Pot pourri

By MARIE MURPHY PHILLIPS COOKE
(AFRO Women's Editor)

The only sensible way to control weight is to eat well. That is, pack away food but be sure what you do eat is low in calories and high in nutrition. Weight lost in a crash program is not only unhealthy but easily regained.

Fillet of Sole in Pickle Sauce, for instance, satisfies half of a day's protein requirements and supplies several other important vitamins and minerals as well. Yet each serving will add only about 160 calories to the day's allowance. That leaves plenty of flexibility for vegetables, salad, even a slice of bread and butter, all of which provide part of the daily nutrition requirements.

Low-calorie pickles are a key ingredient in this savory dish, which by the way, even non-dieters will enjoy. Pickles add flavor and nutrition and help satisfy hunger. In fact, they make a tasty and filling between-meals snack all by themselves. One dill pickle or sweet gherkin is only about 10-15 calories, depending on the size. But if you want a little fancier diet snack tasty enough for non-dieters, try Calorie Counter's Stuffed Celery.

FILET OF SOLE
(Makes 8 servings)

Two pounds fresh or frozen and thawed fillet of sole, salt, pepper and paprika, five tablespoons butter or margarine, two teaspoons cornstarch, three tablespoons lemon juice, two-third cup sliced sweet gherkins, 1 can (6 ounces) sliced mushrooms, two tablespoons chopped pimiento.

Sprinkle sole with salt, pepper and paprika. Dot with 2 tablespoons of the butter and broil 2 inches from source of heat 6 to 10 minutes, until easily flaked with fork. Meanwhile, melt remaining butter and add cornstarch blended with lemon juice. Add gherkins, undrained mushrooms and pimiento, cook and stir until sauce boils and thickens. Pour over broiled sole.

Approximately 160 calories per serving.

STUFFED CELERY
(Makes 6)

One-fourth teaspoon Worcestershire, one-half cup cottage cheese, one-third cup chopped sweet gherkins (about 2 gherkins two by 5-eighth-inch each), one-fourth teaspoon salt, one tablespoon chopped celery leaves, 6 celery ribs, eight-inches each.

Combine Worcestershire, cottage cheese, gherkins, salt and celery leaves; mix well. Spread cheese mixture on celery ribs.

Approximately 29 calories per rib.

BIT ABOUT PEARS

If you're looking for light cool foods to help combat hot summer weather, try adding fresh pears to salads or simply combine them with cottage

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A&P WEO WHERE ECONOMY ORIGINATES

IT'S VALUE WEEK ON FRESH FRUITS & VEGETABLES!

WESTERN ICEBERG LETTUCE 3 heads 1.00 NONE PRICED HIGHER!

PEACHES Fresh Southern 3 -lbs. 1.00 NONE PRICED HIGHER!

Waldorf Toilet Tissue WHITE, PINK, YELLOW 10 roll pkg. 99¢

CABBAGE Southern Green lb. 13¢ NONE PRICED HIGHER!

BING CHERRIES LUSCIOUS WESTERN lb. 49¢ NONE PRICED HIGHER!

SWEET PLUMS WESTERN lb. 59¢ NONE PRICED HIGHER!

NECTARINES WESTERN RIPE lb. 59¢ NONE PRICED HIGHER!

CUCUMBERS GARDEN FRESH 3 for 49¢ NONE PRICED HIGHER!

GREEN PEPPERS GARDEN FRESH 3 for 49¢ NONE PRICED HIGHER!

WHITE, DECOR, ASST'D. Viva Towels jumbo roll 37¢

DECOR or DEEPTONE Viva Napkins pkg. of 140 39¢

JUMBO ONIONS MILD SWEET lb. 19¢

SQUASH GREEN OR YELLOW lb. 29¢ NONE PRICED HIGHER!

EGG PLANT FRESH FLORIDA lb. 39¢ NONE PRICED HIGHER!

RINSO LAUNDRY DETERGENT 84-oz. box 1.29

JUICY ORANGES CALIFORNIA VALENCIA 10 for 69¢ NONE PRICED HIGHER!

BANANAS GOLDEN RIPE 2 -lbs. 35¢ NONE PRICED HIGHER!

BLUEBERRIES FRESH 1-pt. box 59¢ NONE PRICED HIGHER!

3-B ALL WITH TOTE BAG (GREAT FOR THE BEACH) 9-lb. 13-oz. box 2.29

FROZEN FOOD SELECTIONS

A&P GRADE 'A' ORANGE JUICE 6-oz. can 18¢ 12-oz. can 35¢

KRAFT PIZZA CHEESE 2 14-oz. pkgs. 99¢

LIBBY LEMONADE WHITE or PINK 4 6-oz. cans 49¢ Fruit Drinks 2 12-oz. cans 47¢ ALL VARIETIES 4 6-oz. cans 49¢

CLOROX BLEACH ½-gal. jug 35¢

MACARONI & CHEESE A&P Casserole 20-oz. pkg. 43¢ 2 8-oz. pkgs. 49¢

A&P FRENCH FRIED Potatoes REGULAR or CRINKLE CUT 2 9-oz. pkgs 31¢

A&P GRADE 'A' Cut Corn 2 lb. bag 59¢

A&P GRADE 'A' Mixed Vegetables 2 lb. bag 65¢

DEMPSEY Brussels Sprouts 10-oz. pkg. 29¢

A&P SEA SHELL Macaroni Dinner 7-lb. pkg. 49¢

CHICKEN, BEEF, TURKEY Morton Pot Pies 4 8-oz. pkgs. 99¢

MRS. SMITH'S GOLDEN DELUXE Custard Pie COCOANUT 42-oz. pie 99¢

ROMAN 10's Cheese Pizza 25-oz. pkg. 95¢

MINUTE MAID Orange Juice 16-oz. can 69¢

BIRDSEYE Orange Plus 9-oz. can 53¢

AMERICAN Ice Cubes 3 lb. bag 29¢

FINAL TOUCH 33-oz. pt. btl. 76¢

AJAX DISH LIQUID 13¢ OFF LABEL 22-oz. pt. btl. 46¢

MODESS REGULAR or SUPER box of 40 1.20

BUFFERIN TABLETS btl. of 100 99¢

BUFFERIN TABLETS btl. of 60 75¢

ALKA-SELTZER btl. of 72 1.59

SUPPOSITORIES Preparation-H pkg. of 12 1.59

MARGARINE PARKAY QUARTERS (IN ¼-LB. PRINTS) 1-lb. pkg. 35¢

KAL KAN CAT FOOD Beef By Products WITH GRAVY 2 8-oz. cans 37¢ Tuna & Chicken Parts 2 7-oz. cans 35¢ Kitty Stew 2 6-oz. cans 37¢ Bits O'Kidney WITH GRAVY 2 6-oz. cans 35¢ Bits of Liver WITH GRAVY 2 6-oz. cans 35¢ Meatime 2 6-oz. cans 37¢ Bit O'Heart & GRAVY 6-oz. can 19¢

TECHMATIC ADJUSTABLE BANDS pkg. of 5 89¢

KRAFT SQUEEZE Parkay Margarine 1-lb. pkg. 58¢

ROKA 8-oz. btl. at 53¢ Kraft Dressing GOLDEN CAESAR 8-oz. btl. 47¢

PFLEISCHMANN'S Soft Margarine 2 8-oz. tubs 54¢

FREEZE-DRIED DECAFFEINATED Brim Coffee 4-oz. jar 1.31 8-oz. jar 2.35

FREEZE-DRIED DECAFFEINATED Sanka Coffee 4-oz. jar 1.31 8-oz. jar 2.35

VEGETABLE Crisco Shortening 3 lb. can 93¢

OXFORD ROYAL Mushrooms STEMS & PIECES 4-oz. can 33¢

TAPE TAB DISPOSABLE DAYTIME box of 30 at 1.49 Curity Diapers TODDLER box of 24 1.49 OVERNIGHT box of 12 87¢

RENUZIT All Except Lavender Air Freshener 7-oz. ctn. 41¢

Every Item Priced the Same as or Below A Year Ago!

INSTANT NON-DAIRY A&P CREAMER 3½-oz. jar 25¢

OUR OWN Tea Bags 100 in box 89¢

DEL MONTE Golden Corn CREAM STYLE 4 17-oz. cans 99¢

HUNT-WESSON SPECIALS

Big John's Beans & Fixins 30-oz. can 43¢
Hunt's Manwich REGULAR 13-oz. can 39¢
Hunt's Tomatoes WHOLE PEELED 36-oz. btl. 38¢
Hunt's Tomato Paste 2 12-oz. cans 65¢
Hunt's Tomato Paste 18-oz. can 45¢
Hunt's Tomato Sauce W/BITS 29-oz. can 29¢
Hunt's Tomato Sauce 15-oz. can 23¢
Wesson Oil 24-oz. btl. 95¢
Hunt's Stewed Tomatoes 14-oz. can 27¢
Hunt's Tomatoes WHOLE PEELED 14-oz. can 27¢
Hunt's Skillet Dinners LASAGNA or SPAGHETTI 17-oz. can 87¢
Hunt's Skillet Dinners Hollandaise 21-oz. box 39¢ B.B.Q. 21-oz. btl. 87¢
Hunt's Snack Pack 5-oz. 4-pack 55¢

ANN PAGE Cheeri-Aid Mix 8 FLAVORS REGULAR 6 .16-oz. pkgs. 29¢
YUKON CLUB Beverages 8 FLAVORS 10 12-oz. cans 98¢
REALSMON Lemon Juice UNSWEETENED 16-oz. btl. 39¢
BREAKFAST DRINK Orange Tang 9-oz. jar 49¢
A&P (EXCEPT ORANGE/APRICOT) Fruit Drinks 3 46-oz. cans 97¢
WEEBEEOI V-8 Cocktail Juice 46-fl. oz. can 42¢
A&P ASST'D. FLAVOR'S Sparkle Gelatin 3-oz. pkg. 9¢
SULTANA Grape Jelly 24-oz. jar 49¢
SULTANA Peanut Butter 18-oz. jar 63¢

A&P Vegetable Beef Soup 2 10½-oz. cans 37¢
WEEBEEOI Kounty Kist Peas 17-oz. can 17¢
HUNT'S Tomato Sauce 8-oz. can 12¢
ANN PAGE Elbow Macaroni 2 -lb. pkg. 49¢
WEEBEEOI Minute Rice 14-oz. pkg. 49¢
O&C Potato Sticks 7-oz. can 39¢

LOOK FOR THESE SIGNS WHEN YOU SHOP
WEO PRICED the same as or BELOW A Year Ago

SUNNYFIELD Corn Flakes 12-oz. box 25¢
KELLOGG Corn Flakes 12-oz. box 29¢
KELLOGG Frosted Flakes 15-oz. pkg. 52¢
LIBBY Sloppy Joe BEEF 15½-oz. can 69¢
LIBBY Potted Meat 2 3½-oz. cans 33¢
LIBBY Vienna Sausage 5-oz. can 29¢
A&P Macaroni & Cheese 2 7½-oz. pkgs. 39¢
FRANCO-AMERICAN Italian Spaghetti 15½-oz. can 19¢
GREAT NORTHERN (DRIED) Harst Beans 20-oz. pkg. 55¢

Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., July 14, 1973 in A&P WEO Stores in Baltimore including Annapolis, Aberdeen, Havre De Grace, Joppatowne And The Delmarva Peninsula!

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cheese to form an attractive, appetizing dish.

Bartlett pears will also be welcome companions, on these summer vacation trips, but if you're staying home they'll make a perfect snack to satisfy your children's hunger between meals. Chances are you'll also want to munch on a few yourself.

When buying pears, check for firmness. A pear that is firm but yields to moderate pressure will usually ripen in one to two days. Hard pears will probably ripen at room temperature, but it is best to buy pears that have started to soften. Avoid buying very soft pears and remember, don't squeeze too hard when testing for firmness.

To slow the ripening process, refrigerate pears. To ripen, keep them at room temperature.

PEAR PIE

Six green pears, peeled and sliced, two third cup supra, one half teaspoon allspice, one egg yolk, beaten, three tablespoons milk, two unbaked 9-inch piecrusts

Preheat oven to 400 degrees F. Combine the pie filling ingredients. Mix well. Pour mixture into pie shell. Top with the other crust. Pinch edges to seal. Brush top crust with milk. Pick top with a fork.

Bake for 40 minutes or until crust is delicately brown. Serves 4-6.

CURRIED PEAR HALVES

One pound can cling-peaer halves drained, two tablesp. melted butter or margarine, two tables. brown sugar, one fourth teasp. curry powder.

In large skillet, arrange pear halves with cut sides up. Brush with melted butter; sprinkle with brown sugar mixed with curry powder. Saute for 8 to 10 min. Makes 6 servings.

A finger cut from an old rubber glove and slipped over the top of the broom or mop handle will keep it from falling when leaned against anything.

* * *

A bit of paste wax on your window grooves and sash cord will make your window slide easier.

Household Hints

Rest your iron on the narrow end of the ironing board when ironing large things like tablecloths.

* * *

Line the oven broiler pan with aluminum foil. This avoids messy clean up jobs.

* * *

Some lamp shades that have become discolored can be renewed by dipping in Tintex of the appropirate shade.

When cutting into foam rubber with a scissors, keep dipping scissors into hot water. You'll get a smoother edge in the cutting.

* * *

Don't wash or polish the car in the sun. It's bad for the finish.

* * *

If glassware becomes nicked, smooth the nick with a piece of fine sandpaper.

SUPER-RIGHT QUALITY BOTTOM BONELESS ROUND

ROAST lb. 1.39 NONE PRICED HIGHER

STEAK lb. 1.59 NONE PRICED HIGHER

RUMP ROAST lb. 1.69

EYE ROUND ROAST lb. 1.79

BRING AD WITH YOU A&P USE AS A SHOPPING LIST!

WEO WHERE ECONOMY ORIGINATES

FRESH A&P Salads Potato, Macaroni, Cole Slaw 3 14-oz. cups 1.00 30-oz. cup 65¢

FANCY SPARERIBS FROZEN 3-LBS. & UP lb. 93¢ NONE PRICED HIGHER!

3 Of Each—Breast & Leg Qtrs. w/Backs, Wings, Giblet Packs BOX 'O CHICKEN lb. 53¢

SUPER-RIGHT QUALITY Fresh Ground Chuck lb. 1.09 NONE PRICED HIGHER!

SUPER-RIGHT QUALITY Chip Steaks lb. 1.99 NONE PRICED HIGHER!

SUPER-RIGHT QUALITY Cube Steaks lb. 1.89 NONE PRICED HIGHER!

SUPER-RIGHT QUALITY Fresh Ground Round lb. 1.29 NONE PRICED HIGHER!

SUPER-RIGHT QUALITY Stew Beef lb. 1.59 NONE PRICED HIGHER!

SUPER-RIGHT QUALITY Fancy Beef Liver lb. 89¢

ALLGOOD BRAND Sliced Bacon 2 -lb. pkg. 1.99

SLICED Smithfield Bacon 1-lb. pkg. 1.09 NONE PRICED HIGHER!

SMITHFIELD Sausage Meat 1-lb. pkg. 89¢ NONE PRICED HIGHER!

SKINLESS Smithfield Franks 1-lb. pkg. 1.09 NONE PRICED HIGHER!

HAM, BEEF, CORNED BEEF, TURKEY, PASTRAMI, CHICKEN, SPICY BEEF A&P Luncheon Meats 3-oz. pkg. 39¢

ECKRICH Smoked Sausage lb. 1.39 NONE PRICED HIGHER!

SUPER-RIGHT CHOPPED FROZEN Beef Steaks 2 -lb. pkg. 2.39 NONE PRICED HIGHER!

SUPER-RIGHT QUALITY BONELESS Bottom Round CONSIST OF— • Eye Round Roast or Steak • Bottom Round Roast or Steak • Rump Roast • Ground Beef • Stewing Beef in Natural Juices 18-20 lb. average lb. 1.35 No Charge To Cut For Your Convenience While You Wait! NONE PRICED HIGHER!

SUPER-RIGHT Frankfurters ALL MEAT SKINLESS 2 -lb. pkg. 1.75 NONE PRICED HIGHER!

NOW OPEN SUNDAYS 9 A.M. to 5 P.M.
FOR YOUR SHOPPING CONVENIENCE
• 1510 COUNTRY RIDGE LANE BALTO., MD. (BACK RIVER NECK RD.)
• 610 RITCHIE HWY. SEVERNA PARK, MD.
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• 5101 EAST DRIVE ARBUTUS, MD.
• RTs. 29 & 40 ELLICOTT CITY, MD.
• 2225 DEFENSE HWY. CROFTON, MD.
• 6255 KENWOOD AVE. BALTIMORE, MD.
• 5432 SINCLAIR LANE (At Frankford Ave.) BALTIMORE, MD.

CHICKEN LEGS FRESH WHOLE w/THIGHS lb. 79¢ NONE PRICED HIGHER!

SUPER-RIGHT FULLY COOKED SMOKED HAMS WHOLE ONLY lb. 79¢ NONE PRICED HIGHER!

SEAFOOD DEPT.! FLOUNDER FILLETS FRESH lb. 1.29

FANCY SPOTS DRESSED lb. 79¢

FANCY ROCKFISH lb. 69¢

REGULAR FRESH CRABMEAT 1-lb. can 2.99 AVAILABLE IN STORES W/SEAFOOD DEPT.!

SHOPPER STOPPER SUPER DISCOUNT HEALTH & BEAUTY AIDS

Sure Deodorant 6oz. can Regular & Unscented SAVE 30¢ 69¢

Lemon Up Shampoo "The juice of one whole lemon in each bottle" 10oz. bottle SAVE 58¢ 69¢

PEPSODENT TOOTHPASTE 12¢ OFF LABEL 7-oz. tube 59¢

RIGHT GUARD TWIN-PACK DEODORANT "BUY 1—GET 1 FREE" 2 4-oz. cans 79¢

Keebler Cookies COCOA-MINT CHOC. SHOP 1-lb. pkg. 69¢
Nabisco Cookies BUTTER FLAVORED 8-oz. pkg. 39¢
Luzianne Coffee REGULAR 1-lb. can 1.05

OUR OWN INSTANT ICED TEA MIX w/LEMON & SUGAR 24-oz. glass jar 99¢

A&P Charcoal Briquets 20 -lb. bag 1.39

ANN PAGE Barbecue Sauce 18-oz. jar 39¢ 28-oz. jar 57¢

ANN PAGE Salad Dressings 8 VARIETIES 8-oz. btl. 29¢

ANN PAGE Ketchup 20-oz. btl. 32¢ 26-oz. btl. 41¢

SULTANA Mayonnaise 1-qt. jar 59¢

BONUS SPECIAL COCA-COLA 2 48-oz. No Deposit Btls. 79¢
NOT AVAILABLE IN FOLLOWING AREAS: ABERDEEN, JOPPATOWNE, HAVRE DE GRACE, WESTMINSTER, REISTERSTOWN, OWINGS MILLS, ANNE ARUNDEL, HARFORD, CECIL or PRINCE GEORGE'S COUNTIES.

DAIRY DEPARTMENT! MARVEL Ice Cream ASST'D. FLAVORS ½-gal. ctn. 65¢

OUR FINEST QUALITY A & P FRUIT DRINKS Assorted Flavors ½ Gal. Plastic Jug

A&P Cream Cheese 8-oz. pkg. 27¢

AUSTRIAN Swiss Chunks 11-13 OZ. AVG. lb. 1.19

A&P COLORED Longhorn Cheese CHUNK 11-13 oz. Avg. lb. 1.05

CHEE-O-BIT Cheese Spread 2 -lb. pkg. 1.17

KRAFT Velveeta Cheese 2 -lb. pkg. 1.19

NEW YORK STATE Cheese Wedges WHITE 11-13 oz. Avg. lb. 1.19

Jane Parker Bakery! MARVEL ENRICHED White Bread 3 22-oz. loaves 89¢

PINEAPPLE or PEACH PIE SAVE 10¢ 22-oz. pie 59¢

JANE PARKER White Bread ENRICHED 3 22-oz. loaves 1.00

PLAIN or SEEDED Vienna Bread BUY 3—SAVE 17¢ 3 1-lb. loaves 1.00

CUSTARD Angel Food Ring SAVE 10¢ 17-oz. pkg. 69¢

PLAIN or SUGAR pkg. of 12 King Size Donuts SAVE 4¢ 18-oz. pkg. 55¢

PINEAPPLE TOP Sweet Rolls PKG. OF 8 16-oz. pkg. 59¢

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