Food clips

Did anyone ever tell you — pastry crusts frozen unbaked are more tender and flaky than those frozen baked? It's true according to U.S. Department of Agriculture home economists.

* * *

Using a double boiler? Start with warm, not hot, water in the lower pan so the thawing food won't stick. Reheating on top of the range is faster than in an oven.

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Frozen gravies, sauces, may be somewhat thicker after thawing than when freshly prepared, but suitable liquid can be added to give the desired consistency.

* * *

Vacant spot in your freezer? Winter months are the perfect time for make-ahead dishes for guests.

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Should dry yeast be stored in the refrigerator? No, but it should be stored in a dry, cool place. It may be stored this way for several months normally.

* * *

If you freeze butter, it will still maintain its quality for two months, according to USDA.

Week's best buys

By VIRGINIA McLUCKIE
Food Economist
Baltimore Office of the Department of Markets
University of Maryland

It is in the winter months that we often feel that our menus get a bit tired and are in need of some change. Have you thought of using more of the many pastas now available on the market.

Pasta includes macaroni, spaghetti and noodles in a great variety of shapes and size. Pasta dough is made from one or more of these, semolina, farina, and wheat flour and water. Eggs are added to the dough to make noodles. Most pasta products are enriched with thiamine, riboflavin, niacin and iron. Check the lable when you are making a selection to see that you are buying enriched pasta.

The beauty of using pastas is the fact that there is such a variety from which to choose. Macaroni comes in hollow tubes, elbow and shell which is shaped like a sea shell. The solid rods of spaghetti are available in at least three thicknesses, regular, spaghetti, and vermicelli.

There are specialty pastas usually of Italian Origin, such as manicotti, ragatoni, green noodles that contain spinach and cresta di gallo. Noodles that are flat cut in varying widths and thicknesses or shaped into small or large bows can be very interesting to use.

Another plus on the side of pasta is that the calories content is not as high as many people think. A cup, eight ounces, cooked macaroni or spaghetti has 155 calories. Egg noodles in the same quantity contain 200 calories. It is the sauce and seasonings or what you add to pasta that adds to the calorie measure.

A one cup serving of spaghetti with meat sauce is no more calories than a two inch wedge of chocolate layer cake or one seventh of a nine inch apple pie.

The big plus of pasta is in the ability to stretch the food dollar. The protein in the pasta which is from cereal grains is usable by the body as complete protein if it is combined with small to moderate amounts of meat, cheese, eggs, fish or milk.

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FROZEN FOOD SELECTIONS
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A&P GRADE 'A' Cauliflower 10-oz. pkg. 29¢
A&P Pound Cake 12-oz. pkg. 69¢
BANQUET SPAGHETTI & MEAT Buffet Suppers BEEF CHOP SUEY CHICKEN CHOW MEIN 2-lb. pkg. 95¢
A&P COCONUT Custard Pie 33-oz. pkg. 89¢
GREEN GIANT NIBLETS CORN, SWEET PEAS, LEAF SPINACH Vegetables w/BUTTER SAUCE 3 10-oz. pkgs. 1.00
A&P 2's Pie Shells 3 9-oz. pkgs. 1.00
PEPPERIDGE FARM Pie Tarts APPLE, CHERRY, BLUEBERRY 4 5½-oz. pkgs. 99¢
A&P GRADE 'A' 12-OZ. CAN 35¢ Orange Juice 6-oz. can 18¢

JANE PARKER BAKERY DEPARTMENT
WHOLE OR CRACKED WHEAT BREAD 3 1-lb. loaves 1.00
TWIN ROLLS BROWN & SERVE SAVE 3c 2 12-oz. pkgs. of 8 75¢
GLAZED DONUTS SAVE 13c 2 10-oz. pkgs. of 8's 85¢
LEMON PIES SAVE 10c 22-oz. pie 55¢
PEACH PIES SAVE 10c 22-oz. pie 59¢
POUND CAKE BLACK WALNUT ½-SLAB 20-oz. cake 79¢
DANISH RING PLAIN SAVE 8c 7-oz. pkg. 45¢

A&P LIGHT CHUNK TUNA 6½-oz. Can 39¢
ANN PAGE MAYONNAISE 1-qt. jar 59¢
GET THE REAL THING COCA-COLA 6 Non-Return Bottles 79¢
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3-B ALL LAUNDRY DETERGENT (60c OFF) 20-lb. box 3.99

NEW CAMPBELL CHUNKY SOUPS SPLIT PEA w/HAM & CHICKEN w/RICE 19-oz. can 57¢

9 LIVES CAT FOOD Tuna, Chicken Kitty Burger, Chicken & Liver Kitty Burger, Super Supper, Chopped Platter, Scrambled Egg, Beef Dinner, Liver & Egg in Creamed Gravy 7 6½-oz. cans 1.00
TUNA 12-OZ. CAN 3 for 89¢
FRISKIES BUFFET CAT FOOD Turkey & Bacon, Liver & Chicken, Giblet & Turkey, Kidney & Chicken, Chicken & Egg, Mixed Grill 6½-oz. can 17¢
DIXIE DINNER 6½-OZ. CAN @ 2 for 37¢

SOFT MOIST 3 VARIETIES A&P Dog Food 24-oz. pkg. 77¢ 72-oz. pkg. 1.43
A&P COMPLETE Dog Food LIVER & MEAT 6 13½-oz. cans 83¢
A&P MEDALLION BEEF & HORSEMEAT Dog Food LIVER 2 14½-oz. cans 65¢ CHICKEN 2 14½-oz. cans 91¢ 2 14½-oz. cans 63¢
WHITE, DECOR & ASST'D Bounty Towels 3 giant rolls 1.00

SUNNYFIELD Wheat Puffs 8-oz. box 29¢
KELLOGG'S SUGAR Mini Wheats 10-oz. box 39¢
QUAKER Quick Grits 1½-lb. box 28¢
SUNNYFIELD Family Flour 10-lb. bag 85¢ 5-lb. bag 45¢
O&C Potato Sticks 1½-oz. can 10¢
ARMOUR Potted Meat 2 3-oz. cans 31¢
UNDERWOOD Deviled Ham 4½-oz. can 49¢
TEMTEE Kosher Spears 22-oz. jar 59¢
HEINZ Sweet Gherkins 16-oz. jar 59¢

Prices effective thru Sat., Feb. 10, 1973. A&P WEO Stores in Baltimore including Annapolis, Aberdeen, Bel Air, Havre De Grace, Joppatowne, and the Delmarva Peninsula!! Items offered for sale are not available to other retail dealers or wholesalers!

—Best buys

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Use left over pieces of ham, beef, chicken, turkey or ground beef with noodles or a pasta with a sauce for tasty casseroles.

If you are preparing a thick pasta follow cooking directions on the box. Otherwise these general directions work well: For an 8 ounce package of uncooked pasta use six cups of boiling water, one teaspoon salt and one teaspoon cooking oil. Add salt and the oil to the water and bring the water to rapid full rolling boil, then add pasta and it is less likely to foam and stick.

Well cooked pasta is tender yet firm, not sticky. Drain cooked pasta at once in a colander or strainer. Do not rinse pasta after cooking.

* * *

Pasta dishes are best served when piping hot. They cook quickly so plan to cook just before serving time. Plan your pasta dish and build your meal around it with vegetables or a salad and light dessert for a complete meal.

BAKED SALMON and SHELL MACARONI

1 one-pound can salmon
113 cup butter or margarine
cups enriched flour
1 tablespoon salt
¼ teaspoon pepper
teaspoon paprika
3½ cups milk
2 tablespoons grated onion
¼ teaspoon paprika
8 ounces shell macaroni
½ cup grated sharp cheese

Drain salmon and reserve liquid. Remove skin and any bones from salmon. Flake. Melt butter in large saucepan. Blend in flour, salt, pepper and paprika. Add milk gradually stirring constantly: cook until thickened. Add onion and pimiento. Cook macaroni in boiling, salted water until tender.

* * *

Drain. Add macaroni, salmon and liquid to sauce. Turn into greased 2-quart casserole. Top with cheese. Bake in moderate oven (375 degree F) 20 minutes, or until cheese is melted and browned.

Suzie says

Good housekeeping and an effective insecticide probably will control cockroaches in homes.

* * *

Keep your coffee maker scrupulously clean.

* * *

The centipede that lives in homes is non-poisonous, doesn't bite people often, feasts on other insects. To get rid of them, use a suitable insecticide.

* * *

Have a chamois leather polisher? Wash after each use. Use lukewarm suds made of soap. You clean it by squeezing suds through repeatedly. Rinse in warm water. Do not wring or twist. Do not dry it in the sun.

* * *

Brushes used for oil paints, varnishes and enamel are best cleaned with turpentine.

* * *

Clean box springs with a stiff brush, or with the upholstery attachment of the vacuum cleaner.

Use a long-handled brush when cleaning the bathtub. For a thorough cleaning use mild scouring powder.

* * *

Iron rust stains on the tub? If not too dark, try rubbing a little cut lemon over the stain. It should vanish.

* * *

To improve the appearance of an extremely discolored or stained tub, use a mixture of cream of tartar and peroxide.

* * *

It's not a good idea to use the bathtub or bathroom sink as a home photography developing studio accessory. Photo solutions damage porcelain enamel.

You Could Shop All Night and Never Find Values Like These

A&P WEO WHERE ECONOMY ORIGINATES

Double Your Money Back Meat Guarantee PRICE LABEL OR REGISTER TAPE NECESSARY, OF COURSE!

SUPER-RIGHT QUALITY PORK LOIN (QUARTERED SLICED 9-11 CHOPS) lb. 99¢ NONE PRICED HIGHER!

SUPER-RIGHT QUALITY GRADE 'A' TURKEYS (10-14 lbs.) lb. 45¢ NONE PRICED HIGHER!

FRESH CHICKEN LEGS WHOLE WITH THIGHS lb. 59¢ NONE PRICED HIGHER!

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SUPER-RIGHT—NONE PRICED HIGHER! CANNED HAMS 3-lb. can 3.79 5-lb. can 5.99

SUPER-RIGHT QUALITY Rump Roast lb. 1.59
SUPER-RIGHT CHOPPED FROZEN Beef Steaks 2-lb. pkg. 1.98
CAP'N JOHN FISH STICKS 10-oz. pkg. 55¢ 1-lb. pkg. 79¢
ALL BEEF Grillmaster Franks 2-lb. pkg. 1.79
HOT & MILD Luter's Sausage 1-lb. pkg. 69¢
BROWN & SERVE Swift Sausage 8-oz. pkg. 75¢
ALLGOOD BRAND Sliced Bacon 2-lb. pkg. 1.89
FROZEN Turkey Leg Quarters lb. 39¢
AUSTRALIAN FROZEN Leg of Lamb lb. 79¢
BANQUET FROZEN Fried Chicken 2-lb. pkg. 1.59
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AVAILABLE IN STORES WITH DELI DEPT. Boiled Ham ½-lb. 69¢
West Virginia Brand Bacon THICK SLICED 1½-lb. pkg. 1.79

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FANCY CROAKERS lb. 39¢
FRESH TROUT lb. 39¢
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AVAILABLE IN STORES w/SEAFOOD DEPT.

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MITCHELL SHOEPEG CORN 2 17-oz. cans 45¢

CAMPBELL 28-oz. can 29¢ Pork & Beans WITH TOMATO SAUCE 2 16-oz. cans 33¢
HANOVER Pork & Beans 53-oz. can 55¢
A&P WHOLE OR Sliced Beets 16-oz. can 21¢
WHOLE KERNEL GOLDEN Niblets Corn 12-oz. can 22¢
DEL MONTE French Green Beans 16-oz. can 29¢
SEASIDE Lima Beans 15-oz. can 17¢
HANOVER Redskin Beans 2 17-oz. cans 45¢
A&P GRADE 'A' SMALL Early June Peas 17-oz. can 29¢
HANOVER 3 Bean Salad 17-oz. can 57¢
REGULAR & THIN Mueller's Spaghetti 16-oz. box 27¢
RAGU PLAIN, MEAT & MUSHROOM Spaghetti Sauce 15½-oz. can 43¢
A&P Tomato Sauce 8-oz. can 11¢
HUNT'S Tomato Sauce 6 8-oz. cans 69¢
DRIED Great Northern Beans 2-lb. bag 45¢
DRIED LARGE Lima Beans 2-lb. bag 75¢
UNCLE BEN Converted Rice 2-lb. box 65¢
WASHINGTON INSTANT Mashed Potatoes 2½-oz. pkg. 10¢
IDAHOAN INSTANT Potato Flakes 2-lb. box 99¢

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DAIRY DEPARTMENT FEATURES
REGULAR & BUTTERMILK A&P BISCUITS 4 8-oz. pkgs. 35¢ 2 12-oz. pkgs. 25¢
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SUNNYFIELD Grade 'AA' Butter 1-lb. pkg. in ¼-lb. prints 79¢
MRS. FILBERT'S Soft Margarine FAMILY SIZE 1-lb. bowl 49¢
TIP TOP Citrus Punch 2 8-oz. pt. btls. 25¢ ½-gal. pt. jug 55¢
FLEISCHMANN'S Margarine REGULAR 1-lb. pkg. in ¼-lb. prints 52¢
DESSERT TOPPING Reddi-Whip 7-oz. aer. can 59¢
MEL-O-BIT REGULAR American Slices COLORED 6-oz. pkg. 37¢
SINGLE WRAPPED AMERICAN SLICED Borden's Cheese 16-oz. pkg. 1.03
A&P Swiss Slices 1-lb. pkg. 1.09
A&P Swiss Bars 11-13 OZ. AVG. WT. lb. 1.13
A&P NATURAL Swiss Slices ½-lb. pkg. 63¢
A&P GRATED Parmesan Cheese 8-oz. pkg. 85¢
A&P SLICED Mozzarella Cheese 6-oz. pkg. 51¢
A&P SHREDDED Mozzarella 4-oz. bag 39¢

SHOPPER STOPPER SUPER DISCOUNT HEALTH & BEAUTY AIDS
DIAL REGULAR DEODORANT 13-oz. can 99¢ SAVE $1.20
BRECK SHAMPOO NORMAL, DRY, OILY 15-oz. btl. 99¢ SAVE 46c

CAMPBELL SOUP CHICKEN NOODLE 2 10½-oz. cans 31¢
A&P WHITE, PINK & YELLOW FACIAL TISSUES 4 200-ct. boxes 89¢