant of $300 has been offered to the Baltimore Symphony by board member Dr. Randolph Rothschild.

Joseph Meyerhoff, the board's president, has also agreed to contribute $200 in addition. The gifts are for the commissioning of orchestral works by American composers.

New rules for GIs in school

New rules designed to provide better protection for veterans and dependents taking correspondence courses under the GI Bill went into effect on Jan. 1, George A. Davis, Director of the Baltimore Veterans Administration Regional Office, told the AFRO today.

The 301,000 veterans already enrolled in correspondence courses will not be affected, Mr. Davis reported.

The new legislation protects veterans from costly payments should they terminate a course before completing half of the lessons

* * *

Another change that becomes effective the first of the year will give the veteran or eligible dependent a "cooling off" period of 10 days from the time he signs an application for a correspondence course. After the ten days, he must affirm in writing to VA that he is going to take the course. Should he decide not to pursue the course before completing the affirmance notice, the veteran or dependent must notify the school which, under the new law, must make a prompt refund of the total amount paid in advance.

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CHOICE BEEF "OUR TRIM IS BETTER"
Crossrib Roast lb. 1.23
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Silver Tip Roast lb. 1.55
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lb. 1.35
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Two Guys Dairy Dept.
SAVE 10¢ Parkay Quarter 1-lb. Pkg. Margarine 29¢
SAVE 4¢ Pillsbury Buttermilk or Country Style Biscuits 4 8 oz. FOR 35¢
SAVE 42¢ Calorie Counter Pineapple Cottage Cheese 3 12 oz. FOR 99¢

Two Guys Frozen Food Dept.
SAVE 30¢ Banquet Meat Pies Chicken, Beef, Turkey 6 8-oz. Pkgs. 89¢
SAVE 14¢ Birdseye Tiny Taters 2-lb. bag 39¢
SAVE 19¢ MINUTE MAID Orange Juice From Florida 4 6 oz. cans 95¢
Coffee Rich - Non-Dairy Creamer SAVE 12¢ 6 pints 95¢ SAVE 22¢ 3 Qts. 89¢

Ground Chuck Any Pkg. lb. 89¢
Smoked Ham Mash's Semi Boneless SHANK HALF BUTT HALF lb. 75¢
Fresh or Smoked Picnic Eckrich lb. 69¢
Chuck Steak "Our Trim is Better" CHOICE BEEF lb. 65¢
Two Guys Franks ALL MEAT SKINLESS lb. 79¢
Sliced Cold Cuts Two Guys MIX & MATCH 2 6-oz. Pkgs. 79¢
Farmer's Salami JAKA IMPORTED 12 oz. Stick 99¢ ea.
Fresh Ground Round EXTRA LEAN lb. 1.09
Sliced Bacon HYGRADE'S WEST VIRGINIA BRAND 1½ lb. pkg. 1.65
Beef Liver STEER SLICED lb. 65¢
Chicken Breast Gov't. Inspected QUARTERS WING ON lb. 45¢
Sliced Bacon SWIFT PREMIUM VAC PAK lb. 1.19
Chicken Leg GOV'T INSP. Quarters Wing on lb. 45¢
Smoked Butts ARMOUR STAR BONELESS lb. 1.09

PRODUCE DEPT.
GOLDEN RIPE BANANAS lb. 10¢
GOURMET DELIGHT MUSHROOMS 3 lb. Tray 2.09
Winesap Apples FRESH CRISP 3 lbs. bagged 49¢
Tomatoes GARDEN FRESH FOR SLICING 3 cells. cartons $1

APPETIZING DEPT.
IMPORTED BOILED HAM ½ lb. 89¢
IMPORTED CHOPPED PORK READY TO EAT ½ lb. 59¢
Swiss Cheese VALIO IMPORTED ½ lb. 59¢
Turkey Salami RICH'S ½ lb. 49¢

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Two Guys BAKERY SPECIALS!
Italian Bread 6 oz loaf 10¢
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DELICIOUS-LARGE Cocoanut Custard Pie 8 inch 49¢
CORN & Bran Muffins box of 6 55¢
12 OZ. 18-oz. — 28-oz. Potato Chips-Pretzels LARGE BOX 79¢

Waldorf Bathroom Tissue 3 4-Pack FOR $1

Crisco Shortening 3 lb. can 89¢
DelMonte Fruit Drinks all varieties 4 46 oz. cans 99¢
Martino Tomatoes 3 35 oz. cans 99¢
Brillo Soap Pads 4 10¢ 99¢
Ivory Liquid Detergent 20¢ OFF LABEL 32 oz. 55¢
Hershey's Instant Chocolate 2-lb. can 65¢

C & C 6 Pack Cola 12 oz. Can 59¢

Saltines NBC Premium 16 oz. Box 35¢
Rich N 'Chips Keebler 14 oz. Box 49¢
Sunshine Hydrox 20 oz. Box 59¢

VALUABLE COUPON — SAVE 10¢ WITH THIS COUPON — Toward the Purchase of Testykake Family Pack Creme Filled, KoffeeKake, 9 oz. Cup & Buttercream Cup. GOOD ONLY AT TWO GUYS One coupon per customer. Good thru Sat., Jan. 27, 1973 MFR. TASTY BAKING CO. AA 1-26
VALUABLE COUPON — SAVE 30¢ WITH THIS COUPON — Toward the purchase of Cheer 92-oz. Box W/COUPON 1.05 GOOD ONLY AT TWO GUYS One coupon per customer. Good thru Sat., Jan. 27, 1973 MFR. PROCTER & GAMBLE CO. AA 1-26
VALUABLE COUPON — SAVE 30¢ WITH THIS COUPON — Toward the purchase of Caruso Blended Oil 12% Imported Olive Oil - Gal. GOOD ONLY AT TWO GUYS One coupon per customer. Good thru Sat., Jan. 27, 1973 MFR. CARUSO OIL CO. AA 1-26
VALUABLE COUPON — SAVE 20¢ WITH THIS COUPON — Toward the purchase of 3 Pkgs. Duncan Hines Layer Cake Mixes 18½ Oz. Pkg. GOOD ONLY AT TWO GUYS One coupon per customer. Good thru Sat., Jan. 27, 1973 MFR. PROCTER & GAMBLE CO. AA 1-26
VALUABLE COUPON — SAVE 30¢ WITH THIS COUPON — Toward the purchase of 4 OZ. JAR Taster's Choice Freeze-Dried Coffee 79¢ WITH COUPON GOOD ONLY AT TWO GUYS One coupon per customer. Good thru Sat., Jan. 27, 1973 MFR. THE NESTLE COMPANY AA 1-26
VALUABLE COUPON — SAVE 25¢ WITH THIS COUPON — Toward the purchase of Yuban Coffee 1-lb. can 9.95 W/COUPON GOOD ONLY AT TWO GUYS One coupon per customer. Good thru Sat., Jan. 27, 1973 MFR. GENERAL FOODS CORP. AA 1-26
VALUABLE COUPON — SAVE 30¢ WITH THIS COUPON — Toward the purchase of 3 or More 1-lb. Pkgs. Mrs. Filbert's Soft Golden Margarine GOOD ONLY AT TWO GUYS One coupon per customer. Good thru Sat., Jan. 27, 1973 MFR J. N. FILBERT CO. AA 1-26
VALUABLE COUPON — SAVE 15¢ WITH THIS COUPON — Toward the purchase of Cling Free Anti-Static Fabric Softener 7-OZ. GOOD ONLY AT TWO GUYS One coupon per customer. Good thru Sat., Jan. 27, 1973 MFR. CALGON CONSUMER PRODUCTS

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We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Sat., Jan. 27, 1973