. . . the QUALITY of Giant label products at "NO FRILLS" PRICES

Some supermarkets have introduced what they are calling "No Frill" or "Economy" products at lower prices. These products come in very plain packages, but this is not the reason they cost less. These products are generally of lower quality. For example, vegetables can have defects and be non-uniform in size, color, texture and taste. Detergents may have less cleaning power. At Giant we have always offered our customers quality products they can count on. This is especially true of our Giant label products. With the assistance of our own Quality Assurance Laboratory, our buyers select the finest quality products available. We want our customers to continue to have the best products at the best prices. So we are now offering many Giant label products at "No Frills" prices. We want you to receive top quality merchandise you can count on.

For real value TRY THESE Giant label products. Now at "NO FRILLS" PRICES

	Reg. Price	SAVE	"NO FRILLS" PRICE
Giant Food - Cream Style **Golden Corn**	3/$1.00	16¢	1-lb. 1-oz. can 28¢
Giant Food - Cut **Green Beans**	2/73¢	11¢	1-lb. can 31¢
Giant Food **Sweet Peas**	2/75¢	21¢	1-lb. 1-oz. can 27¢
Giant Food **Dinner** Macaroni & Cheese	3/89¢	8¢	7¼-oz. pkg. 27¢
Giant Brand - Plastic **Trash Bags**	2.19	46¢	box of 20 1.73
Giant Brand - White & Asst'd. **Facial Tissue**	53¢	8¢	box of 200 45¢
Giant Brand - 1-Ply Bathroom **Tissue** 1000 sheets per roll	$62.4 sq. ft. 1.29	30¢	pkg. of 4 rolls 99¢
Giant Brand - 1-Ply White & Asst'd **Paper Towels**	59¢	4¢	85 sq. ft. roll 55¢
Giant Brand Crunchy or Gravy Style **Dog Food**	5.49	1.60	25-lb. bag 3.89
Giant Brand - No Phosphate **Detergent**	1.39	20¢	3-lb. 1-oz. box 1.19
Giant's Own Kiss - Pink Liquid Dish **Detergent**	99¢	40¢	qt. plastic bot. 59¢
Giant Brand **Liquid Bleach**	85¢	16¢	gal. plastic cont. 69¢
Giant Brand **Fabric Softener**	69¢	10¢	½-gal. plastic cont. 59¢

you deserve the best . . . quality, value and service

Prices effective through Sat., Aug. 26, 1978 in Giant stores in the city of Baltimore, and Anne Arundel, Baltimore, Harford and Howard Counties. This merchandise is not offered for sale or available to retailers, restaurants or other commercial enterprises.

Get the Most for Your Food Dollar!

TRY OUR NUTRITIOUS LOW COST RECIPES

Each recipe is prepared with nutrition and cost in mind. We try to keep the amount of salt, sugar, fat and calories as low as possible.

GIANT
THE QUALITY FOOD PEOPLE

If you find our recipes helpful, drop us a line. Better still, let us know if you're looking for specific types of recipes for your family, and we'll try to help. Postage paid comment cards are available at the Consumer Information Center in any Giant Food Store.

HUNTER'S STYLE CHICKEN

Makes 6 servings at approximately 34¢ a serving & 380 calories each

- 3 lbs. chicken, cut up
- 3 T. margarine • ¼ C. flour
- ¼ tsp. thyme • ¼ tsp. salt
- ¼ tsp pepper
- 1/3 C. chopped onion
- ¼ lb. mushrooms, sliced
- 2 T. lemon juice
- ¼ tsp. salt
- 1/3 C. apple juice
- 2 tomatoes, chopped

Melt margarine in skillet. Coat chicken with flour seasoned with thyme, salt and pepper. Brown chicken in margarine. Then add onions and mushrooms; simmer for three minutes covered. Mix lemon juice, salt and apple juice. Pour over chicken and simmer covered for 5 minutes. Add tomatoes, cover and cook chicken until tender, about 20-30 minutes.

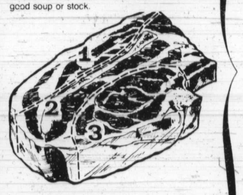
SERVE WITH BROWN RICE AND FRESH SALAD

SALE PRICED THIS WEEK

Holly Farms USDA Grade A Fresh Mixed **FRYER PARTS** lb. 45¢
Fresh Loose **TOMATOES** lb. 33¢

Getting the Most From a ROAST

From a 3½-lb. chuck blade roast like the one pictured below, you should get enough meat for 3 servings of stroganoff, 4 servings of stew and 2 servings of steak. If you have a larger family consider buying a 6-lb. roast or two smaller ones. Cut them up and freeze the sections you aren't using for another two meals. The bones will also make good soup or stock.



1. Cut into strips for Sukiyaki or Stroganoff
2. For stew meat or small pot roast
3. For steak (part of rib eye muscle)

CHUCK STEAK STROGANOFF

Makes 6 servings at approximately 50¢ a serving & 480 calories each

- 1½-lb. chuck steak (section 1) thinly sliced
- ¾ C. chopped onion • ½ lb. mushrooms, sliced • 4 T. margarine
- 3 T. tomato paste • 3 T. water
- ¾ tsp. basil
- 1½ T. cornstarch
- 1½ C. plain lowfat yogurt
- ¼ C. sherry or beef broth
- 4 C. cooked noodles

Melt 2½ T. margarine in skillet. Saute onions until soft. Add beef. Brown for abdut 5 minutes. Remove beef and keep warm. Add remaining margarine and saute mushrooms. Stir in tomato paste, water and basil. Return meat to pan and simmer briefly. In separate pan mix cornstarch with 1½ T. of yogurt, then stir in remaining yogurt and cook over medium heat until thickened. Add to meat mixture and heat thoroughly. Thin with sherry or broth as desired. Serve over cooked noodles.

SERVE WITH GREEN BEANS AND FRESH PEACHES

SALE PRICED THIS WEEK

Beef - Blade Bone In **CHUCK ROAST** Giant Lean lb. 89¢
Beef - Blade Bone In **CHUCK STEAK** Giant Lean lb. 1.09

GARDEN VEGETABLE QUICHE

Makes 6 servings at approximately 34¢ a serving & 230 calories each

- 1 9" partially baked pie shell
- 2 C. sliced zucchini • 1 onion, chopped
- 2 cloves garlic, minced • 2 T. margarine,
- 1 medium tomato, chopped • 1 small carrot, grated • ¼ tsp. salt
- 1 C. 1% fat cottage cheese • 2 eggs
- ¼ C milk • dash worcestershire sauce
- 3 T. parmesan cheese

Preheat oven to 375°F. Saute vegetables (except tomato) in margarine just until soft. Add tomato and heat through. Beat eggs and add remaining ingredients, except parmesan cheese. Put vegetables in pie crust and cover with egg mixture. Bake until set and light brown at edges (about 25-35 minutes). Top with parmesan cheese and let sit for a few minutes.

SERVE WITH CORN MUFFINS AND WATERMELON

SALE PRICED THIS WEEK

Blue Bonnet - Regular **MARGARINE** 1-lb. pkg. 59¢
Old Fashioned **CORN MUFFINS** 12-oz pkg of 6 69¢

Thorpe brothers edged

The Thorpe brothers — Jimmy and Chuck — were lost at the end of the Middle Atlantic Open golf tournament last week.

But no cigars.

Jimmy was one stroke away from winner Mark Alvin of Woodbine, and older brother Chuck was three strokes off.

Alvin finished the 54-hole event over the Alview and Hobbits Glen courses in Columbia, at 211, five strokes under par.

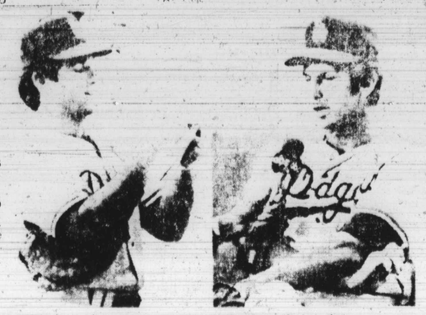
A four-stroke lead on the par-4 finishing hole dissipated this morning. Thorpe finished second.

Both Chuck and Jimmy are previous winners of the tournament.

The former won twice, in 1971 and 1975, and the latter captured the 1976 title.

Another topline black from Terry, tallied 219 over the rugged 54 holes.

This threw him into a 4-way tie for seventh in the final standings.



Steve Garvey (left) and Don Sutton Dodger first baseman and pitcher after clubhouse fight

Disco date with a Bird ready on auction block

Wives of the Orioles will gather in the bullpen at Memorial Stadium next Saturday (2nd) to help celebrities auction off unusual items to benefit The Johns Hopkins Children's Center.

Disco dancing at Gurd's with an Oriole, a pre-game tour of the Orioles' locker room, Pam Shriver's Wimbledon tennis racket, a children's birthday party with an Oriole, a fishing trip with Bill Burton and an Oriole, and a chance for a child to be bat boy — or girl — for a night are among items to go on the auction block after a pre-game picnic in the bullpen.

A double - header with the Chicago White Sox will round off the day's events.

"The Birds Better Halves," the organization formed by the wives three years ago to help the Young patients at the Children's Center, is selling tickets for the picnic, auction, and game — or for the game alone — to help purchase much - needed equipment for the 6,300 inpatients and 120,000 outpatients and emergency patients seen each year at the Children's Center.

"This event is going to be a lot of fun for the whole family," says Mrs. Mark Belanger, chairman of the event. "And it will give us a chance to meet lots of people while we all do something to help the kids in the Children's Center."

To benefit the Children's Center, tickets must be purchased by August 28 through the Orioles' wives' office at The Johns Hopkins Children's Center, Park Building, Rm. 3-41, 720 Rutland Ave., Baltimore, Md. 21205, telephone 955-8667.

What's the fuss? Smith better!

Really, Don Sutton should know better.

Steve Garvey is white. Reggie Smith is not.

Media attention, advertising opportunities, "All - American Boy" accolades go to Garvey as they do in every city where professional sports are played.

But Sutton, free spirit that he is, pointed out in a recent interview that Garvey's credentials do not match those of Smith.

Reggie Smith it was about time

The Los Angeles first baseman gets the call in all the voting precincts, declared Sutton, except on the Dodgers. In the clubhouse, Sutton told a writer, Reggie is recognized as the MVP by fellow players, not Steve.

Garvey didn't like it. He told Sutton he didn't like it. They came to blows in their clubhouse while awaiting a New York game with the Mets.

How do Steve and Reggie match up?

Going into last Monday night's game with the Expos Here's the way the two of them compared, with Smith's figures listed first:

Games (104 - 124); at bat (373 - 398); hits (111 - 100); 2B (24 - 24); 3B (2 - 9); HR (27 - 25); avg. (.306 - .291); rbi (83 - 80); bb (51 - 79); sb (12 - 3).

Bears not looking ahead, 2 foes precede Grambling

[illegible] many are likely to believe that the Yankee Stadium contest is the first for the 1978 Golden Bears.

"This is not the case," concerned Morgan State athletic director Earl Banks pointed out this week.

"We're aware the public has a tendency to look ahead to the Grambling game as the focal point of our football schedule. But coach Clarence Thomas is putting our guys for two games that come up before New York.

"Both Maryland Eastern Shore and Virginia State are in his league. They are always tough and we must be ready for them."

The Princess Anne eleven is headed by Doc Rodgers, a transfer last winter from the Northern Illinois coaching staff.

Saturday's game is important to us. We play the Hawks next Saturday (26th) night at Wilmington, and the Trojans the following Saturday (sept. 2) at Petersburg.

"Thomas recognizes the fact that the Grambling rivalry is big in his schedule but that game is nearly a month away. And like all smart coaches, he says he'll meet the challenge when he comes to it."

[illegible] about a sellout crowd at Yankee Stadium and fans from New York that another huge attendance is indicated.

This year's event is sponsored by the New York Yankees in association with the New York Urban League.

Proceeds are shared by the two competing schools and the Whitney M. Young, Jr. Scholarship Fund, that is administered by the New York Urban League.

Ten students will receive scholarships for the 1978-79 school year as a result of last year's classic and at least that many will be beneficiaries of this year's game.

Ariz. State QB dies in crash

BLYTHE, Calif. (UPI) — Freshman quarterback Doug Thompson was killed and star running back Willie Gittens was injured early Monday when the car they were driving to Arizona State overturned on Interstate 10.

Thompson, 17, was pronounced dead on arrival at Palo Verde Hospital; Gittens, 18, was listed in stable condition with moderate injuries, but hospital officials would not disclose their nature.

The players, who graduated from Fountain Valley High School in Southern California last spring, were driving to Tempe, Ariz., to report for fall football practice.

Ray Leonard to box Sept. 9

Providence (UPI) — Undefeated Sugar Ray Leonard, 14-0, Olympic Gold Medal welterweight champ, will meet Floyd Mayweather in a 10-round bout at the Providence Civic Center on Sept. 9.

Matchmaker Vito Tallarida said the fight will be televised by ABC on the Providence and Boston areas with the blackout.

Leonard, 21, of Palmer Park, Md., has won 11 fight Golden Gloves boxing professional.

Mayweather, 20, of Grand Rapids, Mich., is a 24-[illegible] professional [illegible]

Doughty signs long Colt pact

[illegible] Doughty, a second round pick of the Baltimore Colts last year, signed a three-year contract with the Colts.

The 205-pound, 6-1 Bunker from Michigan caught 12 passes for 2,097 yards and 19 touchdowns in his 11 games [illegible]

Warriors open season

The Baltimore Warriors will open up their initial season in the Interstate Football League against the Harrisburg Cowboys on Sunday, Aug. 27, at 2:30 p.m. The game will be played at William Penn High School in Harrisburg, Pa.

The Warriors, who were 8-2 in the Mid - Atlantic League in 1977, are coming off a 12 - to - 6 controlled scrimmage victory over the Dundalk Express scored on a 55-yard punt return by Romey Carter in the third quarter. The winning touchdown came late in the fourth quarter on a 1-yard plunge by Jimmy Arnold.

The Warriors will open their home schedule against the Carroll County Chargers, on Sept. 2. The sight is yet to be determined. The Warriors first game of their official home, Uz Twardowicz Field in Jefferson Park will be Sept. 16 when they take on the defending I.F.L. Champion Chambersburg Cardinals.

The Warriors schedule of games is as follows:

Aug. 27, Harrisburg Cowboys, away.
Sept. 2, Carroll County Chargers, home.
Sept. 9, Dundalk Express, away.
Sept. 16, Chambersburg Cardinals, home.
Sept. 23, Frederick Falcons, away.
Sept. 30, Carroll County Chargers, away.

All Warrior home games, except Sept. 2, will be played at Uz Twardowicz Field. Game time is 8 p.m.

Terps lose Scott for '78 season

Tailback George Scott will miss the 1978 football season after leading Maryland ball carriers in 1977. The 5-10, 205-pound junior will undergo surgery Monday on his right leg.

Maryland team physician Dr. Stan Iavine said Scott was a painful question of the tibia and that he will remove it Monday for study. He said Scott will be in a cast for six weeks and will be out for the season.

Scott, from Inwood, N.J., took over at tailback for 6-0 of the past two years following injuries to Steve Atkins and Al-m Maddox, also back. He rushed for more than 100 yards each in four games and for 1,000 yards in two seasons.

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