Columbia Capers

By Pinnie L. Ross
AFRO Columnist

Floyd B. McKissick, prominent lawyer, civil rights leader and former national chairman and director of the Congress of Racial Equality (CORE), was guest speaker at the first Columbia Forum last Friday. The Forum was sponsored by the Columbia Foundation.

Mrs. Celonia Walden, board member of the Foundation, was mistress of ceremonies, and Anita Tribe, president of the Foundation, welcomed the guests who consisted mostly of Columbia residents. James Rouse, Columbia developer and longtime friend of Mr. McKissick, introduced the speaker who spoke on "New towns offer special opportunities for minorities."

Mr. McKissick, developer of the model community and president of Soul City, had this to say:

"Soul City is located in Warren County, N.C. and in its initial stages of construction, is located on 5,000 acres of farmland.

"At present, it is going through the first phase which is called Tech I — industrial building, training centers to train people under the Office of Minority Enterprises for construction contractors' assistance, assisting minority contractors, and business development organization."

Mr. McKissick's idea is to train people to build the city and live in it. One of its purposes is to improve quality of life for people who wish to return to N.C. The new city will attempt to provide nearly 24,000 jobs in education, housing, and social services to a multi-racial population projected to reach nearly 44,000.

At present people are living in 34 mobile units, but the acres are being utilized by just plain farming and harvesting the crops, which provide income for the croppers. Another source of income is from selling jewelry. Classes are provided to teach those who are interested.

Soul City is a new, planned, multi-racial community being built to provide a economic and social atmosphere for the enfranchised and to bring new solutions to bear on the crisis of the American city. It is open to people of any race and economic status.

Like most new cities it has had its ha starting back in 1968 when Mr. McKissick made many trips to Washington negotiating with the officials of HUD. He finally was able to secure a $14 million loan from Housing and Urban Development.

The National Council of Negro Women (Howard County section) will sponsor its annual cabaret on Saturday, Jan. 25, from 9 p.m. to a.m. at the Kittamaquindi Ballroom. Music by the Soul Explosions; door prizes and food. BYOB.

Committee members are Deloris Stephenson, Frances Turner, Marie Johnson, Geraldine Johnson, Celitha Davy, and Barbara Motley.

Women's center sets workshop

The Baltimore Women's Center will sponsor a four-week workshop, "An Introduction to Feminism," on Wednesday evenings from Jan. 29 through Feb. 19 at 101 East 25th Street, B-2.

Workshop topics will include consciousness-raising, mental and physical health, rape, self-defense, childcare, sexuality and women's culture.

The workshop will be limited to twenty women and the fee will be $20.00. The hours will be 7:30 to 10 p.m. The registration deadline is Jan. 24th. Call the Women's Center for topic schedules and registration forms.

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Two Guys WITH THIS COUPON YOU PAY 39¢
6½-OZ. CAN CHICKEN OF THE SEA CHUNK LIGHT TUNA IN OIL
One coupon per customer. Good thru Sat., Jan. 18, 1975.

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Toward the purchase of ANY DOZEN Two Guys GRADE-A-EGGS
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SAVE 6¢ PILLSBURY BISCUITS COUNTRY STYLE OR BUTTERMILK 3 8-OZ. pkg. 39¢
ROYAL DAIRY ALL FRUIT FLAVORS Yogurt SAVE 23c 4 8-oz. pkg. 89¢
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TROPICANA-NO DEPOSIT SAVE 14c Orange Juice ½-gal. glass 79¢
PROMISE-QUARTERS Margarine SAVE 20c 1-lb. pkg. 69¢

APPETIZING DEPT.
KITCHEN COOKED BAKED VIRGINIA HAM ½-lb. 99¢
LAND O'LAKES WHITE OR YELLOW AMERICAN CHEESE ½-lb. 59¢
PLYMOUTH ROCK COOKED SALAMI ½-lb. 59¢
RICH'S ALL WHITE MEAT Turkey Roll ½ lb. 98¢
A&B LEBANAN Bologna ½ LB. 79¢
TRENTON Pork Roll ½ LB. 69¢
A&B Polish Kielbasi lb. 1.19

SAN GIORGIO Spaghetti, Spaghettini or Elbow Macaroni 1-lb. box 39¢

BONELESS ROAST BEEF SALE!
Bottom Round Roast LB. 1.29
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Bolar Roast LB. 1.49
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FRESH REGULAR Ground Beef LB. 89¢
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BONELESS STEAK SALE
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Cube Steak LEAN LB. 1.69
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Swiss Steak CUT FROM BOTTOM LB. 1.79

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SWIFT PREMIUM Smoked Daisys LB. 1.39
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COLONIAL Sliced Beef Bologna 1-LB. PKG. 98¢

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PEPPERMINT, CINNAMON, FRUIT Carefree Chewing Gum 6 pack 49¢
LADY SCOTT Bathroom Tissue 2 pkg. 39¢
ALL VARIETIES Ragu Spaghetti Sauce 15½-oz. 49¢
Brillo Soap Pads 2 ct. 89¢
Two Guys SLICED OR BUTTONS Mushrooms 3 4-oz. cans $1
Two Guys Vegetable Oil 48-oz. btl. 1.99
SUNSHINE Krispy Crackers 16-oz. box 57¢

SOLO COZY CUP 2 HOLDERS 10/7-oz. cups 29¢
SOLO COZY CUP REFILLS 50/7-oz. cups 49¢
SOLO BATHROOM DISPENSER 15/3½-oz. cups 29¢
SOLO BATHROOM REFILLS 80/3½-oz. cups 49¢

WEEKLY BONUS SPECIAL
LYSOL BOWL CLEANER 16-OZ. 44¢
WITH A FOOD PURCHASE OF $2 OR MORE HOUSEWARES DEPT.

AS A MEMBER OF THE NEW JERSEY FOOD COUNCIL WE ARE PARTICIPATING IN ENERGY CONSERVATION WEEK JANUARY 12 - 18
SAVE ENERGY
SAVE MONEY
SAVE JOBS

ESSKAY PORK SALE
Center Cut Pork Chops LEAN LB. 1.59
Rib Quarter Loin 9-11 CHOPS—ENDS & CENTERS LB. 1.29
Hip Cut Pork Chops LB. 1.29
Roasting Pork FRESH PICNIC SHOULDER LB. 79¢

Chuck Steak FIRST CUT lb. 69¢

ESSKAY—ALL VARIETIES Franks LB. 1.09

COLONIAL TOP GRADE Sliced Bacon LB. 1.29

SPAM 12-oz. can 79¢

PRODUCE DEPT.
U.S. NO. 1 YELLOW Globe Onions 3 lb. bag 29¢
SWEET JUICY Florida Tangelos 10 bagged for 59¢
FIRM RIPE Tomatoes 3 cartons for $1
FRESH FLORIDA Green Beans lb. 39¢
SNOW WHITE Mushrooms lb. pkg. 89¢
CRISP FRESH FLORIDA Chicory or Escarole lb. 25¢
N.Y. STATE FANCY 2¼ IN. MIN. McIntosh Apples 3 lb. bag 59¢

FROZEN FOOD DEPT.
HUNGRYMAN Deep Dish Pies CHICKEN BEEF TURKEY 16-oz. pkg. 69¢
SAVE 16¢
BANQUET Buffet Suppers ALL VARIETIES EXCEPT BEEF 2 lb. pkg. 99¢
SAVE 50¢
FLEISCHMANN'S SAVE 15c Egg Beaters 15-oz. pkg. 79¢
ORE-IDA SHOESTRING SAVE 10c Potatoes 1½-lb. bag 49¢
SEABROOK SLICED SAVE 10c Carrots 1½-lb. bag 39¢
RANCHERS SAVE CASH & STAMPS! Beef Patties 1½-lb. box 99¢
GORTON SAVE 16c Fish N' Chips 1-lb. box 89¢

BAKERY SPECIALS!
Two Guys WHITE BREAD NO PRESERVATIVES ADDED 22-oz. loaf 39¢
Two Guys English Muffins pkg. of 6 3 for $1
Two Guys Deli-Krisp Rolls pkg. of 6 69¢
Two Guys Apple Pie large 8-inch 79¢
Fa Guys (LARGE BAG) Pretzel Thins 12-oz. 59¢

VALUABLE COUPON — Good Thru Sat., Jan. 18, 1975
SAVE 25¢ WITH THIS COUPON — Toward the purchase of WESSON OIL QT. GAL. — GOOD ONLY AT TWO GUYS — One coupon per customer. MFR. HUNT-WESSON
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SAVE 24¢ WITH THIS COUPON — Toward the purchase of SANKA COFFEE 1-LB. CAN — GOOD ONLY AT TWO GUYS — One coupon per customer. MFR. GENERAL FOODS
SAVE 10¢ WITH THIS COUPON — Toward the purchase of HORMEL CHILI W/ BEANS OR HOT CHILI W/BEANS 15-OZ. CAN — GOOD ONLY AT TWO GUYS — One coupon per customer. MFR. HORMEL
SAVE 30¢ WITH THIS COUPON — Toward the purchase of INSTANT SANKA 8-OZ. JAR — GOOD ONLY AT TWO GUYS — One coupon per customer. MFR. GENERAL FOODS
SAVE 15¢ WITH THIS COUPON — Toward the purchase of LOG CABIN SYRUP 36-OZ. BTL. — GOOD ONLY AT TWO GUYS — One coupon per customer. MFR. THOS. J. LIPTON, INC.
SAVE 18¢ WITH THIS COUPON — Toward the purchase of 3 BARS LIFEBUOY SOAP BATH SIZE 5-OZ. BAR — GOOD ONLY AT TWO GUYS — One coupon per customer. MFR. LEVER BROS.
SAVE 30¢ WITH THIS COUPON — Toward the purchase of 6 CANS TABBY TREAT BANQUET-ALL VARIETIES 6½-OZ. CAN — GOOD ONLY AT TWO GUYS — One coupon per customer. MFR. THOS. J. LIPTON, INC.

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Week's economies food

If you are in conversation about high food prices, you may find an inspiration to help stretch the budget by using main courses of dried beans and peas, says Virginia McLuckie, Food Economist, Cerperative Extension Service, University of Maryland.

The dry bean family itself is a large and colorful lot. Larger supplies of most all varieties are available at lower cost than this time a year ago.

You may find dry beans, peas or lentils lined up on the grocery shelf in film bags where they look attractive and where you can get a good look at them. Whichever member of the dry-bean family you buy, you should know that the food has long been known as a nutritional bargain.

To get your money's worth in dry beans, save all possible vitamins and minerals in cooking, because some of these nutrients are soluble in water, use only the amount of water the beans can absorb, and cook in the same water they soaked in.

To cut cooking time and vitamin loss; nutritionists suggest that you pre-boil dry beans before soaking them. Boil the beans for 2 minutes, then soak them for 1 hour before you cook them in the soaking water. Even if you prefer to soak them overnight, starting with the 2 minute pre-boil will help soften the skins.

If you are using a variety of beans that take an hour or longer to cook, you can shorten this time by adding soda at the start of the soaking period. The hardness of your tap water determines how much soda to add, but for most tap waters ⅛ teaspoon of soda for each cup of beans will shorten cooking time considerably. Measure this carefully, as too much will affect flavor and nutritive value.

Dishes that combine bean family foods with cheese, eggs, or meat deserve special attention. Adding meat-source protein to the protein in beans forms a strong protein team. At the same time the dry beans are a source of inexpensive calories, iron and of two of the B vitamins.

The most familiar or popular beans include Navy pea beans, Great Northern, Pinto, Red Kidney and large and small lima beans. Choose a cool, dark, dry storage place. Stored properly, you can purchase a quantity and have them available to use at will.

Rice stretches dollars

Rice is one of the most versatile and most used foods. One way to stretch the food dollar is to use rice as an extender. It is quick, easy to cook, and an ideal accompaniment for dishes that are simple or elegant. Rice mixes well with seafoods and meats and can figure into any meal at any time of day.

Rice is purchased according to grain type:

Long Grain Rice—cooked grains are light and fluffy, inclined to separate. Good for serving as side dishes, in salads, curries, stews and in poultry and seafood.

Medium and Short Grain Rice—cooked grains are tender and moist and tend to cling together. This type is especially good as a binding and extending agent in croquettes, meat and fish loaves, puddings and rice molds.

Various kinds of rice are available depending on the degree of milling or extent of processing.

Regular Milled White Rice—often referred to as "white" or "polished" rice. This is for general use.

Parboiled Rice—that has been subjected to a special steam-pressure process before milling. Grains tend to be more separate and plump. This type is noted for its holding quality after cooking.

Instant Rice—rice that has been milled, cooked, and dehydrated. It's ready for use when rehydrated.

Brown Rice—whole, unpolished grain without husks and small amount of bran removed. It has a nut-like flavor and slightly chewy texture. Excellent for use in dressing and stuffings. Shelf life is limited due to oil content of bran.

With the exception of brown rice and season mixes, properly stored rice may be kept indefinitely without loss of flavor or nutrients. It is recommended that large quantities to be stored for long periods be in air-tight, moisture-proof containers in

Master Butcher 10% to 20% off Sale U.S. Choice Beef

Look at this week's special prices on our Master Butcher beef cuts. They're LOW! But price isn't the only thing. Every single cut of our meat carries the signature of the Master Butcher who is responsible for its quality, trim and freshness. Flavor so enjoyable—that if you are ever not 100% satisfied with any cut of Master Butcher Meat, we'll cheerfully refund your money.

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Sirloin Roast TIP U.S.D.A. CHOICE *(BEEF ROUND TIP ROAST) REG. $1.99 $1.79
Strip Steak U.S.D.A. CHOICE BONELESS *(BEEF ROUND BONELESS STRIP) REG. $3.99 $2.99
Round Steak U.S.D.A. CHOICE (BONE-IN) *(BEEF ROUND STEAK FULL CUT) REG. $1.89 $1.49
Chuck Roast U.S.D.A. CHOICE BEEF BONELESS *(BONELESS UNDER BLADE POT ROAST) REG. $1.69 $1.35
Sirloin Steak U.S.D.A. CHOICE BEEF SHELL *(BEEF LOIN SIRLOIN SHELL STEAK) REG. $1.79 $1.59
T-Bone Steak U.S.D.A. CHOICE BEEF *(BEEF LOIN T-BONE STEAK) REG. $2.29 $1.98
Beef for Stew FRESH LEAN *(BONELESS LEAN BEEF CHUCK CUBES) REG. $1.79 $1.59
Round Steak U.S.D.A. CHOICE BEEF BONELESS *(BEEF ROUND TOP ROUND BONELESS) REG. $2.09 $1.88
Rib Roast U.S.D.A. CHOICE GRADE BEEF *(BEEF RIB-LARGE END) REG. $1.89 $1.69
Calif. Roast U.S.D.A. CHOICE (BONE-IN) *(BEEF CHUCK UNDER BLADE POT ROAST) REG. $1.35 98¢
Chuck Roast U.S.D.A. CHOICE BEEF *(BEEF CHUCK BLADE ROAST) REG. 99¢ 88¢
Chuck Steak U.S.D.A. CHOICE CENTER CUT *(BEEF CUT SEVEN BONE STEAK) REG. $1.09 98¢
Ground Beef ANY SIZE PKG. *(GROUND FRESH SEVERAL TIMES DAILY) REG. 99¢ 89¢
Round Roast U.S.D.A. CHOICE BONELESS *(BEEF ROUND BOTTOM ROUND ROAST) REG. $1.98 $1.49
Cube Steak U.S.D.A. CHOICE BEEF BONELESS *(BEEF CHUCK BONELESS STEAK) REG. $1.99 $1.59

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Stock Up! 10-OZ. PKG. FROZEN TOP FROST Spinach Leaf or Chopped 19¢
Stock Up! 1-LB., 4-OZ. POLY BAG TOP FROST FROZEN WHOLE Carrots BABY 47¢
Stock Up! TOP FROST FROZ. FRENCH FRIES OR CRINKLE CUT Potatoes 9-oz. Pkg. 21¢
Stock Up! 1-LB., 8-OZ. POLY BAG FROZEN TOP FROST Stew Mix 69¢
Stock Up! 8-OZ. PKG. TOP FROST ASST. FROZEN Meat Pie 29¢
Stock Up! WITH GRAVY—ASST. VARIETIES FROZEN ON COB Entrees 7-LB. PKG. $1.39
Stock Up! 1-LB., 4-OZ. BAG TOP FROST FROZEN BROCCOLI CUTS Broccoli 61¢
Stock Up! TOP FROST FROZEN ASSORTED INTERNATIONAL VEGETABLES Froz. Veg. 1-lb., 14-OZ. BAG 69¢
Stock Up! TOP FROST ASSORTED Dinners FROZEN 11-OZ. PKG. 59¢
Stock Up! 1-LB., PKG. TOP FROST FROZEN Perch Filet 89¢
Stock Up! 1-LB., 4-OZ. BAG TOP FROST FROZEN CUT GREEN BEANS Gr. Beans 69¢
Stock Up! 1-LB., 8-OZ. BAG TOP FROST FROZEN Mixed Veg. 75¢
Stock Up! 1-LB., 4-OZ. BAG FROZEN TOP FROST FLORETTES Cauliflower 85¢
Stock Up! BRUSSELS Sprouts TOP FROST FROZEN 1-LB., 4-OZ. BAG 83¢

Stock Up! 140 SHEET ROLL— Towels WHITE, ASST. OR DEC. ASST. SCOTT BIG ROLL 47¢
Stock Up! DECAFFEINATED Nescafe INSTANT COFFEE 10-OZ. JAR $1.99
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Stock Up! ALL PURPOSE FOOD CLUB Flour 5-lb. Bag 79¢
Stock Up! 2-LB., 6-OZ. BOTTLE Catsup Del Monte 79¢
Stock Up! TENEDINE'S—1-QT. BOT. Apple Juice 39¢
Stock Up! 1-LB., 6-OZ. JAR NON-DAIRY CREAMER Coffee-mate 1.49
Stock Up! 15½-OZ. CAN Beans With Pork-'Gaylord' 25¢
Stock Up! 1-LB. CAN—FOOD CLUB—FRENCH STYLE Gr. Beans 29¢
Stock Up! SLICED—FOOD CLUB—ELBERTA 1-LB., 1-OZ. CAN Peaches 49¢
Stock Up! TOPCO ASST. SCENTS 7-OZ. AERO CAN—AIR Fresheners 49¢
Stock Up! 1-QUART BOTTLE HEAVY DUTY TOPCO LIQUID Detergent 79¢

Navel Oranges California Sweet Juicy Extra Large Size 10 in bag 99¢

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U.S. No. 1 Yellow Turnips 10¢ lb.
FRESH Green Peppers 49¢ lb.
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JUMBO SWEET Spanish Onions 15¢ lb.

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COUPON — 1.00 Off on your purchase of any dry-wet — PRIMAL BEEF CUTS — BRISKETS, RIBS, SIRLOIN TIPS, N.Y. STRIPS, BEEF WHOLE LOINS, AND TENDERLOINS — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
COUPON — 40¢ Off on your purchase any 4-lb. or over — BONELESS BEEF ROAST — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
COUPON — 1.00 Off — 10-12 LB. WHOLE TURKEY — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
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COUPON — 20¢ Off on your purchase of 100-ft. roll Brand — SARAN WRAP — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
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COUPON — 15¢ Off on your purchase 1½-oz. bott. Deodorant — BAN ROLL-ON — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
COUPON — 15¢ Off on your purchase 1-lb. box Zesta — KEEBLER CRACKERS — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
COUPON — 20¢ Off on your purchase 1-qt., 1-pt. bot. Wash Cock — RAIN BARREL FABRIC SOFTENER — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
COUPON — 20¢ Off on your purchase 4-lb. box — CALGON Water Conditioner — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
COUPON — 10¢ Off on your purchase 1-lb., 2-oz. box — WHEATIES CEREAL — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975
COUPON — 20¢ Off on your purchase of 13-oz. box Instant — FRENCH'S POTATOES — Limit 1 per shopping family. Coupon valid thru Jan. 25, 1975