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BOTTOM ROUNDS

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1.29 lb. USDA CHOICE

USDA GRADE A

FRESH FRYERS

WHOLE

ADVERTISED BONUS SPECIAL

49¢ lb.

BONUS SPECIAL - USDA Choice Beef Bottom **Round Roast** ..... lb. 1.59

CUT-UP FRYERS ..... lb. 55¢

ADVERTISED BONUS SPECIAL

Giant Food **Tomato Catsup**

Reg. 95¢ SAVE 16¢ on 1 bot.

2 2-lb. bot. **79¢**

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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.

GIANT

THE QUALITY FOOD PEOPLE

Prices effective through Sat., Sept. 9, 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.

Got the Bag Lunch Blues?

If you pack a lunch for your children, or if you're a brown baggin' adult, you'll be interested in our Guide to Bag Lunches "BAG IT!" It's full of nutritious lunch and snack ideas. It also contains tips on preparation and storage. "BAG IT!" is available at the consumer information center in any Giant Food Store.

CHICKEN LIVERS ITALIENNE

Makes 4 servings at approximately 49¢ a serving and 295 calories each

- 1 lb. chicken livers
- 3 T. flour
- ½ tsp. pepper
- ½ tsp. salt
- 1 T. vegetable oil
- 2 onions, coarsely chopped
- 1/3 lb. mushrooms, sliced
- 1 lb. zucchini squash, sliced
- ¼ tsp. thyme
- ¼ tsp. oregano
- dash cayenne pepper
- 1 tomato, chopped

Toss chicken livers in flour seasoned with salt and pepper. Brown lightly in oil over medium heat. Add onions, mushrooms, zucchini, herbs and cayenne. Cook covered 15 to 20 minutes or until vegetables are tender. Add tomato, heat through and serve.

SERVE WITH NOODLES, MARINATED CUCUMBERS AND CANTALOUPE

SALE PRICED THIS WEEK

Frozen **CHICKEN LIVERS** ... lb. 59¢

Flavorful **YELLOW ONIONS** .. 3-lb. bag 69¢

CHICKEN WITH EGGPLANT

Makes 6 servings at approximately 46¢ a serving and 395 calories each

- 3-lbs. chicken, cut up
- paprika
- 3 T. margarine
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 8-oz. can tomato sauce
- ½ tsp. thyme
- ½ tsp. basil
- ¼ tsp. red pepper sauce
- 1 tsp. coriander
- dash worcestershire sauce
- 1 medium eggplant, peeled and diced

Sprinkle chicken pieces with paprika. Saute onion and garlic in margarine briefly. Add chicken pieces and brown. Mix tomato sauce and remaining spices and seasonings. Add to chicken. Simmer, covered, for 15 minutes. Add eggplant and cook covered, about 10 minutes or until chicken is tender.

SERVE WITH BROWN RICE, CARROTS AND WATERMELON

SALE PRICED THIS WEEK

USDA Grade A **FRESH FRYERS** ..... Whole lb. 49¢

USDA Grade A Fresh **CUT-UP FRYERS** ... lb. 55¢

CHEESE & ONION PIE (QUICHE)

Makes 4 servings at approximately 27¢ a serving and 630 calories each

- 1 partially baked pie shell
- 1 C. finely chopped onion
- 3 T. margarine
- ¾ C. grated swiss cheese
- 1½ C. milk (nonfat dry is fine)
- ¼ C. nonfat dry milk powder
- 3 eggs
- ¼ tsp. salt
- pepper
- paprika

Preheat oven to 350 F. Saute onions in margarine. Place in bottom of pie shell. Sprinkle cheese over them. Mix eggs, milk, milk powder, salt and pepper, and pour over onions and cheese. Sprinkle with paprika. Bake 25 to 30 minutes until slightly puffed and lightly browned.

SERVE WITH GREEN SALAD, FRENCH BREAD AND PEARS

SALE PRICED THIS WEEK

Domestic - from the Service Deli **SWISS CHEESE** ..... ½-lb. 1.19

Northwest **BARTLETT PEARS** .. lb. 39¢

. . . the QUALITY OF Giant Label Products at 'NO FRILLS' PRICES

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

Some supermarkets have introduced what they are calling "No Frill" or "Economy" products at lower packages, but that 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.

	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¢	7½-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	562.5 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 & 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

Trojans test Bears

PETERSBURG, Va., Saturday's game here with Virginia State College could be the first acid test for the 1978 Morgan State Bears.

It is a continuation of the traditional rivalry that dates back into the late thirties, and it is a game looked upon by followers of both schools as a misplaced Thanksgiving clash. Until five years ago, this was the highlight of the college football season.

For that reason, Morgan's 13 - 10 victory over Maryland, Eastern shore last weekend while the Trojans were being pasted 47 - 0, by S.C. State, is forgotten history here.

Attention will be focused on the relatively new systems of the two teams.

The Bears' Clarence Thomas is in his first year at Morgan and the Trojans' Tom Morris is in his second season after leaving Morgan.

Both have revised the patterns of play and both are confident this game will prove their merits . . . Lacy.

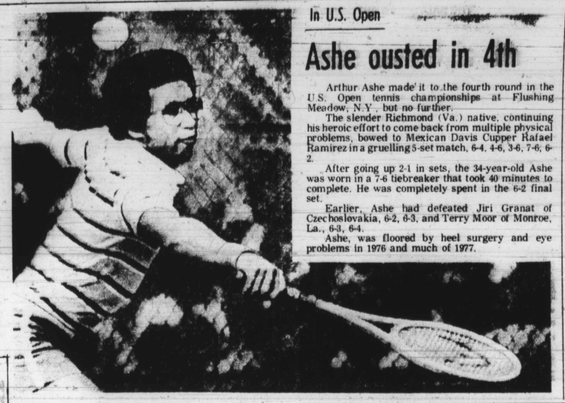
Elder slips

His absence from the B.C. Open last week caused Lee Elder to drop two notches on the list of leading pro golf money winners.

Winner Tom Kite moved ahead of the D.C. strokesmith as did John Mahaffey. Kite took over No. 10, and Mahaffey No. 11. Elder dropped from 10th to 12th place.

In U.S. Open

Ashe ousted in 4th



Arthur Ashe made it to the fourth round in the U.S. Open tennis championships at Flushing Meadow, N.Y., but no further.

The slender Richmond (Va.) native, continuing his heroic effort to come back from multiple physical problems, bowed to Mexican Davis Cupper Rafael Ramirez in a gruelling 5-set match, 6-4, 4-6, 3-6, 7-6, 6-2.

After going up 2-1 in sets, the 34-year-old Ashe was worn in a 7-6 tiebreaker that took 40 minutes to complete. He was completely spent in the 6-2 final set.

Earlier, Ashe had defeated Jiri Granat of Czechoslovakia, 6-2, 6-3, and Terry Moor of Monroe, La., 6-3, 6-4.

Ashe, was floored by heel surgery and eye problems in 1976 and much of 1977.

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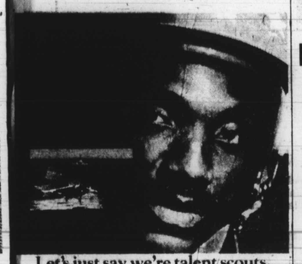

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Patriots' owner is inspired by visit with paralyzed star

FOXBORO, Mass. (UPI) — New England Patriots owner Billy Sullivan said his recent trip to visit paralyzed wide receiver Darryl Stingley was "the most inspiring event of my life."

Sullivan made three short visits over the weekend to Eden Hospital in Castro Valley, Calif., where Stingley is paralyzed from the neck down. He said Stingley, who was injured in an exhibition game Aug. 12, could not talk during the visits because there were too many tubes in his nose and throat.

Stingley's attitude through the ordeal has been "the stuff dreams are made of," Sullivan said during halftime of the Patriots' 16-14 season opening loss to the Washington Redskins. "Through it all he's still smiling.

"Every action to correct a problem leads to another," said Sullivan. "He still has a problem with a lung."

Doctors at the hospital Sunday said they were "encouraged by progressive improvement" in Stingley's general condition, although he has developed lung complications in recent days that hospital officials have termed "life threatening."

Stingley's doctors released a statement saying: "There remains a substantial problem, particularly in regard to his lungs. His condition is still considered to be serious although substantially improved during the past 48 hours."

Stingley developed lung problems after his blood was thinned to remedy blood clots he had developed.

"There's satisfaction in the fact that the best people we can get are on the case," Sullivan said of the team of 13 doctors being consulted on Stingley's condition. "At least the problems that led to the genuine scare have been arrested.

Sullivan said Stingley had used non - verbal communication to ask which players had made the Pats final cuts of the pre - season.

"Tell any of the Patriots who want to know I'll be there for the Super Bowl," Stingley told his brother while he was still able to talk.

Based on May 1978 U.S. Government Report:

Box or menthol:

14 Carlton have less tar than 1 Vantage.

Carlton. Box: Less than 0.5 mg. "tar" and 0.05 mg. nicotine. Menthol: Lowest of all menthol king cigarettes. 1 mg. "tar", 0.1 mg. nicotine. Vantage: "tar" 11 mg. nicotine 0.8 mg. Regular menthols subject to Carlton Box. Less than 0.5 mg. "tar" and 0.05 mg. nicotine.

Carlton is lowest.

Less than 1 mg. tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine. Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette by FTC Report May '78.

Colts hope rebound greater than Miami's

Although Sunday's (4 p.m.) game matches a pair of losers at the Stadium, fans of both the Colts and Miami Dolphins know it won't always be that way.

Baltimore took a not surprising setback from the Super Bowl champion Cowboys in Dallas, and Miami suffered a decidedly unexpected cuffing at the hands of the Jets at New York's Shea Stadium.

Both teams were under par physically, missing their starting quarterbacks and other key personnel. Each, however, was expected to make adjustments during the week that would better prepare for Sunday.

The hope in the Colts' camp is that they can rebound more effectively than the Dolphins.

On the local front, it is readily admitted that vast improvements in offense are in the "must" category.

Even playing against the rugged defense of the champion Cowboys, the Colts and their supporters realize that 99 yards rushing (181 yards overall) will not win many games in the National Football League.

And the fact that their own defense surrendered 583 yards in the Dallas onslaught, doesn't offer much encouragement in that phase of the game.

These are two reasons the Colts are crossing fingers and looking for a stiff rebound . . . LACY.

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Virus fells Reggie

NEW YORK (UPI) — New York Yankee outfielder Reggie Jackson was admitted to Lenox Hill Hospital Tuesday afternoon suffering from a virus and lower back spasms."

Jackson, who was hitting .281 with 20 homers and 73 runs batted in, started the first game of Monday's double - header against Detroit and was removed from the game after seven innings.

He did not play in the second game, which the Yankees lost 5-4 when Gary Thomasson, his replacement in right field, dropped an eighth inning fly ball and permitted the winning run to score.

A Yankee spokesman said he did not expect Jackson to be hospitalized for more than 24 - 48 hours. He is expected to be available sometime in Boston where the Yankees are involved in a four - game series with the first - place Red Sox.

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MSA weekend

FRIDAY SCHEDULE

Varsity Football

Carver vs. Southern, Rash Field

Forest Park at N. Western

Northern at Randallstown

Edmondson at Patterson

Perry Hall at S. Western

Douglass at Attholton

Varsity Soccer

Belair at Patterson

JV Soccer

Belair at Patterson

SATURDAY SCHEDULE

Varsity Football

Poly at Wilde Lake

City at Gilman

Dunbar at Woodlawn

Weekend football

COLLEGE SCHEDULE

Saturday

Morgan at Va. State

Md. E. Shore at A and T (N)

S.C. State at Delware St.

Jackson St. at Tenn. State

Langston at Cameron

Alcorn at Grambling

Ark. Monticello at Ark., Pine Bluff

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