Don't confuse these TOP QUALITY GIANT BRAND PRODUCTS with so-called "economy" or "thrifty" products

the ONLY THING that's comparable...is THE PRICE!

Some supermarkets have introduced what they call "economy" or "thrifty" products at lower prices. Some of these products come in very plain packages, but that is not the reason they cost less. They 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. Paper products may be lighter in weight. At Giant we have always offered our customers products they can count on. So Giant's answer to the lower priced "economy" or "thrifty" products is to offer you these top quality Giant brands at reduced prices. In this way we do not compromise quality and neither do you. You deserve the best. There's nothing too good for a Giant customer.

	Reg.	SAVE	GIANT Top Quality
Giant Food - Orange, Grape & Punch **Juice Drinks**	59c each	13c each	46c
Giant Food - **Pear Halves**	85c each	18c each	67c
Giant Food - Yellow Sliced or Halves **Cling Peaches**	75c each	10c each	65c
Giant Food - Macaroni & Cheese **Dinner**	3/89c each	3c each	27c
Giant Food - Whole Kernel **Golden Corn**	3/1c each	33c on 4	4 1-lb 1-oz cans $1.00
100 Count **Heidi Tea Bags**	1.19 each	50c each	1.39
Allure Native - French Style **Green Beans**	2/79c each	30c on 3	3 15½-oz cans 89c
Giant Food **Long Grain Rice**	87c each	28c each	59c 2-lb bag
Giant Food **Long Grain Rice** For Cooking & Salads	2.29 each	73c each	1.36 5-lb bag
Giant Food **Giant Food Oil**	2.09 each	28c each	1.81 11½-oz bot
Giant Food **Pancake Syrup**	1.49 each	20c each	1.29 1-qt 4-oz bot
Giant Food - Buttermilk **Pancake Mix**	75c each	8c each	67c 2-lb box
Giant Food - Smooth & Crunchy **Peanut Butter**	1.09 each	16c each	93c 1-lb 12-oz jar
Giant Food - Strawberry **Grape Jelly**	1.19 each	30c each	89c 18-oz jar
Giant Food - 100% Pure **Preserves**	1.99 each	40c each	1.49 2-lb jar
Giant Food **Mayonnaise**	1.29 each	30c each	99c qt jar

	Reg.	SAVE	GIANT Top Quality
Giant Food **Salad Dressing**	1.19 each	40c each	79c qt jar
Giant Food **Tomato Catsup**	49c each	47c on 3	3 14-oz bots $1.00
Giant Food **Pork & Beans**	3/89c each	5c each	25c 1-lb can
Giant Food **Tomatoes**	2/75c each	9c each	29c 1-lb can
Giant Food - Dry Roast **Peanuts**	1.39 each	20c each	1.19 1-lb jar
Giant Food - Cream Style **Golden Corn**	3/51c each	33c on 4	4 1-lb 4-oz cans $1.00
Giant Brand **Liquid Bleach**	85c each	16c each	69c gallon plastic cont
Giant Brand **Fabric Softener**	69c each	10c each	59c ½-gal plastic cont
Giant Brand **Fabric Softener**	1.17 each	18c each	99c gallon plastic cont
Giant's Own! Kiss Pink Liquid **Dish Detergent**	99c each	98c on 2	2 qt plastic bots $1.00
Giant Brand - 1-ply, White & Assorted **Paper Towels**	59c each	18c on 2	2 85 sq ft rolls $1.00
Giant Brand - 1-ply Bathroom **Tissue** 1000 Sheets per roll	1.29 each	30c each	562.4 sq ft pkg of 4 rolls 99c
Giant Brand - White & Assorted **Facial Tissue**	53c each	8c each	box of 200 45c
Giant Brand - Plastic **Trash Bags**	2.19 each	46c each	box of 20 1.73
Giant Brand - Crunchy or Gravy Style **Dog Food**	5.49 each	1.49 each	25-lb bag 3.89
Giant Brand - Beef Ration **Dog Food**	1.39 each	31c on 6	6-pack 15½-oz cans 1.08

Giant Food **Early June Peas** 1-lb., 1-oz. can Reg. 2/73c or Giant Food **Cut Green Beans** 1-lb. can Reg. 2/73c **4 for $1.00**

GIANT THE QUALITY FOOD PEOPLE

Prices effective thru Sat., Jan. 6, 1979 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.

Looking for recipe ideas to stretch your food dollar? Why not give these a try?

DOUBLE COUPON SAVINGS

HUNTER'S STYLE CHICKEN

Makes about 6 servings at approximately 36° a serving and 380 calories each

- 3 lbs. chicken, cut up
- 3 T. margarine
- ¼ C. flour
- ¼ tsp. thyme
- ¼ tsp. pepper
- ½ C. chopped onion
- ¼ lb. mushrooms, sliced
- 2 T. lemon juice
- ¼ tsp. salt
- ½ C. apple juice
- 1 C. canned tomatoes, drained and chopped

Melt margarine in skillet. Coat chicken with flour seasoned with thyme and pepper. Brown chicken in margarine. 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 until chicken is tender, about 20 to 30 minutes.

SERVE WITH MASHED POTATOES, GREEN BEANS AND FRESH PEARS

SAVE PRICED THIS WEEK

Holly Farms USDA Grade A FRESH FRYERS lb. Whole 49c
Giant Food TOMATOES 1-lb. can 29c

CHICKEN LIVERS WITH EGGPLANT

Makes about 4 servings at approximately 46° a serving and 430 calories each

- 1 small eggplant, sliced ½" thick
- 5 T. flour
- ¼ tsp. salt
- 2 T. oil
- 3 T. margarine
- 1 lb. chicken livers
- 1 medium onion, chopped
- ½ tsp. basil
- 1 C. chicken broth
- 1 1-lb. can cooking tomatoes, drained
- 2 T. chopped parsley

Mix 3 T. flour and salt. Coat eggplant slices. Saute in oil and 1 T. margarine until soft (about 3 minutes each side). Remove and keep warm. Saute chicken livers and onion in 2 T. margarine until browned (about 6 minutes). Sprinkle with remaining flour and basil. Stir in broth. Stir until thickened. Add tomatoes, cover, and simmer 5 minutes. Serve surrounded by eggplant slices. Sprinkle with parsley.

SERVE WITH CORN MUFFINS, PEAS AND BROILED GRAPEFRUIT

SALE PRICED THIS WEEK

Frozen CHICKEN LIVERS lb. 59c
Jiffy - Corn MUFFIN MIX 5 8-oz boxes $1.00

CHILI CON CARNE

Makes about 8 servings at approximately 26° a serving and 320 calories each

- 3 T. margarine
- 1 medium onion, chopped
- 1 green pepper, chopped
- ½ clove garlic, minced
- 1-lb. ground beef
- 1-lb. can tomatoes
- 1-lb. can red kidney beans
- 1-lb. can pork and beans
- 3-8-oz. cans tomato sauce
- ¼ tsp. salt
- 2 tsp. to 2 T. chili powder (depending on your taste)

Melt margarine in skillet and saute onion, green pepper and garlic. Add ground beef, stir and saute until well done, drain off fat. Pour sauteed ingredients into a large pot. Add all other ingredients, add chili powder according to taste. Cover and simmer for 45 minutes to 1 hour.

SERVE WITH RICE, BROCCOLI AND TANGELOS

SALE PRICED THIS WEEK

Giant Food PORK & BEANS 1-lb. can 25c
Giant Food LONG GRAIN RICE 2-lb. box 59c

GET A DOUBLE REFUND ON MANUFACTURERS' COUPONS AT GIANT

You get DOUBLE the savings marked on manufacturer's coupons you clip from magazines and newspapers or receive in the mail. A 25¢ coupon saves you 50¢ and a 50¢ coupon saves you $1.00. This offer applies only to manufacturers' cents-off coupons and only for items normally carried by Giant. The offer does not include "FREE" coupons, nor Giant's "BONUS SPECIAL" or Price Reduction coupons or other retail coupons. In cases where double coupon total exceeds the value of an item, the offer is limited to the retail price. Lottery tickets, cigarettes, tobacco products, tax and items prohibited by law are excluded.

COUPON 50¢ + 50¢ = $1.00

Shoppers shocked at price increases

Food price increases appear to have little effect on consumers' buying habits, according to a recent survey conducted by Southeastern University students who found that if food prices increased by 25 percent during 1979, over half the people interviewed would, for the most part, buy the same quantity of groceries. Overall, a 25 percent increase in prices would result in only a 6 percent decrease in consumption.

In addition there would be a significant shift in the purchase of protein-rich food such as chicken, meat, and fish, to starches and vegetable foods. There would be some drop in convenience foods and particularly in soft drinks.

Surprisingly, if prices increased by 50 percent during 1979, about one quarter of the consumers would continue to buy the same quantity of groceries with an overall drop in consumption of groceries by 13 percent.

At this level of prices there would be a further reduction in meat, "junk foods," and sanitary items such as air fresheners and napkins. In addition, there would be a further reduction in soft drink and beer consumption.

This survey, conducted by the Marketing Research class of Southeastern University, under the guidance of Professor John Garmat, found that even considering their own increases in salary and wages, only 15 percent considered the current level of grocery prices "OK." Over 77 percent felt they were too high with respect to their own earning power.

The group found that of the 235 persons interviewed during the first two weeks of November, only 38 percent correctly identified the current inflation rate as measured by the increase in the consumer price index, at about 10 percent. About one fifth thought it was lower, and about one fourth thought it was higher.

The survey, which involved interviews with shoppers thoughout the metropolitan area — 45 percent at D.C. supermarkets, 32 percent in suburban Maryland supermarkets, and 23 percent in suburban Virginia supermarkets — reported that only about 16 percent felt their incomes kept pace with or exceeded the rate of inflation. An overwhelming 73 percent felt that inflation was outstripping their incomes; the balance was uncertain.

The survey suggests a trend toward the purchase of store brand items as opposed to national brand varieties. For example, only 21 percent of the shoppers interviewed bought mostly national brands, whereas 45 percent purchased mostly store brands, and one third purchased both types equally.

Of the purchasers of mostly store brands, a greater proportion still ask for regular brands (34 percent) as compared to economy labels (28 percent). However, the largest number (38 percent) had no preference in this area.

In addition, Professor Garmat reported that his class found that only 58 percent of the persons interviewed prepared a shopping list before they went to the supermarket. Of this group, 83 percent felt this practice helped keep grocery costs within what they planned to spend.

It was surprising that, in spite of the recent proliferation of redeemable coupons, over 63 percent of the shoppers interviewed by the Southeastern University group did not take advantage of these coupons when shopping.

One person interviewed said he was, "embarrassed by the present inflation." He had recently been released from prison, where he had spent the past 15 years. "Brother," he said, "the prices are killing me."

(AFRO Photo by Milton Williams)

HOSTESSES AND HOST FOR the fund-raising activity sponsored Saturday at Club Elan, for the Extended Day Training program - housed at Stevens School were from left to right (clockwise) Lydia Iglehart, Beverly Epps, Demetia Rollins, Carver J. Teach Jr., member, board of directors, Gloria A. Sullivan, Brunetta Caldwell and Valarie Hurd. At center are Sylvia Caldwell and Matty Fernandez.

Nontraditional job guides for women available

A guide for holding a conference on nontraditional jobs for women and a workshop model for working with employers to develop jobs for women have been released by the Women's Bureau as part of the bureau's series of publications on non-traditional jobs for women.

"Increasing Job Options for Women: A Conference Guide" is a how-to manual for conducting a conference with employers, union, community organization, state and federal agency staff and women to increase employment opportunities for women. Based on experience gained through holding numerous conferences all over the country in connection with the WIN (Work Incentive Program) and apprenticeship program, the guide explains the active process of planning, organizing, conducting and following up on nontraditional jobs for women.

"Working With Employers to Develop Jobs: A Workshop Model" provides direction, ideas, and resources for holding small workshops with employers which has been successful in getting employer commitments to hire women.

Othe recently released Women's Bureau publications include:

The Washington Union Women (WUM) and the Women's Bureau for an organized information and education program for women with special staff responsibilities in unions;

"Displaced Homemakers: A CETA Program Model," describes the Homemaker Re-entry Program in Fitchburg, Mass., which provides an intensive group support system for displaced homemakers, who also make use of other CETA services and programs;

"Twenty Facts on Women Workers," statistical information about women's participation in the labor force, including occupations, earnings, family and material status, and educational attainment;

"Young Women and Employment: What We know and Need to Know About the School-to-Work Transition," a report on a conference held in May 1978 that brought researchers and program operators together to focus on the needs of young women making the transition from school to low-income women's project conducted in 1977-78, including summaries of the regional consultation and satellite meetings, a profile of the women who participated, and an overview of the principal issues that concern them and;

"Women Private Household Workers: A Statistical and Legislative Profile," data on wages, family and marital status, education, and demographic characteristic; and information about coverage under social security, minimum wage, hours, overtime laws, unemployment insurance and workers' compensation.

Free single copies of all Women's Bureau publications are available from the Women's Bureau, Office of the Secretary, U.S. Department of Labor, Wshington, D.C. as long as supplies last.

work;

"Employment and Economic Issues of Low-Income Women: A Report of A Project," a report of the

Jack and Jill Council adopt 2-year theme

The National Executive Council of Jack and Jill of America, Inc. met recently in St. Louis, Mo. where the theme for the next two years was adopted.

The PEP Program, as it is called, is an acronym for Parenting, Education and Political Involvement. The PEP program embraces the purposes of Jack and Jill, a family organization which was founded forty (40) years ago.

The organization now has 150 chapters in 40 states with membership totaling approximately 30,000.

The council also pledged increased support to the Jack and Jill Foundation, one of only two foundations in the country sponsored by a black organization.

The foundation was founded ten years ago

— Washington Sidelights —

By Nikki Nakatani

Oh, thank Heaven for the Medico - Chirurgical Society of Washington, D.C. Indeed they had the dance of the pre - holiday season which really accentuated the spirit gained last week from the Massie party and then the Hedgepaths and Hancocks' event.

With the genial and distinguished group as the superb hosts along with their mates the smooth sounds of the Bobby Felder band — it was a super evening.

So festive. The ballroom of the Shoreham - Americana Hotel lends itself to the holiday spirit with soft lights and table hopping and most of all dancing.

Crowds took to the floor and stayed until the last dance. During intermission a delectable buffet was the attraction and I beat my good friend (W.B.) to the fried chicken, chicken livers, swedish meatballs, bite size eggrolls and other goodies.

Charming and gracious Dr. McKinley and Ruth King of Southwest, were quite the host and hostess to us. Bernard Walton, Messrs. and Mesdames S. Bruce Brown, Joseph Pierce, George Dorsey; Dr. and Mrs. Norris Atkins.

At the table of Dr. and Mrs. T. Wilkins Davis were Dooley and Allie Weeden, Joseph and Patricia Morris, Floyd and Alma Gemus, Wilbur and Ruth Micheaux and the Charles Freemans.

Nearby was the table of Mrs. William Tompkins (she's national president of the Auxiliary to the National Medical Association and local president, too) and seen there were Arthur Tompkins Jr., Ellsworth Hutchinson, the Jim Brysons, the John P. Murchisons Jr., and the Ulysses Ricks, plus Dr. and Mrs. Leslie Duke.

Dr. and Mrs. Louis Atkinson had as their guests E. Fannie Granton, Orlando and Peggy Darden, Vauda and Wimpy Love, Laura Brown, John Mann, Dr. and Mrs. Hector Herrera, Rosemary Minyard, Dennis Clayton (Theresa's brother), the Donald Claytors (her cousins) and the Dr. and Mrs. Carlton Alexis.

Others in attendance included: Dr. Richard Cooke of Annapolis, Drs. and Mesdames Tracy Walton, Joseph Earl, C. David Hinton, Joseph Winfield, Stan Kelly, Harold Martin, George Jones, Ronald Anderson, Robert Bumbary, John Clark, Edward Mazique and Lawrence Dummore.

Also spotted on the dance floor were Attys. and Mesdames Wiley Branton, Clint Chapman; Judge and Mrs. Luke Moore, the Sterling Tuckers, the Clarence Gilkes, Mayor and Mrs. Walter E. Washington, Charles Duncan, Dr. and Mrs. Warren Strudwick, Mrs. Samuel Proctor Massie and Dr. Pearl Watson.

Drs. and Mesdames Leslie Shedgepath, Victor Hancock, Victor Assevero, Dr. Harry Lynch, Lillian Secundy, Atty. and Mrs. Harry T. Alexander, the John Lewises, the Kermit Ables, the John Wilkeses and Lillian C. Wiggins, AFRO's Women's Editor for D.C.

The happiness and holiday spirit were still glowing at the end of the evening with friends bidding each other goodnight and best wishes for the holiday season, even though most knew they would see each other at least four times during the next two days. HAPPY HOLIDAY.

THE JPC BASH— TREMENDOUS

Each year it seems to grow, the crowds packed in like happy sardines and a good time is had by all. So it was last Thursday evening at Johnson Publishing Company office when Simeon Booker, E. Fannie Granton, Maurice Sorrell, Roy Betts and other staffers plus Simeon's charming other half, Carol; Maurice's personable mate, Bea; and friends pitch in seeing that all goes well.

We were literally hanging from the ceiling but we all had fun, dined swellegantly and even with the elbow to elbow assembly it didn't deter one soul in getting to the watering quarters.

Yummy, yummy, yummy — that beautiful steamship round of beef, plus the fried chicken, potato salad and so many other goodies — we managed to chat with Ersa Poston, Barbara Heinsback, (she first came to town to work with the First Lady)

Alyce Edwards and Dorothy Harris, Gloria Massie, Elaine Jenkins, the Art Carters, Al Sweeney, the Browns — Minnie and Osmond; Dr. Grace Hewell, Wanda Washington, Ruth A. Sykes, the Rayford Elkses, Susie Moore, Mabs Kemp, Congressman Louis Stokes, and it was good seeing "Cousin" Ruth Jenkins, the AFRO - AMERICAN's City Editor.

The party participants filled every nook and cranny of the JPC's office and some found a cool spot — the 13th floor lobby. It was the usual successful JPC bash — giving the media, political appointees and representatives plus Mayor and Mrs. Walter E. Washington and Mayor - Elect Marion Barry — a chance to mingle.

The Washingtons had their lovely granddaughter, Violetta, with them. The organizational folks, the corporations — it was a hockuva fun gathering. AND ANOTHER HAPPY HOLIDAY TOAST.

INTIMATE DINNER

Gaston and Yvonne DeVigne always the proper host and hostess in their Silver Spring home gathered a few people for a Sunday afternoon to celebrate the holiday with stuffed roast lamb; rice pilaf, baked macaroni with tomatoes, green peas, mint jelly, creamed onions — whatta way to forget a diet.

Having fun browsing through some of the interesting collections of the genial host were Ruth A. Sykes, Mary Rose Allen, Jewell and Cephas Rawlings of Baltimore, the stunning Hungarian — Olga; the DeVigne's granddaughter, Renee, who rates very highly at Georgetown U.

Yvonne, undoubtedly, the leading hat designer in town and also one of the best dressed, was so clever to plan a menu where the turkey, ham, beef and chicken were absent, as folks have been enjoying them during the week. Every now and then over the conversations you could hear Christmas carols in the background. ANOTHER WISH FOR HOLIDAY HAPPINESS

THE LINKS

The Links took a turn at the holiday hostess bit and following the event, Minnie and Osmond Brown of Longfellow Street had a few friends in to greet their out-of-town guests — Dr. and Mrs. Allen Brown of Augusta, Ga. (he's Os' brother) and Mr. and Mrs. Harold Webb of Raleigh, N.C. (she's president of the Raleigh Links).

Among the friends stopping by were Samuel Proctor Massie and his Gloria; Bus and Lessie Yancey, Rosetta and Howard Carrington, Dooley and Allie Weeden, Evelyn Wallace, Carl Thomas, ViCurtis Hinton, Fannie Granton, Theressa and S. Bruce Brown, Bernard Walton, the Rufus Perrys, The Smallwood Ackisses, Maurice Johnson, and the James Rosemans.

Minnie is one of the hostesses who leaves no stone unturned when she does the honors and everyone truly enjoyed their visit with the Browns. ANOTHER TOAST FOR GOOD HEALTH, PEACE AND HAPPINESS.

TIDBITS

Well, sometimes you would think it almost impossible for your trusty IBM typewriter (or any make) to let you done . . . especially when you use it day after day.

You clean it, change the ribbon and take general good care of it. As a matter of fact, you would rate the care excellent. Whenever there is a "different" sound you call in the repair man to make certain that it functions properly.

In other words you really trust it. Imagine a typewriter that can't spell! Then how come last week in the report about the sensational event given at the Quality Inn in Arlington by the Hedgepaths and the Hancocks, ye olde trusty IBM selectric spelled Dr. Victor Hancock's name wrong?

It came out Dr. George Hancock. Ooops, please accept the correction from me and the machine promises to do better.

HAVE A MERRY

During the past few weeks, the news has been full of notices of passing of friends. To those surviving family members and friends — deepest sympathy to Blanche Bourne Jordan, Booker McGrew and now Monday, came the news of the passing of a dear friend, Blanche Calloway Jones.

Blanche, the sister of Cab, the King of Hi De HO, was - herself a singer and orchestra leader, a disc jockey; businesswoman and talent manager. Her birth is Baltimore and living some years in Philadelphia, New York and Miami, we recall many parties with she and hubby, Ray Jones in their Nicetown home and other mutual friends.

The vivacious personality seems to run in the family — her sister, Bernice Monroe of Baltimore and Camilla Goverdale in Philadelphia.

SING A SONG OF JOY

Guess who is one year old? Darling little Carla Marlene Lawson, daughter of Father Victor and Marlene Lawson of the Church of Our Saviour in Brookland. May love and peace always be yours, Baby Carla.

MAY YOUR SMILE ALWAYS BE BRIGHT

A SPECIAL NOTE TO DR. VINCENT REED

You should be proud of the students of the Duke Ellington High School of the Arts, Woodson High and McKinley High Schools, who participated in the Caroling for Children's Hospital.

The three schools and 80 students each, won the applause and admiration of the patrons at the Mazza Gallerie.

The beautiful voices of the Ellington, Woodson and where the male and female choruses and the McKinley chorus and band performed — were exquisite.

While at St. John's and All Soul's Episcopal Churches in Georgetown and Holy Trinity Catholic Church, patrons were treated to a performance by the D.C. Youth orchestra and brass ensemble. These talented youngsters also performed individually and afterwards enjoyed a repast — such a superb selection of chicken, smoked ham, spicy meatballs, punch, coffee, pastries, fresh fruits prepared by Eugene Malloy. Fantastic.

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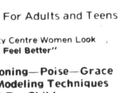

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Mrs. Cecelia Williams Bryant
of Bethel A.M.E Church
Theme:
"Positive Leadership For Purposeful Action"
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Augusta Amos, Co-Chairperson
Marie Dowell, Basileus

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