FOOD-A-RAMA
SUPER MARKETS

NOW OPEN WABASH AVE. & NORTHERN PARKWAY
IN THE NORTHWEST PLAZA SHOPPING CENTER

FREE GIVE AWAYS · IN STORE SILBER'S BAKERY · SERVICE DELLY DEPT. · FRESH SEAFOOD DEPT. · SNACK COUNTER

The largest Food-A-Rama to serve the needs of the Baltimore community. For years, Food-A-Rama conducted their business with Pride and Integrity.
Our buyers have been very selective in purchasing only U.S.D.A. Choice Beef, Grade A Poultry and Quality merchandise, plus offering the customer Low Prices and Service.
It is because of this successful program that we can now offer you the largest Food-A-Rama, featuring a Service Delly, Fresh Seafood Dept., an in-store Silber's Bakery and Snack Counter.
Come see us and be welcomed by courteous employees ready to serve you.

FRESH KILLED FRYING **CHICKENS** U.S. GOV'T GRADE 'A' WHOLE ONLY LB. 39¢

BONELESS **CHUCK ROAST** U.S.D.A. CHOICE BEEF LB. 99¢

ESSKAY **BREAKFAST LINKS** 8 OZ. PKG. 49¢

ARMOUR **CHITTERLINGS** 10 LB. BUCKET $3.99

FRESH **GROUND CHUCK** LB. 99¢

PILLSBURY **FLOUR** 5 LB. BAG 79¢ WITH COUPON FROM OUR STORE CIRCULARS

FOOD-A-RAMA **BREAD** 1 LB. LOAVES 5 FOR $1.00

COCA-COLA 16 OZ. NO RETURN BTLS. 6 PACK 99¢

SAVE 18¢ DEL MONTE CHUNK LIGHT **TUNA** 6½ OZ. CAN 49¢

SAVE 30¢ **RIVER RICE** 2 LB. BOX 49¢

SAVE 40¢ **PINK SALMON** TULIP 1 LB. CAN $1.49

RAGU SAUCE FOR SPAGHETTI PLAIN • MEAT • MUSHROOM 32 OZ. JAR 79¢

SAVE 45¢ BANQUET **POT PIES** BEFF • CHICKEN • TURKEY 4 8 OZ. PKGS. 89¢

SAVE 56¢ **SWAN ALCOHOL** 16 OZ. BTLS. 4 FOR $1.00

NEW GREEN **CABBAGE** LB. 7¢

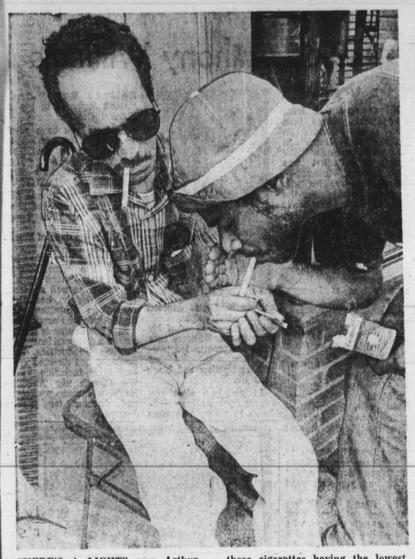
MR. G **FRENCH FRIES** 2 LB. BAG 49¢

CALIFORNIA ICEBERG **LETTUCE** HEAD 3 FOR $1

SWEET CALIFORNIA **NECTARINES** 49¢ LB.

ELBOW **MACARONI** SAVE 47¢ MUELLER'S OR SAN GIORGIO 3 1 LB. BOXES $1

PRICES EFFECTIVE TUESDAY, JUNE 22, THRU SUNDAY, JUNE 27, 1976
SEE OUR STORE CIRCULARS FOR ADDITIONAL VALUES



"HERE'S A LIGHT" says Arthur Mackay, left, who, along with Courtney Anderson samples a Carlton cigarette. Carlton, an American Tobacco Co. brand is listed among those cigarettes having the lowest tar content. They are currently being promoted in the Baltimore-Washington area and are available in both regular and menthol.

-Woodlawn Highligrts

(Continued from Page 27)

alleys. If you think you are being followed, turn and look. To verify suspicion, try changing pace or crossing the street. If the other side of the street looks unsafe, walk down the center of the street. Once you have determined that someone is following you, look for a safe place. If you decide to run, then do it as fast as you can, all of a sudden, and yell every step of the way. Remember, if you make it to a lighted house, that you are not just stopping by for a visit. Ring the bell, knock on the door, and if no one answers immediately, smash the glass. Your life is at stake. It's no time for social convention.

Remember, any weapon you have can be taken from and used against you, so you always must have a good grip on it. Accessibility also is important. Keep the weapon in a pocket, in your hand, or some practical place- not the bottom of your purse. Remember that these weapons should be used to provide an opportunity to flee from the attacker. It is absolutely senseless to stick around.

Don't be squeamish about hurting your assailant. He is not out to "be nice" to you. If faced with a gun, forget using weapons. The attacker might still be able to shoot after your defense effort. The best defense is to remain calm and try to talk him out of his intentions. This remains an individual woman's decison.

Statistics show that the more a victim struggles, the more likely it is that the rapist will be brutal. Struggling is not effective fighting.

Self defense training is nearly a necessity today. For more information on the subject, contact the Baltimore Rape Crisis Center located at 128 W. Franklin St.

• • • •

The Woodlawn Toastmistress Club will hold their Installation Dinner at the Quality Inn, West, on Wednesday, June 30, at 7 p.m. Committee members are: Phyllis Reaves, Dorothy Brown, Dorothy White and Margaret Blue.

Widths from AAAA to EEE!

HERBERT COX
Correct Shoes
210 N. Liberty S.
Nr. Gas & Elec. Co.

Orchid Shoppe
Florist
2305 E. Monument St.
• Floral Arrangements
• Flowers & Plants
• B.A.C. • Master Charge
276-6274

SINGER STOP LOOK AND SEW SALE

SAVE $60
A GREAT ZIG-ZAG WITH BUILT-IN BUTTONHOLER AND ELASTIC STRETCH-STITCH!

360/676

TOGETHER WITH DECORATOR CABINET
$199.95 Machine/Cabinet Combination, Reg. $259.95

360

SAVE $40 ON THE MACHINE ALONE!
$149.95 Reg. $189.95
Carrying case or cabinet extra

- Built-in 4-step buttonhole
- Exclusively designed front drop-in bobbin
- Interchangeable fashion and utility stitches
- Elastic stretch-stitch
- Extra-wide zig-zag capability
- Many other conveniences

TOUCH & SEW* II sewing machine WITH FLIP & SEW* 2-WAY SEWING SURFACE
Just flip a panel for instant free-arm sewing! Many other exclusive easier-sewing Singer features. Carrying case or, cabinet extra.
$80 OFF Reg. Price MODEL 778

SINGER
Sewing Centers and participating Approved Dealers
*A Trademark of THE SINGER COMPANY

WEEK'S FOOD ECONOMIES

Picnic-goers should handle food carefully

It's time for those lazy, hazy, crazy days of summer and time to get away to picnics, barbecues, the mountains, beaches and campsites. However, you cannot get away with handling food carelessly, says Virginia McLuckie, food economist, Cooperative Extension service, University of Maryland.

Know the rules of careful handling and follow them. The first rule is "keep food clean." When preparing food, wash your hands thoroughly and often. Keep insects and animals away from foods.

Keep hot foods hot and cold foods cold is the second rule. Bacteria that cause food poisoning develop and thrive at ordinary summer time temperatures, 50 degrees to 120 degrees F.

The worst part is that food poisoning bacteria don't signal their presence. Often contaminated food neither smells bad nor has off-flavors. Food poisoning bacteria grow more easily in some foods than others. These include: all creamed dishes, puddings, pie stuffings, gravies and chopped food sandwiches such as egg or ham salad.

Safe food handling practices need not be either expensive or elaborate. Several thicknesses of newspaper and insulated containers help hold heat or cold. Heat or chill containers and insulated carriers as well as the food, then put the food in the carrier. Bags of ice cubes put into containers add an insurance of coldness. Save food preparation until last when going on an outing.

Carry salad or sandwich ingredients in refrigerated containers and combine them at picnic area when it is eating time. Use foods that are not likely to harbor food poisoning bacteria, even when not refrigerated. These include summer fruits, citrus and the like.

Pickles and pickled products are good travelers because they need no refrigeration. Tomatoes and raw relishes like carrots and celery are also good keepers.

At the produce counters you will find an increasing number of fruit offerings. Watermelon, cantaloupe, nectarines, peaches, plums, Bing cherries, blueberries, and the every popular lemons in hot weather, you will want to consider these for your summertime menus.

Deviled Beef Patties

2 ½ pounds ground beef
¾ cup chili sauce
4 teaspoons prepared mustard
4 teaspoons prepared horseradish
4 teaspoons Worcestershire sauce
1 tablespoon chopped onion
2 teaspoons salt
dash pepper
12 hamburger buns, split

In mixing bowl combine ground beef, chili sauce, prepared mustard, horseradish, Worchestershire sauce, chopped onion, salt and pepper. Mix well. Form into 12 patties. Broil over hot coals for 5 minutes. Turn patties and broil till desired doneness, about 3 minutes longer. Serve grilled patties on hamburger buns.
Serves 12.

-Catonsville

(Continued from Page 28)

Ammons, where they visited Debbie Williams.

Helene Edmonds recently returned from a trip to California where she visited her godchild, Shelia Chapman Murchinson (Clinton). Mattie Chapman, Marsha's mother, also visited but stayed for a longer visit. Among the many Baltimoreans who visited and entertained for them were Frank Smith, Audrey Bell, and Earline Chase.

• • •

Mary and Charles Robinson entertained on Sunday for a childhood friend of Mary — Thelma Lovelace (Cliff) from Indianapolis, Indiana. Mary and Thelma grew up together in Evansville, Ind. attending elementary, junior high, senior high, and college together.

"If I could have but just one plea, I think that that one prayer would be, With all that such a prayer portends — Lord make me worthy of my friends."
Helen Lowrie Marshall

FRANKLIN UNIFORM CORP.
235 PARK AVE.
Corner of Saratoga Street
SUMMER SALE
UNIFORMS
1/3 to 1/2 off

BIRTH CONTROL & ABORTION SERVICES.
HILLCREST CLINIC & COUNSELING SERVICE
BALTIMORE, MD.
(301) 788-4400

At Bluecrest North or at your place... give your next reception

Bluefeld's Orchid Touch

For Free full-color booklet about parties with The Orchid Touch, call without obligation:
486-2100

"SOCIAL CONCERN SEMINAR" SAT., JUNE 26, 1976 1:30 P.M.
Place: Dunbar Community School — Dining Room Area
1400 Orleans Street, Baltimore, Md.

Guest Panelist and Topic Area:
Kathleen Morton, M.D. — "Child Care"
Mrs. Loretta Wall — "A Social Work Perspective"
Eli A. Timoll, M.D. — "Gynecological Problems"
Mr. Fred Hanna — "Alcoholism and the Alcoholism Program"
Mr. Fred Clifton — "Out-Patient Health Facilities"

Admission: Free The General Public is invited! Refreshments Served

Sponsored by: The Black Women's Consciousness Raising Association, Inc., National Chapter
(301) 448-2800

Buy now for extra value! **Ford Dealer Limited Edition Sale**

New Limited Edition Pinto $165 off the total retail value of items added to base Pinto, based on traditional suggested retail pricing. Car shown with white sidewalls $33 extra.

Limited Edition Pinto 2-Door Sedan

Includes: all Pinto standard equipment such as 4-speed manual transmission, front disc brakes, and rack and pinion steering. Plus dual two-tone bodyside tape stripes, bright window frame moldings and center pillar caps, bright wide wheel lip moldings, bright rocker panel moldings, and styled steel wheels and trim rings. Available on 2-Door and 3-Door Runabout models (except Pony MPG). Order now, quantities are limited.

New sporty Limited Edition Mustang II. $137 added retail value at no extra cost*

Limited Edition Mustang II 2-Door

Includes: all Mustang II standard equipment such as 4-speed stick shift, front disc brakes, rack and pinion steering. Plus two-tone lower body, bodyside stripe, unique seat inserts, styled steel wheels, trim rings, brushed aluminum panel applique. Available on 2-Door Hardtop and 2+2 models. Quantities are limited.

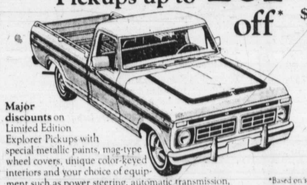
PLUS sporty aluminum wheels for only $97 sticker price on Limited Edition Mustang (regular sticker price $182)

*Based on manufacturer's suggested retail price. (Car shown with white sidewalls $33 extra)

Beautiful new Limited Edition Ford Torino $159 off the total retail value of items added to base Torino, based on traditional suggested retail pricing. Car shown with white sidewalls $39 extra.

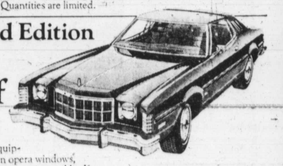
Includes: all Torino standard equipment such as V-8 engine, automatic transmission, power steering, etc., Plus half-vinyl roof, opera windows, Gran Torino seat with Concord cloth inserts, accent paint stripe, bodyside molding, dual racing mirrors, sport wheel covers, special door trim panels, selected matching cloth and vinyl interiors. Quantities are limited.

Explorer Special Pickups up to $201 off*



Major discounts on Limited Edition Explorer Pickups with special metallic paints, mag-type wheel covers, unique color-keyed interiors and your choice of equipment such as power steering, automatic transmission, air conditioning. Quantities are limited.

New Limited Edition Ford Elite $200 off the standard Elite sticker price. Car shown with white sidewalls $39 extra.



Includes: Elite standard equipment such as vinyl roof, twin opera windows, automatic transmission, power steering and brakes, etc., Plus unique wheel covers, special bench seat and trim, special door trim panels, selected matching cloth and vinyl interiors, but excluding wheel lip moldings, door carpet and deluxe steering wheel. Quantities are limited.

FORD DIVISION Ford

*Based on suggested retail prices of separate options compared to special package prices. (Truck shown with white sidewalls $40 extra and rear bumper $50 extra)

Buy or lease now for extra value at your Ford Dealer Limited Edition Sale.

When America needs a better idea, Ford puts it on wheels.