Week's food economies

Choose church for economy as food prices continue to rise, says Georgia Stevens Nerud, Consumer and Food Economics Specialist, Cooperative Extension Service, University of Maryland.

Declining red meat supplies will reflect higher beed prices this year. Hardest to be hit will be hamburger prices. Since 1975, hamburger has become about four percent more expensive, relative to sirloin steak, and the trend is expected to continue.

Shoppers can expect to find bargains on the lower grades of beef with chuck cuts an especially good buy. Chuck, which is the shoulder portion of the beef is the largest cut in the carcass, making up about a fourth of the entire carcass. Typically, chuck sells for less per pound than hindquarter cuts, yet provides the same nutrients, and so offers economy. Chuck cuts are flavorful, but have connective tissue that are not so tender and require long, slow cooking.

Learn to recognize chuck cuts. Basically the chuck is divided into two parts — the blade and the arm. Most of the cuts from the arm half of the chuck, including the cross rib roast, arm roasts and shoulder roast, should be braised or cooked in liquid. The blade portion, which is the top of the chuck, contains several cuts which may be cooked by dry heat if the meat is a high grade.

Cuts which may be roasted include the blade roast and the under blade roast. The top blade roast should be braised or cooked in liquid. Consult the cook book for an identification chart of beef cuts and read the label on the package to know the cut and what cooking method should be used.

Wholesale chuck is cut differently in stores, and many names are given to the same cut, making it confusing for shoppers to select the cut they want and know how to cook it properly. Some names, such as California roast, chicken or Delmonico steaks bear no resemblance to the wholesale chuck cut. Maryland has no regulation about standardizing the beef label on packages. It is up to the discretion of individual stores about the names given to the various cuts.

In selecting beef, look for fine - textured lean of a uniform bright red color; streaks of fat through the lean (called "marbling") and red , porous bones. Lower grades of beef have less fat, and the fat may be yellower than that of better grades of beef. The texture of the lean is less fine, and the bone may be white and flinty. Beef that looks dull or or has darkened spots is not freshly cut.

Pot - Roast Diablo

Beef blade roast — 3 to 4 pounds, cut 2 inches thick
Flour — 3 tablespoons
Salt — 2 teaspoons
Pepper — ½ teaspoon
Cooking fat — 3 tablespoons
Finely chopped onion — 3 tablespoons
Water — ½ cup
Chilli sauce — 3 tablespoons
Prepared mustard — 2 tablespoons
Worcestershire sauce — 1 tablespoon
Vinegar — 1 tablespoon
Sugar — 1 teaspoon
Water — 1 - 3 cup
Flour — 2 tablespoons

Combine 3 tablespoons flour, salt and pepper; dredge meat and brown in cooking fat. Pour off drippings. Add onion and ½ cupt water; cover tightly and cook slowly 2 hours. Turn meat. Combine chili sauce, mustard, Worcestershire sauce, vinegar and sugar and spread over meat. Continue cooking, covered, 30 to 45 minutes or until meat is tender. Remove meat to warm platter.

And 1-3 cup water to 2 tablespoons flour; combine with liquid in frying - pan and cook, stiring until thickened. Reduce heat and cook 3 minutes. 6 to 8 servings. For beef arm pot - roast, increase initial cooking time 30 to 45 minutes.

The Diet Corner

By Helen K. Fleischer
Director, The Diet Workshop

Streaking was a short lived fad. . . .

But it's just what everyone needs to do. Streak into your bathroom for a look at the full-length mirror. If what appears is a blob, not a streak — spring-time is diet-time for you.

And very seriously, the full-length (dare I say made in a family paper?) view of yourself is literally eye-opening. You conceal your true body from the eye of the beholder and your own personal vision with clothes. Do you excuse your bulk by saying it's the bulk of the dress? Do you justify your waistline stretch by blaming the high heat of your clothes dryer? Peer thoughtfully at your glorious undress. That's the naked truth!

My own opinion is that the just-on-the-way-up-the scale gainer profits most from the naked truth. The thinnie who has always gorged joyously without seeing any weight gain and has just begun to notice creeping fat should stage a mirror confrontation. Upping your clothes sizes one notch does not devastate the psyche as does appearance of a roll of fat where once ribs posed proudly. So if you've been telling yourself some little white lies about a little bit of overweight, STREAK to your mirror.

Face up to the reflection and then face up to the fact that the fattest person you ever saw began to accumulate that mountainous girth with "a few extra pounds." What happens to all of us in this process known as maturityis that the older we get, the less food we require. We binge our way through adolescence, work our way through our twenties, and then relax for the remaining decades. But we eat as we did when we bingeing and working our hardest.

Begin your diet while the going's easy — with the first ten extra pounds. They'll be off in a little more than a month. Then you will go on to live thin by adjusting your eating habits to your lessened food requirements.

Will you mind? From time to time, of course you will. But if you stick to a good diet plan and experiment with creative diet cooking, you'll find this part of maturity is one of the nicest parts. After all, the return of a youthful figure rewards your efforts.

In the meantime, try this as a new breakfast fruit:

Apple Ricotta

4 large baking apples
1 cup strawberry low calorie soda
¼ teaspoon almond extract
8 ounce skim milk ricotta
4 packets artificial sweetener

Pare apples about one-third way down. Core, but do not break through to the bottom of the apple. Place each apple on a large square of aluminum foil. Pour ¼ cup strawberry low calorie soda into each cavity. (If you wish, you may brush red food coloring on pared portion of apple as well). Bring foil up around apples and twist tightly. Bake at 400 degrees for 50 minutes. Remove from foil and chill. Combine skim milk ricotta, artificial sweetner and almond extract. Mound into apple cavities before serving.

Clerical workers are the largest and fastest growing occupational group; cashiers, receptionists and secretaries are expected to be among the fastest growing jobs within this group, according to the U.S. Department of Labor's Occupational Outlook Handbook.

Jones enlists in air guard

Brian E. Jones of North Denison Street, Baltimore, enlisted in the Maryland Air National Guard November 16.

Brian, a graduate of John Harris High School, Harrisburg and The Hampton Institute with a B.S. degree, has been assigned duties with the Civil Engineering Flight of the 175th Tactical Fighter Group, Martin State Airport, Middle River.

Air Guard spokesmen advise they have several openings in career fields for men and women, with or without previous military service. For information, call 391-5122.

TOWSON STATE UNIVERSITY

More than 500 graduate and undergraduate courses will be offered in three convenient summer sessions at Towson State University.

First five-week day session: June 19 - July 21

Second five-week day session: July 24 - August 25

Seven-week evening session: June 20 - August 7

Registration by mail will continue through Friday, May 12, 1978.

For additional information, call or write: Division of Continuing Studies, 321-2022 Graduate School, 321-2501

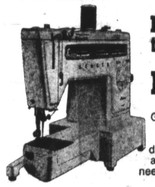
Towson State University is an Equal Educational Opportunity Institution in compliance with Titles VI and IX.

BLACK STRAND
HAIR COLORING for MEN AND WOMEN
Hides that GRAY The Lasting Way
In just 27 minutes or hour . . . your dull, faded hair becomes younger looking, dark and lustrous, radiant with highlights. Non-toxic, non-staining. Lasts 6 weeks or more. TRY IT TODAY.
BLACK STRAND 4 CAPSULE SIZE ONLY $2.00
Choose from 3 Natural Shades JET BLACK • BLACK • DARK BROWN
At your druggist or mail $2.75 to Strand Products, Co., P.O. Box 2187, Phila., PA., 19105. Specify shade wanted.

Lowest price ever on the Athena* 1200 machine by Singer.

Save $100 OFF REG. PRICE

One of the most advanced sewing machines in the world. Touch a button and the pre-programmed memory controls 21 stitches, even makes a buttonhole. Features include our exclusive Flip & Sew* 2-way sewing surface and a front drop-in bobbin that winds right in the machine. Made in U.S.A. Carrying case or cabinet extra. Athena Model 1200.



Lowest price ever! Save $110 on this free-arm machine.

Now Only $199.95

Get big savings on this Stylist* machine with a free arm for sewing in hard to reach places, a four-step built-in buttonholer, a bobbin that drops right in and couldn't be easier to replace, and 15 different stitches to satisfy your sewing needs. Carrying case or cabinet extra. Model 538.

Save $30 on this Singer zig-zag machine.

Only $99.95

All the basics you'll ever need are right here in this Fashion Mate* zig-zag machine with front drop-in bobbin, blind hem-stitch and snap-on presser foot. Carrying case or cabinet extra. Model 362.

EVERYTHING ABOUT SEWING IS EASIER AT SINGER
SEWING CENTERS AND PARTICIPATING APPROVED DEALERS

Prices optional at participating dealers. *A Trademark of THE SINGER COMPANY

Give your child a lifesaving course on how to use the phone.

It's good to know that your child is never alone in an emergency.
Not if you have phones and teach your child how to use them properly.
Just take a few minutes and show your child where the emergency numbers are located in the front of the phone book.
Better yet, write down certain emergency numbers and keep them near your phones. For the fire department, the police department, your family doctor, and the operator.
That's right, the operator. If a child becomes confused, or panics, simply dialing "0" can alert the operator, who knows how to handle an emergency.
If your child is preschool age and can't read, point out where "0" is on the dial and how to dial it.
The friendly voice on the other end is a reassurance that someone will always be there. Just in case.
Of course, also make sure your child knows never to play with phones, that they're not toys.
Rather, they're a way to save time. And money. And even lives.
Clip the coupon and send for our new free colorful brochure that tells you how you can use your phones for all they're worth.

C&P Telephone

FREE.
C&P Telephone, Consumer Savings Booklet, P.O. Box 4423, Baltimore, Md. 21223
Please send me a free copy of "Use Your Phone For All It's Worth"
(Please print clearly or type)
Name
Address
City
State Zip

Special Savings this Week at A&P!

Fresh Milk
any half-gallon size A&P homogenized Vitamin "D" MILK except chocolate
59¢
SAVE 26¢ with coupon below & $7.50 purchase

Special Savings this week at A&P!
Marvel Enriched White Bread

22 oz. loaf 19¢ limit 3 loaves per customer
SAVE UP TO 43¢ with coupon below & $7.50 purchase

A&P
ADVERTISED ITEM POLICY — Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

MOST A&P STORES ARE OPEN 24 HRS. MONDAY thru SATURDAY SUNDAY 9 A.M. to 6 P.M. MOST OTHER STORES OPEN TIL 10 P.M. MON. THRU SAT. CHECK YOUR LOCAL STORE FOR CONVENIENT HOURS

CUSTOMER COURTESY: We are so confident in the friendly service at all A&P stores that we make this guarantee. If any employee fails to greet you with a smile or a "thank you" please let the store manager know — you will receive a ½ gallon of A&P Fresh Milk absolutely "FREE".

FAMOUS BRANDS BONANZA

HUNDREDS OF ACTION PRICES — A&P ACTION PRICES — COMPARE & SAVE

59¢ HERE'S WHY THE ACTION PRICE SYMBOL MEANS SAVINGS TO YOU!
When A&P Buyers make a special purchase at a lower price, we pass the savings on to you. That lower price is an action price. And these Action Prices are in addition to our money-saving weekly specials! Look for this Action Price symbol throughout your A&P store. It means savings to you.

SAVE 40¢ Vlasic Spears no garlic or Polish 24 oz. jar 69¢
SAVE 8¢ Success Rice . . . . . 14 oz. pkg. 81¢
SAVE 17¢ Heinz Gravy Homestyle, Onion, Brown, Chicken, Mushroom 2 12 oz. jars 89¢
Chunk Light in oil or water / SAVE 14¢ Breast O' Chicken Tuna 6½ oz. can 73¢
SAVE 7¢ Pillsbury Flour Plain or Unbleached 5 lb. bag 92¢
SAVE 40¢ Red Rose Tea Bags . . . . . 100 ct. box $2.09
SAVE 8¢ Lipton Cup-a-Soup assorted flavors 4 pk. 57¢
SAVE 10¢ Hershey's snack size assorted variety Bars 10 oz. pkg. $1.79
SAVE 10¢ Reese's snack size Candies 12 oz. pkg. $1.79
SAVE 2¢ Y&S Twizzlers licorice, strawberry, grape 5 oz. pkg. 37¢
SAVE 16¢ San Giorgio Spaghetti 2 lb. box 89¢
SAVE 30¢ Trash Bags A&P . . . . . 40 ct. box $3.49
SAVE 30¢ Hefty Superweight Trash Bags 15 ct. box $2.09

A&P picks the best baked goods!
Jane Parker Peach Pie 22 oz. pkg. SAVE 30¢ 79¢
Jane Parker / SAVE 29¢ plain or seeded Long Rye Bread . . . 2 16 oz. loaves 89¢
Jane Parker / SAVE 20¢ Jelly Donuts . . . . . 18 oz. pkg. of 6 79¢

A&P is a butcher shop!
Super-Right Quality Beef Round Whole Boneless Sirloin Tip
Avg. wt. 8-12 lbs. can be custom-cut into selection of your choice
$1.49 lb. Roast lb. $1.69 Steak lb. $1.89

A&P picks the best meats!
Super-Right Quality Pork Shoulder Smoked Picnics WHOLE ONLY 59¢ LB. SLICED LB 69¢

A&P is a poultry shop!
A&P "Our Finest Quality" Butter Basted Turkeys SERVING SUGGESTION 10-12 lbs. 69¢ LB.

A&P picks the best meats!
Super-Right Quality Whole Boneless Beef Brisket Fresh 8-10 lbs. avg. wt. $1.29 LB.
Center Cut Pork Chops Tender Corn Fed Fresh $1.79 lb.
Back Ribs Delicious $1.49 lb.
Pork Chops Sirloin or Blade End $1.39 lb.

A&P is a poultry shop!
Consists of 2 each: leg qtrs. w/backs, breast qtrs. w/backs wings & other part. Box O' Chicken 45¢ lb.
Easkay Dried Beef 3 oz. pkg. 85¢
A&P All Meat Bologna 1 lb. pkg. $1.19
A&P Olive, Pickle, Spiced Luncheon, Dutch Loaf, Bologna Luncheon Meats 8 oz. pkg. 79¢

A&P is a sausage shop!
Ann Page Sliced Bacon 1 lb. pkg. $1.39
Kielbasa or Reg., Beef Eckrich Smoked Sausage lb. $1.69
Chunk By-The-Piece!! Braunschweiger lb. 59¢
Smithfield Dinner Franks 1 lb. pkg. $1.29

A&P picks the best produce!
Washington State Extra Fancy Golden Delicious Apples 2 LBS. 89¢
Florida Carrots SWEET & TENDER 1 lb. bag 29¢
Avocados CALIFORNIA SALAD DELIGHT! ea. 25¢
Pascal Celery CRISP AND FRESH large stalk 49¢

A&P picks the best frozen foods!
Spinach A&P LEAF OR CHOPPED 4 10 oz. pkgs. $1.00 SAVE 13¢
SAVE 40¢ Ellio's 9-Slice Pizza . . . . 24 oz. pkg. $1.59
SAVE 19¢ Banquet Cookin Bags . 3 5 oz. pkgs. $1.00
SAVE 38¢ Downyflake Waffles . . . 2 12 oz. pkgs. $1.00
SAVE 8¢ / In Butter Sauce Green Giant Broccoli Spears . 10 oz. pkg. 73¢

A&P picks the best dairy products!
Kraft Cheese Food Slices individually wrapped 16 oz. pkg. $1.49 SAVE 30¢
SAVE 16¢ A&P Orange Juice. . . . 64 oz. ctn 99¢
SAVE 10¢ Imperial Margarine 1 lb. pkg. 79¢

A&P picks the best groceries!
Wisk Laundry Detergent 20¢ off label 32 oz. btl. 99¢ SAVE 40¢ with coupon below & $7.50 purchase
A&W Root Beer Regular & Sugar Free 6 16 oz. non-return btls. 99¢ SAVE 60¢ with coupon below & $7.50 purchase
Del Monte Whole Kernel Golden Corn 17 oz. French Style Green Beans 16 oz. Sweet Peas 17 oz. 3 cans for $1.00 SAVE UP TO 19¢

WITH THE SINGLE PURCHASE OF $7.50 OR MORE REDEEM ONE OR ALL OF THE COUPONS AT RIGHT AND SAVE UP TO $2.29

PRICE & PRIDE SAVE 40¢ B No. 672 Wisk Detergent 20¢ OFF LABEL 32 oz. btl. 99¢ With This Coupon & $7.50 Purchase LIMIT ONE PER FAMILY Offer Good Thru Sat., April 22, 1978 at A&P Stores in Baltimore including Aberdeen, Bel Air, Havre De Grace, Joppatowne, Anne Arundel County, & The Delmarva Peninsula.

PRICE & PRIDE SAVE 60¢ B No. 673 A&W Root Beer 6 16 oz. no-ret. btls. 99¢ With This Coupon & $7.50 Purchase LIMIT ONE PER FAMILY Offer Good Thru Sat., April 22, 1978 at A&P Stores in Baltimore including Aberdeen, Bel Air, Havre De Grace, Joppatowne, Anne Arundel County, & The Delmarva Peninsula.

PRICE & PRIDE SAVE 60¢ B No. 674 Coffee-Mate by Carnation 16 oz. jar 99¢ With This Coupon & $7.50 Purchase LIMIT ONE PER FAMILY Offer Good Thru Sat., April 22, 1978 at A&P Stores in Baltimore including Aberdeen, Bel Air, Havre De Grace, Joppatowne, Anne Arundel County, & The Delmarva Peninsula.

PRICE & PRIDE SAVE 26¢ B No. 675 GOOD ON ANY HALF-GALLON SIZE OF FRESH MILK (EXCEPT CHOCOLATE) With This Coupon & $7.50 Purchase Limit One Per Family Offer good thru Sat., April 22, 1978 in A&P Stores in Balto. Metro Area including the counties of Anne Arundel, Balto., Carroll, Frederick, Harford, Howard, Delmarva Peninsula except Laurel, Md.

PRICE & PRIDE SAVE 15¢ SAVE 29¢ SAVE 43¢ B No. 676 MARVEL ENRICHED WHITE BREAD 22 oz. loaf 19¢ Limit 3 per customer With This Coupon & $7.50 Purchase Limit One Per Family Offer good thru Sat., April 22, 1978 in A&P Stores in Balto. Metro Area including the counties of Anne Arundel, Balto., Carroll, Frederick, Harford, Howard, Delmarva Peninsula except Laurel, Md.

Items offered for sale are not available to other retail dealers or wholesalers! Quantity rights reserved. Prices effective Wed., April 19 thru Sat., April 22, 1978 in A&P Stores in BALTIMORE INCLUDING ABERDEEN, BEL AIR, HAVRE DE GRACE, JOPPATOWNE, ANNE ARUNDEL COUNTY, & THE DELMARVA PENINSULA.