FISH FILLETS

.. PLEASE REQUEST A RAIN CHECK.

160 TO 185 LB AVERAGE



PERSONAL INVOLVEMENT is one of the keys to Wilford Smita's success managing the A & P supermarket in Philadelphia's Progress Plaza, the nation's first Negro-owned shopping center. Mr. Smith is shown adding up the weekly sales performance turned in by his all-black staff of 70 employees.

## DEAR SALLY

take my girl friend out to dinmer, she protests on the manner in which I refer to her when I order the meal for us. She doesn't like the idea of my referring to her as "she when speaking to the waiter, as for example, "She'll have the perch, and I'll have the roast beef." She claims this is too impersonal, and that properly I should speak of her as "my date." What have you to say about this? ROBBIE.

DEAR ROBBIE: While designating your companion to a waiter as "she" is not exactly improper, it still is inelegant. As for referring to here as "my date," that's exceedingly had form. Try saying, "The lady will have . . ." Sounds best of all.

DEAR SALLY: My mother seems to think that, at my height of 5 feet seven inches, I am much too tall to wear high heels. I am 17, and when I wear low heels to specialdress affairs -- dances and parties -- I feel terribly awkward and gauche, especially when I see how nice my girl friends look in their high-heeled shoes. Mom reads your column regularly and maybe, if you're on my side and will say something about it, it will win her over. Here's hoping! TALL TEEN.

DEAR TALL TEEN: Girls taller than you look mighty pretty in high heels. And for dress-up occasions they do add lots to any girl's appearance, whether she be tall or short.

DEAR SALLY: Is there anything at all I can do about my surrendered before these two daughters-in-law who, as troops saw action. a result of a silly little argument, are not at present speaking to each other? Despite all my efforts to stay out of this, I've now become involved. My husband and I accepted an invitation to a big party in the nome of one of these girls, and had a fine time. Now the other girl assumes that I've sided with her "adversary," and she has stopped speaking to me! DISTRESSED.

DEAR DISTRESSED: Have you ever thought of mentioning something about this to their husbands (your sons)? Have they any influence at all with their wives? Other than this, all you can do is remain as strictly neutral as you can hope that eventually these two "little girls" will decide to grow up.

DEAR SALLY: I'm a college girl of 20, and have been dating

DEAR SALLY: Whenever I a very nice boy who also attends my college. All went well with our dates for awhile, but on our latest two evenings he has detoured on the way home to a popular local "lovers" lane" to park for awhile and "do a little necking." This I don't go for at all, and I've told him so. I'm afraid now that he'll label me a prude and I'll lose him, What have you

to say bout this? KITS. DEAR KITS: If holding onto this fellow depends upon your willingness to park in "lovers" lane" with him, the relationship isn't worth much. A really worthwhile boy who cares enough for a girl will admire and respect her if she shows him she has principles and means to stick to them.

NOTÉ TO MAC: It's perfectly proper when shaking hands nowadays to keep the gloves on when their removal would be awkward or time-consuming.

## This Week In **Negro History**

March 10, 1887-Robert Vann, founder of the Pittsburgh Courier in 1910, was born in North Carolina.

March 11, 1861-Adoption of the Constitution of the Confederate

March 12, 1884-William Edouard Scott, artist, was born in Indianapolis, Ind. March 12, 1791-Benjamin

Banneker laid out city of Washington, D. C., with L'Enfant. March 13, 1865-Orders were given to enlist Blacks in the Confederate Army. Gen. Lee

March 14 1794-F1 received patent for the cotton gin, Invention was said to be based on an idea and plans of

a Black slave. March 14, 1910-Henry Lincoln Johnson was confirmed for the office or Recorder of Deeds, upon the resignation of John

C. Lancy. March 15, 1843-Rev. Richard Henry Boyd, father of Henry Allen Boyd, was born in Noxubee County, Mississippi. He was founder of the National Baptist Publishing board.

March 15, 1899-Eight Blacks were massacred in Palmetto, Ga.

MARCH INVENTORS

Several famous inventors were born in March, notes World Book Encyclopedia, They include George Pullman, March 3, 1831; Alexander Graham Bell, March 3, 1847; and Rudolf Diesel, March 18, 1858.

Savory Steak Roll-Up



Here's a budget-wise way to serve steak that smacks of old fashioned flavor.

When winter winds sharpen appetites at your house, serve this stuffed flank steak as a hearty entree. The oven-browned steak wraps around a seasoned bread filling, merging herb flavorings and natural steak juices into each bite. You'll agree — flank steak never tasted so good.

Savory Steak Roll-Up is an excellent way to serve main dish meat and still follow your post-Holiday food budget. Use economical day-old bread to make the generous bread filling. Whether day-old or oven-fresh, see that the bread you use is enriched — it's your guarantee that nutrients essential to your family's health have been added: three B-vitamins, thiamine, niacin and riboflavin, and the mineral, iron.

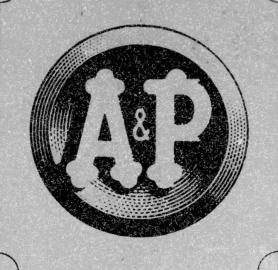
SAVORY STEAK ROLL-UP 4 servings

1 (11/2 lb.) flank steak 4 cups soft bread crumbs (about 8 slices) cup butter, melted 2 tablespoons chopped celery

1/2 teaspoon salt teaspoon pepper teaspoon basil teaspoon marjoram I beef bouillon cube 2 tablespoons minced enion 2 tablespoons minced I cup hot water

1 can (4 oz.) mushrooms, parsley sliced, optional Score one side of steak. Combine bread, butter, celery, onion parsiey and seasonings. Firmly pack stuffing on unscored side of steak. Roll up jelly roll fashion, starting at long end; tie or skewer together. Dissolve bouillon cube in water; pour over steak. Bake in preheated 350° oven 2 hours, or until tender. Baste

occasionally with liquid. Add mushrooms 1/4 hour before serving



CAP'N JOHN'S FROZEN

GREAT IN SALADS OR FOR SLICING

"SUPER-RIGHT" QUALITY U. INSPECTED - FRESH D. A.

IN A BAG

CAP'N JOHN'S CREAM OF SHRIMP SOUP OR

PRICES IN THIS AD EFFECTIVE THRU SATURDAY MARCH 15TH. IF UNABLE TO PURCHASE ADVERTISED ITEM Fresh Fruits and Vegetables

More Meat, Less Waste!

35c

STOCK YOUR FREEZER SALE! "SUPER-RIGHT" QUALITY GRAIN FED, WHOLE

Government inspected — lean

SWEET POTATOES

SERVE HEALTHFUL

FLORIDA GROWN - PINK MEAL

8c

Frozen Foods

PARKER CHERRY PIE! MARVEL

ASSORTED

CUT-UP PAN READY

FRYER

10-Oz. 250

Bakery Buys!

-- ALL PURPOSE RUSSET

Jone Parker Regular 39¢ Package of 8 Jelly top or pineapple top

RO

JANE PARKER FRESHLY MADE

49c 1-Lb. Loaves

JANE PARKER BANANA NUT Loaf Cake ANE PARKER HOMESTYLE

YORK VARIETY

YOUR CHOICE OF FRESH KALE OR

20-Oz. 45c Donuts lane Parker Fresh, Crisp—Potato Chips

IANE PARKER BROWN N' SERVE Cloverleat Rolls

**Butter Beans** 

A&P FROZEN BRUSSEL

Quality-Famous A&P Groceries!

SHOP A&P REGULARLY-BUY PLAIN OR SELF-RISING

53c

GREAT SERVED ON BUTTERED TOAST!

2-Lb. 6 2/5 Oz. \$ 109 MAKES 12-QUARTS Package

8-Oz. Pkg.

BUTTER-ME NOT VARIETY

10-Oz. Pkgs.

45c

SUNNYBROOK GRADE A

EGGS

GUARANTEED

EQUAL TO THE BEST YET COST YOU LESS!

SPECIAL LOW PRICE ON ASP. BRAND

GREAT FOR BAKING TOLL Can HOUSE COOKIES?

A&P FOR EASTER CANDIES!

PAGE FLAVORED JELLY EGGS 29c

12-Oz. Pkg. PAGE MEDIUM Marshmallow Eggs 33c 8-Oz. 33c PAGE ASSORTED POPS Pkg

WARWICK ASSORTED CHOCOLATES

SPECIAL NOTICE! PORCELAIN FINE CHINA WILL BE TAKEN OFF SALE SATURDAY MARCH 15th AT CLOSING! COMPLETE YOUR SET

FRESH!

SHOP A&P ÀND SAVE!