FOOD-A-RAMA SUPER MARKETS

FOOD A RAMA

THANKS BALTIMORE...

FOR MAKING OUR GRAND OPENING AT WABASH A COMPLETE SUCCESS!

Here's another BIG WEEK OF SAVINGS at all Food-A-Rama stores.

Food-A-Rama wishes you a very Happy 4th of July

ALL STORES OPEN MONDAY, JULY 5th 9 a.m. to 5 p.m.

Blue Berrys PINT BOX 49¢	SLICED STEER LIVER LB. 39¢	U.S.D.A. CHOICE BEEF RIB STEAK lb $1.49	CHEF CHOICE FRENCH FRIES 5 9 OZ. PKG. FOR $1	U.S.D.A. CHOICE BEEF BONELESS CHUCK ROAST LB. 99¢
SAVE! 34¢ FAYGO DIET SODA 8 12-OZ. CANS $1	SAVE 20¢ FOOD-A-RAMA MAYONNAISE QT. JAR 69¢	MARYLAND FRESH Grade A Med Eggs 49¢ dozen	ESSKAY SEASONED BEEF PATTIES 2½-LB BOX $2.99	SWEETHEART PAPER PLATES 100-CT. 9-INCH 79¢
SAVE 29¢ HEINZ (HAMBURGER, SWEET or HOT DOG) RELISH 3 9¼-OZ. JARS $1	SAVE 14¢ PETER PAN — CHUNK LIGHT Tuna 6½-CAN 49¢		U.S.D.A. CHOICE BEEF TOP ROUND STEAK LB. $1.69	BRIGGS MEAT & BEEF & KING FRANKS 1-LB. PKG. 99¢ 2-LB. PKG. MEAT $1.89
SAVE 29¢ FOOD-A-RAMA HOT DOG or HAMBURGER ROLLS 3 PKG. OF 8 for $1	SAVE $1.40 JIFFY BEEF PATTIES 2 lb pkg. $1.99		JET PUFFED KRAFT MARSHMALLOWS 10 oz pkg. 39¢	SMOKED PICNIC 4/6-LB. AVG. LB. 79¢ DRY CURE
SAVE 40¢ BESPAK TRASH BAGS BOX OF 10 59¢	SAVE 30¢ McCormick TEA BAGS BOX OF 48 49¢	SAVE 90¢ BANQUET FRIED CHICKEN 2-LB. BOX $1.79	SEEDLESS GRAPES LB. 59¢	ESSKAY SILVER LABEL HAM (WHOLE ONLY) LB. 99¢

Prices Effective June 29 thru July 4. • We will not be responsible for any typographical errors in this ad • We Reserve the Right to Limit Quantities

OPEN SUNDAYS DAILY HOURS: 9 A.M. to 9 P.M. EXCEPT WHERE NOTED *These stores Open Mon., Tues., Wed. 9-9, Fri., Sat. 8-10, Open Sundays

WE CASH GOVT., WELFARE & PAYROLL CHECKS ONLY AFTER PROFOR IDENTIFICATION

2701 W. Cold Spring La.	3805 Liberty Ht's. Ave.	5431 Reisterstown Rd.	20 S. Hilton Street	2706 Pulaski Hwy.	3420 Clifton Ave.	3409 Dundalk Ave.	6318 Windsor Mill Rd.	Wabash Ave & Northern Parkway 2040 Harford Rd.
7041 Liberty Rd.	625 N. Milton Ave.	5601 Bowleys Lane	* 3801 Eastern Ave.	* Merritt Blvd. & Wise Ave.	* Yale & Beechfield Aves.	* Mondawmin Shopping Center	*Erdman Ave. & Sinclair Lane	5420 York Road

Have a nice day ... every day!

EMERGENCY EYEGLASS SERVICE

Medical Assistance, Medicare, and Union health plans accepted
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- FRAMES ADJUSTED AT NO CHARGE

SPECIAL RATES FOR SENIOR CITIZENS
2 CONVENIENT LOCATIONS FREE PARKING IN BALTIMORE BELTWAY EXIT 20

3506 REISTERSTOWN RD. AT ROGERS AVE.
OPEN DAILY INCL SAT 8:30 AM to 5:30 PM
TUES & FRI 8:30 AM TO 9 PM

IN PIKESVILLE
46 E. SUDBROOK LANE
OPEN DAILY INCL SAT 10 AM TO 6 PM
THURS TILL 8 PM

BUTLER OPTICAL CO.
358-7666 • 653-2777
All major credit cards accepted.

Mary Shannon Ramseur Specializes in perm relaxers and press and curl.

Call for an appointment Wed. thru Sat.

Perm Relaxer

Reg. $25 now only .... 17.50 and up

Touch up ..... 12.50 and up

BEAUTY SALON MONTGOMERY WARD

837-6000
MONROE STREET ONLY

ATTENTION SENIOR CITIZENS IN EDMONDSON VILLAGE AREA!

Would you like a hot nutritionally balanced lunch every day? Chance to meet new people, make new friends?

Then join the EAT TOGETHER PROGRAM

For further information Call Mrs. Hubbard 947-8680 or Mrs. McLean 945-8472

YWCA

(Contined from Page 9)

offering teen classes in creative dance, modeling and charm, drama and "Building Positive Self Images." Phone for information is 669-1881.

The YWCA Program Center in Reisterstown, 503 Westminster Pike, has classes in kindercamp and karate. Evening bridge club continues. Gymnastics is at Franklin Elementary School. A city and a county bus trip are planned. For information call 833-7727.

Participants should register soon; many classes begin in mid-June. YWCA membership ($8 for adults, $2 for juniors) is required.

Swimming classes

YWCA swimming classes, taught this summer in Baltimore, Lutherville, Glen Burnie and Bel Air are beginning to fill.

Swimming classes in Baltimore at the indoor YWCA pool at 128 Franklin St. are offered for children, teens and adults at beginner, "all skills" and "Mom and Tot" levels. Classes are held Monday, Wednesday and Friday in three sessions: June 28 to July 9, July 12 to July 23, and July 26 to Aug. 6.

Cost for beginners and all skills is $7.50 for first session; $9 for sessions two and three. Cost for Mom and Tot is $10 in first session; $12 for sessions two and three. Private lessons at $3 per half hour and semi-private at $2 per half hour are also available. Call 685-1460, YWCA Central Center, to register.

Swim classes in a tree shaded outdoor pool at the YWCA Center, 31 Lan Lea Drive, Lutherville, are offered for children seven to twelve and tots at "all skills" and "Mom and Tot" levels in three sessions: June 21 to July 8; July 12 to July 29; and August 2 to August 18. Fee for seven to twelve year olds is $18 for twelve lessons; for "Mom and Tot," $10 for six lessons. For information or registration the number to call is 252-4230.

In Glen Burnie, classes are open in July and August. Classes are held at the outdoor pool in the courtyard of Friendship International Hotel. Swim classes for children, teens and adults are offered at beginner, "advanced beginner," and "tot" levels, Monday through Thursday, in three sessions: July 6 to 29 and 5 to 28; and August 2 to 12. Cost is $8 for eight "tot" classes; $12.50 for others. An adult must accompany children under seven in the water. Adult classes are also available on Saturdays. For information or registration the number to call is 768-2500.

Some places are still available in the August sessions of the full range of swim classes held by the YWCA in Bel Air at the "Bright Oaks" pool. Sessions in June and July are full. In addition, if there is sufficient interest, a class of "Swimming for the Handicapped" will be offered from August 16 to 27. Geared to individual needs, swimming instruction will be provided swimmers at all levels of competence with physical and mental disabilities. For information, the number to call is 879-0780.

A YWCA membership ($8 for adult participants and $2 for junior participants) is also required for all class members.

Teen Programs

Two teen programs are offered by the YWCA this summer, one at 31 Lan Lea Drive, Lutherville and one at 1912 Madison Ave., Baltimore.

The Lutherville program, titled "Discovery" emphasizes good grooming, wardrobe planning, nutrition, exercise, arts and crafts and swimming. A special segment, "How To Start Your Own Business," will teach the girls how to turn spare hours into a summer job. Planned for girls, aged 10 to 15, in two sessions, July 12 to 23 and July 26 to August 6, from 9:30 a.m. to 1:30 p.m., the program costs $35 per two week session. A cost of $2 yearly YWCA membership is required. For information or registration, the number to call is 252-4230.

The program at 1912 Madison Ave., "Discover You With Us," includes creative dance, drama, modeling and charm and "Building Positive Self Images." Scheduled Monday through Thursday from 10 a.m. to 1 p.m., June 28 to Aug. 6, the program carries a fee of $30 for the entire six weeks. Fee includes YWCA membership. The modeling and charm course includes exercises, skin and hair care, grooming and choosing the right foods for good looks and good health. For information or registration, the number to call is 669-1881.

Camp Conquest

A summer of fun is available to girls and boys in Baltimore City and surrounding counties in the new Camp Conquest conducted by the YWCA (Young Women's Christian Association) of the Greater Baltimore Area. The camp is especially convenient for mothers working in the city of Baltimore who have children needing care during the day. Camp day extends from 9 a.m.-3:30 p.m. Child care for children enrolled in the camp is available from 3:30-5 p.m. at a low extra charge.

The children, girls and boys aged 6-12, will meet Monday thru Friday at the YWCA Central Center, 128 W. Franklin St. from June 28-July 30. On Mondays, the campers will be taken by bus to Patapsco State Park for nature lore, hiking and cookouts. On Tuesdays and Thursdays they will stay at Central Center for swimming, trampoline, music, group singing and arts and crafts. On Wednesdays they'll be taken to Bicentennial cites around Baltimore. Friday is trip day — plans are being made to go to Painter's Mill Kiddie Show; a country club; Wild Life Preserve at Largo, Md.; Inner Harbor; and King's Dominion, Richmond.

Weekly fee is $28 plus $2 yearly Junior membership dues. Child care 3:30-5 p.m. costs an extra $5 per week. A limited number of camperships are available. Second and subsequent children enrolled at the same time from the same family will receive a $2 discount in each session. An extra charge will be assessed for King's Dominion trip (near Richmond, Va.).

Information or registration forms may be obtained by calling 685-1460 or 669-1881 or 252-4230.

Kindercamps

The North Area YWCA (Young Women's Christian Association) will conduct kindercamp programs for children three to six years of age in three locations in the months of July and August. Each camp program will be led by professionals in early - childhood education, nature, music, games, arts and crafts and creative dramatics are some of the activities which will be provided.

In the North Baltimore City area a kindercamp will be held at First Christian Church, Lake and Roland Aves. from 9 a.m. to noon Monday through Thursday, July 6 to July 29. Cost is $33 per two week session.

In West Baltimore, kindercamp will be held at the Howard Park Coop, 3800 Gwynn Oak Ave., 9 a.m. to noon, Monday through Thursday, July 26 to August 5. Fee is $33 per two week session.

A kindercamp in the North County Area, held at Chestnut Grove Presbyterian Church, 3710 Sweet Air Rd. in Phoenix, Md. will be in session from July 7 to August 12. Three-year-olds will attend Tuesdays and Thursdays, 9:30 a.m. to noon. Cost is $13 per two week session. Four to six-year-olds will attend Monday, Wednesday and Friday from 9 a.m. to noon at a cost of $21 for the first two week session and $25 for each of the remaining two week sessions.

For information about any of the above programs, the number to call is 252-4230, the North Area YWCA.

Kindercamp

"Kindercamp" summer programs for children three to six years of age will be offered by the YWCA (Young Women's Christian Association).

In the Glen Burnie area on Tick Neck Road near Riviera Beach, children three and one half to six years of age can attend daily, Monday through Thursday, from 9:30 a.m. to noon, July 6 to 15 and July 19 to 29. Held on two and a half acres of grassy lawn, the program will emphasize nature study in arts and crafts; also, physical coordination through an obstacle course and activities to develop eye and hand coordination. Snacks will be natural foods.

Cost is $20 per session plus 50 cents camp insurance and a $2 YWCA membership fee. For information or registration, call 768-2500, the Glen Burnie YWCA.

Catonsville Notes

(Contineud from Page 10)

alted Ruler of Crescent Lodge No. 355.

"Thinking of You" cards to Mamie Ebb and her brother, William Talbott, who recently lost their brother, Levi Talbott.

The first annual Neighborhood Crab Feast, held at the Banneker Recreation Center, was well attended and was a success. There should be more of these kinds of activities so that we in the black community can get to know each other better. I am sure many of you will agree.

Send in your suggestions and I will pass them on to the right contacts. I feel very strongly about having some kind of get-together for our young people, particularly our recent high school graduates and those who are in college and will be leaving our community in the fall. They need to know each other better and it will give them an opportunity to "chit-chat" and share their experiences away from home.

Whether you realize it or not our Catonsville students are attending colleges locally, and all over the country. This speaks well for our students and also their parents. These young people need more than our financial support.

* * *

Mrs. Vivian Tinney, sister of our Mrs. Rhoda Jones, has extended an invitation to the Golden Age Group of Catonsville to attend a surprise birthday party which will be given for her sister in Washington, D.C.

Our group will leave Catonsville, this morning, Friday at 11:30 to attend this gala event.

What a fine surprise for this wonderful lady on her birthday. All of us remember Mrs. Jones as the lady who had "Jones' Store" on Old Frederick Road until illness forced her to retire. It pays to live right and kind to your fellowman. Just think: a group of young senior citizens are making an out-of-town trip to help a former neighbor and club member celebrate her birthday. It can only happen in Catonsville.

Recently this group took a trip to the Amish country. It was not only a fun trip but also an educational one. Following this trip, the group got on a bus and attended a picnic at Rocky Point Park. There were 1100 attending the Senior Citizens Picnic from all over Baltimore County.

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

Open Pit® BARBECUE SAUCE special of the week:

Save 7¢ on Open Pit® Barbecue Sauce. And try it in your cooking. Add the great taste of Open Pit to all your barbecued chicken, ribs, and burgers. And for a real treat, blend it in meat loaf, baked beans, stews—or mix it with mayonnaise for a delicious salad dressing.

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7¢ STORE COUPON 7¢

SAVE 7¢ on any size or flavor of OPEN PIT® Barbecue Sauce

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COUPON

Take this coupon to your grocer now. Worth 7¢ when you buy any size/flavor Open Pit Barbecue Sauce. Other limited to one coupon per purchase.

MR. GROCER: General Foods Corporation will redeem this coupon for 7¢ plus 3¢ for handling if you receive it on the sale of Open Pit Barbecue Sauce and, if, upon request, you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupons will not be honored if presented through outside agencies, brokers or others who are not regul distributors of our merchandise or specifically authorized by us to process coupons for redemption. For redemption of properly received and handled coupons, mail to: GENERAL FOODS CORPORATION, COUPON REDEMPTION OFFICE, P.O. Box 103, Kankakee, Illinois 60901.

Good only upon presentation to grocer on purchase of any size/flavor Open Pit Barbecue Sauce. Any other use constitutes fraud.

Coupon expires December 31, 1976.

GENERAL FOODS CORPORATION

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Save $2.45 on these great-looking planters while you save 20¢ on Max-Pax®

Perk up your home with these attractive polystyrene planters. Get two planters—each with its own close-fitting saucer—in your choice of sunny yellow or classic white. A $4.20 value for only $1.75 plus proof of purchase on Max-Pax.

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Max-Pax always tastes delicious because it has its own filter to trap things that can make coffee bitter.

Clip our coupons. Both ways, you perk up something great.

Max-Pax® planters—
$4.20 value for only $1.75 plus proof of purchase

Mail to: PLANTERS, P.O. Box 3013, Kankakee, Ill. 60901

Please send me _____ yellow set(s); _____ white set(s). For each set of 2 planters (one 4", one 5" diameter—each with its own saucer), I am enclosing $1.75 plus 1 proof of purchase—a two-inch square cut from the plastic lid of a can of Max-Pax, Range-Top® or Electra-Perk® blend. (Plants not included.) Make check or money order payable to PLANTERS. Allow 6-8 weeks for delivery.

Offer expires December 31, 1976

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Limit—one coupon per purchase.

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