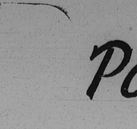
Pot pourri



BY MARIE MURPHY PHILLIPS COOKE
AFRO Women's Editor

The secret of summer meals is an entree that is light, nutritious, economical, and easy to prepare. This delicious Onion Custard Bake is the perfect answer. Its crunchy texture comes from Post Grape-Nuts Brand Cereal—the crunchy golden nuggets, tasty in baked dishes.

To accompany any number of the economy meats that form the basis of the main meal, here's a vegetable dish with a new look—and a promise to take menu planning out of the doldrums.

Cereal, sliced onions and the delicate herb flavoring are blended into the flour, egg and milk mixture. Bake it in a casserole or a pie shell, to suit your taste. Either way — bring it right from the oven to the table for easy serving, and be prepared with second helpings. Sounds good? You bet!

Onion Custard Bake

Two cups sliced onions, 1½ cups milk, 2 tablespoons butter, 1¼ teaspoon salt, ¼ teaspoon crushed rosemary leaves, Dash of pepper, ½ cup crunchy nut-like cereal nuggets, 1 tablespoon unsifted all-purpose flour, 4 eggs well beaten.

Combine onions, milk, butter, salt, rosemary, and pepper in saucepan. Bring to a boil and simmer gently for 1 minute. Stir in cereal. Sprinkel flour over eggs; beat until blended. Stir a small amount of the hot mixture into the eggs, mixing well.

Return to remaining hot mixture in quart greased casserole.

Place casserole in large pan containing about 1 inch of hot water.

Bake at 350 degrees for about 45 minutes or until knife inserted in center comes out clean. Makes about 3 cups or 6 servings.

Onion Custard Pie. Prepare Onion Custard Bake as directed, pouring mixture into a 9-inch unbaked pie shell. Bake at 400 degrees on lower oven rack for 15 minutes. Reduce temperature to 350 degrees and continue baking 20 minutes longer.

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BLUE Automatic Vanish 12-oz. btl. 79¢
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REGULAR Luzianne Coffee 2 -lb. can 2.04
BLUE BONNET Margarine SOFT 1-lb. pkg. 48¢
IN ¼-LB. PRINTS Land-O-Lakes Butter 1-lb. pkg. 79¢
CHOC., STRAWBERRY, VANILLA Borden Frosted Shakes 5 7½-oz. cans 1.00
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LIBBY LEMONADE — WHITE OR PINK 4 6-oz. cans 49¢ 2 12-oz. cans 47¢
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LEMON MERINGUE PIE — MRS. SMITH'S GOLDEN DELUXE 42-oz. pie 1.29
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OUR OWN TEA BAGS 100 in pkg. 89¢
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ANN PAGE French Dressing 8-oz. btl. 29¢
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WEEEEOO! Iona Tomatoes 4 16-oz. cans 99¢
A&P LIGHT MEAT Chunk Tuna 6½-oz. can 49¢
A&P ASST'D. FLAVORS Sparkle Gelatin 3-oz. pkg. 9¢
MINIATURE Campfire Marshmallows 1-lb. pkg. 37¢
A&P Applesauce 25-oz. glass jar 47¢
A&P UNSWEETENED Grapefruit Juice 46-oz. can 51¢
A&P Pineapple Juice 46-oz. can 35¢
DAILY Cat Food 6 13-oz. cans 93¢
DAILY Cat Litter 4 -lb. pkg. 27¢

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Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., August 18, 1973 in A&P WEO Stores in BALTIMORE INCLUDING ANNAPOLIS, ABERDEEN, HAVRE DE GRACE, JOPPATOWNE AND THE DELMARVA PENINSULA!

Fish supplies reported good

ANNAPOLIS — With beef and other meats becoming more scarce each day, fresh fish supplies in the Maryland area are holding at a moderate level, according to Gordon P. Hallock, Director of the State's Seafood Marketing Authority, a Division of the Department of Economic and Community Development.

Despite the fact that the per capita consumption of fish products has increased 15 per cent in the last year, local fish markets still have an adequate supply of fresh fish and shellfish, says Mr. Hallock.

Mr. Hallock also said that Marylanders are fortunate to have the Atlantic Ocean and the Chesapeake Bay at our doorstep with fresh fish products coming in daily. He urged all Marylanders to serve fish more often and enjoy the delicious tastes of Maryland products.

Not only is fish priced far below the prices of beef, but it provides as much or more of the needed daily protein requirements set by the National Academy of Sciences.

Wholesale prices of fish at the Baltimore Wholesale Fish Market this week priced various species of fish from eight cents a pound for Carp to $.55 a pound for rockfish.

Other wholesale prices per pound included croaker, $.25-$.35; hake, $.18-$.25; mullet, $.20-$.25; scup, $.20-$.25; sea trout, $.30; bluefish, $.23-.25; spot, $.20-$.28; and rockfish which ranged from $.40 to $.55 per pound.

The retail price will generally be 40 to 60 per cent higher. With the exception of frozen fish products, the markup will be 80 to 100 per cent for fillets.

ON AIR CONDITIONERS

Household Hints

Of all major appliances, the average consumer approaches the purchase of a room air conditioner generally with trepidation. Letters and numbers such as BTU's and CFM's and 5,000 and 10,000 almost sound like a foreign language.

"But armed with a few facts, the consumer will be able to make a wise purchase of a unit that will be exactly right for the area to be cooled," said J. C. Sheehan, marketing vice president for Westinghouse major appliances.

The retail salesmerson in a reputable dealer's store is generally well-qualified to advise the consumer about the proper-sized unit. But he needs these few facts:

— the number of square feet in the area to be cooled;
— the number of windows in the area and the direction they face — east, west, south or north;
— knowledge of the volt service — in the home — 230 or 115;
— amount of sun that comes into the area; and
— the type of window if the unit is to be installed in a window rather than thru-the-wall.

— draw shades, blinds or draperies to keep out hot sunlight.
— keep the thermostat at one setting and leave it there unless the temperature changes drastically.
— have proper insulation in the home so the equipment does not have to work harder.

SUPER-RIGHT QUALITY PORK LOINS — WHOLE or EITHER HALF — QUARTERED SLICED 9-11 CHOPS lb. 1.39

SUPER-RIGHT QUALITY Box O' CHICKEN — CONSISTS OF 3 EACH LEG QTRS. & BREAST QTRS. WITH BACKS WINGS & GIBLET PACKETS lb. 65¢

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SUPER-RIGHT QUALITY PORK BUTTS — FRESH SLICED lb. 1.29
SUPER-RIGHT CANNED HAMS 4 -lb. can 5.99
SUPER-RIGHT QUALITY FANCY SPARERIBS — FROZEN 3 LBS. & UP lb. 1.19
FRANKFURTERS — SUPER-RIGHT ALL MEAT SKINLESS 2 -lb. pkg. 2.19
SMITHFIELD SKINLESS FRANKS 1-lb. pkg. 1.19
SAUSAGE MEAT — REG. OR HOT ESSKAY 1-lb. pkg. 1.29
DRIED BEEF — KNAUSS 4-oz. pkg. 95¢
TURKEY ROAST — LAND O'LAKES DARK MEAT 35-oz. pkg. 3.89 WHITE MEAT 35-oz. pkg. 4.47
A&P SALADS — POTATO, MACARONI, COLESLAW 3 14-oz. cups 1.00 30-oz. cup 65¢
SUPER-RIGHT QUALITY BEEF LIVER — FANCY FROZEN lb. 89¢
CAP'N JOHN'S FISH STICKS — 10-OZ. PKG. 65¢ 1-LB. PKG. 95¢

IMPORTANT FOR YOU!
A&P POLICY: Always do what is honest and fair for every customer.
RAINCHECK: If an advertised special is ever sold out ask the Manager for a Raincheck. It entitles you to the same item at the same price the following week. Or if you wish we'll give you a comparable item at the same price.
GUARANTEE: A&P offers an unconditional moneyback guarantee. No matter what it is, no matter who makes it, if A&P sells it, A&P guarantees it.

Attention: Vacationers
During Your Stay At Our Eastern Shore Resorts Be Sure To Shop At The A&P WEO Stores in:
Berlin, Md. JUST 7 MINUTES FROM OCEAN CITY Rt. 50 & Old Ocean City Hwy. Open Sunday 9:30 A.M. to 7:00 P.M.
Rehoboth, Del. Dewey Beach Hwy. OPEN SUNDAY 10 A.M. to 7 P.M.

DELICATESSEN DEPARTMENT!
ESSKAY BOLOGNA ½ lb. 69¢ — AVAILABLE IN STORES W/DELI. DEPT.!

SUPER-RIGHT QUALITY TURKEY LEG QUARTERS — lb. 53¢ — NONE PRICED HIGHER!
FANCY DRESSED WHITINGS — 5 -lb. box 2.09

SEAFOOD DEPT.!
STEAKFISH — FRESH (HAKE) lb. 59¢
FRESH COD FILLETS lb. 1.09
Fancy Sea Trout lb. 49¢
Fancy Buck Shad lb. 45¢
AVAILABLE IN STORES W/SEAFOOD DEPT.!

BACK-TO-SCHOOL FILLER PAPER — 8 x 10½ 5 HOLE pkg. of 500 sheets 79¢
OUR OWN INSTANT ICED TEA MIX — w/LEMON & SUGAR 24-oz. glass jar 99¢
DAIRY DEPARTMENT! MARVEL ICE CREAM — ASST'D FLAVORS ½-gal. ctn. 65¢
JANE PARKER BAKERY — FROSTED OR ORANGE BALL DONUTS 2 12-oz. pkgs. of 6 89¢

"ACTION COVER" Composition Book — 8 x 10½ SPIREBOUND each 79¢
ANN PAGE BARBECUE SAUCE — 18-oz. jar 39¢ 28-oz. jar 57¢
LUCKY WHIP TOPPING — 9-oz. can 59¢
PLAIN OR SEEDED VIENNA BREAD — 3 1-lb. loaves 1.00

HC School Special each 39¢
HC Student Bargain Pack each 88¢
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LMER'S Glue All 8-oz. jar 59¢
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CRAYOLA Crayons box of 64 99¢
A&P Charcoal Briquets 20 -lb. bag 1.39
W/ONION French Mustard 9-oz. jar 25¢
SULTANA Mayonnaise 1-qt. jar 64¢
WHITE 9 INCH Paper Plates pkg. of 150 89¢
MARCAL Paper Napkins pkg. of 200 35¢
KOOLY KUP Foam Cups 9-OZ. pkg. of 51 47¢
A&P Fruit Drinks ASST'D. FLAVORS ½-gal. pl. jug 39¢
EXTRA SHARP 11-15 OZ. AVG. A&P Cheese Wedges lb. 1.23
CHED-O-BIT COLORED Cheese Slices 16-oz. pkg. 95¢
A&P Sharp Bar 8-oz. pkg. 63¢
A&P Baby Gouda 7-oz. pkg. 63¢
SLICED A&P Longhorn 6-oz. pkg. 49¢
MARVEL White Bread 3 22-oz. loaves 92¢
JANE PARKER White Bread ENRICHED 2 22-oz. loaves 69¢
TASTY Dutch Apple Pie 22-oz. pie 59¢
CUSTARD Angel Food Ring 17-oz. pkg. 69¢
DANISH Almond Ring 1-lb. pkg. 79¢
DELICIOUS Cherry Streusel Pie 22-oz. pie 69¢

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