Country home card organizer

If you are searching for a gift that is not only pretty and practical, but helps that hard-to-shop-for person on your Christmas gift list stay in touch, on time, and in style, American Greetings has the answer all wrapped up.

What's the nifty gifty? The Country Home Card Organizer, a beautifully crafted wooden card box that provides an attractive, convenient way to organize and store cards for every kind of card-sending occasion.

The card box, approximately 10 inches wide by 7 inches high by 4 inches deep, features 18 file dividers that easily organize American Greetings cards by holiday (from Christmas to Mother's Day), birth month or by card-giving occasion (such as wedding, anniversary, congratulations, get well soon or simply "thinking of you").

Space on the monthly calendars is provided on each file divider to record important dates and addresses.

"Trying to stay close to distant family members and friends has made the need for communication a top priority. This need becomes all the more important during the holidays," said Joanne Behnke from American Greetings product management group. "We understand this priority and combined it with the great need for convenience, organizer, an innovative, yet practical product we think everyone will appreciate receiving as a gift or even purchasing for themselves."

The Organizer, bordered in fresh pastel colors and echoing country motifs, provides an attractive storage alternative (to a drawerful of old, mismatched cards and envelopes) to keep cards neat and ready for sending.

Stamps, return address address labels, additional envelopes and other writing materials may be added, making this an ideal gift for consumers who favor prompt, thoughtful card sending — especially when writing thank you notes for happily received Christmas presents!

Additionally, the Country Home Card Organizer offers gift givers and recipients an excellent value. American Greetings has enclosed in every box a starter pack of 14 greeting cards representing a retail value of $18.00.

Country home card organizer makes an attractive, yet practical, yuletide gift to help family and friends stay in touch, on time, and in style.

They include eight $1.50 general occasion and birthday cards, four $1.00 78TH ST. humorous cards, two $1.00 Write-A-Cards, and eighteen envelopes (four envelopes are extra). With all these extras, the Country Home Card Organizer has a suggested retail price of only $17.95.

"The Organizer fills the gift void created by that special person on the Christmas list for whom buying the perfect gift is difficult," Behnke emphasized. "It would also be an ideal gift for an elderly friend or relative who wants an attractive way to keep the cards they receive or store the cards they purchase in advance," she added.

This Christmas season, American Greetings Country Home Card Organizer will be available at selected retailers throughout the United States.

For more specific information about where the Country Home Card Organizer can be purchased, call American Greetings Customer Service at 1-800-321-3040.

Socializing boosts your health

If you're like most people, you enjoy the holiday whirl that begins with Thanksgiving and continues through the December celebrations of Hanukkah and Christmas before winding down after the traditional New Year's Eve bash.

But did you know that the dinners, parties and other get-togethers that typify the season are actually good for your health?

"It's true," says Dr. Billie H. Frazier, human development specialist with The University of Maryland Cooperative Extension Service. "Several studies have correlated health and social ties over the years. The general idea is that people who stay to themselves—even those in good physical condition—are more likely to die prematurely than those who have more extensive social relationships.

"One researcher has gone so far as to say that the lack of supportive social relationships rivals the negative effects of well-established health risk factors, such as cigarette smoking, high blood pressure, obesity and lack of physical activity."

It is still unclear whether the benefits of socializing are caused by the quality, quantity or nature of the bonds we form with others. It's possible that social ties give meaning to life, which in turn promotes mental and physical well-being. Or perhaps they motivate us to take care of ourselves—to exercise, eat balanced diets, and avoid drugs, for example.

"But whatever the exact cause," Frazier emphasizes, "it's clear that enjoying good times with friends and family—during the holidays and throughout the year—is one of the best presents you can give yourself."

New food items to be distributed

The Maryland Department of Human Resources Community Services Administration announced that two-pound cans of peanut butter will be distributed to low-income households starting the middle of February, as the first of a variety of nutritious foods to become available under the recently enacted Hunger Relief Act of 1988.

The Temporary Emergency Food Assistance Program will be distributing additional foods as they become available. Butter, cornmeal and all-purpose flour will continue to be distributed to low-income.

The Temporary Emergency Food Assistance Program has currently exhausted its supply of cheese for low-income households due to depletion of government stockpiles.

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Pork Loins 1.49 lb.

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PANTRY PICKS

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PLAIN • HONEY • CINNAMON • RAISIN Nabisco Graham Crackers SAVE 16 oz pkg 1.79

WHOLE BEAN GROUND FRESH (DECAFFEINATED $2.89) Eight O'Clock Coffee SAVE 1 lb bag 2.29

MACARONI & CHEESE Kraft Spirals 2 9.9 oz pkgs 1.00
A&P VARICELLAR OR CROUTINOS 16 OZ CONT $1.29 Extra Moist Cake Mixes 16.25 oz box .79
VILLAGE INN Light Mayonnaise 16 oz jar 1.98
VEGETABLE Wesson Oil 16 oz btl 2.79
28 OZ. PACKAGE Minute Rice 2.53
REG. $1.49 1/2 Price! Bugles Snacks 7 oz pkg .79
REG. $1.39 DOREEE MANHATTAN OR NEW ENGLAND 1/2 Price! Clam Chowder 15 oz can .69
KELLOGG'S Crispix Cereal 12.5 oz pkg 2.22
KELLOGG'S Rice Krispies 12 oz box 2.13
REGULAR/HI-LEC PERCOLATOR C. VAC. PACKED Master Blend Coffee 17.6 oz can 2.69
WASHINGTON APPLE CRAB • BLUEBERRY Raga Muffins 3 7 oz pkgs 1.00
INSTANT Sanka Coffee 8 oz jar 4.99
REGULAR OR THIN Cremettes Spaghetti 16 oz pkg .69
CHOC FUDGE • BUTTERSCOTCH • CARAMEL & MORE Evan's Walnut Topping 6.5 oz jar 1.19
WINDOW SHADE Mr. Big Towels 2 JUMBO rolls 2.09
ON DIT LABEL ORIGINAL OR MEADOW BYRNE CREW • LEMON Dawn Liquid 32 oz btl 1.79
NON DIT LABEL SCENTED OR UNSCENTED Tide Detergent 64 oz box 1.99
WHITE • YELLOW • BLUE Cottonelle Tissue 4 JUMBO pkgs .99
TURKEY OR LETTUCE BEEF & LIVERWURST GRILL Friskies Buffet 12 oz can .66
DAVE BOB JANE PARNER Lemon Pie 30 oz pkg 1.49
DAVE BOB JANE PARNER PLAIN OR SEEDED Long Rye Bread 16 oz loaf .69
DAVE BOB JANE PARNER GOLD OR MARBLE Crescent Pound Cake 16 oz pkg 1.19
REG. $1.89 PLAIN/MAPLE/CINNAMON 1/2 Price! Bag Donuts .79
REG. $1.19 GOURMET UNFILLED FRENCH OR 1/2 Price! Italian Bread 16 oz loaf .59

BUTCHER BLOCK

U.S.D.A. CHOICE BEEF TOP Boneless Sirloin Steak SAVE 3.29

U.S.D.A. GRADE 'A' CHICKEN Perdue Leg Quarters SAVE 49¢

DIETZ & WATSON Sliced Bacon SAVE 1 lb pkg 1.49

U.S.D.A. CHOICE BEEF Porterhouse Steak 4.89
COUNTRY PRIDE GRADE 'A' Chicken Breast 1.79
100% PURE • 1 LBS OR MORE Ground Chuck 1.89
U.S.D.A. CHOICE BONELESS BEEF Tenderloin Steak 6.99
U.S.D.A. CHOICE BEEF • BOTTOM Boneless Round Roast 1.99
SPECIAL TRIM Combination Pork Chops 1.99
U.S.D.A. GRADE 'A' COUNTRY PRIDE Boneless Chicken Thighs 1.99
BONELESS Veal Scallopini 7.99
ALL VARIETIES Gwaltney Sausage Meat 1 lb pkg .99
C.I.A. PKG. 80 CT. Rapa Scrapple 1 lb pkg .89
REG. $1.49 LOUIS RICH 1/2 Price! Turkey Franks 1 lb pkg .74
EARLY MAIN CENTER CUT Ham Slices 2.99
KRAKUS 1877 Boneless Ham 2.69
A&P SLICED American Ham 1 lb pkg 2.99

BETTER LIVING

YOUR CHOICE CONDITIONER OR Ivory Shampoo 15 oz btl 1.79
JEAN AMY PLAQUE 100CT/BRUSH $1.169 AIM Toothpaste FLUORIDE 6.7 OZ TUBE 1.79
$29.195 PLAIN SPEED OR GA +28.31 • 100 SPEED Kodak Film Sale! 3 PACK 3.29
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TAPE 1/2" X 300 OR 1/2" X 450 Scotch Magic Tape .59
TABLETS Excedrin P.M. 50 ct pkg 3.69

COUNTRY DAIRY

MRS. FILBERT'S • IN QUARTERS I Can't Believe It's Not Butter SAVE 1 lb pkg 99¢

SELECT • CALCIUM FORTIFIED Citrus Hill Orange Juice SAVE 64 oz ctn 1.99

A&P Cream Cheese 8 oz pkg .69
WHITE OR COLORED Land O' Lakes Cheese Singles 12 oz pkg 1.49
A&P Plain Yogurt 32 oz ctn 1.29

DEEP FREEZE

REG. $1.29 GREEN GIANT FROZEN 1/2 Price! Mixed Vegetables SAVE 16 oz pkg 64¢

ALL FLAVORS Sealtest Ice Cream SAVE half gallon 2.79

ALL VARIETIES Banquet Fried Chicken 16 oz pkg 3.49
APPLE/RAY/CRANBERRY/GRAPE/ORANGE/FRUIT PUNCH Seneca Juices 12 oz can .99
FOLLY BASKETS VARIETIES Birdseye Vegetables 16 oz bag 1.09
BABY'S ORIGINAL OR MICROWAVE Brown 'N Serve Sausage 8 oz pkg .99
DONALD DUCK Orange Juice 12 oz can 1.41
HONEYBUN • FROZEN Eggo Waffles 11 oz pkg .99
LENDER'S ALL VARIETIES Big 'N Crusty Bagels 12.5 oz pkg 1.09
BEEF • CHICKEN • TURKEY Banquet Meat Pies 2 7 oz pkgs .99
CHEESE • CHICKEN • PEPPERONI Pillsbury Micro Pizza 7.5 to 9.9 oz pkg 1.89
BUNCH O CRUNCH Crunchy Fish Nuggets 2 10 oz pkgs 5.00

FARMERS MARKET

SAVE 50¢ U.S. NO. 1 ALL PURPOSE STAYMAN Red Apples SAVE 3 lb bag 97¢

FRESH • NEW HIGH IN VITAMIN C Green Cabbage 3 lbs .98
U.S. 1 • MILD FRESH IN VIT. A Yellow Onions .28
TASTE OF SUMMER FLAVOR TomAHtoes 4 OZ PKGS 1.48
EXCELLENT FOR STUFFING • LARGE Green Peppers 2 lbs .88
FRESH DOLLAR OR Kale Greens .66

DELI DELIGHTS

RUSSER Va. Style Cooked Ham SAVE 3.79

NEW YORKER SANDWICH CUT • SMOKED Swiss Cheese 3.79
OSCAR MAYER Beef Bologna 2.69
FRESH BAKED French Bread 16 oz loaf .99

CATCH OF THE DAY

FRESH WATER 16-20 COUNT Extra Jumbo Shrimp SAVE 7.99

FRESH Ocean Perch Fillets 3.99
PREVIOUSLY FROZEN Mako Shark Steaks 3.99
FRESH Pacific Oysters pint 4.99

PANTRY PICKS

REG. OR DIET C.F. PEPSI • SLICE (2 LITER BTL) Pepsi Diet Pepsi SAVE 6 16 oz btls 1.79

HERR'S Tortilla Chips 8 oz bag .89
CHERRY & C. Diet Rite, RC Cola 6 16 oz btls 1.79
CONE • MAINE • WHITE • VANILLA • SPICE Classic, Diet Coke 12 12 oz cans 3.29
HYDE'S • PURSER Canada Dry Ginger Ale 2 liter .99

DOUBLE COUPONS!

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A mealtime adventure for kids

Keep toddlers focused on their food with plates that are designed for both function and fun. Just in time for the holidays, Donvier Kids introduces a series of three-dimensional dinner sets guaranteed to make mealtime and playtime more memorable.

These part-play, part-plate dinner sets have tremendous educational value. Fully assembled, each tabletop set is an imaginative toy whose components include a plate, bowl, cup and straw. Floatable Pop-up People flatware features rounded handles that are easier for small hands to grasp and hold.

Durable vinyl placemats are a must for any dinner set. The Donvier Kids "Mat Hats," included with each of the four sets, serve double-duty as playtime hats. When not collecting spills and crumbs at meal time, "Mat Hats" crown your youngster's head and add more fun to the fantasy.

Your youngster will delight in having a dinner set to call his very own. Made of durable non-toxic plastic, the brightly colored dinner sets are unbreakable, microwave reheatable and dishwasher-safe.

Select from four imaginative Donvier dinner sets:

* ANIMAL FRIENDS

Slow and steady wins the meal time race with the Toby Turtle Dinner Set. Toby is the ideal dinnertime pal whose shell disassembles to become a bowl, a cup with lid and carousel straw, and a plate. The Pop-up flatware are "Turtle Eggs" and the Toby Turtle Mat Hat features a spring garden.

* TRANSPORTATION

Cast off the Pop-up People crew of the Tummy Tug Dinner Set for a mariner's meal time adventure. Captain Fork, Sailor Spoon and First Mate Knife sail the high seas on a brightly colored tugboat which features a plate, bowl, funnel cup and flag straw. Your child captains the fleet with a sailor's cap Mat Hat.

* FANTASY

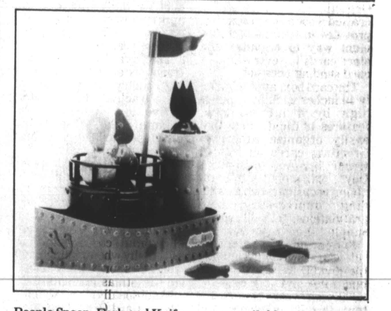
The Food Fort Dinner Set is a medieval adventure featuring a castle bowl and tower tumbler complete with a flagpole straw rest atop a moat plate. Pop-up King Fork, Queen Spoon and Knight Knife are the loyal subjects of your child when he's sporting the crown Mat Hat.

* EDUCATIONAL

Dinner becomes a true learning experience with the Meal Time Dinner Set which assembles to make a clock with working gears. The hour hand turns one hour for every full revolution of the minute hand. A cup "winder" turns the bowl's hour and minute hands atop a clock face plate while Pop-up flatware "Time Keepers" look on. Your child is the official time keeper when he wears the Mat Hat.

Priced at an affordable $19.95 each, Donvier Kids Dinner Sets are a great gift item which will offer hours of meal and playtime fun. Pop-up-People Spoon, Fork and Knife are also available as a separate three-piece set, priced at $4.95.

Donvier Kids Dinner Sets are available nationally at select department stores and children's specialty stores, including J. C. Penny and Toys "R" Us.



Videos for your stationary bike

Relax Video, the company that produces and distributes relaxation and exercise videos, is expanding its library with the release of 3 new video programs designed for use with stationary bicycles.

Each Cassette takes its viewers on a bike ride through different scenic regions of America. Exercisers can watch countryside unfold before them while achieving excellent home or gym workout.

The new releases are:

"FLORIDA BIKE RIDE", ideal for stationary bike workouts, provides an invigorating ride through Sanibel Island, Captiva, Miami and the Everglades. The 60-minute cassette offers upbeat stereophonic music to motivate the exerciser.

"BEACH BIKE RIDE," a 60 minute action video with original stereophonic music is also excellent for use with treadmills. Exercisers can imagine the sensation of a cool ocean breeze as they make their way down a lovely beach.

"SAMPLER BIKE RIDE," a 60 minute cassette with the best of the above 'Bike Rides,' concludes with a 20 minute segment from 'New England Bike Ride,' one of Relax Video's most popular releases. 'New England Bike Ride,' currently available as a 51-minute video workout, takes viewers through picturesque Vermont, New Hampshire and Maine.

"The 'Sampler Bike Ride' is a perfect starter kit for viewers who want to sample our various offerings," states Jacob Podber, Relax Video's founder and president. "It allows viewers to ride their stationary bikes from Maine to Miami without ever leaving their home or gym."

"Everyone needs help sticking to an exercise regimen," says Podber, "and these beautiful video landscapes make time fly by as you get in shape along the way. I like to think of them as "stationary bike tours of America."

Also available are Relax Video's seven original relaxation releases which continue to enjoy strong sales. Perennial favorites include: "Fireplace TV," "Ocean TV," "Sunrise/Sunset" and "Aquarium TV". (See attached list)

Relax Videos are available in VHS and BETA FORMATS. Cost for each cassett is $29.95 plus $3.00 shipping and handling.

To order, send a check, VISA, American Express or Mastercard number, with expiration date to: Relax Video, 901 Broadway, Suite 128, New York, NY 10025.

Credit card holders may call: (212) 496-4400, 24 hours a day, 7 days a week.

RELAX VIDEO TITLES

"AQUARIUM TV" — For 60 minutes, gaze at the rare beauty and miraculous colors of tropical fish from exotic waters. Clinical tests have been proven that observing tropical fish for as little as 20 minutes can lower blood pressure. Accompanied by the soothing sound of bubbles.

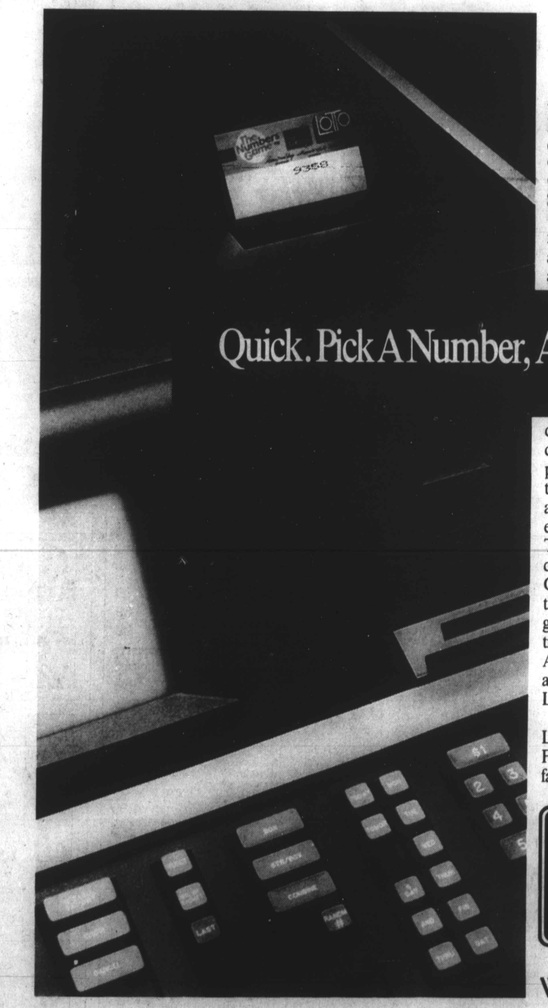
"FIREPLACE TV", a 60-minute cassette of a blazing fireplace, comes complete with snaps and crackles. What, more than a blazing Yule log, spreads good cheer at any Christmas celebration? And you never have to throw on a log.!

"OCEAN TV" — a 60-minute cassette that captures the intoxicating rhythms of ocean waves lapping up on sun-washed beaches. As you watch "video" tides, you'll hear and see waves rise, swell, break and disappear into the sand.

"SUNRISE/SUNSET" — For 60 minutes, thrill to the ultimate spectacle, the blazing sun over the bay as it prepares for its nightly rest. Here are brilliant colors that only nature could create, accompanied by a stereophonic musical score written especially for Relax Video.

Then, witness the miracle of dawn over the ocean as day takes its first breath of sunshine, complete with the soothing sound of ocean waves.

"BOATING ON THE BAY," ideal for rowing machine workouts, provides an invigorating on-the-water sensation similar to sculling Long Island's Great South Bay. The 30-minute cassette offers upbeat music for exercise or entertainment.



Now picking numbers in the Maryland State Lottery's Pick 3 and Pick 4 Games is quicker than ever. It's the Quick Three Quick Four Game from the Maryland State Lottery.

Now picking a number in the three-digit game and four-digit game is as easy as playing the Lotto Game. You don't have to remember birthdays, anniversaries or license plates anymore. All you have to remember is to bring 50¢ and let the Lottery's computers pick the numbers for you. Then remember to watch the drawing at 7:30 pm on WJZ-TV, Channel 13, in Baltimore. And then, when you win, don't forget to cash in your winning ticket at your nearby Lottery Agent. Prizes of $600 or less are paid immediately by all Lottery Agents.

The Maryland State Lottery's Quick Three Quick Four Game. It's easier and faster than ever.

Quick. Pick A Number, Any Number.

The Maryland State Lottery

Winners Every Night