Lancaster Brand Beef Roast Sale!

FAMOUS McCORMICK'S Pot Roast Seasoning 1-oz pkg. 49¢

Beef Roast has always been a favorite with the family and this week at Acme and Super Saver you'll find special savings on your favorite roast! Find out for yourself why generations of smart shoppers have come to rely on Lancaster Brand quality meats . . . consistent good taste and melt-in-your-mouth tenderness everytime! Lancaster Brand . . . the meats you can always buy with confidence and serve with pride! Just one more reason why we say "There's more to like than just our price!"

PRICES EFFECTIVE THRU SAT., MAY 11, 1974. QUANTITY RIGHTS RESERVED.

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

FANCY GRADE 'A' SELF-BASTING TURKEYS
LANCASTER BRAND 8 TO 14 LB. AVG. OR SWIFT BUTTERBALL 16 LB. AND UP 59¢ lb.

Fresh Chicken Legs WHOLE . . . . . lb. 59¢
Turkey Drumsticks FROZEN . . . . . lb. 39¢
Cornish Game Hens CHECKERBOARD lb. 59¢
Meaty Spareribs FROZEN 3-5 LB. AVG. . . . . lb. 89¢

Boneless Pot Roast

BEEF CHUCK lb. 89¢

7-Bone Pot Roast BEEF CHUCK . . . . . lb. 85¢
Beef Chuck Blade Roast FORMERLY CALIF. ROAST . . . . . lb. 79¢
Cross Rib Pot Roast BEEF CHUCK . . . . . lb. $1.09
Arm Pot Roast BEEF CHUCK . . . . . lb. 95¢
Under Blade Pot Roast BEEF CHUCK . . . . . lb. 89¢
Boneless Beef Brisket WHOLE OR POINT HALF . . . . . lb. 99¢
Flat Half Beef Brisket BONELESS . . . . . lb. $1.29

FARMDALE BRAND (2-lb. pkg. $1.58) Skinless Franks . . . . 1-lb. pkg. 79¢
SUPER SAVINGS ON GORTZE'S Gwaltney Franks . . . . 12-oz. pkg. 69¢
Big Daddy Franks . . 1-lb. pkg. $1.19
MEDIUM 40-50 COUNT Shrimp . . . . . lb. $1.89 6-lb. box $9.39

ESSKAY QUALITY Sausage Links $1.09
IN STORE PACKED Sliced Bacon . . . . . lb. 79¢
LANCASTER BRAND CHUB (1-lb. pkg. 89¢) Braunschweiger . . . . 8-oz. pkg. 49¢
WILLIAMSBURG Country Ham Slices 12-oz pkg. $1.69

LANCASTER BRAND QUALITY FROZEN DINNERS TURKEY, CHICKEN, SALISBURY OR MEAT LOAF pkg. 49¢

KWIK FROZEN PANCAKE BATTER REGULAR OR BUTTERMILK 1-pt. ctn. 55¢

LANCASTER BRAND Veal Parmagiana . . 2-lb. pkg. $1.59
LANCASTER BRAND Turkey Slices . . . . . 2 7-oz. pkgs. 89¢
GORTON'S FISH & FRY, PORTIONS OR Fish Sticks . . . . . 2-lb. pkg. $1.39
TABLE TREAT Beef Burgers . . . . . 1½-lb. pkg. $2.29

MINUTE MAID (LIMEADE 3 12-oz. cans $1) Lemonade . . . . . 5 6-oz. cans $1
4-PACK CHEESE Roman Pizza . . . . . 11-oz. pkg. 59¢
STOUFFER'S GLAZED PECAN DANISH, BLUEBERRY OR FRENCH Crumb Cakes . . . . . 10-oz. pkg. 69¢
MOOR-RING Onion Rings . . . . . 1-lb. pkg. 79¢

LANCASTER BRAND, TENDER BEEF LARGE END
Rib Roast
7-INCH CUT $1.09 lb.

Small End Beef Rib Roast . . . . . lb. $1.19
Beef Rib Eye Steak OR ROAST FORMERLY DELMONICO . . . . lb. $1.99
Beef Cubed Steaks . . . . . lb. $1.69
Beef For Stew . . . . . lb. $1.19
Fresh Ground Chuck . . . . . lb. $1.09

OLD HICKORY FULLY COOKED, WHOLE OR HALF (WATER ADDED) Semi-Boneless Hams . . . lb. 99¢

SLICED TO ORDER IN OUR DELI!
DOMESTIC BOILED HAM LEAN SLICED $1.39 ½-lb.
DOMESTIC SWISS CHEESE SLICED 79¢ ½-lb.

Macaroni & Cheese Loaf ECKRICH . . . . ½-lb. 69¢
Old Fashion Loaf LANCASTER BRAND OR ECKRICH . . . . ½-lb. 89¢
Eckrich Beef Salami . . . . . ½-lb. 49¢

PORCELAIN CLAD STEEL GOURMET Imported Cookware
THIS WEEK'S FEATURE: 8-INCH FRENCH SKILLET CHOICE OF FLAME RED OR FIESTA SAVE $1.00 . . . each only $4.99

16-VOLUME, FULLY ILLUSTRATED American Heritage History of the United States
VOL. 1 only 49¢ | NOW ON SALE each only 99¢

KILLS GERMS THAT CAUSE BAD BREATH! LISTERINE 14-oz. btl. 77¢ SAVE 22¢

STRAWBERRY, APPLE OR APRICOT Suave Shampoo 1-pt. btl. 59¢ SAVE 19¢
SAVE 30¢ Dial Deodorant . . . . . 6-oz. can 69¢

NEW! IDEAL BRAND MACARONI & CHEESE CONVENIENT DINNERS 4 7¼-oz. pkgs. $1

LEGION BRAND CUT WAX BEANS AT A SUPER SAVING PRICE! 5 1-lb. cans $1

Kosher Dill Pickles IDEAL . . . . . 1½-qt. jar 69¢
Sweet Cucumber Chips IDEAL . . . . 1-qt. jar 49¢

IDEAL BRAND Vegetable Soup . . 10½-oz. can 17¢
INSTANT (WITH LEMON) Lipton Tea . . . . . 5.4-oz. envel. 43¢
ROYAL BRAND Prince Yams . . . . . 1-lb. can 45¢
JOAN OF ARC WHOLE Asparagus Spears . 14½-oz. can 83¢
ACME BRAND Trash Bags . . . . . pkg. of 10 65¢

IDEAL RED Sockeye Salmon . . 1-lb. can $2.89
MRS. FILBERT'S Plus Meat . . . . . 6.6-oz. pkg. 75¢
BALL REGULAR Jar Rubbers . . . . . pkg. of 12 17¢
NO. 61 REGULAR Pint Jars . . . . . box of 12 $1.89
FOR YOUR CANNING NEEDS Sure Jell . . . . . 2 1.75-oz. pkgs. 49¢

SUPER SAVING PRICE! BRIGHT & BREEZY LOW FAT MILK ½-gal. ctn. 69¢

FRESH SLICED SUPER LOAF WHITE BREAD SUPER SAVING PRICE! 3 1-lb., 6-oz. loaves $1

SUPER SAVING PRICE! Parkay Margarine . . . 1-lb. qtr. 49¢
SOFT MARGARINE Blue Bonnet . . . . pkg. of two 8-oz. tubs 65¢
CRESCENT STYLE Ballard Rolls . . . . . 8-oz. pkg. 39¢
CHEF'S DELIGHT Cheese Spread . . . 2-lb. box $1.09

VIRGINIA LEE Dessert Cups . . . . . pkg. of 6 43¢
VIRGINIA LEE English Muffins . . . . pkg. of 4 30¢
CINNAMON, BLUEBERRY OR CHERRY (WITH COUPON) Big Buy Buns . . . . pkg. 9-oz. 55¢
PLAIN, ICED OR OLD FASHION Raisin Bread . . . . . 1-lb. loaf 59¢

SAVE 20¢ WITH THIS COUPON (MFG-6) Lawn & Leaf Bags FROM HEFTY pkg. of 10 $1.25 Limit: one per family, please. Offer expires May 11, 1974.

SAVE 20¢ WITH THIS COUPON (MFG-6) Tastykake Pies or Cakes 20¢ VARIETY ONLY 6 for $1 Limit: one per family, please. Offer expires May 11, 1974.

SAVE 10¢ WITH THIS COUPON (CO-6) Big Buy Fresh Buns CINNAMON, BLUEBERRY OR PLAIN 9-oz. pkg. 55¢ Limit: one per family, please. Offer expires May 11, 1974.

SAVE 20¢ WITH THIS COUPON (MFG-6) Pampers Diapers DAYTIME pkg. of 30 $1.69 Limit: one per family, please. Offer expires May 11, 1974.

SAVE 10¢ WITH THIS COUPON (MFG-6) Glad Wrap SUPER SAVING PRICE! 100-ft. roll 25¢ Limit: one per family, please. Offer expires May 11, 1974.

SAVE 25¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF ANY PAIR Activ Panty Hose Limit: one per family, please. Offer expires May 11, 1974.

SAVE 15¢ WITH THIS COUPON (MFG-6) Spic & Span Cleaner 3-lb., 6-oz. pkg. 88¢ Limit: one per family, please. Offer expires May 11, 1974.

Sweet Corn

TENDER, SWEET GOLDEN SUPER FRESH SUPER SAVINGS!

10 ears only 89¢

Fresh Romaine Lettuce . . . . . lb. 29¢
Fresh, Tender Endive . . . . . lb. 29¢
Red Delicious Apples WESTERN . . . . . lb. 29¢
Seedless Grapefruit 40 SIZE . . . . . 4 for 49¢
Crisp Red Radishes . . . . . 1-lb. pkg. 19¢
Tropi-Cal-Lo Orange Drink . . . . . ½-gal. jug 59¢

Former AFRO intern selected

Baltimore resident Miss Mary Curtis, a junior at Fordham University, has been chosen by the Deadline Club, New York City's chapter of the Society of Professional Journalists, Sigma Delta Chi, to work as an intern reporter on Long Island's newspaper Newsday.

She is the daughter of Mr. and Mrs. Thomas E. Curtis of 727 Dolphin St.

After a screening of finalists, Miss Curtis was selected for the internship from a group of approximately 30 journalism majors who are members of the four New York City campus chapters of SDX including Fordham, New York, Long Island and Columbia Universities.

* * *

Miss Curtis has an extensive background in both print and broadcast journalism. She is contributing editor of Fordham's journal of news analysis, comment and review, The Paper.

Also, as Community Affairs Director of the student-run radio station, WFUV, Miss Curtis supervises programs with various New York City groups and coordinates the public service announcements.

She co-hosts and produces "Ellimu," a 60-minute weekly show which deals with problems in the black community.

Last summer Miss Curtis worked as a reporting intern on the city desk at the Baltimore AFRO-American.

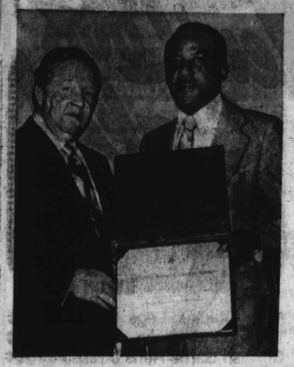
"The practical experience I gained from working as a professional reporter greatly increased my interest in journalism for a career. I'm fascinated by the wide scope and numerous opportunities in this field," Miss Curtis said.

* * *

In addition to devoting a great deal of time to her academic work as one of the students in the Communications Honor Seminar Program, Miss Curtis also serves as co-president of the national organization, Women in Communications.

Last weekend she represented the club at the annual conference held at the Barbizon-Plaza Hotel in New York City.

Miss Curtis will begin her work on the feature staff at Newsday in early June. "Journalists have the power and responsibility to initiate change that will improve society," she said. "I'm looking forward to the opportunity to do that this summer."



POSTAL WORKER CITED — Kenneth Hylan Fauntleroy, right, Budget Officer, Finance Division, Baltimore Post Office, is presented an award by Robert E. Hampton, Commissioner, U.S. Civil Service Commission. The presentation was made at the Annual Federal Career Service Awards Luncheon sponsored by the Baltimore Federal Executive Board and held recently at the Hunt Valley Inn.

PROUDLY DISPLAYING his award is Rudolph Perry, a special delivery messenger of the Postal Services, honored at the Service Awards luncheon held recently at the Hunt Valley Inn.

MS. RUTH BOYD

Regional exec to speak to Girl Scouts

"Voluntarism; More than Yesretday, Less Than Tomorrow," is the topic speech Ms. Ruth Boyd will deliver to the Annual Girl Scouts of Central Maryland meeting May 22 at a Dogwood Rd. Hall.

Ms. Boyd is assistant director of Region II, Girl Scouts of America. Her area covers Maryland, D.C., Virginia, Delaware, West Virginia, Ohio, Kentucky and Pennsylvania.

Ms. Boyd is relatively new to the girl scout scene but she came with impressive credentials.

Prior to her appointment in mid-1973, Ms. Boyd was a clinical worker at D.C. Children's Hospital from 1966 to 1973. Girl Scout officials say she is "a fantastic speaker."

Ms. Boyd is a Phi Beta Kappa, graduating cum laude from Hunter College (New York). She also holds a masters degree in social work from Columbia University.

Dinner tickets for the meeting are $6.75. Reservations must be made as soon as possible at Scout headquarters, 2518 Greenmount Ave., Baltimore, 21218 or call 889-3561.

Honors due Fr. Sheridan

Loyola High School Alumni, parents and friends will honor Father John Francis Sheridan, S.J., at a reception at Loyola High School Kennedy Lounge on Sunday afternoon, May 26. The event is on the occasion of Father Sheridan having completed 50 years as a Jesuit, the last 36 yea s of which were spent at Loyola High School.

Rec centers list events

PEE-WEE EVENTS
North Harford Playfield, 6800 Hamlet Ave., Pee-Wee Program:
Tuesdays — 4 p.m. — Arts and Crafts Class.
Thursdays — 4 p.m. — Boys' Softball (9 and under).
Fridays — 4 p.m. — Girls' Softball (10 and under).
Saturdays — 10 a.m. — Boys' Softball (9 and under).

North Harford
RED WEEK SCHEDULE

Monday, May 13 — 4 p.m. — Girls' Softball Game; 4 p.m. — Boys' Softball Game; 7 p.m. — Pool and Table Tennis Tournament.

Tuesday, May 14 — 4 p.m. — Arts and Crafts Class; 4:30 p.m. — Singing Games; 6:30 p.m. — Mother/Daughter Softball Game (10 and over).

Wednesday, May 15 — 4 p.m. — Local Track Meet; 6:30 p.m. — Awards Night.

Thursday, May 16 — 4 p.m. — Bike Hike (10 and over); 4 p.m. — Pee-Wee Mother/Son Softball Game; 6:30 p.m. — Quiet Games Tournament.

Friday, May 17 — 4 p.m. — Mother/Daughter Pee-Wee Softball Game; 4 p.m. — Baton Class; 7 p.m. — Tournament Games.

Saturday, May 18 — 11 a.m. — Jr. Municipal Track and Field Meet, Walbrook Senior High School.

American Savings, Loan recruitment program opens

The American Savings and Loan League, Inc., has initiated recruitment for its third Management Training Program. The program is operated in cooperation with the United States League of Savings Associations.

The purpose of the program is to identify and select individuals from minority backgrounds and to train them for middle-management positions in the savings and loan industry.

The training is performed by major savings and loan associations in the United States. The trainee is individually placed for a nine-month period in an association that gives on-the-job training.

They perform as actual employees of the association while rotating through various departments and receive a salary on a scale above the usual savings and loan entrance level.

* * *

The second program began in September, 1973, with 23 major savings and loan associations in cities from New York to San Francisco, Los Angeles to Miami participating as training associations.

The trainees are receiving intensive training that will qualify them for middle-management positions in savings and loans throughout the United States. Graduates of the first program are currently employed as branch managers, loan counselors and administrative supervisors.

The American Savings and Loan League is seeking mature applicants for its Management Training Program.

The program is open to candidates who are college graduates with a degree in business administration, economics, accounting o related fields or who have at least two years of college and equal amount of related business experience.

People who have graduated and have work experience are encouraged to apply for the program. For information call or write: Advance Federal, Savings and Loan Association, 1611 West North Avenue, Baltimore, Maryland 21217, 523-7100 or 523-7101.

Advertisement

INEZ KAISER

Hints For Homemakers

Our mothers are very dear to us so we should always be letting them know just how much we love them. However, when Mother's Day comes around each year, we like to do something "extra special" to show our love.

Mothers have a lot of responsibilities to perform. They must be wife, mother, father, nurse, teacher, cook and cleaner—all in one. So why not do Mom a favor and take some of the load off her?

WISK THE LAUNDRY AWAY!

Start by doing some of the laundry she's had to do day in and day out. WISK is just the thing you need, especially if you're not used to removing soils and stains for hours at a time like Mom used to have to do.

No pre-soaking or bleach is needed. Just pour a little WISK directly on the soiled spots, rub it in and place the clothes and other items to be washed in the machine. You couldn't ask for a more convenient or more efficient cleaning product.

WISK is good on almost every fabric, too, even on permanent-press clothes where stain removal can be a special problem. So use WISK and give Mom's weekly laundry that new look it deserves.

IMPERIAL TASTES LIKE BUTTER

I don't know about the mother in your household, but I've rarely met one that didn't like to cook a lot. And each one has her favorite dishes and special recipes.

Mothers everywhere have been taking part in a great revolution for some years now in the choice of a table spread and cooking ingredients. This may have been "butter country" years ago, but almost everyone's turning to margarine today.

The ones with the smartest taste buds are choosing IMPERIAL Margarine, which comes in regular stick or convenient Soft-Spread forms. And there's good reason for it!

IMPERIAL has the same basic flavor ingredients as butter, which means it actually tastes like butter. For taste and flavor, it's perfect for every occasion and need.

IMPERIAL makes any sandwich more appetizing; it adds special flavor to toast or hot biscuits; it makes almost any recipe taste better with just the right texture.

That's IMPERIAL, fit for a king and mother's choice as well.

WHITER SMILES WITH PEPSODENT

Most dentists attribute many tooth problems to poor toothbrushing practices and infrequent dental visits.

Getting to the dentist more often, at least once but preferably twice a year, is most important, but the importance of good dental hygiene cannot be stressed too much.

A good dental hygiene program starts with good toothbrushing habits—and the choice of a good toothpaste. All I can say is: PEPSODENT's the one!

It's most important for adults—young and old—to choose a toothpaste that will get teeth their whitest, and yet not be too abrasive.

PEPSODENT has the lowest abrasion level of all leading toothpastes, which makes the familiar term "PEPSODENT smile" a winning combination in every respect.

Sparkling-white teeth are the essence of a lovely smile. So use PEPSODENT to dazzle your mother when you bring in her breakfast tray on Mother's Day morn.

THANK DOVE FOR LOVELY SKIN

My best friend's mother has very lovely skin. It is flawless and smooth, just like a newborn baby's.

It's most reassuring to know someone who doesn't have the same complexion problems that so many people—young and old—are confronted with today.

I asked her what her secret was and she told me it was all due to using DOVE Beauty Bar, which she has been using for many years.

She attributes the beautiful appearance of her skin to the way DOVE Beauty Bar moisturizes and makes it look and feel—so soft and smooth.

DOVE does not dry or irritate your skin the way other soaps can. Wash with it every night and your whole complexion will take on a new radiance.

Just take my advice; you'll get plenty of compliments on your complexion—and you don't even have to be a mother!

The Morgan State College Dinner for Retiring Faculty Members Received Bluefield's Orchid Touch

Bluefield Caterer
The Orchid Touch Goes Everywhere
Phone: 486-2100

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FOOD-A-RAMA

2701 W. COLDSPRING LANE 3420 CLIFTON 20 S HILTON 5447 REISTERSTOWN ROAD (HILLTOP SHOP. CNTR.)
3805 LIBERTY HEIGHTS 2040 HARFORD RD. 6318 WINDSOR MILL RD.
WE ACCEPT USDA FOOD COUPONS
WE HAVE THE BEST FOOD VALUES IN TOWN
OPEN SUNDAYS PLENTY OF FREE PARKING

ESSKAY'S U.S.D.A. CHOICE TOP ROUND STEAKS $1.79 lb. USDA CHOICE

ESSKAY'S U.S.D.A. CHOICE CHUCK ARM ROAST $1.19 lb. USDA CHOICE

U.S.D.A. CHOICE BONELESS CROSS RIB ROAST $1.39 lb. USDA CHOICE

SAVE! SIGNAL'S FRANKS 69¢

DELICIOUS GOETZE'S SCRAPPLE 2 99¢

U.S.D.A. CHOICE BONELESS SHOULDER STEAKS $1.49 lb. USDA CHOICE

MUSSELMAN'S APPLE SAUCE 99¢

HEINZ RELISHES 4 reg. jars $1

CHUNK-LIGHT BREAST O' CHICKEN TUNA 59¢

HEINZ BARBECUE SAUCE 3 18-oz. btls. $1

GORTON'S CODFISH CAKES 3 reg. cans $1

ORANGE DRINK WAGNER'S 3 32-oz. btls. $1 54-oz. jug 59¢

PET EVAPORATED PET MILK 3 tall cans 85¢

HUNT'S SPINACH no. 2½ can 39¢

LIBBY'S FRUIT COCKTAIL 303 can 39¢

JERGENS SOAP 4 bars 29¢

BORDEN'S ICE CREAM ½ gal. 99¢

DOVE LIQUID 20¢ OFF! 32-oz. btl. 59¢

LAND O' LAKES BUTTER IN QUARTERS lb. pkg. 79¢

QUARTERS MRS. FILBERT'S MARGARINE lb. pkg. 49¢

FAMILY SIZE FAB DETER-GENT $2.89

KRAFT'S PARKAY MARGARINE 1-lb. qtr. 49¢

HUDSON or CASCADE PAPER TOWELS jumbo roll 39¢

FINEST FRESH PRODUCE

Plantation Green Cucumbers each 15¢

DONALD DUCK ORANGE JUICE frozen can 19¢ 32-oz. can 39¢

Hard Ripe Tomatoes extra large each 49¢

TURNOVERS blueberry, apple, cherry 59¢

CAKE SALE! 99¢

VALUABLE COUPON
BM-20 COFFEE CHASE & SANBORN 1-lb. 99¢
GOOD AT FOOD-A-RAMA MARKETS
COUPON expires Sun., May 13, 1974.
LIMIT ONE COUPON PER FAMILY

VALUABLE COUPON
BM-15 NIAGARA SPRAY STARCH 22-oz. can 39¢
WITH THIS COUPON
GOOD AT FOOD-A-RAMA MARKETS
Coupon expires Sun., May 12, 1974
LIMIT ONE COUPON PER FAMILY