BIG VALU FOOD CENTERS

PRICES EFFECTIVE THRU JUNE 23, 1973—QUANTITY RIGHTS RESERVED AT

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Open SUN. 9 am 'til 4 pm

OPEN MON. THRU-SAT. 7 am 'til 11 pm

JUBILEE ENRICHED WHITE BREAD 1-lb. 4 oz. Loaf 29¢

GAYLORD Ice Cream ½ GALLON CONT. 39¢

Rock Cornish Game Hens lb. 59¢

Boneless Chuck Steaks U.S. CHOICE BEEF $1.39 lb.

Lean Bacon in the Piece lb. 79¢

Gwaltney Sliced Bacon 1 lb. Pkg. $1.19

Lean Beef Cubes U.S. Choice (FROM CHUCK) $1.39 lb.

U.S. Choice Cube Steaks (from Chuck) $1.69 lb.

Goetze Liverwurst in the Piece lb. 79¢

Nittany Smoked Sausage HOT or MILD 2 lb. Pkg. $1.79

Goetze Asst. Lunch Meats Bologna & P&P Loaf 6 oz. Pkg. 49¢

Mr. Boston Fish Sticks or Cakes 2-lb. Pkg. 99¢

Esskay Sliced Bacon 1-lb. Pkg. $1.39

Esskay Frank-Furters 1-lb. Pkg. $1.19

Crown Wafer Beef Steaks 14-oz. Pkg. $1.69

Armour All Meat Bologna or Pickle Loaf 12-oz. Pkg. 89¢

Oscar Mayer Bologna All Meat or All Beef 8-oz. Pkg. 69¢

LIMIT (1) PER SHOPPING FAMILY—OFFER EXPIRES SATURDAY, JUNE 23, 1973

WITH THE PURCHASE OF 500 SWEET-N-LOW SUGAR SUBSTITUTE (1-lb. 11½-oz.) 30¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

WITH THE PURCHASE OF 1-lb. Can YUBAN COFFEE ALL GRIND (#1264-4) 25¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

TWO BOXES LADY SCOTT FACIAL TISSUES 200 SHEETS—2 PLY 12¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

WITH THE PURCHASE OF BOX OF 40 KOTEX REG. OR SUPER SANITARY NAPKINS 40¢ off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

WITH THE PURCHASE OF 2 PKGS. OF 2 LADY SCOTT TOILET TISSUE 500 SHEET ROLLS—2 PLY 10¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

WITH THE PURCHASE OF 4-OZ. TETLEY INSTANT TEA with Lemon 20¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

WITH THE PURCHASE OF 10-oz. jar MAXWELL HOUSE INSTANT COFFEE 50¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

WITH PURCHASE OF 2-OZ. JAR NESTEA INSTANT 100% PURE TEA 20¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

WITH THE PURCHASE OF CLOROX 2 DRY BLEACH 2-LB., 8-OZ. BOX 10¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

5-lb. 4-oz. king box GAIN DETERGENT PRICE WITH COUPON 1.19 30¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

WITH THE PURCHASE OF 1-LB., 4-OZ. KOOL POPS 16 IN PKG. (#1231-4) 10¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

SAFEGUARD PINK OR WHITE DEODORANT SOAP PRICE WITH COUPON 40¢ 26¢ Off — WITH THIS COUPON ONLY VALID JUNE 20 THRU JUNE 23.

Fresh Jubilee—1 lb. 6 oz. Cherry Pie ..... 49¢

Gaylord—Frozen Cut Green Beans 9 oz. Pkg. 23¢

Gaylord Frozen Cut Corn ..... 10 oz. Pkg. 20¢

Gaylord Tomato CATSUP ..... 14 oz. Btl. 23¢

Elna—1 lb. Can TOMATOES ..... 24¢

Gaylord—1 lb. Can Sweet Peas .... 19¢

FRESH PRODUCE DAILY!

Green Beans FRESH CRISP 29¢ lb.

NECTARINES RIPE SWEET 39¢ lb.

Red Bliss POTATOES ..... 23¢ lb.

Calif. Sweet Red Onions ..... 29¢ lb.

Luscious Pineapples ..... 49¢ ea.

Marriages

WOODSON-McINTYRE — Benjamin, 53, 1237 Patterson; Elsie E. 48, 926 McDonogh.

BROWN-SCURRY — Dennis, 21, 54 Seversky; Toya D., 18, 1829 N. Washington.

WOODS-STEWART — Fred E., 31, 830 Exeter; Bernice, 26.

WAGNER-HETZEL — Robert C., 32, 42 S. Fulton; Arlene C., 17, 702 S. Brice.

CROUSE-HESTER — Douglas N., 19, 5515 Hillen; Robin J., 18, 3003 Wayne.

CABEZAS-CUMMINGS — Francisco A., 33, 1154 Monroe; Jeannette A., 39, 3812 Fairhaven.

CANNON-BAINES — Calvin J., 21, 802 W. Lexington; Evon, 21, 117 Albermarle.

JOHNSON-SNEAD — Barry T., 23, 30 E. Preston; Peggy L., 24, 2350 McCulloh.

FERRARA-DIAL — James, 19, 920 Princeton; Arlene L., 17, 1609 Cherry.

MACMINN-McKENZIE — Charles C., 61, 2900 E. Baltimore; Beverly A., 31, 5302 Knole.

McNEELY-LOWRY — Joseph B., 28, 811 S. Bond; Isabella E., 30, 1530 Lancaster.

MORSELL-WISNIEWOSKI — James R., 45, 119 W. Clement; Geraldine, 31, 1176 Cleveland.

MOODY-SHIELDS — Ronald, 27, 1538 Pentwood; Loretta L., 34, 6500 Mt. Vernon.

McQUEEN-GRAYSON — Howard L., 38, 817 N. Gilmor; Ruth, 48.

WALTER-LEHEW — Norman V., 26, 3228 O'Donnell; Elaine 35, 163 N. Decker.

BRUNNER-HARRISON — Robert B., 25, 1206 N. Calvert; Nancy B., 24, 209 Chauncey.

BROWN-MOORE — Jimmie, 31, 2306 Winchester; Shirley, 27.

IPSE-BROWN — Winfer E., 25, 3514 N. Calvert; Connie, 32, 2901 Clifton.

JONES-ALMOND — John F., 42, 922 N. Kenwood; Charlie M., 41, 1206 Young.

GOODY-CELANO — Norman L., 43, 307 Durham; Theresa, 46, 303 Durham.

JOHNSON-RAWLINGS — Arthur W., 32, 4720 Wakefield; Brenda J., 29, 2413 Terra Firma.

LINER-BASHOFF — Jay L., 25, 101 Cross Keys; Anne 25.

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COMPOSER OF MUSIC—Mrs. Phyllis Quickley will have a recital on Sunday, 8 p.m. at St. Francis Xavier Church. Music and poems that will be presented in the recital were composed by Mrs. Quickley.

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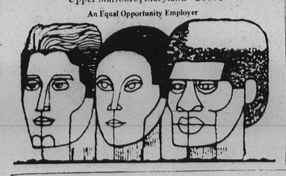

Pot pourri

Bananas in Abundance Chicken is Cheap

During this time of the year informal parties seem to get more popular than ever on the spur-of-the moment when friends decide to drop in unexpectedly. But even these gatherings take some advance kitchen preparation and the trick is to keep the work to a minimum and still serve appetizing, interesting party-specials.

in West Africa, chicken is usually the meat chosen to honor guests.

In looking over the rising food prices this year the use of chicken doesen't seem to be a bad idea and since bananas are in abundance this season, why not use these two factors to our advantage.

For a tasty as well as delightful meal that's just right for these summertime on-the-spot gatherings how about trying a combination of peanut oil, tomatoes, chicken and bananas in West African Chicken and Bananas dish.

WEST AFRICAN CHICKEN AND BANANAS

Two tablespoons peanut or other salad oil
One broiler-fryer chicken, cut in serving pieces
One-quarter cup chopped onion
Three tomatoes, peeled and cut in wedges
One green pepper, cut in strips
One and one-half teaspoons salt
One-quarter teaspoon pepper
One-quarter teaspoon dried leaf thyme
One-quarter teaspoon Tabsco pepper sauce
One cup peanut butter
One cup peanut butter
Two bananas

In large skillet, heat oil. Add chicken pieces and brown on all sides. Remove to 3-quart baking dish. Add onion to skillet and cook until tender. Stir in remaining ingredients, except bananas, mix well and pour over chicken. Cover and bake in 350 degee F. oven 55 minutes or until chicken is tender.

tender. Peel bananas and cut into diagonal slices; add to chicken. Bake 5 minutes longer. Makes 4 servings.

After this tasty meal serve for dessert, the Banana Custard Fool which shows a English influence, but has a different texture that is characteristically African. To put the icing on the cake — serve Groundnut Bread, another African favorite!

BANANA CUSTARD FOOL

You'll need 3 eggs, one-third cup sugar, one and one-half cups milk, two strips lemon rind, one teaspoon vanilla and six medium bananas. In top of double boiler, beat eggs and sugar. Stir in milk and add lemon rind. Place over boiling water and cook, stirring constantly, until mixture thickens.

Remove from heat and remove lemon rind. Stir in vanilla. Chill. Peel bananas and mash; stir in custard mixture. Chill. Serve in small cups, garnished with banana slices. Yield: eight servings.

GROUNDNUT BREAD

Preheat oven to 350 degrees F. Grease 9½ inch loaf pan. Sift together two cups presifted flour, one-half cup sugar, three teaspoons baking powder and one teaspoon salt. Cut in three-quarter cup peanut butter. Beat one egg and one cup milk.

Add to other ingredients and stir until well blended. Turn batter into pan. Bake in pre-heated oven for one hour. (Optional — sprinkle top with three or four tablespoons chopped peanuts before baking).

ORIENTAL SPARERIBS

Three pounds spareribs, cut crosswise and then into individual ribs, two cups water, one-half cup soy sauce, divided; one teaspoon salt, one clove garlic, minced; two tablespoons brown sugar, one tablespoon cornstarch, one tablespoon sesame seeds, two tablespoons finely chopped scallions, one-fourth teaspoon ginger.

In a large saucepan or kettle mix together water, ¼ cup soy sauce, salt and garlic. Place ribs in liquid and bring to boil. Reduce heat, cover and cook over low heat 1 hour. Remove cover, bring to boil and cook 20 minutes longer.

Drain, reserving ¼ cup cooking liquid. Mix together remaining ¼ cup soy sauce, brown sugar, cornstarch, sesame seeds, scallions and ginger. Place spareribs and reserved cooking liquid in crepe pan or skillet set over Sterno flame.

Pour seasoned soy sauce mixture over ribs and cook, turning ribs often and spooning sauce over to glaze ribs until sauce is thickened and adheres to ribs, about 10 minutes. Keep warm in pan over Sterno flame. YIELD: 12 appetizer servings.

CHEESE AND OLIVE EMPANADAS

One and one-half cups shredded Cheddar cheese, one-fourth cup chopped pitted green olives, one tablespoon prepared mustard, one package (8 ounces) refrigerated crescent dinner rolls.

Mix together cheese, olives and mustard. Roll each two-triangle piece of crescent dough into a rectangle 5 x 6 inches. Cut in thirds to make 3 rectangles 5 x 2 inches each. Place 1 tablespoon cheese mixture in center of each rectangle and fold long edges over filling, pressing together to seal.

Pinch sides together to seal. Repeat with remaining dough and filling to make 12 empanadas. Place on ungreased baking sheet and bake in 375 degree F. oven 15 minutes, until golden. Keep warm in chafing dish set over low Sterno flame. YIELD: 12 empanadas.

HOT CHILI NUTS

One-fourth cup butter or margarine, one tablespoon chili powder, one-fourth teaspoon cayenne, three cups mixed unsalted nuts (walnuts, almonds, peanuts).

Melt butter in skillet or crepe pan over Sterno flame. Stir in chili powder and cayenne. Add mixed nuts, stirring to coat with chili butter. Cover and toast 10 minutes, stirring occasionally. Remove cover. Keep warm over low Sterno flame.

• READERS ARE invited to send in their favorite recipes to this writer who will print them in this section. It's free, just type or print to: Potpourri, c/o AFRO - AMERICAN NEWSPAPERS, P. O. Box 1857, Baltimore, Md., 21203.

Black Rock YMCA offers week-end fun

A camping weekend for Baltimore area families will be held over the June 30 weekend by the Black Rock Branch Family Outdoor YMCA.

Family activities will include pony rides and horseback riding, hiking, playground games, swimming and pot-bellied Olympics.

There will also be a teen party, fishing for youngsters, other games and worship services on Sunday.

Ten cabins will be rented at half-price. Tent sites and trailer sites are avaiable to rent for the weekend with a fee of $20 for families who are not members of the YMCA of the Greater Baltimore area. Fee is $15 for members of Dundalk, Howard county, Carrol county, Northeast, Towson, Central and Druid Hill YMCA branches. Black Rock YMCA full privilege members will be charged $10 for program activities, tent sites and trailer sites. The fee includes a Sunday pancake breakfast for all campers.

Black Rock Family Outdoor YMCA is located eight miles north of the Beltway on Stringtown road near Butler, (Md.). The facility roams across 180-acres of wooded hills and streams.

For more facts and reservations, call the Black Rock Family Outdoor YMCA, 472-4100.

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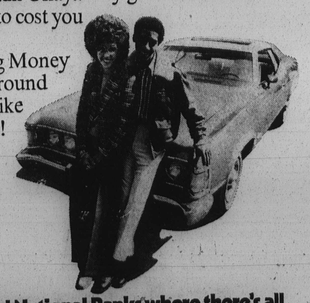

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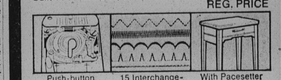

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We do recommend an oil change at least every 3000 miles or 3 months; but you should never exceed the automobile manufacturer's recommendation.

You should also read your owner's manual very carefully. Especially the fine print, which might reveal some exceptions according to your climate and driving practices.

If you still can't determine how often to change your oil, bring the manual and the car to your dealer. He changes a lot of oil in your area for people who probably have the same driving habits and type of automobile as yours.

Of course, we hope the dealer you bring your car to is a Gulf dealer. He'd be glad to help you learn about that, and anything else you'll like to know about your automobile.

You can also send your questions direct to Gulf Consumer Information, Box 1519-I, Houston Texas 77001.

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