Pot pourri

BY MARIE MURPHY PHILLIPS COOKE
(AFRO Woman's Editor)

Are you planning to spend your vacation with mother nature in the deep woods of an uninhibited forest? If that's not your thing, then how about a weekend at the lake? Campers continually search for easier and better ways to simplify living in the great out-of-doors. Even old-timers love to swap outdoor living ideas.

One area where there's always room for improvement is in the storing of food supplies. It's forever a battle to keep things from tipping over, spilling, breaking or taking up so much space.

Fortunately, in this age of convenience plastic bags have come to the rescue. Veteran campers have discovered a world of ways to use them.

Can Pre-measure

With the popular storage bags that have a zipper-like seal, you can organize staples efficiently before leaving home. Buy macaroni, rice, instant potatoes, dry milk, cereal and pancake mix in economical large size packages, then pre-measure meal-size amounts into these bags that feature leakproof seals. Save space this way. Then you don't have to carry along half-empty cartons.

Flour, sugar and coffee travel compactly the same way. Label each bag with a marking pen so you won't confuse flour for pancake mix.

Simplify cooking by adding the seasonings or extra ingredients to the bag at the same time. For an appetizing campfire rice dish, add a bouillon cube, some instant onion and a dash of dried parsely flakes to the rice.

With the cereals or pancake mix include a handful of raisins or chopped dried apricots. Write on the bag theamount of liquid to add.

With these plastic storage bags that have the built-in seal you can make virtually airtight packages that are

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A&P WEO WHERE ECONOMY ORIGINATES

GARDEN FRESH FRUITS & VEGETABLES!

PEACHES — LUSCIOUS SWEET TASTING SOUTHERN — 3 lbs. 85¢ — NONE PRICED HIGHER!

SWEET CALIFORNIA CANTALOUPES — PINK MEAT — JUMBO SIZE 27's — each 59¢ — NONE PRICED HIGHER!

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SPIC & SPAN FLOOR & WALL CLEANER — 54-oz. box 1.03

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— MARCAL —
NAPKINS 2 60-ct. boxes 29¢
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WHITE 50-ct. pkg. 31¢
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FREEZER WRAP 18" 50-ft. 63¢
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DYNAMO LIQUID — 30¢ OFF — 48-oz. btl. 1.19

MICRIN MOUTHWASH — 12-oz. btl. 85¢

BETTY CROCKER CAKE MIXES — YELLOW, DEVIL'S FOOD, CHERRY CHIP, YELLOW BUTTER — 18½-oz. box 45¢
SOUR CREAM FUDGE 18½-oz. box 42¢
GERMAN CHOC. 18½-oz. box 43¢

BETTY CROCKER FROSTINGS
WHIPPED VANILLA 9½-oz. box 40¢
COCONUT PECAN 9½-oz. box 49¢
BANANA 13-oz. box 41¢
FLUFFY WHITE 9½-oz. box 43¢
CREAMY WHITE 16-oz. box 41¢
CHOC. FUDGE 15.5-oz. box 41¢

LARGE 20-LB. AVG. WATERMELONS — PLUMP BEAUTIES... BURSTING WITH SWEET JUICE! ½ MELON 69¢ ¼ MELON 35¢ — whole melon 1.29 — NONE PRICED HIGHER!

PLUMS — LUSCIOUS SWEET AND JUICY WESTERN — NONE PRICED HIGHER! — lb. 59¢

GARDEN FRESH GREEN ONIONS — NONE PRICED HIGHER — 3 bunches 49¢

LARGE SELECT CRISP CUCUMBERS OR PEPPERS — NONE PRICED HIGHER! — 3 for 49¢

WHITE, GREEN or YELLOW SQUASH — NONE PRICED HIGHER! — lb. 29¢

FANCY BLUEBERRIES — LUSCIOUS JUICY — NONE PRICED HIGHER! — 1-pt. box 59¢

FANCY WESTERN NECTARINES — 'HONEY SWEET' — NONE PRICED HIGHER! — lb. 59¢

GARDEN FRESH LIMA BEANS OR GREEN BEANS — NONE PRICED HIGHER! — 2 lbs. 59¢

NONE PRICED HIGHER! FRESH LIMES — 6 for 49¢

— FROZEN FOOD SELECTIONS! —

BROCCOLI SPEARS — A&P GRADE 'A' — 3 10-oz. pkgs. 79¢

BRUSSELS SPROUTS — A&P GRADE 'A' — 10-oz. pkg. 35¢

FRENCH FRIED A&P Potatoes — REGULAR OR CRINKLE CUT — 5 lb. bag 99¢
ALL VARIETIES—EXCEPT ROAST BEEF, HAM & HADDOCK Banquet Dinners — 10-oz. pkg. 43¢
JENO'S 12 PAK Cheese Pizza — 24-oz. pkg. 1.05
A&P GRADE 'A'—6-oz. can at 18¢ Orange Juice — 12-oz. can 35¢
WHITE or PINK 4—6-oz. cans at 49¢ Libby Lemonade — 2 12-oz. cans 47¢
LIBBY—ALL VARIETIES Fruit Drinks — 4 6-oz. cans 49¢
MORTON Parkerhouse Rolls — 24-oz. pkg. 39¢
MINUTE MAID 2—6-oz. cans at 35¢ Orange Juice — 12-oz. can 53¢
GREEN GIANT Niblets Corn w/BUTTER SAUCE — 10-oz. pkg. 34¢
GREEN GIANT Niblets Corn CREAM STYLE — 10-oz. pkg. 35¢
MINUTE MAID Grapefruit Juice — 2 6-oz. cans 55¢
AMERICAN Ice Cubes — 3 lb. bag 29¢

FRENCH, ITALIAN, COUNTRY, AMERICAN Salad Crispins — 2½-oz. pkg. 49¢
TONDERLEAF Tea Bags — box of 48 67¢
INSTANT Decaf Coffee — 4-oz. jar 1.13
FREEZE-DRIED Taster's Choice Coffee — 8-oz. jar 2.14
REGULAR Chase & Sanborn Coffee — 2 lb. can 1.93
PILLSBURY—BUTTERMILK 2—4½-oz. pkgs. at 29¢ Biscuits — Butter-milk 4 5-ct. pkgs. 43¢ — Country Style 4 5-ct. pkgs. 45¢
Smucker's Strawberry Preserves — 13-oz. jar 55¢
STATE FAIR CALIFORNIA Tomatoes — 4 16-oz. cans 89¢
DIET IMPERIAL Margarine — 2 8-oz. tubs 53¢
SOFT SPREAD IMPERIAL Margarine — 2 8-oz. tubs 49¢
BLUE BONNET REG. Margarine — IN ½ LB. PRINTS — 1 lb. pkg. 37¢
MRS. FILBERT'S Margarine — GOLDEN QUARTERS — 2 1-LB. PKGS. 69¢
CHOP SUEY VEGETABLE 28-oz. can 63¢ La Choy — CHOW MEIN NOODLES 3-oz. can 27¢
CHICKEN 42½-oz. can BI-PACK 1.23
Sugartwin — 2.25-oz. bottle 39¢

— DEL MONTE —
EARLY GARDEN PEAS 4 17-oz. cans 95¢
SPINACH 13-oz. can 27¢
PRUNE JUICE 32-oz. btl. 49¢
FRUIT COCKTAIL 3 17-oz. cans 85¢
INSTANT Nestea Mix — 3-oz. jar 93¢
INSTANT Nestea Mix — 2 qt. 1.33
1 WT. O-Cel-o Sponge — each 29¢
Sunshine Cheez-It — 16-oz. pkg. 65¢

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

ANN PAGE CHEERI-AID MIX — REGULAR 8 FLAVORS — 6 16-oz. pkgs. 29¢
REALEMON 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¢
WEBBER'S V-8 Cocktail Juice — 46-fl. oz. can 42¢
A&P ABS'D. FLAVORS Sparkle Gelatin — 3-oz. pkg. 9¢
SULTANA Grape Jelly — 24-oz. jar 49¢
A&P Vegetable Beef Soup — 2 10½-oz. cans 37¢
HUNT'S Tomato Sauce — 8-OZ. CAN 12¢
ANN PAGE Elbow Macaroni — 2 lb. pkg. 49¢
WHEESEO! Minute Rice — 14-oz. pkg. 49¢
O&C Potato Sticks — 7-oz. can 39¢
A&P Macaroni & Cheese — 2 7½-oz. pkgs. 39¢
GREAT NORTHERN (DRIED) Heinz Beans — 20-oz. pkg. 55¢
SULTANA Peanut Butter — 18-oz. jar 63¢
ANN PAGE ORANGE MARMALADE — 16-oz. jar 41¢
YUKON CLUB BEVERAGES — 9 FLAVORS — 10 12-oz. cans 98¢
DAINTYFIELD Corn Flakes — 12-oz. box 25¢
KELLOGG 40% Bran Flakes — 16-oz. box 43¢
KELLOGG Frosted Flakes — 13-oz. pkg. 52¢
LIBBY Sloppy Joe — 10½-oz. can 69¢
LIBBY Potted Meat — 2 3-oz. cans 33¢
LIBBY IN BROTH Vienna Sausage — 5-OZ. CAN 33¢

Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., July 28, 1973 in A&P WEO Stores in Baltimore including Annapolis, Aberdeen, Havre De Grace, Jessupwne And The Delmarva Peninsula!

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(From page 26)

compact and lightweight. Simply press the extra air out before completing the last inch of seal.

Protect crackers, potato chips and cookies that break easily by sealing in a cushion of air, they'll arrive in tip-top condition, thanks to these unique storage bags.

Further organize your camping paraphernalia by packaging enough charcoal briquets for grilling hamburgers in one of the gallon-size bags.

Extra ice cubes sealed in them come in handy and you can crush ice right inside these bags.

Use the plastic bags for chilling salad greens, fruit or other perishables in the ice chest. With the leakproof seal, you can be assured that the melting ice won't seep in.

Plastic storage bags are useful for food preparation at the campsite, too. Mix pancake batter in one and then unzip the seal an inch or two and pour the batter directly onto the hot griddle no spoon or ladle needed.

If there are fishermen in your family, here's another opportunity to use these sturdy storage bags. After cleaning the catch, seal the fish in a bag before placing on ice to protect and keep it flavor-fresh until cooking time.

At mealtime, prepare a tasty breading mixture by tossing cornmeal, flour and seasonings in a gallon-size bag. If you're in a hurry, substitute pancake mix instead. Either way, dip fish in evaporated milk before coating.

You'll also find storage bags are ideal for organizing and protecting all types of camping equipment and utensils. Keep measuring spoons and cups together, knives and forks table-ready, even paper plates and napkins clean and dry. Take plenty along.

Camp-Style Trout

One half cup flour, one fourth yellow cornmeal, one t. parsley flakes, one t. paprika, one and one fourth t. onion salt, one fourth cup evaporated milk, four pan-dressed trout or other small fish, one third cup hot salad oil, Lemon wedges.

Measure flour, cornmeal, paprika, parsley flakes and onion salt into a gallon-size plastic bag with zipper-like seal.

Shortly before serving time, place milk in separate gallon-size easy-sealing bag. Place one fish at a time in a bag containing flour-cornmeal coating; close bag and shake gently until coated. Then place fish, one at a time, in a bag containing milk, close bag and shake until fish is coated. Return fish to flour cornmeal coating; shake. Repeat procedure until all fish are coated.

Spread open each fish so that it lies flat when placed split-side down. Fry fish, split-side down, for about eight minutes in large skillet containing hot oil. Turn and fry, skin side down, for three to five minutes or until fish flakes when touched with fork. Serve fish with lemon wedges.

Use a 5 1/3 ounce can vaporated milk, measure ¼ cup for recipe. Do not dilute. Remaining milk may be used for coffee, etc.

Remove internal organs, scales and head from fish. Split each fish lengthwise up to, 9 but not through; the backbone.

To keep salt and pepper from spilling out of the shakers while being transported in a picnic basket, stick a piece of cellophane tape over the holes.

SUPER-RIGHT QUALITY TURKEYS — GRADE 'A' — 10 LBS. & UP — lb. 69¢ — NONE PRICED HIGHER!

SUPER-RIGHT QUALITY Box O' CHICKEN — CONSISTS OF 3 EACH BREAST & LEG QTRS. w/BACKS, WINGS & GIBLET PACKS — lb. 59¢ — NONE PRICED HIGHER!

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WEO WHERE ECONOMY ORIGINATES

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5 5-lb. can 5.99

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ROAST — lb. 1.39 — NONE PRICED HIGHER
STEAK — lb. 1.59 — NONE PRICED HIGHER
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EYE ROUND ROAST — lb. 1.79

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ULTRA BRITE TWIN PACK Toothpaste — 2 FOR THE PRICE OF ONE — REGULAR or MINT — 2 3-oz. tubes 52¢
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