Week's food economies

Tomatoes, red ripe, and fresh from summer vines add their special note of color, tempting flavor, and vitamin value. Use tomatoes while the supply is at it's peak during the months of August and September, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

Tomatoes allowed to ripen on the vine have the best flavor and color. Shop for tomatoes that are firm but not overripe. They should be well shaped, free of blemishes, smooth and plump.

Where appearance is not important, you can save money by buying smaller sized or irregularly shaped tomatoes. Those serve just as well if you intend to use them for cooking purposes or in chunk or chopped form, in salads or to top cooked dishes.

The hot weather during the past few weeks has caused tomatoes to ripen rapidly. With rain, tomatoes may show signs of damage from being overripe. This year tomato quality has been reported as being very good.

If you buy underripe tomatoes or those that are picked green from the vines, they will keep for a reasonable period of time. Store in a cool place away from sunlight and allow a good red color to develop before they are refrigerated.

Tomatoes are one of the most important sources of vitamin C. A medium sized tomato will give you more than ½ your days quota of vitamin C as well as a goodly amount of vitamin A. Tomatoes are low in calories and are genrrally liked by all members of the family.

Tomatoes may be canned by using the boiling water method. It is not recommended that tomatoes be frozen unless you intend to use the tomatoes in a cooked dish or sauce. Tomato juice freezes well.

If you do your shopping at the produce counters, other items to look for are sweet corn, cabbage, green peppers, new potatoes, cucumbers, peaches, cantalopes, and watermelons.

Hot Stuffed Tomatoes.. With Turkey Salad

Six medium-large tomatoes, two cups cubed, cooked or canned turkey, one cup diced celery, one fourth cup chopped green pepper, two tablespoons chopped onion, one teaspoon salt, one half cup mayonnaise, one tablespoon lemon juice salt and pepper, one half cup grated American Cheese....

Remove stem end from tomatoes. Take out centers and seeds leaving ½ inch wall. Drain upside-down while preparing filling. Combine turkey, Celery, green pepper, onion, salt, mayonnaise and lemon juice. Sprinkle inside of tomatoes with salt and pepper. Stuff tomatoes with salad mixture and top with grated cheese. Bake at 375 degrees for 15 minutes.

Make 6 servings.

PREGNANCY TESTING & COUNSELING
WOMEN'S CLINIC
CALL FOR APPOINTMENT
4200 Edmondson Ave.
Balto., Md. 21229
233-2700

GRAND OPENING
TREASURE ISLAND
METRO PLAZA—MONDAWMIN MALL
Wide selection of
Jewelry Watches Pipes Incenses
SPECIAL SALE Fri., Aug. 9th—Fri., Aug. 16
EAR RINGS 2 Prs. Also $1.79
PAINLESS EAR PIERCING $9.95
Monday-Saturday 10 A.M.-9 P.M.

OVER 62?
Investigate the beautiful newly modernized MARLBOROUGH APTS. in lovely Bolton Hill. 24 hour security. Air cond. Rental includes all utilities from $90 monthly and up
669-3005

Woodlawn Highlights

By Marjorie R. Green

Recently, I was a guest at the Woodlawn Toastmistress Club's Installation Banquet held at the impressive Restaurant 3900 on N. Charles Street.

The beautiful private dining room offered the perfect setting for club members to display the poise, confidence and eloquence that is so often identified with Toast mistress Club members.

Presiding over the meeting was Raymona Robinson, outgoing president who will now act as Club Representative.

The Invocation, pledge and Grace were delivered by Pauline Carter and Jennie Knox. Toastmistress for the evening was Bernita Kane.

Julia Carraway did an excellent job as Topic Mistress. She chose "Comestics of the Mind," to emphasize the reflections of inner beauty. Members Esther Nash and Wilma Marshill also made worthwhile contributions to the program. Charter member, Lorene Cephas began the installation proceedings with a touch of wit and humor before seriously reminding each officer of hew new responsibilities.

New officers

Marjorie Gutfleisch, newly elected president accepted the "Gavel with humility as she promised to "make this a year of participation in community activities as well as club activities.

She expressed a wish that the club will in some way participate in the centennial celebration. Mrs. Gutfleisch has been working 16 years as a telephone attendant in the Social Security building. She is a member of the Official Board at the Overlea United Methodist Church.

Newly-elected first and second vice presidents are Benadette Smith and Bernita Kane.

Blanche Dugger, the new treasurer was the coordinator who deserves many flowers for arranging the successful banquet. Bouquets should also go to my two lovely hostesses, Phyllis Reaves, third vice president who has been a toastmistress for four years. She is currently a Library Technician in the Altmeyer building library and has been at SSA since 1968.

Leona Holly, newty-elected secretary formerly held the office of Publicity Chairman. Sportsminded Leona is employed as an Investigation clerk in the Bureau of Data Processing. She has been in the Toastmistress club two years and is an active member of the Arena Players group.

Former Toastmaster, Robert Crum was introduced as the first male to join the club. According to the new president, Marjorie Gutfleisch, Bob was "Instrumental in forming the Woodlawn club in 1968.

Other members serving on the banquet committee were Eloise J. Taylor and Florence Sweeney.

The new year theme for the Woodlawn Toast mistress club is "A Key to Better Understanding."

Each member's pledge to go forth into the new year with this theme in mind promises to lead to a better and brighter tomorrow for the Woodlawn Toastmistress club.

Send news items for this column: c-o Woodlawn Highlights, P.O. Box 785 Baltimore, Md., 21203.

South Baltimore Notes

By Walter W. E. Hill

The Rev. J. C. Brown of Telham, N.C., will be guest speaker at Betheny Baptist Church, Mt. Winans on this Sunday, August 11, at the 11 a.m. service.

The Rev. Mr. Brown is the brother of Deacon Warren Brown of Bethany. The Rev. James A. Reynolds is pastor.

• • •

The changing of the Community Action Agency to that of Urban Services Agency as of July 1974, has sort of caught us by surprise, we were not informed by our own neighborhood branch.

The Washington Blvd. branch informed us that their efforts in getting a library seem almost a sure thing. The library will be located in the renovated Walter's Public Bath on Washington Blvd.

South Baltimore is also advancing nicely with the Urban Renewal and C.E.B.O.

• • •

The stirring Committee of the Mt. Winans Civic Interest Group, Inc. still have a few tickets available for the DINNER-SHOW at the Garland Theatre in Columvia, Md. on Sunday, September 15, 1974.

Mrs. Sadie Blocker is Chairman. They are also planning another great day on Sunday, September 8, 1974 known as their ANNIVERSARY CELEBRATION to be held in the Westport Recreation Building. Mr. Lloyd Cook is Chairman. Mrs. Helen Burley, Co-Chairman. You are invited to attend and bring a friend.

CALVERT CO. NEWS

Camp meeting opens Sun.

By Melvina Edwards

Peters United Methodist Church will hold its Camp Meeting on Sunday. The Rev. John White is pastor and the Rev. Lewis, district superintendent.

Sermons will be by the Rev. William Edwards and Brother Howard James and the choir from St. Edmonds. Brother Alexander Ford and the Peter's choir will supply musical selections.

Tuesday will be Youth Night with the Rev. Paul P. Johnson. On Thursday, the Methodist Women will have sermon by Sister Clara Brooks.

• • •

The Rev. Paul Phillips Johnson was guest speaker at the Patuxent Methodist Church.

• • •

Funeral services were held for Joseph Collins at the Gillis Memorial Church with the Rev. Theodore Jackson, Jr. officiating. He is the great-nephew of the Rev. Joseph Collins of Port Republic, pastor of the Mutual Charge.

• • •

Mrs. Inez Jennings, wife of John Jennings, former county agent of Huntingtown, is vacationing in Calif. with relatives. She is a recently retired teacher.

Mrs. Gertrude Gross of Lothian entertained at dinner. Guests included Mrs. Evelyn Carter, Mrs. W. Kelly, Arthur Hall and George Roger, all of Philadelphia. Also, the Rev. Mr. and Mrs. William Edwards of Baltimore.

• • •

Continue your prayers for William Purvey, son of Mrs. Ethel Purvey of Huntingtown. He is slowly improving at University Hospital. Also for Johnnie Geer. His condition is fair at Maryland General Hospital.

St. Paul United trustee day Sunday

Trustee Day will be observed at the St. Paul United Methodist Church, Saratoga and Schroeder Sts. Sunday, at 3:30 p.m. Leon Johnson is chairman Mrs. Daisy V. Brown, co-chairman. The Rev. S. R. Benneth is pastor.

GRAND OPENING
McDonald's
Come to the new McDonald's
2001-2025 North Broadway
Baltimore, Maryland
On
Sunday, August 18th
At 3:00 p.m.
Bring the family, enjoy good food, have some fun. Stop in, get acquanted, join the celebration.
McDonald's
You deserve a break today

BRESSLER CLEANERS Inc.
1924-1974 OUR 40TH YEAR
SPECIALISTS IN THE CRAFT OF FINE DRY CLEANING
INCLUDING
• FUR • KNITS
• LEATHER • SPREADS
• SUEDE • BLANKETS
• PLASTIC • DRAPERIES
4002 W. BELVEDERE AVE.

FIX BROKEN DENTURES
At home in minutes
Amazing new Quik-Fix fixes broken plates, fills in the cracks and replaces teeth like new. Fast! Easy to use! No special tools needed. Works every time or your money back. QUIK-FIX® Denture Repair Kit At all drug counters.

DIVORCE IN 24 HOURS
Mutual consent or contested actions, quick jet flight to Santo Domingo or Haiti. 1st class hotel. For Inf. and forms, please mail $25.00
ODA CORP. — P. O. BOX 5
Hyattsville, Md.
20781-301-559-2542
member B.B.B.

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

OVEN READY, BUTTER INJECTED LAND O' LAKES TURKEYS 59¢ lb.
WHOLE or HALF ESSKAY'S PORK LOINS 99¢ lb.
MORRELL'S SPARE RIBS 3 to 3-lbs. 89¢ lb.
COMBINATION PACKAGE CHICKEN LEGS and BREASTS 49¢ lb.
ESSKAY'S SPARE RIBS SMALL LEAN 1 to 2LBS. 1¢ $1.29 lb.
ESSKAY'S SEASONED BEEF PATTIES 2½-lb. pkg. $2.59
FRESH CUT TURKEY LEGS, WINGS or NECKS .39¢ lb.
CHUCK STEAKS USDA CHOICE ESSKAY'S BLADE CUT lb. 89¢
FROZEN FRYING CHICKEN WINGS 2 lbs. 79¢
ESSKAY'S SCRAPPLE 2 lbs. 99¢
ESSKAY'S CHITTERLINGS 10 lbs. $3.89
ESSKAY'S USDA CHOICE BONELESS SHOULDER STEAKS $1.69 lb.
TENDERIZED CUBED BEEF STEAKS $1.79 lb.
IT'S NEW FROM ESSKAY! ITALIAN SAUSAGE HOT or SWEET $1.39 lb.
JUICY STEER BEEF LIVER .69¢
GWALTNEY OF SMITHFIELD, VA. SLICED BACON ½ lb. pkg. $1.19
ROYAL PUDDINGS 2 pkgs. 29¢
SHOE PEG CORN 2 cans 59¢
LUX LIQUID 59¢
ZEST SOAP 2 bars 59¢
LILY COLD CUPS 79¢
OCTAGON LIQUID 59¢
JOY LIQUID FOR DISHES 32-oz. btl. 69¢ With Coupon On Front Page
ALL DETERGENT WITH "FINE TOTE BAG" 20 lbs. $5.99
SAN GIORGIO ELBOW MACARONI 1-lb. pkg. 43¢
SWIFT PREMIUM CORNED BEEF 12-oz. can $1.39
ICE BOX WATER-MELON 59¢ EA.
CALIFORNIA LETTUCE ICEBERG HD. 33¢
MARYLAND TOMATOES LB. 29¢
FIRM CRISP CUCUMBERS OR PEPPERS EA. 10¢
VALUABLE COUPON BM 18 LIFEBUOY SOAP 3 BATH SIZE BARS 79¢ WITH THIS COUPON Good only at Food-o-Rama markets offer expires Sunday, AUG 17, 1974. One coupon per family
VALUABLE COUPON BM 10 PILLSBURY FLOUR 5 LB. BAG 79¢ WITH THIS COUPON Good only at Food-o-Rama market offer expires Sunday, AUG. 17, 1974 One coupon per family

100% U.S. GOVT. INSP. Chicken Quarters LEG OR BREASTS 49¢ lb.
FRYERS U.S. GOVERNMENT INSPECTED WHOLE lb. 39¢
Cut-Up Fryers ..... lb. 45¢

IN OUR SERVICE DELI!
LEAN SLICED DOMESTIC BOILED HAM $1.39 lb.
DOMESTIC SLICED Swiss Cheese .... ½-lb. 79¢
ESSKAY OR LANCASTER BRAND Bologna PLAIN OR GARLIC .... ½-lb. 59¢
ECKRICH BRAND Beef Bologna .... ½-lb. 69¢
ESSKAY OR LANCASTER BRAND Cooked Salami .... ½-lb. 69¢
ECKRICH P&P, OLIVE, PLAIN OR OLD FASH. Baked Loaves .... ½-lb. 69¢
ESSKAY QUALITY Chicken Roll .... ½-lb. 88¢
HOFFMAN FLAVORED American Cheese .. ½-lb. 75¢
SUPER SAVINGS EVERYDAY!
FARMDALE BRAND Sliced Bologna .... 1-lb. pkg. 99¢
BONED 'N TENDER Gwaltney Hams .... lb. $1.89
WILLIAMSBURG DELICIOUS Country Ham Slices 12-oz. pkg. $1.99
LANCASTER BRAND Beef Franks .... 1-lb. pkg. 99¢
LANCASTER BRAND, 6 VARIETIES Lunch Meats .. 2 6-oz. pkgs. 89¢
ECKRICH BRAND Smoked Sausage .. lb. $1.29
LANCASTER BRAND Scrapple .... 1-lb. pkg. 49¢ 2-lb. pkg. 97¢
SUPER SAVINGS! Gwaltney Franks .... 12-oz. pkg. 69¢
DELICIOUS GWALTNEY Fresh Sausage .... 1-lb. roll 79¢

ACME You're going to like it here! SUPER SAVER
LANCASTER BRAND TENDER BEEF CHUCK STEAK 7-BONE BONELESS (FORMERLY BONELESS CHUCK STEAK) $1.19 lb.
7-Bone Steak LANCASTER BRAND BEEF CHUCK lb. $1.09
Blade Steak FORMERLY 1ST CUT CHUCK STEAK .. lb. 99¢
FORMERLY CALIF. STEAK Under Blade Steak . lb. $1.19
Arm Steak LANCASTER BRAND .... lb. $1.29
Cross Rib Steak LANCASTER BRAND lb. $1.49

SUPER SAVINGS ON QUALITY FROZEN FOODS!
MINUTE MAID LIMEADE OR Lemonade ..... 6-oz. cans 99¢
AUNT JEMIMA Blueberry Waffles .. 10-oz. pkg. 49¢
12-PACK Jeno Cheese Pizza . 1¼-lb. pkg. 99¢
HONEY, APPLE, RAISIN OR PECAN Sara Lee Pull Aparts 12-oz. pkg. 89¢
IDEAL REGULAR OR CRINKLE CUT French Fries ..... 3 1-lb. pkgs. $1
LANCASTER BRAND CHICKEN, TURKEY, MEAT LOAF OR SALISBURY Regular Dinners ... each 49¢
LANCASTER BRAND PORK, HAM OR VEAL STEAK Deluxe Dinners .... each 69¢
LANCASTER BRAND Veal Parmagiana .. 2-lb. pkg. $1.59
BANQUET MACARONI & BEEF, NOODLES & BEEF OR SPAGHETTI & 8-oz. MEATBALLS pkg. Buffet Suppers 1.19
BANQUET DELICIOUS Fried Chicken .... pkg. $1.79
LANCASTER BRAND 8-All Beef Steaks .. 1-lb. 2-oz. pkg. $1.59
TABLETREAT Beef Burgers .... 1¼-lb. pkg. $1.99

BEEF, CHICKEN OR TURKEY Farmdale Pot Pies AT A SUPER SAVING PRICE! 4 8-oz. pkgs. $1
IDEAL FROZEN FLORIDA Orange Juice AT A SUPER SAVING PRICE! 3 12-oz. cans $1
FAMOUS McCORMICK'S OR Lipton's Tea Bags AT A SUPER SAVING PRICE! pkg. of 100 $1.09
SUPER SAVING PRICE! 25¢ Off! Downy FABRIC SOFTENER ½-gal. jug $2.19
ASS'TD FLAVORS, FARMDALE Fruit Drinks AT A SUPER SAVING PRICE! 3 1-qt. 14-oz. cans $1
KOSHER DILL Vlasic Pickles AT A SUPER SAVING PRICE! 1-qt. jar 69¢
FARMDALE BRAND Skinless Franks AT A SUPER SAVING PRICE! 1-lb. pkg. 79¢
FANCY FROZEN Shrimp 40-50 COUNT 1-lb. bag $5.99 36-42 COUNT $7.99 WITH THIS COUPON BELOW

SUPER SAVINGS!..SUPER FRESH! Sunkist 88 SIZE! CALIFORNIA VALENCIA Oranges 10 for 89¢
New Green Cabbage ..... lb. 9¢
Local Sweet Corn ..... 10 ears 89¢
Local Fresh Peaches ..... 3 lbs. $1
Sweet Cantaloupes LARGE 27 SIZE! .... each 49¢
Orange Juice GOLD SEAL OR GRAPEFRUIT ..... ½-gal. jug 89¢
Prices Effective thru Sat., August 17, 1974. Quantity Rights Reserved.

SUPER GROCERY SAVINGS!
SUNSWEET DELICIOUS Prune Juice ..... 1-qt. 8-oz. btl. 69¢
SUPER SAVINGS! Louella Dry Milk . 20-qt. size $3.39
DAYTIME (60's) OR TODDLER (40's) Princess Diapers .. pkg. $2.79
SUPER SAVINGS! Trix Cereal ..... 12-oz. pkg. 69¢
IDEAL BRAND Cider Vinegar ..... ½-gal. jug 93¢
IDEAL BRAND Apple Juice ..... ½-gal. jug 89¢
SUPER SAVINGS! Princess Wipes .... pkg. of 10 49¢
SUPER SAVINGS! Wincrest Coffee .. 1-lb. bag $1.05
DAIRYLAND VALUES!
SUPER SAVINGS! Land O' Lakes Butter ¼-lb. ctrs. 81¢
OVEN READY OR BUTTERMILK Ballard Biscuits ... 4 5-oz. pkgs. 55¢
WHITE OR YELLOW AMERICAN Cheese Food Slices. 12-oz. pkg. 79¢
IDEAL BRAND Horseradish ..... 4 4-oz. btls. $1
SUPER SAVINGS! KRAFT'S Phila. Cream Cheese 8-oz. pkg. 46¢
FRESH BAKERY BUYS!
FRESH SLICED WHITE Super Loaf Bread 3 1-lb. 6-oz. loaves $1
REGULAR OR SLICED Italian Bread ..... 2 1-lb. loaves 89¢
DAINTEE FRESH Snack Crackers .. 2 11-oz. pkgs. 79¢

BACK-TO-SCHOOL SPECIALS!
September is just around the corner and you'll find just about everything you need for back-to-school at Acme and Super Saver! Stock-Up now and be ready when the bell rings!
Spiral Theme Book 10" X 8" 100 COUNT .. each 69¢
Spiral 3 Subject 11" X 8½" 105 COUNT .... each 99¢
Lunch Kits ALADDIN OR THERMOS ..... each $2.69
Crayola Crayons ..... pkg. of 64 99¢
3 Ring Binders 1½" DENIM DESIGN .... each $1.88
Panty Hose LADY BREVONI REGULAR OR NUDE ..... pair 39¢

SAVE 40¢ Colgate Toothpaste 15¢ OFF LABEL! 9-oz. tube 79¢
SAVE 34¢ ON Secret DEODORANT 20¢ OFF LABEL! 5-oz. can 49¢
SAVE 20¢ ON Earthborn Shampoo ASSORTED VARIETIES 8-oz. btl. 99¢
TIP TOP FLORIDA Citrus Punch WITH 18¢ COUPON ½-gal. jug 49¢
LARGE PLAIN Angel Food Cakes SAVE 10¢ 15-oz. cake 79¢

20¢ OFF LABEL! Ajax Liquid Detergent 1-qt. btl. 79¢
HEAVY DUTY CLEANING ENERGY Bold
25¢ OFF LABEL! Bold Laundry Detergent 5-lb. 4-oz. pkg. $1.69

SAVE 18¢ WITH THIS COUPON (MFG-B) TOWARD THE PURCHASE OF A ½-GAL. TIP TOP FLORIDA Citrus Punch (147) Limit: one per family, please. Offer expires Aug. 17, 1974.
SAVE $1.00 WITH THIS COUPON (CO-B) TOWARD THE PURCHASE OF ANY 5-LB. BOX OF Frozen Shrimp (144) Limit: one per family, please. Offer expires Aug. 17, 1974.
SAVE 30¢ WITH THIS COUPON (CO-B) TOWARD THE PURCHASE OF A 2-LB. BOX OF KRAFT'S Velveeta Cheese (148) Limit: one per family, please. Offer expires Aug. 17, 1974.
SAVE 20¢ WITH THIS COUPON (MFG-B) TOWARD THE PURCHASE OF ANY SIX, FRESH BAKED Tastykake Cakes (137) Limit: one per family, please. Offer expires Aug. 17, 1974.
SAVE 8¢ WITH THIS COUPON (MFG-B) TOWARD THE PURCHASE OF A 1-LB. PKG. QUARTERS Imperial Margarine (138) Limit: one per family, please. Offer expires Aug. 17, 1974.
SAVE 10¢ WITH THIS COUPON (CO-B) TOWARD THE PURCHASE OF A 1-LB. LOAF PLAIN, ICED OR OLD FASHION Raisin Bread (149) Limit: one per family, please. Offer expires Aug. 17, 1974.
SAVE 10¢ WITH THIS COUPON (MFG-B) TOWARD THE PURCHASE OF TWO COMPLEXION SIZE BARS OF Camay Soap (134) Limit: one per family, please. Offer expires Aug. 17, 1974.
SAVE 10¢ WITH THIS COUPON (MFG-B) TOWARD THE PURCHASE OF A PKG. OF 100 BATHROOM Dixie Cup Refills (108) Limit: one per family, please. Offer expires Aug. 17, 1974.
SAVE 40¢ WITH THIS COUPON (MFG-B) TOWARD THE PURCHASE OF A 3-LB. CAN (ANY GRIND) Maxwell House (136) Limit: one per family, please. Offer expires Aug. 17, 1974.