QUALITY! VARIETY! ... PLUS EVERYDAY

SUPER SAVINGS

Prices Effective in Baltimore, Annapolis, Bel Air and the Delmarva Peninsula Market

ACME — You're going to like it here! SUPER SAVER

LEAN, FULLY COOKED WHOLE OR EITHER HALF
SEMI BONELESS HAMS
OLD HICKORY WATER ADDED $1.19 lb. | LANCASTER BRAND NO WATER ADDED $1.39 lb.

BUY WITH CONFIDENCE! SERVE WTH PRIDE!

Rib Roast
LANCASTER BRAND LARGE END $1.19 lb. SMALL END $1.29 lb.

LANCASTER BRAND LARGE END **Rib Steak** $1.29 lb.

Rib Eye Steak LANCASTER BRAND (FORMERLY DELMONICO) lb. $2.19
Lean Ground Chuck LANCASTER BRAND lb. $1.19
Assorted Pork Chops QUARTERED SLICED 9-11 CHOPS AVG. lb. 99¢

FRESH SLICED IN OUR DELI!
SUPER SAVINGS! Turkey Roll ¼-lb. 69¢
LEAN, KARE Roast Beef ¼-lb. 69¢
ESSKAY QUALITY Cooked Salami ½-lb. 89¢
GOETZE'S ARTIFICIAL CASING Braunschweiger ½-lb. 59¢

LANCASTER BRAND OR PACKERS LABEL
Grade 'A' Turkeys
16-lbs. & Up lb. 55¢ | 10-14 lbs. lb. 59¢

FROZEN MEATS & SEAFOODS!
Dressed Croakers INDIVIDUALLY QUICK FROZEN lb. 79¢
Dressed Whitings 5-lb. pkg. $2.59
Flounder Fillet HEAT & EAT, FULLY COOKED lb. $1.29
Seafood Platter HEAT & EAT! FULLY COOKED! 2-lb. pkg. $2.19
Sea Pak Perch Fillet 1-lb. pkg. 99¢
Fantail Shrimp & Batter SEA PAK 1-lb. pkg. $1.49
Gorton Fried Fish Portions 2-lb. pkg. $1.69
Turkey Entree LANCASTER BRAND 2 7-oz. pkgs. 89¢
Macaroni & Cheese BANQUET 8-oz. pkg. 25¢ 14-oz. pkg. 49¢

BEEF, CHICKEN OR TURKEY **Farmdale Meat Pies** 8-oz. pies. 4 99¢
LANCASTER BRAND **Salisbury Steaks** 2-lb. pkg. $1.39

SUPER SAVING MEAT BUYS!
Pork Spareribs FROZEN 3-5-LB. AVG. lb. 89¢
Sliced Bologna PARMDALE 1-lb. pkg. 99¢
New England Sausage LANCASTER BRAND 6-oz. pkg. 59¢
Smoked Sausage ECKRICH lb. $1.39
Gwaltney Big 8 Franks 1-lb. pkg. $1.29
Esskay Sausage Links lb. $1.19
Esskay Rope Sausage lb. $1.09
Sausage Meat GWALTNEY MILD OR HOT 1-lb. roll 89¢
Claussen Pickles 1-qt. jar 89¢

FRESH PRODUCE BUYS!
D'Anjou Pears lb. 29¢
WASHINGTON STATE SWEET AND JUICY!

Red Potatoes U.S. NO. 1 5-lb. bag 89¢
Salad or Slaw Mix 3 heads $1
Orange Juice SUN FRESH PURE ½-gal. jug 79¢
New Florida Celery 2 bchs. 49¢
Ideal Pitted Prunes 12-oz. pkg. 59¢
Potted Begonias 3½-INCH POT IN BLOOM each 59¢

Prices Effective Thru Sat., Feb. 16, 1974. Quantity Rights Reserved.

SUPER SAVING GROCERY SPECIALS!
Ideal Salad Oil 1½-pt. btl. 69¢
Welch's Grape Jelly 3-lb. jar 85¢
S.O.S. Steel Wool pkg. of 10 25¢
Dare Cookies 7-DELIGIOUS VARIETIES 3 pkgs. $1.00
Cadbury Candy Bars ALMOND, CARAMELLO OR MILK CHOCOLATE 6-oz. pkg. 43¢

SUPER SAVINGS IN EVERY DEPARTMENT!
LIBBY'S CRUSHED, CHUNK OR Sliced Pineapple 3 14½-oz. cans $1
FARMDALE WHOLE KERNEL Golden Corn 4 1-lb. cans 89¢
IDEAL HALVES Bartlett Pears 1-lb. can 39¢
SPECIAL BONUS PACK! Good'n Plenty Candy 4 pkgs. of 6 $1
FRESH BAKERY BUYS!
PLAIN OR SLICED ITALIAN Vienna Bread 2 1-lb. loaves 75¢
BIG BUY LEMON FINGERS OR Cinnamon Buns 9-oz. pkg. 53¢
DAIRYLAND SUPER SAVINGS!
SWEET, CREAMERY BUTTER Land O' Lakes 1-lb. ctn. 97¢
MRS. FILBERT'S Soft Margarine 3 8-oz. mgs. $1
BREAKSTONE Sour Cream 1-pt. ctn. 69¢
ASST'D. FLAVORS, LIGHT N LIVELY Fresh Yogurt 4 8-oz. cups $1
IDEAL BRAND Horseradish 4-oz. jar 21¢
WHITE OR YELLOW, MIDGET Longhorn Cheese 1-lb. pkg. $1.29
MRS. FILBERT'S Plus Meat box of 6 ent. 75¢
FRANCO-AMERICAN Spaghetti-O's 15-oz. can 18¢
ACME BRAND Trash Bags pkg. of 10 59¢
IDEAL BRAND Salad Dressing 1-qt. jar 79¢
ALL PURPOSE GRIND Wincrest Coffee 1-lb. bag 89¢
IDEAL BRAND Coffee Creamer 1-lb. jar 75¢
FROZEN FOOD VALUES!
MRS. SMITH'S GOLDEN DELUXE Apple Pies 2-lb. 14-oz. pkg. $1.45
IMITATION ORANGE DRINK Bright & Early 6-oz. cans 17¢ 3 12-oz. cans $1
IDEAL BRAND Broccoli Spears 4 10-oz. pkgs. $1
BIRDS EYE CUT OR FRENCH Green Beans 9-oz. pkg. 29¢
IDEAL BRAND Grape Juice 4 6-oz. cans $1
IDEAL ITALIAN STYLE Green Beans 3 9-oz. pkgs. $1
IDEAL BRAND Cauliflower 3 10-oz. pkgs. $1

RIX MIX, FLAPSTIK, CORN MUFFIN OR CORN BREAD **Martha White Mix** 2 pkgs. 25¢
4¢ OFF LABEL! **Ajax Cleanser** 2 17-oz. cans 39¢
LUCKY LEAF **Cherry Pie Filling** 1-lb., 6-oz. can 59¢
BETTY CROCKER **Pie Crust Mix** 1-lb., 6-oz. pkg. 59¢
SAVE 30¢ **Lavoris Mouthwash** 1-qt. btl. $1.39
SUPER LOAF, SLICED **White Bread** 3 1-lb., 6-oz. loaves $1
SAVE 10¢ ALL VARIETIES **Miss Breck Hair Spray** 2 13-oz. cans 99¢
NEW, SIX FLAVORS **Ideal Yogurt** 5 8-oz. cups $1
SAVE 8¢ **Vick's Vapo-Rub** 1.3-oz. jar 49¢
SUPER SAVINGS! FROZEN **Roman Cheese Pizza** 14-oz. pkg. 79¢

OPEN SUNDAY
2801 FOSTER AVENUE 9 A.M. - 4 P.M.
401 FT. SMALLWOOD ROAD 9 A.M. - 4 P.M.
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RT. 40 & ST. JOHN'S LANE 10 A.M. - 5 P.M.
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SAVE 15¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF A 13-OZ. PKG. FRENCH'S INSTANT **Mashed Potatoes** (YOU PAY ONLY 58¢) Limit: one per family, please. Offer expires Feb. 16, 1974.

SAVE 20¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF A 5-OZ. TUBE OF **Prell Concentrate** (YOU PAY ONLY 79¢) Limit: one per family, please. Offer expires Feb. 16, 1974.

SAVE 20¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF ANY 2 PKGS. BETTY CROCKER **Hamburger Helper** Limit: one per family, please. Offer expires Feb. 16, 1974.

SAVE 18¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF THREE 5¼-OZ. BARS OF **Zest Bath Soap** YOU GET 3 bath bars 66¢ Limit: one per family, please. Offer expires Feb. 16, 1974.

SAVE 16¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF A 3-LB., 2-OZ. PACKAGE OF **Dash Detergent** YOU PAY ONLY 79¢ Limit: one per family, please. Offer expires Feb. 16, 1974.

AFRO Sports

Baltimore hosts pro track tour

Baltimore becomes the second stop for the professional stars touring under the banner of the International Track Association (ITA).

The star-studded troupe shows tomorrow (Saturday), at the Baltimore Civic Center. Tonight (Friday) director Mike O'Hara and his entourage open the 1974 junket at Uniondale, N.Y., on Long Island.

* * *

Among the assorted stars, O'Hara is probably proudest of his newest acquisition, hurdler Rod Milburn; distance ace Kip Keino and distaff speedster Lacey O'Neal.

All three will attract considerable attention for a variety of reasons.

Keino is perhaps the best-known among several outstanding African luminaries. Aside from his talent as a miler, the affable Kenyan is extremely popular with his constant smile and general charisma.

* * *

Milburn, the world record holder in both outdoors and indoors sprint events, invades the ten world after a sensational 8.0 sph over 50 meters at Madison Square Garden the previous weekend.

He will join a glass assortment of hurdlers including Willie Williams, Leon Coleman, Lonie Babb and Richmond Flowers; and Earl McCullouch and Paul Gibson.

* * *

Miss O'Neal is certain to have an enthusiastic following since she is a resident of nearby Washington (D.C.) where she is a school teacher.

Lacey joins two other topflight distaff sprinters in former Olympians Babara Ferrell and Wyomia Tyus Simberg.

Both Miss Ferrell and Mrs. Simberg were good medal winners in Olympic competition.

* * *

Among other standout members of the troupe are sprinters Jim Hines, Jim Green, Bob Hayes, Warren Edmonson and Mel Pender, all of whom with the exception of Edmondson competed in past olympics.

Also quarter-milers Lee Evans, Vince Matthews, and Larry James; long jumpers Norm Tate, Henry Hines and Preston Carrington, and high jumpers Otis Burrell and Ed Carruthers ... LACY.

Mike O'Hara and Kip Keino pro track head with one of his top draws

Prolonged strike forces tough choice on coaches

By Sam Lacy

The Baltimore teachers' strike has dropped an unanswerable question into the laps of the city's high school basketball coaches.

These men are being asked whether their loyalty to the cause should outweigh the dedication to their kids, or vice versa. Or whether their peculiar position requires them to declare a tie.

A tie means they do nothing — and hope for quick relief. That is what has happened now.

* * *

Athletic coaches live dual lives. They are teachers first, then they are fathers to the boys who come under their care.

When anything of the nature of a strike or boycott by fellow teachers occurs, their support is essential. It is the old one-for-all-for-one principle.

On the other hand, every coach feels guilty whenever he is required to abandon the young men with whom a special bond has been developed as a result of their association on the field or in the gym.

* * *

"You can believe me when I say it hurts," declares Sugar Cain, athletic director at Dunbar. "When something like this happens, you are torn between two loyalties. You know what you must do, but you also know what you want to do."

* * *

Cain gave up coaching basketball at the end of last season, but the Dunbar team has gone on winning under Cain's longtime associate, Archie Lewis.

* * *

Like his friend and predecessor, Lewis acknowledges the toughness of the decision, yet he realizes he has no alternative.

Both are aware that the school's location is more ghetto-like than that of any other in the Maryland Scholastic Association. As a consequence, it is vitally important that its young male teenagers be kept involved in the various sports programs.

* * *

Of course, this is not intended to say that the Dunbar coaches are alone with this problem.

The same applies to the men at all schools — City, Poly, Edmondson, Forest Park, Patterson, Mervo, etc. — who double as classroom teachers and athletic coaches.

They, too, experience conflicting emotions.

A GOOD CITIZEN is registered and prepared to VOTE. Do so TODAY at Supervisors of Elections, People's Court Building, Fayette and Gay Sts. Next election is Sept., 1974. Register from 8:30 a.m. to 4:00 p.m. Mondays through Fridays.

Men HIGH SCHOOL SENIORS Earn extra money for college Let us help pay your way. Join the Md. Army National Guard. For more information Call 728-3388, Ext. 40

"IN-THE-HOME" INCOME TAX SERVICE Robert L. Hawkins 202 Suter Rd., 21228 For Appointment Call 747-4970 After 5:00 and Week-Ends 747-3475 REMEMBER WE COME TO YOU

Busy Bullet weekend features Braves, Celts

LANDOVER, Md. — The Buffalo Braves and Boston Celtics, both possibly playoff-bound, will battle the Capital Bullets at Capital Centre, tomorrow (Saturday) and Sunday.

Buffalo, which has beaten the Bullets in two of three previous meetings this year, will feature "Player Punch-Out Night" Saturday at 8:05 p.m.

All fan, 13-and-under, will receive a full-color book with action pictures of each Bullet player. The pictures are perforated and each can be "punched-out" and stand on its cardboard base.

That is not the only attraction for local fans Saturday. Buffalo will have a couple of its own — Ernie DiGregorio and Bob McAdoo among them. Gar Heard, Jim McMillian and newly-acquired Jack Marin, a former Bullet, bolster the Braves frontline.

The Celtics on Sunday will be trying to avenge a national television defeat by the Bullets two weeks previous. As usual, coach Tom Heinsohn will have John Havlicek, Dave Cowens and JoJo White on hand to supply the fireworks.

The following Wednesday (Feb. 20), Sidney Wicks and Geoff Petrie, a pair of NBA All-Stars, will lead the Portland Trail Blazers into town for an 8:05 p.m. confrontation with the Bullets.

For the Bullets, Elvin Hayes and Phil Chenier continue to lead the way. Hayes is the NBA's leading rebounder and recently became the first NBA player to grab over 1,000 rebounds for the current season.

Wes Unseld and Archie Clark are recovering from injuries and expected back in the lineup. Kevin Porter has filled in spectacularly for Clark. Mike Riordan has played his usual steady, hustling game at forward.

BALTIMORE GAS AND ELECTRIC

BUSINESS OFFICES WILL BE CLOSED FEBRUARY 18 (Washington's Birthday observance)

For Emergency Service call 685-0123 if busy 234-5000

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Ethiopian sensation stuns track

LOUISVILLE, Ky. (UPI) — Miruste Yifter flew home to Ethiopia Sunday after climaxing a triumphal two-week United States indoor track-circuit tour by setting a world indoor record in the 5,000-meter run in the 14th annual Mason-Dixon Games Saturday night.

The 26-year-old Ethiopian Air Force sergeant, unbeaten at his distance specialties in the five U.S. meets in which he competed, dazzled a crowd of 7,116 here by streaking the final lap of the arduous event as if he were an Olympic sprinter.

He was timed in 13:34.1, clipping more than 11 seconds off the previous indoor record of 13:45.2 set by Russia's Vyacheslav Alanov in 1969.

* * *

Through an interpreter, Yifter said he "enjoyed the track, enjoyed the roar of the crowd and looks forward to returning home."

Yifter proved a good will ambassador of the highest order when he let Louisville's mayor, 37-year-old Harvey Sloane, beat him in a tortuously slow mile run Friday on the 220-yard board track here.

The run, not part of the Mason-Dixon program, was scheduled primarily to give the mayor some exercise.

MINORITY SUPPLIERS

You are cordially invited to attend the WESTINGHOUSE MINORITY BUSINESS CONFERENCE
DATE: Thursday, February 28, 1974
PLACE: Maryland Suite, Holiday Inn-Downtown, Howard & Lombard Sts., Baltimore, Maryland
TIME: 1 to 8 PM/Free Parking

The Westinghouse Defense and Electronics Systems Center is in search of minority suppliers. If you think you can provide materials or services we can use, this Conference could represent a major opportunity for us to do business together. Become acquainted with Westinghouse buyers, view our exhibits, get a better understanding of our product lines and the materials and services needed by us. Come any time during the day and let's discuss your present products or services. We'll have plenty of time to talk.

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Our new menthol is a lemon.

The new taste of lemon menthol. Twist gives you a smoother cool. Twist Lemon Menthol 100's

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
18 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

Extra care in engineering...it makes a big difference in small cars.

What kind of gas mileage will you get with a small car? United States Auto Club has some answers.

The United States Auto Club conducted mileage tests to determine what kind of mileage you can expect to get by driving a small car sensibly under normal driving conditions.

They tested four 6-cylinder cars, including the Dodge Dart Sport and Plymouth Duster (equipped with our 225 6-cylinder engine and new standard 2.76 rear axle), a Chevrolet Nova, a Ford Maverick and a four-cylinder Mustang II, all with manual transmissions. Using non-professional drivers, they took these 1974 cars over a 972-mile two-day trip through cities and towns and over the highway, doing their best to average 55 m.p.h. while on the open road.

The drivers stopped to rest, to eat and stay overnight, just as you would do on such a trip. Then the drivers put the cars through 108 miles of city traffic which included 229 traffic lights and 30 stop signs. A thorough test, thoroughly supervised by USAC.

UNITED STATES AUTO CLUB

TESTS SANCTIONED AND RESULTS CERTIFIED BY USAC, JANUARY, 1974.

Here are the certified results.

CERTIFIED: Dodge Dart Sport and Plymouth Duster—with 6-cylinder engines—delivered more miles per gallon in city traffic than Mustang II with 4-cylinders. And they delivered comparable mileage on the highway.

CERTIFIED: Plymouth Duster and Dodge Dart Sport delivered over 7 more miles per gallon than Maverick in city traffic.

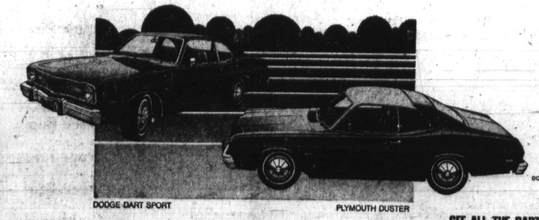
CERTIFIED: Dodge Dart Sport and Plymouth Duster delivered over 8 more miles per gallon than Nova in city traffic.

CERTIFIED: Plymouth Duster and Dodge Dart Sport also delivered more miles per gallon than Nova or Maverick on the highway.

So if good gas mileage is important to you in a small car, we have the small cars you're looking for...plus a whole lot more...
...more trunk space than 3 Pintos
...20" more total hiproom than Maverick
...standard electronic ignition
...and a sticker price lower than VW's most popular model.*

*Price comparison based on manufacturers' suggested retail price, including destination charges, excluding dealer preparation, state and local taxes. Optional whitewall tires and wheel covers shown, $53.30 extra. Optional vinyl roof as shown on Duster, $93.30 extra.

The answer is a small car at your Chrysler-Plymouth and Dodge Dealer's.



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