

WOMEN on Wheels

Liz Stimley
In the Driver's Seat
Posture At The Wheel

The way you sit behind the steering wheel affects your comfort, your vision, and your ability to control the car.

First, fasten the seat belt snugly across the hips. Drivers who habitually use belts agree that they contribute to comfort.



In proper seating posture, you should be able to sit back, loosely extend your arms, and lay your fingers on the top of the steering wheel rim.

The rim should be well below your field of vision. If you have to stretch your legs to reach the floor pedals, move the seat forward.

Don't crouch over the wheel, sit erect. Be comfortable. Some drivers who have back trouble use a pillow in the small of the back. Sitting with support for your back is less fatiguing... an important factor on long trips.

Imagine that the steering wheel is the face of a clock. Grasp the wheel lightly at approximately a "10 and 2" position. This is the classic way to hold the wheel for maximum control and comfort.

I checked seating positions in a new Plymouth with both seat belt and shoulder harness fastened correctly. While we normally think of them as safety devices, I found that they comfortably help maintain the proper driving posture.

Sew A Halston



What could be more "with it" this season than a shirtwaist dress?

A shirtwaist dress from Halston, America's hottest designer!

His signature shirtwaist is beloved by "the beautiful people." Now it's available to "all of the people" who sew.

Halston has created six styles for McCall's collection of Carefree Patterns™. His world-famous status shirtwaist dress is Pattern #73593. The skirt can be short, for day-time dash, or long for evening elegance.

One of Halston's famous caftans is also included in the Carefree Patterns collection. So is a long shift with a dramatic floor-length scarf.

An easy, clingy blouson dress with a scoop neckline can be made long or short.

If you want to join a winning team, how about this one: a bare-backed halter top and soft, wide-legged pajamas?

The sixth Halston style is a wrap-skirted cardigan suit with perfectionist welted details.

On the pattern envelopes, Halston has personally listed suggested fabrics for each style.

These soft, easy, wearable clothes sum up Halston's fashion philosophy. Now McCall's makes them easy to sew - and easy to afford!

WINE AND DANDY



1973 is an excellent year for Peter M.F. Sichel, one of America's leading wine spokesmen. His approach to wine has always been light-handed and without snobism. Yet, he has been intimately involved with every phase of wine-making and marketing since childhood. This now stands him in good stead in 1973, when the wine business in America is big business.

Few Americans have the knowledge or expertise to answer the myriad of questions raised by our burgeoning wine industry. Peter Sichel easily fills this void. For many years he was a man ahead of his time. Today, he is the man for the times.

He is the fourth generation of Sichels in the wine business and is a partner in the Sichel wine firms, located in Germany, France, England and the U.S.A. In addition to his heavy schedule of lectures, media appearances and wine symposiums, Mr. Sichel is Commandeur in the Chevaliers de Tastevin, Burgundy's famed wine society. He holds many other posts in the industry.

PRICES IN THIS AD ARE EFFECTIVE THROUGH SATURDAY, JUNE 23 AT A&P WEO IN



ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS AND WHOLESALERS

WEO

WHERE ECONOMY ORIGINATES

SWEET CREAMY SUNNYFIELD BUTTER 79¢
In Qtr. Lb. Prints
1-Lb. Pkg.

IN QTR. ROUND PRINTS—MRS. FILBERT'S GOLDEN MARGARINE 38¢
1-Lb. Pkg.

FINE CHINA

ON SALE THIS WEEK!

CUPS ONLY 39¢ EACH
COVERED CASSEROLE Save 50¢
ONLY \$5.99
NO PURCHASE REQUIRED
Next week, saucers. Follow the weekly sale features and build a service for eight.

A&P WEO FRESH DAIRY VALUE

A&P COTTAGE CHEESE

CHECK & COMPARE SAVINGS

66¢

2-LB. CTN.

FOR A GREAT TASTIN CAKE—ALL VARIETIES

LAYER CAKE MIXES ANN PAGE 19-Oz. Pkg. 33¢

- 100% Brazilian Instant 8-O'CLOCK COFFEE 1-Lb. Pkg. 85¢
- WITH LEMON AND SUGAR
- Our Own Tea Mix 24-Oz. Jar 89¢
- HEARTY AND VIGOROUS
- Our Own Tea Bags 100-Ct. Pkg. 89¢
- INSTANT NON-FAT
- A&P Dry Milk Solids 4-Lb. Pkg. \$2.59
- WEO SAVINGS ON
- White Beauty Shortening 3-Lb. Can 69¢
- TRY ALL DELICIOUS FLAVORS
- A&P Instant Breakfast 13 1/2-Oz. Pkg. 79¢
- AMERICAN, PIMENTO, OR SWISS
- Mel-O-Bit Cheese Slices 6-Oz. Pkg. 39¢
- AMERICAN OR PIMENTO
- Mel-O-Bit Cheese Slices 12-Oz. Pkg. 75¢
- GREAT WITH A&P CRACKERS—COLORED
- A&P Mild Cheese Bars 8-Oz. Pkg. 55¢
- ALL VARIETIES BABY FOOD FRUITS & VEGETABLES
- Gerbers 4 1/2-Oz. Jar 10¢
- 8-Oz. Jar 16¢
- GREAT SAVINGS ON CHEE-O-BIT PROCESSED
- American Cheese Slices 1-Lb. Pkg. 95¢
- GREAT TASTING—GRAATED
- A&P American Cheese 4-Oz. Pkg. 35¢
- IN QTR. LB. PRINTS—ANN PAGE
- Corn Oil Margarine 1-Lb. Pkg. 37¢
- CHECK AND COMPARE—IN QTR. LB. PRINTS
- Encore Margarine 2 1-Lb. Pkg. 49¢
- GREAT TASTING—SAVE ON
- A&P Saffine Crackers 1-Lb. Pkg. 29¢

A&P LAUNDRY BLEACH

Gal. Plastic Jug 39¢

WHAT SAVINGS ON

A&P CANNED VEGETABLES

- Golden Cream Style Corn—17-oz. can
- White Cream Style Corn—17-oz. can
- Whole Kernel Corn—17-oz. can
- Golden Vac. Pack Corn—12-oz. can
- Mixed Sweet Peas—17-oz. can

4 Cans Only \$100

GREEN GIANT VALUES

- Niblet Golden Corn—12-oz. can
- Whole Kernel Corn—17-oz. can
- Medium Sweet Peas—17-oz. can
- Blue Lake French Style Green Beans—16-oz. can

4 Cans Only \$100

AP VALUABLE COUPON AP

A&P Brand SUGAR 5 Lb. 49¢

WITH THIS COUPON WITHOUT COUPON YOU PAY 69¢. LIMIT ONE BAG WITH \$5.00 OR MORE ORDER AND THIS COUPON. Good Through Sat. June 23

CHECK AND COMPARE THE SAVINGS

CREST TOOTH PASTE 87¢

SAVE ON DEODORANT BY SECRET 99¢

REGULAR 5-Oz. Tube 73¢

MINT 5-Oz. Tube 73¢

SAVE MONEY AT A&P WEO ON LIQUID SHAMPOO 3 1/2-Oz. Bot. 59¢

CHECK AND COMPARE THE SAVINGS AT A&P WEO ON REGULAR OR UNSCENTED SURE ANTI-PERSPIRANT DEODORANT

NEW ITEM 6-Oz. Can \$115

NEW ITEM 9-Oz. Can \$159

Wooooo!

Extra Low Prices! Absolutely No Compromise in Quality!

"SUPER-RIGHT" HEAVY CORN FED BEEF

- Shoulder Roast—bone-in Lb. 99¢
- Chuck Roast—boneless Lb. \$1.09
- Shoulder Roast—boneless Lb. \$1.19
- Chuck Steak—boneless Lb. \$1.19
- Swiss Steak—bone-in Lb. \$1.19
- Cube Chuck Steak Lb. \$1.59
- Boneless Beef Stew Lb. \$1.39
- Ground Round or Beef Soup Chuck Lb. \$1.39

A&P DELICATESSEN DELIGHTS

- Potato Salad—Southern Style 14-Oz. Cup 47¢
- Pimento Spread—Plain or Pickle 8-Oz. Cup 43¢
- Chicken Salad—A&P Brand 6-Oz. Cup 63¢
- Red Cherry Parfait 12-Oz. Cup 43¢

SAVE MONEY AT A&P WEO ON ALLGOOD SLICED BACON

2-Lb. Pkg. \$194

FREEZER QUEEN MEAT ENTREES

- Beef Patties with Mushrooms
- Gravy & Sliced Turkey
- Meat Loaf
- Saltbury Steak & Gravy
- Veal Parmigian
- Chicken & Dumplings With Vegetables 2-Lb. Pkg. \$129
- "SUPER-RIGHT" WAFER THIN SLICED
- Pastrami
- Chopped Ham
- Smoked Beef
- Spicy Beef
- Corned Beef
- Turkey • Chicken 3-Oz. Pkg. 43¢

BEEF SALE "SUPER-RIGHT" CORN FED HEAVY BEEF

CHUCK BEEF

BONE-IN CHUCK ROAST Lb. 69¢

BONE-IN CHUCK STEAK Lb. 89¢

WHOLE BEEF RIB Lb. 99¢

GROUND BEEF CHUCK 3 LBS. OR MORE IN A PACKAGE Lb. \$109

SOLD AT HANGING WEIGHT. CUT TO YOUR SPECIFICATIONS INTO STEAKS, ROAST, AND SHORT RIBS

"SUPER-RIGHT" HOT OR MILD PURE PORK SAUSAGE 1-Lb. Roll 79¢

- CAP'n JOHN'S FROZEN Shrimp Cocktail 3 4-Oz. Jars \$1.00
- INDIVIDUALLY QUICK FROZEN Turbot Fish Fillets Lb. 79¢
- SAVE MONEY WHITING FISH HEADLESS 5-Lb. DRESSED Box \$2.29
- GREAT TASTIN "SUPER-RIGHT" All Beef Franks 12-Oz. Pkg. 77¢
- "SUPER-RIGHT"—SELECTED MARKET Sliced Beef Liver Lb. 69¢
- TRY SOME TODAY CROCKER FISH HEADLESS DRESSED Lb. 59¢
- "SUPER-RIGHT" CORN FED FRESH PORK LOIN Qtr. Loin Sliced Into Chops Lb. 95¢
- U.S.D.A. GRADE "A" FROZEN BAKING HENS 4-7 Lb. Avg. Lb. 59¢
- TRY SOME TODAY PICNIC STIX Tastes Like A Frank—Looks Like A Frank 12-Oz. Pkg. 59¢

A&P WEO FRESH PRODUCE VALUES

TENDER FRESH YELLOW CORN 6 Ears For Only 49¢

SERVE CORN ON THE COB WITH MELTED BUTTER

Radishes 1-Lb. 25¢

Tomatoes 1-Lb. 39¢

SHOP A&P WEO FOR DELICIOUS California Plums Lb. 49¢

SHOP A&P WEO FOR TEXAS Honeydew Melons Each 79¢

GREAT FOR ICED TEA Sicilia Lemon Juicers Each 39¢

ALL PURPOSE MEDIUM Yellow Onions 2 Lb. 29¢

GREAT FOR SALADS OR DESSERTS Fresh Pineapple Each Only 39¢

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

SAVE MONEY ON LARK Filter King 10-Pack Carton \$229

Filter—Extra Long 10-Pack Carton \$239

- REGULAR OR WITH IRON LIQUID Baby Formula 13-Oz. Can 35¢
- SAVE ON DAYTIME DISPOSABLE Pampers Diapers 30-Ct. Pkg. \$1.65
- BUY SOME TODAY—OVERNIGHT TODDLER Pampers Diapers 12-Ct. Pkg. \$1.09
- GREAT WITH A&P SALTINES Ann Page Tomato Soup 10 1/2-Oz. Can 10¢
- SAVE MONEY ON PLAIN OR IODIZED A&P Brand Salt 26-Oz. Boxes 19¢
- STOCK UP FOR SUMMER TIME WITH SINGLE PLY A&P PAPER TOWELS 3 Jumbo Rolls 89¢
- SAVE MONEY ON ALL FLAVORS Marvel Ice Milk 1/2-Gal. 49¢
- GREAT TASTIN—ALL FLAVORS Marvel Ice Cream 1/2-Gal. 79¢
- IN A ROUND CTN.—ALL FLAVORS Bordens Ice Cream 1/2-Gal. 99¢
- TRY SOME FROZEN A&P Macaroni & Cheese 20-Oz. Pkg. 47¢
- CHECK AND COMPARE SAVINGS—ALL FLAVORS A&P Jello 3-Oz. Pkg. 11¢
- Ann Page 3-Oz. Pkg. 9¢

Jane Parker Bakery Buys

JANE PARKER SANDWICH SLICED WHITE BREAD 3 24-Oz. Loaves \$100

JANE PARKER PINEAPPLE ICED SQUARE Layer Cake 29-Oz. Pkg. 65¢

JANE PARKER DANISH Pecan Ring 9-Oz. Pkg. 55¢

JANE PARKER HAMBURGER—8-CT. PKG. WITH SESAME SEEDS 10-Oz. Pkg. 31¢

JANE PARKER FRESHLY MADE TWIN PACK Potato Chips 14-Oz. Pkg. 59¢

JANE PARKER FRESHLY BAKED PEACH PIES 22-Oz. Pkg. 55¢

GREAT WITH COFFEE—JANE PARKER FRESHLY MADE SUGARED DONUTS 10-Oz. Pkg. 45¢

SUGARED CAKE DONUTS 12-Oz. Pkg. 29¢

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NEW ITEM 6-Oz. Can \$115

NEW ITEM 9-Oz. Can \$159

15c VALUABLE COUPON AP

SAVE 15c ON THE 33-OZ. BOTTLE OF DOWNY FABRIC SOFTENER

WITHOUT THIS COUPON YOU PAY \$1.00

WITH THIS COUPON YOU PAY ONLY 85c

LIMIT ONE PER FAMILY VOID AFTER SAT. JUNE 30