CONSUMER FEATURE

How to make coupons worth your while

By Marie P. Cooke
Reflections Editor

One way of combating high food costs is to use coupons effectively. With prices rising almost weekly, a few cents saved here and there surely won't hurt the situation.

The Department of Agriculture reported last Friday that food costs only rose six tenths of one per cent in December, with the highest increase in food being fresh fruits and vegetables.

Coupons can help you defray rising costs provided you used them correctly and understand their purpose (the latter taking first priority).

You will find coupons in a variety of places: some are mailed directly to your home, some are found in newspapers or magazine advertisements, some coupons are enclosed within food packages.

The primary purpose (philosophy) behind the whole coupon thing is to sell products.

A national brand manufacturer offers coupons as a way of getting you, the consumer, to buy his merchandise. Also, when the coupons are returned to him from his retailers (grocery chains, drugstores, etc. it tells him how his product is selling in certain areas and how much in demand they are.

First check each coupon you keep for an expiration date. Usually this date is several months from the time it is issued. But in the case of your local retailer's coupons, they may expire and become worthless within just a few days. Some coupons have no expiration dates, and are valid and valuable forever.

Remember to use only the coupons for products you want to buy and use. You can't save money, no matter how much value the coupon has, if you buy something you aren't going to use.

Keep all your coupons in one place, clipped together or in an envelope, and carry them with you whenever you go out. You must have the coupons at the time you buy the product.

Look through your coupons every time you go shopping to see if you have any which can be redeemed on this shopping trip. Keep your coupons in a safe place. They are just like money to you when you redeem them on the products named on the face of the coupon.

Coupons are redeemed by the store cashier as part of the checkout transaction. As you are shopping, be sure to buy the exact product and brand shown on the coupon. Sometimes a coupon will specify a special size or required more than one purchase.

Read these instructions on the coupon before you go to the checkout counter so you know you are following the terms of the coupon offer.

Have all the coupons you plan to redeem in your hand at the checkout counter. Show the cashier the coupons before she starts checking your purchases. This way she looks for the products you have coupons for. Most stores redeem hundreds of coupons every week. They're used to them.

Usually the cashier will ring up the marked price of the items you buy and then give you back the money value of the coupon. Sometimes, the cashier takes off the coupon value from the price of the item as it is rung up on the cash register. Either way, you save the coupon value from your food bill.

You'll find coupons in a variety of places: some are mailed directly to your home, some are found in newspapers or magazine advertisements, some coupons are endorsed with a food packages.

Debutante reception held for Susan C. Ledbetter

By Eloise Richardson
Guest columnist

BALTIMORE — Susan Constance Ledbetter, who recently made her bow at the 17th annual Debutante Ball sponsored by he Annapolis Chapter of Links, Inc., was honored by her parents, Mr. and Mrs. Will P. Ledbetter and her godmother, Mrs. Serena Mills, on Feb. 15 at a reception-dinner party in Holiday Inn, Belmont.

A nearby unique arrangement, a replica of a cherub standing on a high pedestal holding a huge bowl of yellow and white chrysanthemums and brown and yellow Shasta daisies enhanced the warm atmosphere of the corridor, where guests were received.

SUSAN C. LEDBETTER
MR. AND MRS. WILL P. LEDBETTER

Those who greeted guests were Dr. Ralph Howard Jr., Mr and Mrs. Ledbetter, Susan, her subdeb, Renada Hawkins and escort, Gregory Coleman and this writer.

During the evening music was furnished by the Dave Ross Combo for entertainment and dancing.

Members of the receiving line were joined by Susan's godmother and Dr. Edna May Merson at the head table, which was centered by a beautiful arrangement of brown and yellow Shasta daisies. Women guests at the table wore double corsages of Cymbidium orchids set off by gold ribbon. Susan carried a nosegay which was made up in the same motif.

The buffet table was decorated at one end by a highly built-up fountain dressed in rows of frilly white lace. The cocktail table held two fountains decorated by frothy white lace.

Mrs. Serena White was in charge of gifts and table seating arrangements were made by Mrs. Eva Cooper. Taylor's House of Flowers made all floral arrangements as the gift of Susan's godmother.

Miss Ledbetter presented gifts to her godmother, Mrs. Richardson, her sponsor, and her sub-deb.

A freshman in the School of Nursing at the University of Maryland, she is matriculating on a senatorial scholarship. She did extensive volunteer work in nursing at University Hospital during the summer of 1974.

Miss Ledbetter has worked two and one-half years at Lutheran Hospital in the director's office on a work-study program before graduation from the Woodlawn Senior High School.

Among those present were:

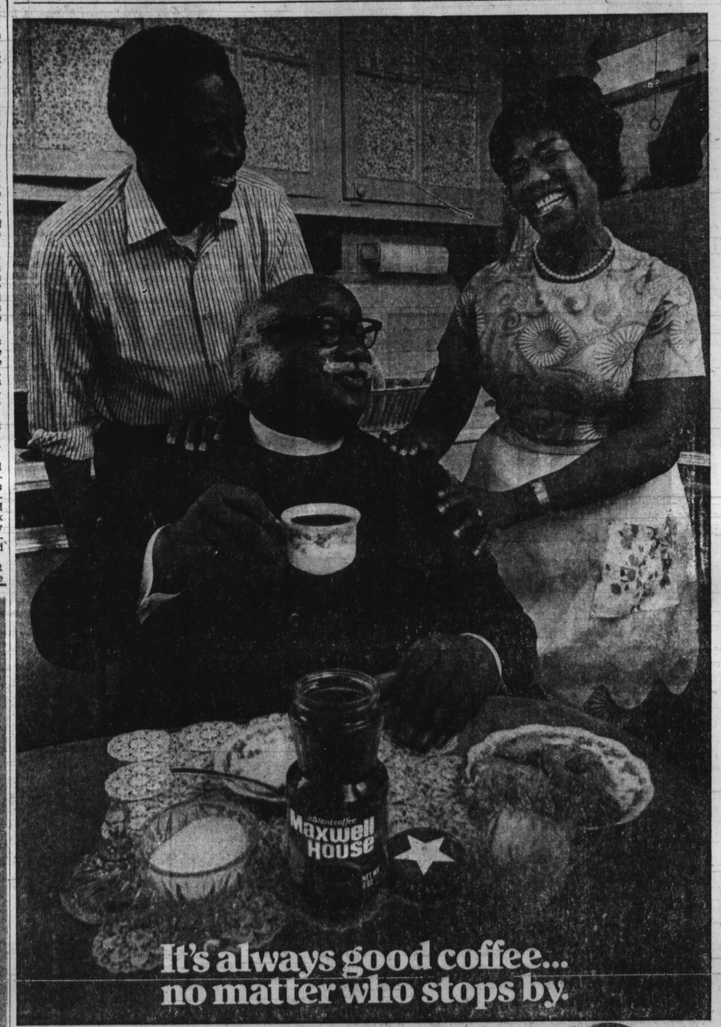
Dr. and Mrs. Vernon Pennington and daughter, Dr. and Mrs. George A. Little, Mrs. Paul A. Moss, Mrs. Leroy Dyett, Mrs. Jerome Williamson, Mrs. Otis Outen, Mrs. Robert Sisco, Mrs. George Clay, Mrs. Calvin Carter, Mrs. W. Cooper, Mrs. Levi Sewell, Mrs. Courtlandt L. Brown, Mrs. D. Burdette, Mrs. Simpson Fantt;

Also Mr. and Mrs. John R. Utzy, Elijah Dangerfield, Wendell Smith; Mesdames Priscilla Reaves, Caroline Buckner, Serena White, Debra Logan, Vera Mason, Margaretia Kelium, Mamie Graves, Lucy Waters, Patsie Hall, Eva Cooper, Medessa Wallace and daughter, Karen;

Also Audrey Marton, Marlene Brown, Pauline Lloyd and family, M. Williams and Sherlene Snowden; Messrs. Alonzo Williams, University of Maryland, College Park, Norman Brooks, comptroller's office; Lutheran Hospital; and Louis H. Carter;

Senator Clarence Mitchell III, Dr. and Mrs. Shirley Clinton, Dr. and Mrs. Milton H. Feldman, Mrs. Chester Cohen, the attorney, and Mrs. Cohen, Messrs. and Mesdames Forrest Smith and Ke Ledbetter and Mrs. Ida Russell;

Cheryl E. Fernando and Vivi Wilkerson, debutantes of Annapolis, Trudy Edwards, Sharon Massey, Jean Oliver and Beverly Anderson; Midshipman Ambrose Seide of Haiti, U.S. Naval Academy, and Messrs. Clarence R. Rucker Jr., Jeffrey L. Coleman and Gregory Graham.



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Miss Columbia Capers?

Due to illness in Pinnie L. Ross's family, Columbia Capers does not appear today. It will, however, return to the Reflections section next week. Watch for it!

Woodlawn Highlights

(Continued from page 27)

Baltimore until March 21.

The purpose of their visit is to gain first hand knowledge of the Social Security Program in the U.S. There will be more to tell you about these two men after their two-day visit next week in the Bureau of Disability Insurance.

Woodlawn Toastmistress club will host the Council No. 9 speech contest to be held April 12, at the Belmont Ave. Holiday Inn. Blanche Dugger is coordinator for the contest.

* * *

Effective this August, Council 9 (16 Baltimore-Washington Toastmistress Clubs) will divide. The nine clubs in the Baltimore area will officially become Council 1.

Elected Council 1 officers are: Gwendolyn Richardson, (Woodlawn Toastmistress Club) chairman; Terry Nowinski Liter, (Security) vice chairman; Elizabeth Bryant, (Chesapeake) secretary; Ramona Robinson, (Woodlawn) treasure. The Rev. Darneal Johnson, pastor of Wayland Baptist Church "told it just like it was" this past Sunday evening when he delivered the annual message for the Matrons auxiliary at Concord Baptist Church.

After Sunday doorkeepers, at the Concord experienced a frustrating moment earlier that morning when the "devil," who is always busy was at work. it was a joy to be so reminded that "GOD is STILL on HIS THRONE!"

Wayland Ushers helping to cover the doors that evening were Douglas Johnson, SSA veteran of 27 years and Rhonda Adams, part-time student employee. Just two of the many fine church ushers who work at the Social Security complex.

* * *

The Woodlawn Toastmistress club has adopted the N. M. Carrolp Home on Carrollton Ave. as their on going project.

Newly-elected president, Bernadette Smith is set a positive example for her club when she recently entertained five of the Senior Citizens in her home.

Club members who helped with the transportation and entertainment were Phyllis Reeves, Ernestine Smith, Osalese "Lee" Millard, Eloise Johnson, Marjorie Gutfleisch and Margaret Klutz.

Club member Leona Holly also donated time to treat two senior citizens to a shopping trip and dinner. Phyllis Reeves is club coordinator for the project.

Send news items c-o Woodlawn highlights P. O. Box 785 Baltimore, Maryland 21203

Onion Cornbread Casserole

Big-flavored Onion Cornbread Casserole takes the chill out of winter. A "nonsensese" offering, part vegetable, part enriched hot cornbread, the casserole might well be considered a hybrid of main dish, side dish. Served either way, it's a new, satisfying combination of old familiar foods.

Dill and creamed corn are added to the self-rising cornbread recipe. Onions, sauteed in butter and mixed with Cheddar cheese and sour cream, top the corn meal mixture.

Because it's prepared with enriched self-rising corn meal, Onion Cornbread Casserole does more than wiset appetites. Enriched means the self-rising corn meal contains essential B-vitamins — niacin, thiamine and riboflavin — and important minerals, iron and calcium. Since it's self-rising, salt and baking power are preblended with the corn meal, making preparation quicker and easier.

Onion Cornbread Casserole

(6 to 8 servings)

4 cups coarsely chopped onions
¼ cup butter, melted
1 cup dairy sour cream
1 cup (4 oz.) shredded Cheddar cheese (in two parts)
1½ cups enriched self-rising corn meal
2 tablespoons sugar
¼ teaspoon dill weed
2 eggs, beaten
1 cup cream style canned corn
½ cup milk
¼ cup oil
Dash hot pepper sauce

Saute onion in butter until tender; remove from heat. Add sour cream and ½ cup of the cheese to the sauteed onions; set aside.

Stir together corn meal, sugar and dill weed. In small bowl combine eggs, creamed corn, milk, oil and hot pepper sauce; add all at once to corn meal mixture, stirring until just blended.

Pour batter into greased 9-inch square pan. Spoon onion mixture on top of corn meal batter. Sprinkle remaining cheese on top. Bake in preheated 400 degree oven 25 to 30 minutes.

MARCH 10 - 17

On two Mondays, March 10 and March 17, the YWCA International Division will offer classes in Ukrainian Easter egg dyeing at 128 West Franklin St. Information may be obtained by calling Mrs. Lily, 685-1460.

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Seafood for Lenten dishes

When Lent is observed: Forty days prior to Easter Sunday (Feb. 12-March 30).

Deviled Crabmeat is ideal for dieters during the Lenten season. Low in calories, this dish is high in valuable protein and contains many other nutrients to help increase your vitality while you diet. Recipe makes six servings.

Deviled Crabmeat

2 cans (7 to 7-½ ounce each) or 2 packages (6-ounce each) snow or other crabmeat, fresh or frozen
½ cup diced or chopped celery
¼ cup chopped onion
1 tablespoon margarine or cooking oil
1 tablespoon flour
1 teaspoon dry mustard
½ teaspoon salt
½ cup skimmed milk
1 can (4 ounce) mushroom stems and pieces, undrained
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
2 or 4 drops hot pepper sauce
1 egg, beaten
Paprika or chopped parsley.

Drain canned crabmeat or thaw frozen crabmeat and remove any remaining cartilage. Cook celery and onion in margarine or cooking oil until tender. Stir in flour, dry mustard, and salt. Add milk and mushrooms with liquid; cook, stirring constantly, until thickened. Add lemon juice, Worcestershire and pepper sauces. Stir a small amount of sauce into egg. Add remaining sauce. Add crabmeat; mix well.

Spoon into 6 greased individual shells or 6-ounce custard cups. Bake in moderate oven, 350 degrees F., for 20 to 25 minutes or until hot. Sprinkle with paprika or chopped parsley.

Makes 6 servings.

Fish Loaf

2 cups cooked fish
2 tablespoons chopped green pepper
1 tablespoon minced onion
2 tablespoons butter
1 cup soft bread crumbs
½ teaspoon salt, pepper
½ lemon rind, grated
2 eggs, separated
½ cup milk

Stir ed the fish. Saute pepper and onion in butter and add to fish with crumbs, seasoning and lemon rind. Add beaten egg yolks and milk. Fold in stiffly beaten egg whites, pour into greased loaf pan or fish mold, and bake 1 hour in a moderate oven in pan of hot water. Serve with sauce.

Sauce: 1½ cups thin white sauce with 2 tablespoons grated sharp cheese and 1 tablespoon prepared mustard blended into it.

Smelt Ski-Burger

24 pan-dressed smelt, fresh or frozen (about 3 pounds)
½ cup milk
½ teaspoon salt
1-½ cups seasoned dry bread crumbs
One third cup melted margarine or cooking oil
12 bacon slices, cut in half crosswise
⅓ cup dairy sour cream
One third cup finely chopped onion
One third cup drained sweet pickle relish
½ teaspoon prepared mustard
1 loaf (about 15-inch) Vienna bread, cut in half lengthwise
12 slices pasteurized process American cheese
12 thin cucumber or tomato slices cut in half

Thaw frozen fish. Clean, wash, and dry fish. Combine milk and salt. Dip fish in milk, drain and roll in seasoned crumbs. Arrange fish in single layer in very well-greased shallow baking pans, 15-½ by 10-½ by 1 inch. Drizzle melted margarine or cooking oil over fish. Bake in extremely hot oven, 500 degrees F., for about 10 minutes or until fish flake easily when tested with a fork

While smelt are browning panfry bacon slices until lightly browned but not crisp; drain on paper toweling. Combine sour cream, onion, pickle relish, and mustard; mix. Spread cut bread surfaces evenly with sour cream mixture and top each with 6 slices of cheese.

Place sandwiches on baking sheet; return to extremely hot over, 500 degrees F., just until cheese melts. Remove from oven. Wrap a half slice of bacon around each smelt and arrange 12 smelt in a row on each half loaf of bread. Return to oven and reheat, about 1 minute. Garnish with half slices of cumber or tomato placed between each smelt. To serve cut each loaf in quarters or sixths. Serve piping hot.

Makes 8 to 12 servings.

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