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Cong. Mitchell on Hopkins talk series Feb. 25

Cong. Parren J. Mitchell (D., 7th), Thomas L. Freudenheim, Dr. Nathan Scott, and William Benzon will be featured speakers in the "Sunday Experience" series beginning Sun., Feb. 25.

"The Sunday Experience," which is sponsored by the Johns Hopkins Chaplain's Office, takes place in the Great Hall of Levering on the Hopkins' Homewood Campus on Sundays at 11:00 a.m.

Cong. Mitchell will initiate the new series Feb. 25, and will discuss the current power struggle between the legislative and executive branches of the federal government in a talk entitled "Cowards in Congress."

* * *

"The Artist, the Studio, the Street: Stop the World I Want to Get On" will be presented by Thomas L. Freudenheim, director of the Baltimore Museum of Art Sun., March 4.

Dr. Nathan Scott, the Shailer Mathews Professor of Theology and Literature at the University of Chicago Divinity School, will appear March 11.

Author of Negative Capability Dr. Scott will deliver an address "History, Hope, and Literature."

* * *

March 18 William Benzon, program assistant and official trumpeter to the chaplain's office, will present an informal lecture-demonstration on "The Art of the Improviser."

Techniques basic to improvisational music, especially jazz, will be explained and demonstrated and the psychology and philosophy underlying improvisation will be briefly touched upon.

Mr. Benzon has been playing the trumpet for 15 years in a variety of musical styles, classical, jazz and rock.

The "Sunday Experience" is free of charge and open to the public.

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TAIL ROOT REMOVED — LEG BONE REMOVED — FLANK FAT REMOVED
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Mash's Smoked Ham SEMI-BONELESS BUTT HALF lb. 89¢ SHANK HALF lb. 75¢
Esskay Fresh Ham BUTT HALF lb. 89¢ SHANK HALF lb. 79¢
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BONELESS BOLAR Roast Beef "OUR TRIM IS BETTER" CHOICE BEEF lb. 1.49

FOLLOW THE WEEKLY SALES FEATURES • THE SCHEDULE BELOW RUNS THREE TIMES

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2nd WEEK	BREAD & BUTTER regularly 75c	39c w/every $5 purchase
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CENTER CUT CHOPS lb. 1.39

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Butterball Turkeys SWIFTS PREMIUM ALL SIZES lb. 63¢
Armour Franks ALL MEAT VAC PAC lb. 89¢
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FLAKO PIE CRUST 2 10 oz. Pkgs. 43¢

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FINLAND CHEESE IMPORTED AMER. STYLE WHITE OR YELLOW lb. 89¢
Rich's Turkey Roll DARK MEAT ½ lb. 59¢
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FROZEN FOOD DEPT.
SAVE 29¢ BANQUET DINNERS ALL VARIETIES EXCEPT BEEF & HADDOCK 3 11 oz. pkgs. 99¢
SAVE 20¢ ROMAN CHEESE PIZZA LARGE 14 OZ. 49¢
SAVE 21¢ ABELS BAGELS PLAIN, EGG & ONION 3 6 pack 12 oz. 89¢
SAVE 37¢ BIRDSEYE POTATOES REG OR CRINKLE CUT 4 1-lb Pkg's 95¢

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SAVE 20¢ KRAFT ORANGE JUICE ½ GAL. (GLASS CONT.) 69¢
SAVE 35¢ BALLARD CINN. ROLLS 4 9½ oz. 99¢
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Two Guys NAPKINS 2 60's 19¢
Two Guys POPCORN 2 lb. Bag 19¢
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Woodlawn HiGHlights

MRS. GREEN

By MARJORIE R. GREEN

By MAJORIE R. GREEN

The Social Security Administration's Bicentennial Club is busy planning ways for employees to celebrate the anniversary of the American Revolution.

Club chairman Bernard Vidockler and his committee arranged for Edward Stafford, chief of the Speakers Bureau of the American Revolution Bicentennial Commission in Washington to speak at Woodlawn today (Friday).

Mr. Stafford explained the many different programs planned throughout the state and across the country for this anniversary.

* * *

Mrs. Kitty Smith, coordinator for the SSA volunteer group, was this past Sunday awarded a certificate of merit for outstanding achievement and services to the Baltimore community.

Along with 10 other outstanding citizens she was inducted into the society of Living Makers of History

The ceremony commemorating Black History Week took place at the morning worship service in Augsburg Lutheran Church, sponsored by the Kappa chapter of Iota Phi Lambda Sorority.

It was a pleasant surprise to see Allan Wattles back on the job last week after a spell of illness.

A new union-management health and safety committee has recently been formed in SSA to promote joint participation between Management and AFGE Local 1923 in projects involving the health and safety of employees; and to furnish a means for presenting and evaluating employee suggestions.

Members include Dr. Lucius Leeper, deputy director employee health service; Al Gillis and Richard O'Toole from the Office of Administration; Joseph Bosley, Nicholas Nolan and Mrs. Helen Tucker representing the union.

Calvin Pelto, SSA safety officer is serving as chairman.

Congratulations to Mrs. Gladys E. Palmer, recently promoted to deputy branch chief of the Critical Case and Appraisal Branch.

The comes as no surprise since she is the holder of a Supervisory Excellence Award and has been associated with the certification of claims since 1950.

Mrs. Palmer was the second person to receive the excellence award, presented for exemplary leadership in fostering high morale among employees and maintaining outstanding service to regional components of SSA.

She also received a high quality pay increase in 1972.

As a climax to the officially-proclaimed Volunteer week, a reception and program was held in the main auditorium in Woodlawn, Fri., Feb. 16 in honor of VOSSA members who are unselfishly giving their services in institutions, hospitals and community projects.

It was Valentine's Day and Joe Jenson decided to brighten it for all of his female co-workers in the coverage adjudication section.

Social Security Foot Note: Contact your local Social Security office for — Estimating your Social Security Retirement Check".

Send News Items c/o WOODLAWN HIGHLIGHTS P. O. Box 785 BALTIMORE, MD. 21203, Mrs. Marjorie R. Green Home 448-1399 Office 594-1050

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FROM NEW YORK
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MIAMI—DISNEYLAND—NASSAU
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JULY 24TH TO AUG. 3RD
ACAPULCO, MEXICO
8 DAYS, 7 NIGHTS
JULY 30TH—AUG. 6TH
HOLIDAY IN SPAIN
ON THE COSTA DEL SOL
AUG. 11TH—AUG. 19TH
8-DAY CALIFORNIA VACATION
4 NITES SAN FRANCISCO
3 NITES LOS ANGELES
AUG. 11TH—AUG. 18TH
8-DAY SAN JUAN VACATION
GATEWAY TO THE CARIBBEAN
AUG. 11TH—AUG. 18TH
JAMAICA PLAYBOY CLUB HOTEL
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MAULDIN-PERRY — Ralph L. 37, 4147 Audrey; Sally M. 40.

WILLIG-CULOTTA — Bruce J. 23, 212 Riverthorn; JoAnn, 22, 3201 Hamilton.

WATSON-BROWN — Dennis L., 27, 5827 Western; Georgette P. 23.

POWELL-WINGFIELD — Jerome, 19, 931 N. Broadway; Shirley A. 16, 706 S. Sharp.

ROSE-JONES — Darnley O. 53 903 S. Aiden; Jeanette A. 51, 3314 Carlisle.

SMITH-SPIVEY — Gilbert D. 34, 3918 Wabash; Gloria, 29.

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HOOD-SMITH — Jefferson D. 23, 4131 Mariban; Margaret E. 51.

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SCHOMANN-ENSOR — Edwin A., 46, 1321 W. 41st; Hazel T. 45, 3817 Hickory.

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Food clips

Why not get your vitamin C via a citrus fruit or juice, as melon or strawberries at breakfast? Grapefruit, orange, lemon and tangerine, cantaloup, guava, honeydew melon or mango — any one will do fine, according to U.S. Department of Agriculture home economists.

Looking for less expensive kinds of foods? Try chicken instead of beef rib roast, nonfat dry milk instead of fresh milk, carrots instead of broccoli, and bread instead of seeded rolls.

* * *

Yogurt, ice cream, and ice milk can replace milk in diets — but at added cost. An example might be — one cup of ice cream may cost three times as much as the ½ cup of milk it replaces.

* * *

Limit your purchases of perishable foods — even at bargain prices —to amounts that can be used while they are still good.

* * *

Don't be penny wise and pound foolish — remember to select parboiled or enriched rice instead of white milled rice — it costs a little more but the parboiled or enriched rice is more nutritious.

When making up, keep eyes right

NEW YORK (UPI) — "The eyes have it" is a fine slogan. When adding makeup and other things of a beautifying nature, caution is the watchword for eyes' sake. That's one time you don't want eyes to "have it."

Dr. Alden N. Haffner, consultant to the Society for Visual Care and executive director of the Optometric Center of New York, says the morning and evening rush hours before the mirror are primary danger occasions. Aerosols are used hurriedly, misdirected into the eyes instead of to the hair or body.

"One way to minimize this type of accident, "Dr. Haffner said, "is to dab bright red nail polish on the jet side of the nozzle—enabling you to tell at a glance where the spray will emerge."

A full-force hair or perfume aerosol spray misaimed into your eyes can cause temporary redness and discomfort. It can also give the impression that you have either chronic hay fever or, worse, have been weeping.

Should hairspray get into the eyes, do not rub. Simply wash the eyes with warm water. If soreness persists, see your eye doctor.

Now as for those things worn on the eyes, as Dr. Haffner referred to eye make-up, here's the report:

When particles fall into the eye they are carried by the tears to the inner corner. When inner corners get filled with makeup particles, usually mixed with mucus, the tear ducts may be predisposed to infections.

Dr. Haffner isn't high on eye shadow or mascara that cakes. The caking may flake off and flick into the eye or become lodged underneath contact lenses and set up an irritation.

"False eyelashes can present hazards, too." Dr. Haffner said. "Watch possible lid irritation from glue used to stick on lashes. If you wear glasses, trim lashes so they don't brush against the lenses.

"This not only is uncomfortable but the lashes can spread a film over lenses that impairs vision."

For removing eye makeup, Dr. Haffner recommends an inert oil, such as plain mineral oil.

Helping and hopeful

NEW YORK (UPI) — Rehabilitation centers are institutional type facilities bringing together a host of helpful special services for the disabled.

The assistance includes medical, vocational, psychological, placement, social and other services needed to plan and carry out a program of rehabilitation.

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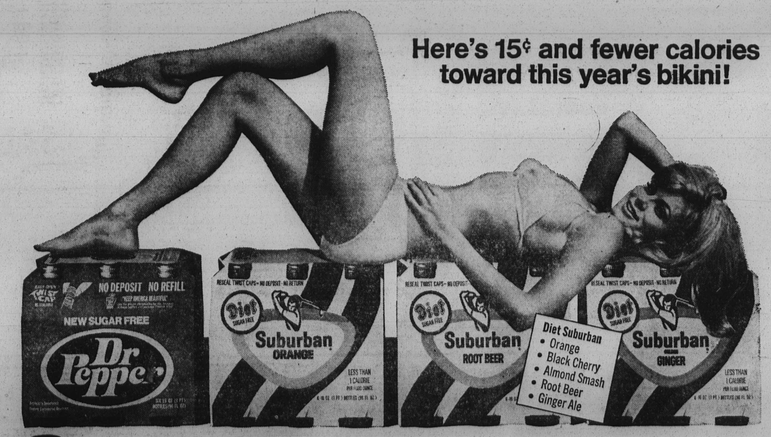

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