WEEK'S BEST BUYS

Fish and seafood termed good buys

There are some two hundred forty varieties of fish and seafood sold in fresh, frozen and canned forms.

Most people are familiar with less than ten species. Become acquainted with new ones and serve a fish treat at least once a week, says Virginia McLuckie, Food Economist, Baltimore Office, Department of Markets, University of Maryland.

You have a choice of buying fish whole, drawn, dressed, or as steaks or fillets. The edible portion varies with the market form and the species of fish.

Generally, a whole fish is about one half edible, dressed fish two thirds edible and steaks and fillets from 85 to 100 per cent edible.

This will guide you in deciding upon the number of servings from the fish and a guide for cost per serving.

• • •

Your selection of fish may be made from either fresh or frozen forms. The odor of fish should be fresh and mild. When fish is fresh the flesh is firm and elastic and not separating from the bones.

The scales should adhere firmly and the skin should be shiny, with the color bright and unfaded.

The eye should be clear, bright and full. If the whole or dressed fish you select has been frozen, then thawed in the retail market, it should be used within twenty four hours after thawing and not refrozen.

• •

There are many selections of whole fish but you should ask the dealer if you do not recognize the particular fish. This month the Plentiful Foods Program has a fish on the list that is underutilized, however the grey sea trout is a fish that can be caught in sizes from one to ten pounds.

The identification is fairly easy because it is a long slender fish about four times as long as it is deep and only slightly flat sidewise.

It is marked above the distinct, slightly arched lateral line with many small black, dark green or bronze spots which are vaguely outlined and for irregular lines. The lower surface is white to silvery.

The small sizes of the grey sea trout are ideal for pan frying or they can be split and broiled. Larger sea trout are filleted and sold fresh or in one or two pound frozen packs. This is a mild flavored fish that you will find priced attractively.

• • •

Maryland's state fish is the rockfish or striped bass. This fish needs no introduction to most families.

The catch is abundant and there are all sizes available from pan size of one to one and a half pounds up to five pounds.

If you get a large fish to bake, leave the head on while baking so the juices are contained in the fish and it is easier to handle.

If you wish, remove the head after baking or before serving.

We are just starting to get Chesapeake shad in the markets. The prices for buck shad are low and it is possible to buy shad fillets with the bones or boneless. The skill of boning shad can be learned by a delft cook with a sharp thin knife. Because of the shad's small hair like bones, many people try to bake the fish in foil with some vinegar added to the liquid to dissolve bones.

This is never quite satisfactory as long hours of baking even at low temperature overcooks the flesh and usually results in loss of flavor. Shad is a fat fish that belongs to the herring family.

• •

Serve a wedge of lemon with fish as a garnish and to enhance flavor when squeezed over the cooked portion you serve. A lemon dessert is always a nice addition after a fish meal.

FRIED PAN-DRESSED FISH

Three pounds pan-dressed fish, fresh or frozen, one-fourth cup milk, one egg, beaten, one teaspoon salt, dash pepper, one and one-half cups dry bread, cereal or cracker crumbs, fat for frying.

Thaw frozen fish. Clean, wash and dry fish. Combine milk, egg, salt and pepper. Dip fish in milk and roll in crumb. Place fish in a single layer in hot fat, in a 10-inch fry pan. Fry at a moderate heat for 4 to 5 minutes or until brown. Turn caretully. Fry 4 to 5 minutes longer or until fish are brown and flake easily when tested with a fork. Drain on absorbent paper. Makes 6 servings.

Hard shell clams come in three sizes: Chowder, Cherrystones and Little Necks.

c c *

Hard shell clams are available from the Chesapeake Bay year-round.

• • •

Cherrystone and Little Neck clams are served best on the halfshell.

• • •

Pasteurized crab meat is a special method of subjecting fresh crab meat to a heat process that prevents spoilage.

• • •

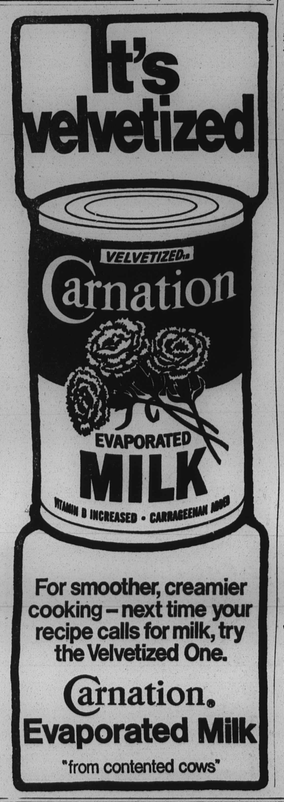
Pasteurized crab meat cas be stored up to six months at a temperature of 33 degrees to 35 degrees F.

• • •

There are more than 32 commercial species of fin fish harvested in the Chesapeake Bay.

SPECIALS
MEAT SPECIALS
April 6th to 12th.
SMOKED PICNIC HAMS lb. 59¢
CHITLINGS 10 lb. pail $3.69
CROWN FOODS
Harford & Preston Sts.

It's velvetized



For smoother, creamier cooking – next time your recipe calls for milk, try the Velvetized One.
Carnation Evaporated Milk
"from contented cows"

CUSTOM BUILT KITCHENS
by Suburban
Direct From manufacturer to you.
SAVE! No middle man or distributor.
We specialize in Custom Built Kitchen Cabinets and Counter tops.
"Lifetime of beauty. Maintenance FREE"
Satisfaction Guaranteed.
Call for FREE LAYOUT and ESTIMATE.
New Concept In Design and Colors.
VISIT OUR SHOWROOM
CUSTOM KITCHEN CABINETS
by Suburban
2128 Madison Avenue 225-0383
(South of North Ave.—4 blks. West of Jones Falls Expressway)

• 2700 WEST COLD SPRING LANE • 20 S. HILTON STREET • 3805 LIBERTY HEIGHTS AVENUE • 3420 CLIFTON AVENUE • 4713 GWYNN OAK AVENUE • BALTIMORE STREET AND FREMONT AVENUE

WE ACCEPT U.S.D.A. FOOD STAMPS

Plenty of FREE PARKING AT ALL STORES • WHY PAY MORE?

Store Hours: Open Daily 9 A.M. to 9 P.M.

FOOD-A-RAMA

PRICES EFFECTIVE FROM TUESDAY, APR. 3 THRU SUNDAY, APR. 8, 1973.

Coupon Bonanza!
NESCAFE INSTANT COFFEE 10-oz. jar $1.09 — With This Coupon. Good Only At Food-A-Rama Mkts. Offer Expires Sunday, April 8th, 1973.
AJAX LAUNDRY DETERGENT Family size $1.99 — With This Coupon. Good Only At Food-A-Rama Mkts. Offer Expires Sunday, April 8th, 1973.
BOLD DETERGENT giant size 69¢ — With This Coupon. Good Only At Food-A-Rama Mkts. Offer Expires Sunday, April 8th, 1973.
CASHMERE BATH TISSUE 4 rolls 29¢ — With This Coupon. Good Only At Food-A-Rama Mkts. Offer Expires Sunday, April 8th, 1973.
BOUNTY PAPER TOWELS jumbo rolls 3-89¢ — With This Coupon. Good Only At Food-A-Rama Mkts. Offer Expires Sunday, April 8th, 1973.
CHARMIN TOILET TISSUE 4 rolls reg. size 35¢ — With This Coupon. Good Only At Food-A-Rama Mkts. Offer Expires Sunday, April 8th, 1973.
LIQUID PALMOLIVE 8-oz. size 49¢ — With This Coupon. Good Only At Food-A-Rama Mkts. Offer Expires Sunday, April 8th, 1973.

CYPRESS SLICED BACON lb. pkg. 79¢
ESSKAY'S BREAKFAST LINKS 8-oz. pkg. 59¢
ESSKAY'S EARLY JOY SLICED BACON lb. pkg. 89¢
GOETZE'S Breakfast Sausage 2 lb. pkg. $1.49

DELICATESSEN DEPT. MILFORD AND GWYNNBROOK STORES ONLY
ESSKAY'S BOLOGNA ½ lb. 59¢
ESSKAY'S ASSTD. PICKLE LOAF ½ lb. 69¢
SPICED ASSTD. LUNCHEON ½ lb. 69¢
ESSKAY'S SWEET KORN SLICED BACON 1-lb. pkg. 99¢
ESSKAY'S SCRAPPLE 2 lb. pkg. 89¢
Fully Cooked Mash's Hams WHOLE or SHANK HALF lb. 89¢
CENTER CUT HAM SLICES $1.29 lb.

EVERYDAY LOW PRICES
Esskay's Lean, Meaty Neck Bones 39¢ lb.
Plump, Meaty Signal Franks 1-lb. pkg. 79¢
Goetze's Var. Pack Cold Cuts Bologna, Pickle Loaf, Spiced Luncheon 8-oz. pkg. 59¢
Frionor Breaded Haddock Steaks 12-oz. pkg. 89¢
Frionor Fresh Frozen Codfish Sticks 30-oz. pkg. 89¢

EVERYDAY LOW PRICES
KOUNTY KIST SWEET PEAS 5 cans 1
FRUIT COCKTAIL 3 cans 1
DEL MONTE DRINKS ASSORTED 3 drinks 89¢
HUNT'S SNACK PACK DICED CELERY OR POTATO SALADS 3 cups 15¢
PORK & BEANS 3 cans 25¢
MOR-VALUE MAYONNAISE QUART JAR 59¢
ELBOW MACARONI 2-lb. pkg. 25¢
CRISCO SHORTENING 3 lb. can 93¢
CRANBERRY SAUCE HOLIDAY STYLE 2 full lb. cans 49¢

EVERYDAY LOW PRICES
CAMAY SOAP 3 bars 45¢
A-1 BLEACH PINES OF AUSTRIA gallon 39¢
AIR FRESHENER FLORIDA 8-oz. size 39¢

EVERYDAY LOW PRICES
MIX 'EM or MATCH 'EM
• DEL MONTE CORN WHOLE GRAIN
• CUT GREEN BEANS HIGH VALUE
• MOR VALUE SWEET PEAS
• MOR VALUE CORN WHOLE GRAIN
• APPLE SAUCE OUR VARIETIES
"Your Choice" 5 303 cans for $1

FOR DISHES 22 OZ. BTL. LIQUID IVORY 49¢ 10¢ OFF!

Open Sundays!

KING SIZE TIDE DETERGENT $1.29

EVERYDAY LOW PRICES
Concentrated All 49-oz. pkg. 69¢
Hanover Pork-N-Beans 6-oz. cans 6-$1
Totem Trash Bags 10 count pkg. 49¢
Kraft's Pure Grape Jelly 18-oz. jar 39¢
All Purpose Cleaner Top Job 22-oz. bottle 59¢

PET MILK tall cans 4-77¢
PEANUT BUTTER 1-lb. jar 59¢

why pay more?

HEALTH & BEAUTY AIDS
JUMBO SOUP POTS $2.99
NABISCO Vista Crackers 39¢

★ DAIRY SPECIALS ★
Pillsbury Biscuits 4 cans 39¢
American Cheese Gardner's Sliced 99¢
BANQUET DINNERS Chicken, Turkey, Salisbury Steak 3 reg. pkgs. $1

Plenty of FREE PARKING AT ALL STORES
WHY PAY MORE
HANOVER MIXED VEGETABLES, CUT GREEN BEANS or SWEET PEAS YOUR CHOICE 39¢
BANQUET SUPPERS 2-89¢
ASSORTED VARIETIES BANQUET COOKIN' BAGS 4-89¢
2701 W. Cold Spring Lane
3420 Clifton Ave.
5431 Reisterstown Rd.
3805 Liberty Hgts. Ave.
WE ACCEPT U.S.D.A. FOOD COUPONS
WE CASH GOVT. WELFARE & PAYROLL CHECKS WITH PROPER IDENTIFICATION

★ PRODUCE SPECIALS ★
STAYMAN APPLES EXTRA FANCY 3 lb. 69¢
GOLDEN RIPE BANANAS 2 lb. 29¢

eighty-second anniversary
2nd BIG WEEK!
Dollar Sale!

If you don't think a dollar goes very far today, take a look at what your dollar will buy this week at Acme & Super Saver! Now, during our 82nd Anniversary Dollar Sale, we've put together all kinds of special bargains...and you can put together some meaningful Savings...that's why you're going to like it here!

ACME You're going to like it here! SUPER SAVER

Prices effective through Saturday, April 7, 1973. Quantity Rights Reserved. If an advertised item is unavailable at the time you are shopping, please request a Raincheck.

DOLLAR SALE DIVIDEND...DELICIOUS Ideal Blue Band Peas 5 1-lb., 1-oz. cans $1
WHOLE KERNEL OR CREAM STYLE Golden Ideal Corn 5 1-lb. cans $1
DOLLAR SALE DIVIDEND...KRAFT Macaroni and Cheese 5 7-oz. pkgs. $1
DOLLAR SALE DIVIDEND...TASTY Ideal Pork and Beans 7 1-lb. cans $1
ALL DELICIOUS FLAVORS...NUTRITIOUS Hi-C Fruit Drinks 3 1-qt., 14-oz. cans $1
DOLLAR SALE DIVIDEND...CUT Farmdale Green Beans 5 15-oz. cans $1

Ideal Cookies ASSORTED FLAVORS 3 pkgs. $1
Ideal Applesauce 5 1-lb. cans $1
Ideal Tomato Puree 5 15-oz. cans $1
Geisha Pineapple SLICED OR CRUSHED 4 1¼-lb. cans $1
Ideal Kidney Beans 6 15-oz. cans $1
Tiny Thin Pretzels ACME 2 1-lb. pkgs. $1
Ideal Tomato Soup 10 10½-oz. cans $1
Ideal Stuffed Olives MANZANILLA 3 3-oz. jars $1
Blue Bonnet Margarine 3 1-lb. qrts. $1
Ideal Soft Margarine 3 1-lb. bowls $1
Niblets Corn GREEN GIANT, FROZEN WHOLE KERNEL 3 10-oz. pkgs. $1
Homestyle Bread OLD FASHIONED FRESH BAKED 3 8-oz. $1 loaves
Brown N' Serve Rolls 3 pkgs. of 12 $1

SUPER SAVINGS ON FRESH FRUITS & VEGETABLES!

INDIAN RIVER, PINK OR WHITE Seedless Grapefruit 8 40-size for only $1
SUPER SAVINGS!...FIRM, RED Vine-Ripened Tomatoes lb. 39¢
NEW FLORIDA Pascal Celery 2 large stalks 49¢
NEW FLORIDA Yellow Corn 5 ears 69¢
FRESH, CRISP Salad or Slaw Mix 2 10-oz. pkgs. 69¢
NEW, FLORIDA, U.S. #1, A-SIZE Red Potatoes 5 lb. bag 89¢
CRISP AND TANGY Red Radishes 3 8-oz. pkgs 29¢
SUPER SAVINGS ON FRESH Green Onions 3 bchs. 29¢

LANCASTER BRAND QUALITY AT A PRICE CENTER CUT RIB ROAST lb. $1.08 1st Cuts Slightly Higher
TENDER QUARTERED PORK LOINS SLICED 9-11 CHOPS AVG. lb. 85¢
Delmonico Steaks LANCASTER BRAND lb. $2.19

LENTEN SEAFOOD FAVORITES!
HEAT & EAT FULLY COOKED FLOUNDER OR INDIVIDUALLY QUICK FROZEN Haddock Fillets lb. 97¢
Dressed Croakers lb. 59¢
HEAT & EAT FULLY COOKED FISH STICKS OR Perch Fillets lb. 79¢
HEAT & EAT FULLY COOKED Fish Cakes lb. 69¢
HEAT & EAT FULLY COOKED Cooked Shrimp lb. $1.99
FRESHLY SHUCKED Oysters Standards $1.39 Selects $1.49 12-oz. can
GORTON FANTAIL STYLE Breaded Shrimp 1-lb. pkg. $1.99
PEELED AND DEVEINED Brilliant Shrimp 8-oz. pkg. $1.19
INDIVIDUALLY QUICK FROZEN Flounder Fillet lb. $1.29
INDIVIDUALLY QUICK FROZEN Dressed Porgies lb. 79¢

SUPER SAVINGS EVERYDAY!
FANCY FROZEN, LEAN & MEATY Spare Ribs lb. 88¢
DELICIOUS KIELBASSE Polish Sausage lb. 88¢
FARMDALE BRAND, DELICIOUS Sliced Bologna 1-lb. pkg. 89¢
MILD OR HOT, GWALTNEY Pork Sausage 1-lb. pkg. 89¢
DELICIOUS ESSKAY BRAND Rope Sausage lb. $1.08
ESSKAY, BREAKFAST STYLE Sausage Links lb. $1.18

IN OUR SERVICE DELI!
SLICED TO ORDER, ESSKAY Chicken Roll ½-lb. 75¢
LEAN AND DELICIOUS VIRGINIA Baked Ham ¼-lb. 69¢
DELICIOUS MEDIUM RARE Cooked Beef ¼-lb. 69¢

SUPER SAVINGS IN DAIRYLAND!
PURE WHIPPED CREAM Reddi-Wip 7-oz. can 59¢
DELICIOUS BALLARD ORANGE Danish Rolls 9½-oz. can 29¢
DELICIOUS BALLARD Cinnamon Rolls 9½-oz. can 29¢
CHEF'S DELIGHT INVITATION AMERICAN Cheese Spread 2-lb. loaf 83¢

SUPER SAVING BAKERY!
WHOLE, CRACKED OR 100% WHOLE Wheat Bread 2 1-lb. loaves 73¢
FRESH BAKED, DELICIOUS Cloverleaf Rolls 2 pkgs. of 12 79¢
FRESH BAKED, ICED Cinnamon Buns pkg. of 9 49¢
FRESH BAKED, DELICIOUS Apple Buns pkg. of 6 45¢

YELLOW, CHOC., FUDGE OR GERMAN CHOC. Pillsbury Cake Mixes 1-lb., 2½ oz. pkg. 43¢
108 WHITE OR YELLOW Stack Pack Cheese Slices SUPER D 3-lb. pkg. $2.19 SAVE 40¢
A BREAKFAST TREAT, FROZEN Aunt Jemima Waffles 9-oz. pkg. 39¢
JOHNSON & JOHNSON Baby Shampoo 1-pt. btl. $1.79

SNACKTIME FAVORITE, DELUXE Celeste Pizza 1-lb., 10-oz. pkg. $1.79
DELICIOUS BIRDS EYE Cool Whip 4½-oz. cup 29¢
REFRESHING BRIGHT ORANGE TASTE! Bright & Early 12-oz. can 29¢
QUALITY IDEAL BRAND Orange Juice 12-oz. can 35¢
DELICIOUS NORTON Honey Buns 9-oz. pkg. 33¢
BIRDS EYE FOREHOOK Lima Beans 10-oz. pkg. 29¢
SUPER SAVINGS ON SKYLINE Rubbing Alcohol 1-pt. btl. 19¢
NOTHING WORKS BETTER THAN Bayer Aspirin btl. of 100 69¢
FAST STOMACH RELIEF Alka-Seltzer pkg. of 25 53¢
SOOTHING, WARMING, ORIGINAL Ben Gay Rub 1¼-oz. tube 89¢
KIT CAR CLEANER & WAX (12-oz.) OR Turtle Wax 18-oz. size $1.49
SUPER SAVINGS ON RALLY Vinyl Top Wax 1-pt. $1.09 size

SINGER SEWING SERIES
This Week: Vols. 17 & 18 How to Make Diapers How to Make Slipcovers
29¢ each
The 14-volume Singer Sewing Series offers a complete guide to sewing with all the newest professional sewing methods, easily plainly described and clearly illustrated.

Hudson Conserve 2-Ply Towels roll of 121 37¢
Snow's New England Clam Chowder 15-oz. can 37¢
Realemon Lemon Juice 8-oz. btl. 24¢ 1-pt. btl. 39¢
Chase & Sanborn Instant Coffee 10-oz. jar $1.55
Royal Cheese Cake Mix 11-oz. pkg. 49¢
Planter's Peanut Oil 1½-pt. btl. 79¢
Johnson's Regard 14-oz. can $1.77
Kelly Cracker Potato Buds 10½-oz. pkg. 71¢

Gleem Tooth Paste 24¢ OFF! (TWIN PACK) 2 5-oz. tubes 99¢
Nabisco Cookies BUTTER FLAVOR RINGS, 12½-oz. LEMON JUNGLES, 12-oz. COCOANUT BARS, 11-oz. SUGAR RINGS, 12½-oz. CHOC. SUGAR RINGS, 12-oz. VANILLA WAFERS, 12-oz. 2 pkgs. 69¢
Pillsbury Flour 5-lb. bag 64¢
Keebler Cookies DELUXE GRAHAMS 13½-oz. FUDGE STRIPES 12½-oz. PITTER PATTER 16-oz. CHOC. CHIP HIGGS 14½-oz. pkg. 51¢
TASTER'S CHOICE DECAFFEINATED COFFEE 2-oz. jar 79¢
M.B.T. Instant Broth BEEF OR CHICKEN pkg. or qt. 27¢

18 TO 22 POUND AVERAGE, SELF-BASTING
BUTTERBALL TURKEYS
SWIFT'S PREMIUM lb. 57¢
Turkey Roast FINNEO-pkg. MIXED 2-lb. $2.48 ALL WHITE 2-lb. $2.88
7-in Cut Rib Steaks lb. $1.19
Country Ham WILLIAMSBURG DRY CURED SLICES 12-oz. pkg. $1.69
QUICK & EASY TO FIX FROZEN MEAT VALUES!
Meat Pies FARMDALE BEEF, TURKEY OR CHICKEN 5 8-oz. pkgs. 95¢
Frozen Dinners LANCASTER BRAND CHICKEN, MEAT LOAF SALISBURY OR SIRLOIN pkg. 39¢
Veal Parmagiana LANCASTER BRAND pkg. 2-lb. $1.19
Beef Patties TABLE TREAT pkg. 2½-lb. $2.69

SAVE 10¢ WITH THIS COUPON (MFG-6) Chase & Sanborn ALL GRINDS OF COFFEE 1-lb. can 87¢ Limit: one per family, please. Offer expires April 7, 1973.
SAVE 20¢ WITH THIS COUPON (MFG-6) Prell Shampoo LUXURIOUS, CONCENTRATED 3-oz. tube 59¢ Limit: one per family, please. Offer expires April 7, 1973.
SAVE 20¢ WITH THIS COUPON (CO) ON YOUR PURCHASE OF A 1-POUND PACKAGE OF FIRESIDE OR LANCASTER BRAND Sliced Bacon Limit: one per family, please. Offer expires April 7, 1973.
SAVE 25¢ WITH THIS COUPON (CO) ON YOUR PURCHASE OF $2.50 OR MORE FROM OUR WIDE SELECTION OF Garden Supplies Limit: one per family, please. Offer expires April 7, 1973.
SAVE 6¢ WITH THIS COUPON (MFG-6) Personal Size Ivory 4 bars 25¢ Limit: one per family, please. Offer expires April 7, 1973.
SAVE 18¢ WITH THIS COUPON (MFG-6) Biz Pre-Soak 1-lb., 9-oz. pkg. 59¢ Limit: one per family, please. Offer expires April 7, 1973.
SAVE $1.00 WITH THIS COUPON (MFG-6) Ajax Detergent 10-lb., 11-oz. pkg. $1.97 Limit: one per family, please. Offer expires April 7, 1973.