OPEN SUNDAY 9 A.M.-4 P.M.

BIG VALU FOOD CENTERS

- 100 Ritchie Hwy.
- Mondawmin
- 825 Yale Ave.
- Erdman Ave. & Sinclair La.
- Merritt Blvd. & Wise Ave.
- 3801 Eastern Ave.
- Pulaski Mart
- Ritchie Mart

PRICES VALID THRU JUNE 30, '73 QUANT. RIGHTS RES.

Quality at a Price!

MED. SIZE GRADE "A"

Eggs ONE DOZ. . . . **55¢**

USDA CHOICE

Remember, it's the Quality you get for the Price that makes it a Bargain!

We only sell U. S. Choice Beef and Govt. Insp. Lamb, Poultry and Pork at Big Valu!

LEGS & BREASTS U.S. GOVT. INSP. GRADE "A" CHICKEN QUARTERS 55¢ lb.

CHUCK STEAKS U.S. CHOICE GRADE BEEF 85¢ lb.

FRANKFURTERS FOOD CLUB ALL MEAT 1 lb. Pkg. 89¢

MASH'S HAMS BUTT HALF OF HAM 89¢ lb. | WHOLE OR SHANK HALF 79¢ lb.

1 lb. Pkg. **Armour Star Sliced Bacon** $1.19
From Chuck—15 to 20 lbs. sold as is (Cryovac) **Whole 3-Corner Beef Roast** lb. $1.29
Armour Star—12 oz. Pkg. **All Meat Bologna Or Pickle Loaf** 89¢
12 oz. Pkg. **Oscar Mayer Smokie Links** $1.09

End and Center cut—9 to 11 per pkg. **¼ Loin Pork Chops** lb. 99¢
Country Style **Bar-B-Q Spare Ribs** lb. 99¢
Goetze **Big Daddy Frankfurters** 1 lb. Pkg. $1.09
All Varieties (3 oz. Pkg.) **Food Club Chipped Meats** 45¢

Lean **Cubed Veal Steaks** lb. $1.49
Brilliant—8 oz. Pkg. Cooked **Peeled & Deveined Shrimp** $1.05
Tasty **Rappa Scrapple** 2 lb. Pkg. 95¢
Esskay Bacon—1 lb. Pkg. $1.39 or **Esskay Frankfurters** 1 lb. Pkg. $1.19

Buttermilk White Bread JUBILEE 1 lb. 4 oz. 29¢

SLICED TO ORDER **Goetze Bar-B-Q Loaf** ½ lb. 79¢

Esskay Sliced Bacon 1 lb. PKG. $1.39

Save 10¢ Fresh **Jubilee Blueberry Pies** 1 lb. 6 oz. Pkg. 59¢
Save 10¢ Jubilee Fresh **French Lemon Pies** 1 lb. 6 oz. Pkg. 49¢
Jubilee Variety **Fresh Pound Cake Cuts** 1 lb. 6 oz. Pkg. 79¢

Paper Plates (plastic coated)
Fonda "Zodiac" 9-inch 80 IN PKG. 99¢
Topco Pastel 9-inch 100 IN PKG. 89¢

Styrofoam Hot Cups 9 oz. Size 51 in Pkg. 49¢
Spree Cold Cups 9 oz. Size 100 in Pkg. 75¢
Knives, Forks, Spoons Plastic—36 in Pkg. 49¢
Citronella Candle 4½" Jar 59¢
Charcoal Lighter—1 Gal. Barb-O-Lite 99¢
20 Lb. Bag Charcoal Long Burning Bar-B-Que Time $1.29

1 lb. 4 oz. PKG. **Kool Pops** 57¢
Food Club—QT. JAR **Kosher Dills** 55¢
GRADE 'A'—½ gal. CONT. **Orange Juice** 59¢
Food Club—3 oz. Box **Gelatin Dessert** 9¢
SAVE! 2 oz. TUBE **Coppertone Lotion** 79¢

MRS. FILBERT'S GOLDEN **Margarine** 34¢
DETERGENT **Rinso** 69¢
SAVE—5 oz. BTL. **A-1 Steak Sauce** 45¢
12 oz. CANS **Canada Dry Soda** 12¢
POUNCE 10 lb. bag **Cat Litter** 55¢

WASHINGTON **Cake Mix & Frosting Mix** EA. 14¢

Tender **Fresh Corn** An Ear 8¢

Fresh **Lemons** ea. 10¢

Cherry Tomatoes Pint 39¢

Boston (Head) **Lettuce** 25¢

Saving Coupon — 12¢ Off on your purchase of on purchase of 1-lb. can Maxwell House Coffee All Grinds. Limit (1) Per Shopping Family. Offer Expires Saturday, June 30, 1973

Saving Coupon — 20¢ Off on your purchase of on purchase of 1-qt. btl. Industrial Strength Liquid Drano No. DLDO. Limit (1) Per Shopping Family. Offer Expires Saturday, June 30, 1973

Saving Coupon — 15¢ Off on your purchase of on purchase of 1-lb. 8-oz. jar W/Lemon & Sugar Lipton Ice Tea Mix No. TJL-139. Limit (1) Per Shopping Family. Offer Expires Saturday, June 30, 1973

Saving Coupon — 15¢ Off on your purchase of on purchase of bag of 10's Tetley Ice Tea Mix (17.10 oz.). Limit (1) Per Shopping Family. Offer Expires Saturday, June 30, 1973

Saving Coupon — 5¢ Off on your purchase of on purchase of 1-lb. pkg. stick Blue Bonnet Margarine Cash Value 1/20 of 1¢ No. M-325. Limit (1) Per Shopping Family. Offer Expires Saturday, June 30, 1973

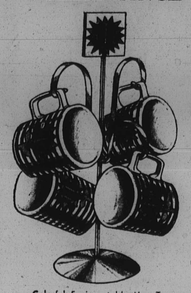
Saving Coupon — 25¢ Off on your purchase of on purchase of box of 100 Tenderleaf Tea Bags Cash Value 1/20 of 1¢ (8 oz.) No. TB-325. Limit (1) Per Shopping Family. Offer Expires Saturday, June 30, 1973

OPEN: MONDAY THRU SATURDAY—7 A.M.-11 P.M.—SUNDAY 9 A.M.-4 P.M.

212 W. LEXINGTON • TOWSON PLAZA • WESTVIEW • COLUMBIA EASTPOINT • REISTERSTOWN ROAD PLAZA • HARUNDALE HARFORD MALL • FREDERICK TOWNE MALL

TUERKES Leather Goods Handbags Luggage Gifts

CLEARANCE SALE



5 piece **MUG TREE** Reg. $6.00 NOW 3.49

Colorful 5 piece table Mug Tree . . . fine china decorated mugs with handcrafted chrome plated metal rack and decorative wood top.

Delivery charge of 75¢ on all purchases under $7.50

MAIL ORDERS FILLED or PHONE 792-7470

Week's Food Economics

Summer is the "getaway" time. Get a way to picnics, barbecues, beaches, mountains, and campsites. But don't try to get away with handling food carelessly, says Virginia McLuckie, Food Economist, Baltimore Office, Cooperative Extension Service, University of Maryland.

Know the rules of careful handling and follow them. The first rule is "keep food clean." When preparing food, wash your hands thoroughly and often. Keep insects and animals away from food.

Keep hot foods hot and cold foods cold, is the second rule. Bacteria that cause food poisoning develop and thrive at ordinary summertime temperatures, 50 to 120 degrees. The worst part is that food poisoning bacteria don't signal their presence. Contaminated food often neither smells bad nor has off-flavors. Food poisoning bacteria grow more easily in some foods than others. These include: all canned dishes, puddings, pie fillings or casseroles; all types of poultry, ham and fish; potato salad, poultry stuffings, gravies, and chopped food sandwiches such as egg or ham salad.

Safe food handling practices need not be either expensive or elaborate. Several thicknesses of newspaper and insulated containers help hold heat or cold. Heat or chill containers and insulated carriers as well as the food, then put the food in the carrier. Bags of ice cubes put into containers add an insurance for coldness. You may also fill empty milk cartons with water and freeze and add these to your carrier.

Save food preparation until last when going on an outing. Carry salad or sandwich ingredients in refrigerated containers and combine them at picnic area when it is eating time.

Use foods that are not likely to harbor food poisoning bacteria, even when not refrigerated. These include most summer fruits, citrus and the like. Pickles and pickled products are good travelers without refrigeration. Tomatoes and raw relishes like carrots and celery are also good keepers.

At the produce counter you will find an increasing number of fruit offerings. Watermelon, cantaloupe, nectarines, peaches, plums, cherries, blueberries, and the ever popular lemons in hot weather will want to be considered for your menus.

FROSTY WHITE 100% COTTON SEERSUCKER SALE

BELTED HI-RISE PANTS ~~$12~~ $7.80
PEPLUM JACKET ~~$15~~ $9.80
SIZES 5-13, 6-14

210 W. LEXINGTON TOWSON PLAZA EASTPOINT MALL WESTVIEW MALL

DOWNTOWN OPEN DAILY UNTIL 6 P.M. MON. AND THURS. UNTIL 9 P.M. SUBURBAN STORES OPEN MON. THROUGH SAT. UNTIL 9:30 P.M.

Health dept. VD and TB van in Cherry Hill

The City Health Department's mobile VD and TV "To Beat the Bug" van is at Cherry Hill Tuesday and Wednesday, noon to 7 p.m., Housing Administration Office, 2700 Spelman Road, and Thursday noon to 7 p.m., Cherry Hill Shopping Center.

HAVE A CAREFREE SUMMER!

SEND YOUR CHILDREN - ages 8 to 17 to Beautiful CAMP SKYMOUNT (Finland) Green Lane RFD, Pa. 18054

—a healthy environment for body and mind—Boating, skiing, swimming, diving, football, basketball, softball, gymnastics, trampoline, bicycling, tennis, horseback riding, arts and crafts, Bible study and many more . . . Cabins have full sanitary plumbing, hot and cold running water and a fireplace. This excellent Equal Opportunity camp, greatly underpriced, got one of the highest rotings from the American Camping Association.

Compare these low, subsidized, bargain rates:
$340 for one for 8-week season
$560 for two for 8-week season
Call for more information and brochure:
Phila. office: (215) 843-8300
Camp: (215) 257-7836
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Hair Coloring *promises* you younger looking hair . . .

or your money back! See your hair become dark and lustrous, radiant with highlights, in Color Natural Stocking Hair color won't rub off or wash out. Long lasting, Safe with permanents. Get a package today.

ONLY $1.29 COMPLETE

BLACK STRAND 8 natural shades: Jet Black—Black—Dark Brown—Medium Brown—Light Brown. At Drug and Cosmetic counters everywhere.

Carolyn's **BEAUTY SALON**

3 LOCATIONS For Your Convenience
Newest Location in FOREST HEIGHT APTS.
DIRECTIONS: Out Windsor Mill Rd. to Forest Park Ave. Go south on Forest Park Ave. one block, turn left on Clifton Ave. Go three blocks on Clifton and look to your right.
Hours 10 a.m. to 10 p.m.
After 7 p.m. Call for Appointment 448-9705

SUMMER SALE - PERMANENTS
- 1st Time—$9.95
- Press & Curl—$3.95
- Touch-Up—$7.95
- Hair Cuts—$1.50

OTHER 2 FAMOUS LOCATIONS

2886 HILLEN RD., 243-2248 Northeast Balto. Stop in at this convenient location. Prices very Reasonable

4707 GARRISON BLVD. 367-8008 The Home of Carolyn's Beauty Salon. Stop in to see Carolyn — "Our prices never change, but Quality has greatly improved."

FRESH KILLED **FRYING CHICKENS** WHOLE ONLY lb. 39¢

GWALTNEY ALL MEAT **FRANKS** lb. PKG. 99¢
ESSKAY PURE PORK. . . HOT OR MILD **SAUSAGE** lb. ROLL 89¢
TOBIN'S SMALL LEAN 1 to 3 lbs. **SPARERIBS** lb. 99¢
ESSKAY'S **BEEF LIVER** lb. 79¢

ESSKAY'S **PORK LOINS** WHOLE OR HALF lb. 89¢

MORREL'S PRIDE **SLICED THICK BACON** 1½ lb. PKG. $1.79

ESSKAY'S SUN-UP **SLICED BACON** lb. PKG. 69¢
ESSKAY'S SEASONED **BEEF PATTIES** 2½ lb. PKG. $2.89
FRESHLY MADE IN 3 lb. PKG. OR MORE **GROUND BEEF** lb. 89¢
GOETZE'S POLISH **SAUSAGE** lb. $1.09

COMBINATION PACKAGE **CHICKEN LEGS & BREASTS** lb. 69¢

SHASTA ASSORTED **SODAS** 5 28 OZ. BOTTLES $1.00

KRAFT PURE **GRAPE JELLY** 2 lb. JAR 59¢

MOR-VALUE **APPLE SAUCE** 5 303 CANS $1.00

PET MILK 4 TALL CANS 85¢

MRS. FILBERT'S **MAYONNAISE** QUART JAR 59¢
POTATO CHIPS PRINGLES NEWFANGEL TWIN PACK 9 OZ. 69¢
Del Monte CATSUP 20 OZ. BTL. 39¢
OIL SARDINES 5 FLAT CANS $1.00
TOILET TISSUE CORNET ULTRA IV 4 ROLL PKG. 39¢
STRING BEANS KOUNTY KIST 6 303 CANS $1.00
Maxwell House COFFEE lb. CAN 89¢
DEL MONTE **CHUNK LIGHT TUNA** REG. CAN 39¢

VALUABLE COUPON NESTLES 12 OZ. JAR **Ice Tea Mix** WITH THIS COUPON 49¢ Good only at Food-A-Rama Super Markets. Offer expires Sun., July 1, 1973. Limit 1 coupon per family. L 12

VALUABLE COUPON NESCAFE INSTANT **COFFEE** 10 OZ. JAR WITH THIS COUPON 99¢ Good only at Food-A-Rama Super Markets. Offer expires Sun., July 1, 1973. Limit 1 coupon per family. L 50

BANQUET WHOLE **Fried Chicken** IN BASKET 2 lb. BOX $1.99

LAND O' LAKES **BUTTER** QUARTERS lb. PKG. 79¢

MORTON'S ASST. **CREAM PIES** REG. PKG. 23¢

CYTRUS PUNCH ½ GAL. JUG 59¢

BIRDS EYE **AWAKE** 3 12 OZ. CANS 89¢

ORE-IDA SHOE **String Potatoes** 12 OZ. PKG. 19¢

MOR-VALUE PURE **ORANGE JUICE** 3 32 OZ. BTLS. $1.00

IMPERIAL DIET **MARGARINE** 2 8 OZ. CUPS 55¢

FOOD-A-RAMA WE ACCEPT U.S.D.A. FOOD COUPONS
PRICES EFFECTIVE FROM TUES., JUNE 26, THRU SUN., JULY 1, 1973
2701 WEST COLDSPRING LANE 3420 CLIFTON AVE. 20 S. HILTON ST. BALTIMORE ST. AND FREMONT AVE. 2040 HARFORD RD. 3805 LIBERTY HEIGHTS AVE.

GLEEM TOOTHPASTE 3 OZ. TUBE 39¢
SCOPE MOUTHWASH 24 OZ. BTL. $1.09

CHERRIES SWEET, LUSCIOUS LARGE lb. 59¢
LETTUCE CRISPY 'ICEBERG' HD. 35¢
ONIONS ALL PURPOSE 3 lbs. 49¢
CUCUMBERS OR PEPPERS EA. 12¢