You need to know more than good recipes to be a good cook.

20 hard-cover volumes stuffed with money-saving, embarrassment-preventing tips on everything from how to boil an egg, to which wines go with pheasant.

You'll find entries on just about every food or beverage you're likely to meet on our shelves. Or anywhere.

Recipes for over 4,000 dishes, many illustrated in color. And this encyclopedia tells you not only what goes into them, but what your family gets out of them — with charts on vitamins and calories.

Features on how to shop for and store meat, fruit and vegetables. Ways to save money when you buy and save time when you cook. How to plan well-balanced menus and serve them with a dash of genius.

Better Homes & Gardens Encyclopedia of Cooking

VOLUME 1

29¢

FREE OFFER! You get Volume 20 FREE when you buy Volume 2 of our Encyclopedia of Cooking at the regular price.

VOLUMES 2-19 ARE ONLY $1.89 EACH. Pick up a volume or two each week.

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

LANCASTER BRAND SALE DAYS!

LANCASTER BRAND QUALITY, FULL CUT
Sirloin Steaks INCLUDING THE TENDERLOIN $1.29 lb.
Porterhouse .. WITH TAIL lb. $1.59 TAIL LESS lb. $1.79
Beef Cubes For Stew ... lb. $1.29

LANCASTER BRAND, LARGE END
7-Inch Cut Rib Roast $1.19 lb. SMALL END 7-INCH CUT lb. $1.39

LANCASTER BRAND CHUCK STEAK SALE!
Boneless Chuck Steak (7-BONE) $1.19 lb.
7-Bone Chuck Steak ... lb. $1.09
Blade Chuck Steak ..... lb. 99¢
Cross Rib Roast ..... lb. $1.29
Lean Arm Steak ..... lb. $1.19
Under Blade Steak ..... lb. $1.19

LANCASTER BRAND FROZEN FOODS!
Frozen Dinners LANCASTER REG. OR EXCEPT BEEF .. pkg. 55¢
Minute Steaks LANCASTER BRAND 14-oz. $1.69 (1-lb. pkg. $2.69) pkg.
8-All Beef Steaks LANCASTER BRAND 1-lb. $1.29 2-oz. pkg.
Veal Steaks LANCASTER BRAND BREADED .... pkg. 2-lb. $2.29
Beef Patties LANCASTER 2½-lb. BRAND pkg. $2.47 1-lb. pkg. 99¢
Veal Parmagiana LANCASTER BRAND 2-lb. $1.59 pkg.
Salisbury Steak LANCASTER BRAND .. 2-lb. $1.39 pkg.

SUPER SAVINGS IN EVERY DEPARTMENT!
Braunschweiger LANCASTER BRAND CHUB ... 8-oz. pkg. 43¢
Fresh Scrapple LANCASTER BRAND. ... 1-lb. pkg. 49¢
Cooked Salami LANCASTER BRAND ... 6-oz. pkg. 59¢
Luncheon Meats LANCASTER 5-VARIETIES 2 8-oz. pkgs. 89¢
Beef Bologna LANCASTER BRAND ..... 12-oz. pkg. 99¢
Smoked Sausage ECKRICH .. lb. $1.29
Sausage WILLIAMSBURG WHOLE HOG ..... lb. 99¢

SEAFOOD SELECTIONS
Dressed Croakers INDIVIDUALLY QUICK FROZEN .. lb. 59¢
Trout Fillet INDIVIDUALLY QUICK FROZEN ..... lb. 79¢

LANCASTER BRAND CHUCK STEAK SALE!
Whole Boneless Bottom Round $1.29 lb.
Consists of Eye Round Roast or Steak, Bottom Round Roast or Steak, Rump Roast, Ground Beef and Stewing Beef! 18 to 24-Pound average. Cut & wrapped to your specifications!

5 TO 7 LBS. AVERAGE
Whole Beef Tenderloin $2.29 lb.

FRESH MUSHROOMS ..... 1-lb. pkg. 99¢

10 TO 14 LBS. AVERAGE, BONELESS
Whole New York Strip Loins $2.19 lb.

LANCASTER BRAND, LEAN
Ground Chuck lb. 89¢

WITH COUPON BELOW, SKINLESS
Frankfurters (Meat or Beef) Lancaster Brand 1-lb. pkg. 69¢ Farmdale 1-lb. pkg. 49¢

LANCASTER BRAND, LEAN, FULLY-COOKED
Semi-Boneless Hams WHOLE OR HALF NO WATER ADDED $1.29 lb.

SLICED TO ORDER IN OUR DELI!
Boiled Ham OLD HICKORY DOMESTIC ..... ½-lb. 79¢
Swiss Cheese DOMESTIC ..... ½-lb. 79¢
Bologna JUMBO, REGULAR OR GARLIC: ECKRICH, ESSKAY, OR LANCASTER ½-lb. 59¢
Braunschweiger ARTIF. CASING .... ½-lb. 49¢
Ham & Cheese Loaf ECKRICH ½-lb. 89¢
Pepper Loaf ECKRICH ..... ½-lb. $1.09

Prices Effective January 29 through February 1, 1975. Quantity Rights Reserved.

TASTE THE DIFFERENCE FRESHNESS MAKES!

SUPER SAVINGS ON U.S. NO. 1
White Potatoes 10 lb. bag 79¢
Florida Oranges NEW CROP 100 SIZE 20 for $1
Red Radishes ..... 3 pkgs. $1
Pascal Celery ..... large stalk 29¢
Green Cabbage NEW .... lb. 12¢

WASHINGTON STATE GOLDEN
Delicious Apples 3 lbs. $1.00
Orange Juice TROPICANA PURE ... ½-gal. 89¢
Raisins ... 15-oz. pkg. 79¢ SUNMAID 15-oz. pkg. 77¢
Yellow Onion Sets BUY NOW AND SAVE lb. 59¢
Centerpiece CAL-RLO DESIGN WHEELBARROW ea. $3.99

SUPER SAVINGS EVERYDAY!!

IDEAL UNSWEETENED GRAPEFRUIT JUICE (46-OZ.)
IDEAL BRAND APPLE JUICE (40-OZ.)
HANDY PRINCESS SANDWICH BAGS (150)
2 for $1.00

IDEAL CATSUP (14-OZ. BTL.)
BLUE BAND PEAS IDEAL (17-OZ.)
STEWED TOMATOES IDEAL (1-LB)
IDEAL MUSHROOMS (Stems and Pieces) (4-OZ.)
OR PEAS & CARROTS IDEAL (16-OZ.)
3 for $1.00

IDEAL MACARONI & CHEESE DINNER (7-OZ.)
LOUELLA BRAND EVAPORATED MILK (13-OZ.)
4 for $1.00

STERILITE **Plastic Housewares**
- 2-Quart Serving Pitcher
- 1 Bu. Round Laundry Basket
- 14-Quart Waste Basket
- 12-Quart Rectangular Dishpan
- 12-Quart Double Spout Pail
- 30 Quart Round Wastebasket

each $1.00

Roman Cheese Pizzas 14-oz. pkg. 99¢
Ideal Orange Juice .. 3 12-oz. cans $1

SIXTY-NINE CENT SALE
Green Beans IDEAL REGULAR OR FRENCH CUT ... 1¼-lb. bag 69¢
Ideal Corn or Peas ..... 1½-lb. bag 69¢
Ideal Cauliflower ..... 1½-lb. pkg. 69¢

DAIRYLAND DELIGHTS!
American Cheese FOOD, KRAFT YELLOW 2-lb. pkg. $3.85
American Cheese KRAFT WHITE OR YELLOW 12-oz. pkg. 99¢
Biscuits PILLSBURY EXTRA LIGHT OR HUNGRY JACK EXTRA RICH .. 4 8-oz. pkgs. 75¢
Soft Margarine MRS. FILBERT'S GOLD BOWL ... 1-lb. bowl 87¢
Sealtest Chip Dip ..... 8-oz. cup 49¢
Citrus Punch TIP TOP FLORIDA ..... ½-gal. jug 68¢

HEATLH & BEAUTY AIDS!
Right Guard 25¢ OFF! ..... 13-oz. can $1.69
Herbal Essence SHAMPOO SAVE 40¢ ... 1-pt. 5-fl. btl. $1.69
Vo-5 Hair Spray ..... 9-oz. can 69¢
Close-Up WITH COUPON ..... 6.4-oz. tube 79¢

WASHDAY FAVORITE **Cheer Detergent** AT A SUPER SAVING PRICE! 3-lb., 1-oz. pkg. $1.32

MILD TO HANDS, FAMOUS **Joy Liquid Detergent** AT A SUPER SAVING PRICE! 1-pt., 6-oz. btl. 79¢

SLICED WHITE ENRICHED **Super Loaf Bread** AT A SUPER SAVING PRICE! 3 1-lb., 6-oz. loaves $1

NEW LOW PRICE! **Ideal Sugar** GRANULATED 5-lb. bag $2.59

DELICIOUS CRINKLE CUT **Farmdale French Fries** AT A SUPER SAVING PRICE! 2-lb. bag $1.09

ASSORTED FLAVORS **Farmdale Ice Cream** WITH COUPON ON RIGHT ½-gal. ctn. 69¢ (IDEAL ½-gal. 90¢)

SAVE 30¢ WITH THIS COUPON (CO) ON YOUR PURCHASE OF ANY ½-GAL. CTN. OF **Ice Cream** (140) Limit: one per family, please. Offer expires February 1, 1975.

SAVE 30¢ WITH THIS COUPON (CO) ON YOUR PURCHASE OF A 1-LB. PKG. OF FARMDALE OR LANCASTER BRAND MEAT OR **Beef Franks** (141) Limit: one per family, please. Offer expires February 1, 1975.

Clip & Save $1.79 WITH THESE COUPONS!

SAVE 25¢ WITH THIS COUPON (MFG-8) ON YOUR PURCHASE OF A 10-LB. BAG OF ALL PURPOSE **Pillsbury Flour** (134) Limit: one per family, please. Offer expires February 1, 1975

SAVE 15¢ WITH THIS COUPON (MFG-8) ON YOUR PURCHASE OF A 100-FT. ROLL OF **Saran Wrap** (135) Limit: one per family, please. Offer expires February 1, 1975.

SAVE 8¢ WITH THIS COUPON (MFG-8) ON YOUR PURCHASE OF ANY PKG. OF BETTY CROCKER **Hamburger Helper** (136) Limit: one per family, please. Offer expires February 1, 1975.

SAVE 30¢ WITH THIS COUPON (MFG-8) ON YOUR PURCHASE OF AN 8-OZ. JAR OF FAMOUS **Instant Sanka** (137) Limit: one per family, please. Offer expires February 1, 1975.

SAVE 15¢ WITH THIS COUPON (MFG-8) ON YOUR PURCHASE OF A 1-LB. 2-OZ. CAN OF **Crystal Drano** (138) Limit: one per family, please. Offer expires February 1, 1975.

SAVE 26¢ WITH THIS COUPON (MFG-8) **Close-Up Toothpaste** REGULAR OR MINT FLAVORED 6¼-oz. tube 79¢ (139) Limit: one per family, please. Offer expires February 1, 1975.

Managers' sale

In addition to the grocery savings you see here, your own store manager has selected several other items as SURPRISE SPECIALS. These are unadvertised and differ from store to store. Stock up during our Managers' Sale and save on your family's favorite foods.

GIANT — THE QUALITY FOOD PEOPLE

GIANT FOOD **APPLE JUICE** Serve Chilled 2 qt. bots. 89¢

LIBBY'S **DEEP BROWN BEANS** Pork & Tomato Sauce, Pork & Molasses, or Vegetarian 3 14-oz. cans 89¢

HEIDI **GOLD STRIPE COFFEE** Regular or Drip 1-lb. can 1.19

BONUS SPECIAL - Contadina **Tomatoes** ..... 2 14½-oz. cans 69¢
BONUS SPECIAL - Contadina Stewed **Tomatoes** ..... 2 14½-oz. cans 69¢
BONUS SPECIAL - Giant Food **Fruit Cocktail** ... 2 1-lb., 1-oz. cans 85¢
BONUS SPECIAL - Del Monte, Slices or Halves **Bartlett Pears** 2 1-lb. cans 99¢
BONUS SPECIAL - Giant Food **Vanilla Wafers** 11-oz. box 59¢
BONUS SPECIAL - Giant Food Plain & Frosted, All Flavors **Toaster Tarts** 2 10-oz. boxes 89¢

GIANT FOOD **INSTANT COFFEE** Full-bodied flavor 6-oz. jar 1.09

GIANT FOOD **NON-DAIRY COFFEE CREAMER** 11-oz. jar 63¢

GIANT FOOD **PRUNE JUICE** Naturally Sweet 1-qt., 6-oz. bot. 69¢

DELICATESSEN DEPARTMENT

GIANT FOOD **LUNCHEON SLICED MEATS** Meat Bologna, Olive, Pickle & Pimento, Spiced Lunch, Salami, or Beef Bologna 2 6-oz. pkgs. 89¢

BONUS SPECIAL - Oneidhey, Mild or Hot **Sausage Meat** ..... 1-lb. pkg. 85¢
BONUS SPECIAL - Mrs. Filbert's Family Size Regular **Soft Margarine** ..... 1-lb. bowl 89¢
BONUS SPECIAL - Weaver's Darkmeat **Chicken Roll** ..... 8-oz. pkg. 75¢
BONUS SPECIAL - Ayrshire-Hard Salami, Genoa or Pepperoni **Dry Sausage** ..... 4-oz. pkg. 75¢
BONUS SPECIAL — Parks **Scrapple** ..... 1-lb. pkg. 65¢

GIANT FOOD **COTTAGE CHEESE** Large Curd or Country Style 1-lb. ctn. 55¢ Large Curd, Light Once or Country Style 2-lb. cup 89¢

FROZEN FOOD DEPARTMENT

Swanson - Frozen **HUNGRY MAN MEAT PIES** Beef, Chicken or Turkey 7-lb. pkg. 69¢

BONUS SPECIAL - Giant Food Premium Quality Unsweetened **Grapefruit Juice** ... 4 6-oz. cans 85¢
BONUS SPECIAL - Chef's Choice Regular or Crinkle Cut **French Fries** ..... 2-lb. pkg. 49¢
BONUS SPECIAL - Sara Lee Butter **Pound Cake** ..... 11 1/4-oz. pkg. 89¢
BONUS SPECIAL - Jane's Deluxe **Cheese Pizza** ..... 1-lb. 4-oz. pkg. 1.49

WITH THIS COUPON SAVE 15¢ Save 15¢ on ONE (1) 7-oz. can CLING FREE FABRIC SOFTENER One coupon per purchase. Coupon redeemable only at GIANT FOOD, INC. Void after Sat., Feb. 1, 1975

USDA GRADE A **TURKEYS** GIANT SELF BASTING WITH CORN OIL

ARMOUR. OVER 18 lbs. 49¢ lb.

OVER 18 lbs. 55¢ lb.

BONUS SPECIAL - Armour Star **Calves Liver** ..... lb. 1.19

Everyday Price - Fresh 3 lbs. or more **Ground Beef** ..... lb. 75¢

ARMOUR STAR BONELESS **SMOKED PORK SHOULDER ROLL** Westphalias lb. 1.19

ARMOUR STAR **FRESH TURKEYS** With Tempy Thermometer 8 to 12 lbs. lb. 65¢

FLORIDA **TEMPLE ORANGES** 12 for 69¢

Sunkist (size 72) **Navel Oranges** ..... 6 for 79¢
Crisp **Red Radishes** ..... 2 6-oz. cello bags 29¢
Crisp (2 or more per bunch) **Celery Hearts** ..... bunch 39¢

Golden **Delicious Apples** ..... 3-lb. bag 79¢
California **Avocados** ..... 2 for 49¢

D'ANJOU PEARS lb. 33¢

Prices effective through Sat., Feb. 1, 1975. This merchandise is not offered for sale or available to re tailers, restaurants or other commercial enterprises.

BAKERY DEPARTMENT

GIANT LABEL **ENRICHED BREAD** 3 1-lb., 6-oz. loaves $1.00

Pineapple **Coconut Cake** ..... 1-lb. 6-oz. 99¢
Cherry **Crumb Pie** ..... 1-lb. 8-oz. 89¢
Reg. 6/75¢ - Cinnamon **Rosebud Donuts** 6 for 63¢
Heart Shaped **Tea Cookies** ..... lb. 1.19
Reg. 89¢ - Assorted Large **Cake Donuts** ..... 22-oz. box of 12 85¢

BUTTERED TOP BREAD Reg. 59¢ Save 29¢ 2 1-lb., 8-oz. loaves 89¢

SEAFOOD DEPARTMENT

Atlantic Ocean **Fresh Whiting Fillet** ..... lb. 69¢
Atlantic Ocean (Fluke Variety) **Fresh Flounder** ..... lb. 69¢
Genuine **Fresh Red Snapper** ..... lb. 1.39
Atlantic Ocean **Fresh Flounder Fillet** ..... lb. 1.39
Fresh Porgies ..... lb. 49¢
Frozen Tender **Lobster Tails** ..... lb. 5.49
Frozen Pan Ready **Ocean Beauty Smelts** ... lb. 45¢
Heat and Serve American Original **Fried Clams** ..... 8-oz. box 69¢

Seafood features available thru 9 pm. Fri., Feb 31, 1975

WITH THIS COUPON SAVE 30¢ Save 30¢ on ONE (1) 8-oz. jar SANKA INSTANT COFFEE One coupon per purchase. Coupon redeemable only at GIANT FOOD, INC. Void after Sat., Feb. 1, 1975

MD. CASUALTY BLDG. West 40th Street
BELVEDERE GARDENS 5830 Hillen Road
INGLESIDE SHOP. CENTER 5632 Balt. Nat'l Pike
3602 MILFORD MILL RD. Baltimore, Md.
RAVENWOOD SHOP. CENTER 8100 Loch Raven Blvd.
110 STEMMERS RUN RD. Baltimore, Md.
1734 YORK ROAD Lutherville, Md.
RITCHIE HWY. SHOP. CENTER Glen Burnie, Md.
5901 REISTERSTOWN RD. Baltimore, Md.
1925 EAST JOPPA RD. Baltimore, Md.
PIKESVILLE PLAZA 3737 Old Court Rd.
SEARS CITY 6634 N. Ritchie Hwy.
6340 YORK ROAD PLAZA Baltimore, Md.
YORKTOWNE PLAZA 122 Cranbrook Rd.
WILDE LAKE VILLAGE GREEN Columbia, Md.
MONTGOMERY WARD PLAZA Rt. 40 & Rolling Rd.
FOREST PLAZA Annapolis, Md.
RANDALLSTOWN PLAZA Offut Rd. at Liberty Rd.