Glen Burnie Echoes

By CHARLOTTE W. DOWNIE

The Fourth of July holiday paved a way for many outdoor parties being held in this part of the county.

One was the lovely lawn party given last Sunday, by Rudolph and Bessie Levy on their beautiful grounds at 6411 Oak St., Morris Hill.

Helping them to celebrate were Messrs. and Mesdames Jack Spencer, Carroll Hayes, Goldie Gray, Miss Gilda Gray, Rayburn Levy, and Develle Holmes.

* * *

THE FOLLOWING day Clifton and Dalores Overton with Rudolph and Bessie tossed the annual picnic given on the Overton's spacious grove located in the rear of their home on 6011 Ritchie Highway.

Seen about were: Messers and Mesdames Aaron Travis, Clarence Overton, George Taliferro, Archie Lang, Corrinthian Brooks, F. Wiley, Jerry Brooks, Jack Spencer, J. Patterson;

Carroll Hayes, Phila., Pa., D. Vaughn, from Washington, D.C.; Messrs. and Mesdames B. Murdock, Henry Whittington, William Carter;

Also the Wilbert Brooks and family, Mr. and Mrs. Thomas W. Miller, Lawson Brooks, Mesdames Leonora Johnson, Agnes Brooks, Edith Smith, R. Tucker, T. Covington, Goldie Gray, Charlotte W. Downie, Miss Gilda Gray, Messers. Bill Styles, Sam Makel, Joe Moore, for Theodore Yates of San Francisco, Calif.; Pleasant Brooks, and Winfield Thomas.

* * *

JOHN WESLEY ME CHURCH of Glenburnie guest speaker was the Rev. Ernest Garrison, newly appointed district superintendent of the South Baltimore District.

Members of WSCS headed by Mrs. Anna Matthews served a repast following the meeting. Assisting here were: Mesdames Henrietta Johnson, Margaret Mitchell, Rosa Williams, Pauline Hines, Lola Hines, and Helen Taylor.

The Senior Choir of John Wesley ME Church, Glen Burnie, is on vacation during the month of July.

* * *

MRS. BEATRICE Sommerville of Furnace Branch road entertained the past week for Mesdames Gladys Keene, Ethel Covington and Henrietta Johnson.

Mrs. Alice Brown of Guilford, Md. had as guests recently Ernest F. Williams of Morgan Park and his niece.

Marcellus and Daisy Brooks are throwing a Weenie Roast on their lawn on 11th Avenue July 15 at 5 p.m. for the benefit of the "Baby Bally" proceeds of which are for the community building to be erected by her clube the A.A.C.S. Roon.

* * *

MR. AND MRS. Wilbert Brook Jr., of Cherry Lane are receiving congratulations on the birth of their son, Dwane Allen.

James Howard of Cherry Lane, president of Local No. 20 has returned to work after a long illness.

William Albert Brown was home for a weekend recently with his family.

Leon Ross of Jackson Ave. is home with his family and doing nicely.

The community mourns the death of Arthur Montgomery who did much service. He was president of the Usher Board of St. Mark's ME Church.

Urias Brooks is doing well after a recent operation.

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Here's how to be cool

The City Health Department has issued the following health suggestions for hot weather:

Mental Hygiene. Don't think too much about the heat. Keep at your job. Perhaps you disliked the cold, wet weather last winter, too. If you think you must talk about the heat, do so in moderation, and remember it's just as hot for your neighbor.

Food. Eat nourishing foods, which are suitable for hot weather, especially the protective foods such as eggs, milk, meat, fish, fruits and vegetables.

Avoid too many cold drinks when you are overheated. Eat less fatty foods and sweets. Refrigerate any food that may spoil in hot weather.

If your job requires you to be exposed to high temperatures for long periods, take some extra salt with your food.

Clothing. Avoid tight or restricting clothing.

Sunshine. Avoid the hot sun as much as you can. Do not exercise too strenuously and walk on the shady side of the street.

Cleanliness and Sanitation. Take cool showers or a cool bath when you have a chance.

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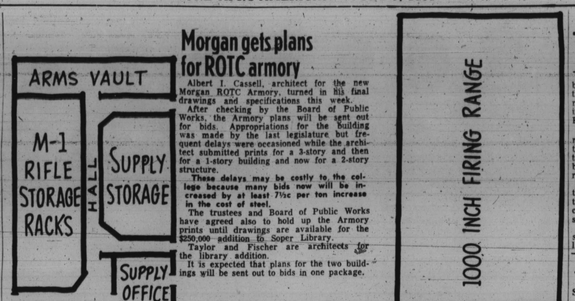
LIKE A DOCTOR'S PRESCRIPTION for the hair and scalp, Sulfur-8 is a combination of valuable medically recognized ingredients, including a sensational new scientific "super-sulfur." ONLY SULFUR-8 has that great formula!
Get Sulfur-8 at the drug store today and give it a real chance (don't expect over-night miracles!) to bring out that big, glorious improvement. You'll like the new pleasant fragrance of Sulfur-8. You''l love the way it feels when you use it. But most of all, you'll be thrilled beyond belief when you see what it actually does!

Morgan gets plans for ROTC armory



ROTC ARMORY AT MORGAN STATE COLLEGE

Albert I. Cassell, architect for the new Morgan ROTC Armory, turned in his final drawings and specifications this week.

After checking by the Board of Public Works, the Armory plans will be sent out for bids. Appropriations for the Building was made by the last legislature but frequent delays were occasioned while the architect submitted prints for a 3-story and then for a 1-story building and now for a 2-story structure.

These delays may be costly to the college because many bids now will be increased by at least 7½c per ton increase in the cost of steel.

The trustees and Board of Public Works have agreed also to hold up the Armory prints until drawings are available for the $250,000 addition to Soper Library.

Taylor and Fischer are architects for the library addition.

It is expected that plans for the two buildings will be sent out to bids in one package.

—Mayor signs —It's not hot

(Continued from Page 1)

after visiting the site.

* * *

COUNCILMAN DIXON, who originally opposed the ordinance although he had introduced it by request of the Henry K. Knott Co., which intends to build the warehouse on the site, changed his vote when the measure came up for final passage.

In an interview with the AFRO, Thursday, Mr. Dixon explained:

"I called and talked with Mr. Barnes (Henry Barnes, traffic director) because at that time I was not convinced that the ordinance was good because of the increased traffic which would be hazardous to the school children.

* * *

MR. BARNES told me the Zoning Board and Planning Commission said it would be all right and they convinced him and he promised to coptrol the traffic problem.

"Therefore, I could see no reason to oppose the ordinance so I changed my vote to be consistent. Mr. Barnes is the only person who influenced my vote."

Explaining why he failed to go along with the constituents in his district, Mr. Dixon said, "I couldn't block the ordinance by myself. I realize I can't be all things to all people.

"I understand how the people in that area feel but when I could see that this concerned a matter of progress for the city, I could not see voting against it.

"And another thing, right across the street, on Gwynns Falls Pkwy., a shopping center is going to be built which will extend beyond the location of the warehouse. If this does not affect the property in the area, I can't see what effect the warehouse will have on the property."

* * *

MR. DIXON said he did not introduce the measure of his own accord. He declared that as soon as he was sworn into office, the measure was shoved under my nose."

He explained that a clerk in the Council office had the ordinance already prepared and had asked him to sign it informing him that it had been drawn up by request of one of his constituents.

* * *

"I DIDN'T take time to read it then," he said, "assuming it had already been approved."

He said he then showed it to Mr. Liss who also signed the measure. Maxwell Alpert, (D-4th) did not sign the ordinance because he was not in the office at the time.

(Continued from Page 1)

Smallwood to sit on the beach under the "cooling" sun; between 5 and 6,000 appeared at Beachwood Park; 6,000 at Carr's Beach and a like number at Sparrows Beach.

* * *

OUT AT the Druid Hill Park Pool, 1,547 dashed about while 547 more climbed the steps to splash in the water "only for a second" at the Cherry Hill Pool. The pool at the Druid Hill YMCA was closed on Monday but on Tuesday some 150 persons showed up in the 97 degree temperature.

An average of 50 persons swim daily at the Morgan State College pool which is open from 12:30 to 1:30 p.m. for lessons and until 4:30 p.m. for recreational swimming.

Morgan's pool is also open Tuesday and Thursday 7 to 8:30 p.m. Children must be accompanied by their parents. The pool has been opened two weeks this season.

* * *

AND IF that doesn't convince you it wasn't hot, then up at Provident Hospital employees worked all day this week without any unusual time off.

Of course, there are two giant fans on every ward and ees felt their energy slipping away, but according to John Procope, superintendent, everything was just about normal.

Baltimore residents went to church on Sunday with the temperature at 96 degrees just like any other summer Sunday. Must pastors do not take vacations until August.

* * *

SOME 1,615 pupils attended review classes at Douglass Senior High School with no abnormal absences according to Charles Brown, principal, while 1,700 were at Clifton Park and the same number at Eastern Senior High. (Summer school students are only allowed three absences.)

—The Baltimore YWCA's integrated Brownies and Girl Scout Camp at Deer Creek Park, 30 miles from Baltimore, began this week its second period with 30 girls enrolled.

Campers, counsellors and administrative staff are mixed. For the first period, there were 24 white, 6 colored girls; second period, 20 white and 10 colored.

Chief Inspector Fred Ford of the police department ended all rumors about it being hot when he declared that there was no rise in crime and that "everything is normal." Everybody knows that more tempers rise in hot weather.

-Inquiring reporter

(Continued from Page 1)

shady tree and just relax. Nylon is the best fabric in this kind of weather."

Mrs. Lillian Jones, 713 Gilmor St., laundry worker in a hospital: "I kept the fan on me practically all night. I hate that all the time when it's hot like this. You just have to lie around in this weather to keep cool. Parks and beaches are the best places to go when it gets hot."

MRS. ROBINSON MISS OFFER

Miss Mary Brewer, 711 N. Fremont, laundry worker in hospital: "I can never keep cool at home. I just burn up there. The best thing you can do is to find a cool spot in the park during the day. Of course, I never notice the heat when I'm working. I guess when you're busy you don't have time to pay attention to the weather."

William Upton, 3438 Chessell Court, Fairfield, Md., father of six children: "That is a question. Right now, no one is able to get cool. I guess the best thing to do is keep still when you can. I work at Bethlehem Steel and live in Fairfield where it stays pretty cool. I'm sitting here waiting on the fellow I ride with to come by so I can go down and catch my pay."

Aaron Donaldson of 5002 St. Georges Ave., Wilson Park, sheds his shirt when the weather becomes unbearable.

An assistant laboratory technician at the Johns Hopkins School of Hygiene, Mr. Donaldson is compelled to wear a thick white cotton jacket on his job. To beat the heat he discards all but the jacket, trousers and shoes.

About the only persons not bothered by the hot weather is Mrs. Essie Smith of 627 N. Chapel St. Her solution: "Wear light clothing and walk on the shady side of the street as much as possible."

Gold Star Mother dies, rites Saturday

Funeral services for Mrs. Jennie Randall, 65, who was recently named a Gold Star Mother, will be held Saturday at 1 p.m. at Bethel AME Church, where she was a life member.

The pastor, the Rev. Harrison J. Bryant will officiate. Burial will be in Arbutus Cemetery.

Mrs. Randall, who spent the past 12 years with a friend, Mrs. Florence Snowden at 1930 Druid Hill Ave., died Monday at Provident Hospital where she was confined for a week.

* * *

A BALTIMOREAN, Mrs. Randall was an active member of the Federal Post of the American Legion which awarded her the Gold Star Mother's pin this year.

The award was made in recognition of her son, James Randall, who was killed in line of duty in Italy in 1944.

Mrs. Randall was also a member of the Elks and Veterans of Foreign War auxiliaries.

Her body will be on view today (Friday) at the Arlington Phillips Funeral Home, 1808 N. Monroe St.

Mrs. Randall is survived by a daughter, Mrs. Anna R. Harris, of New York City.

Child health clinic, July 15

The Sparrows Point Health Center, Fourth and D Sts. will be open for a Health Department child clinic at 10 a. m. on July 15.

Attendance at child health clinics is by appointment only and on the recommendation of private physicians. For information telephone Sparrows Point 135 between 9 and 9:30 a. m. weekdays.

* * *

THERE IS A LUCKY photo in this issue of the AFRO. Look for it. It may be you. If your head is circled in the print, you can collect $5 cash without a bit of trouble.

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—Thieves drown

(Continued from Page 1)

by three boys at 22nd St. and the Parkway. They were being returned to their home after being questioned at the 20th and Buttonwood Sts. station.

The three had told two policemen at the scene of the tragedy that they saw two boys go down to the river bank without a bicycle and come back later riding on one.

Armpriester, taken in for questioning, implicated Ryan. The two were charged also with larceny, conspiracy and receiving stolen goods.

The defendants, who were strangers to the victims, told police they did not know whether

E. Palmer and A. Sincavage
Pals in death

Palmer and Sincavage could swim. In fact, they said, they just did not think about it in their anxiety to get the bicycles.

SINCAVAGE WAS buried in Holy Cross Cemetery, following a 9 a.m. mass at St. Hedwig's Roman Catholic Church, 23rd and Wood Sts. Father Joseph C. Kloninski, priest-in-charge, officiated.

A sixth-grade pupil at St. Hedwig's School, 22nd and Summer Sts., Sincavage is survived by his father, Adolph Sr.; mother, Pauline, and two sisters, Patricia., 10, and Mary Joan, 2.

The Sokula Funeral Home, 2634 E. Allegheny Ave., was in charge.

Palmer was buried in Eden Cemetery, following an 11:30 a.m., service at the Baker Funeral Home, 1209 W. Oxford St., where viewing took place.

The only child of his widowed mother, Dorothy Palmer, was a fifth grade pupil at Cemetery School, 20th and Chestnut Sts.

Jehovah's Witnesses set N.Y. assembly

An estimated 750 delegates from the Washington Congregation Jehovah's Witnesses will attend an assembly at New York City's Yankee Stadium, July 20-24.

The Rev. H. C. Good, presiding minister, who will head the delegation, has announced that a total of 50,000 are expected from the Eastern Seaboard Section.

—Colleges

(Continued from Page 1)

59 with a projected fall enrollment of 1,100. A previously all white school.

SALISBURY STATE TEACHERS COLLEGE — Dr. Wilbur Devildiss, president. Located in Salisbury. Offers four years' course leading to the degree of bachelor of science in education and a two year junior college program. Projected enrollment is 380. Prviously all white.

FROSTBURG STATE TEACHERS COLLEGE — R. Bowen Hardesty, president. Located in Frostburg. Offers four year course leading to degree of bachelor of science in education as well as a two year junior college course. Also has a nurses' training program in cooperation with the Memorial Hospital in Cumberland. Projected enrollment is 600. A previously all-white school.

BOWIE STATE TEACHERS COLLEGE — Located at Bowie. Dr. William E. Henry, president. Offers a four year course leading to degree of bachelor of science in education and a two year junior college course. Enrollment for 1955, 340.

COPPIN STATE TEACHERS COLLEGE — Dr. Miles E. Conner, president, located in Baltimore. Grants the degree of bachelor of science in education. Enrollment for fall term listed as 270.

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COOKING FUN

Goin' fishin'?

The trout are waiting in their mountain streams, the bass are swimming deep in the lakes, the weather's right and it's time to go fishin'.

While Dad is fussing with rods, lures and lines, Mom has to think of what food the expedition calls for. Whether the fishing trip is a day's jaunt, close to home, or a week's camping high in the hills, the happy fishermen have to eat!

* * *

IF THE fishing is near at hand, feeding the inner man is no great problem. Even if luck is bad and the proverbial "giant" gets away, the tanned and tired anglers can always come home for supper.

But if the trip is more lengthy and the camp site less accessible, the problem is slightly more complicated. It is well to pack lightweight foods in the knapsack—and a good supply. Dehydrated milk, soluble coffee and dried vegetables are all well worth considering, if there is much hiking involved.

In general remember to plan roughly balanced meals, as you do at home. Some form of vegetables and fruit is needed. Sweets are necessary for quick energy. So is something sour or acid. Most campers will crave this after a few meals that are too heavy in grease or sugar. Fresh lemons are best, but when they are not practicable, powdered lemon or vinegar can be used.

* * *

TWO THINGS that are sometimes overlooked by beginners when the pack is being prepared, and which are sadly missed out in the wilds, are salt and pepper.

Even the freshest, biggest trout, cooked to a tender and succulent crisp over a camp fire is a disappointment if there is no ground black pepper to sprinkle over it. The potent flavor of the pepper brings out the best in fish, whether trout, bass, pickeral, walleye or Junior's string of sunnies and perch.

* * *

FOR CAMPFIRE grilled fish, clean and wash fish (trout, bass, perch, etc). Sprinkle inside with salt, and ground black pepper. Place over campfire on grill or in steak broiler. Cook 8 to 10 minutes, or until fish is flaky, turning once. Over both sides of the fish, sprinkle salt and ground black pepper and rub lightly with butter. Allow at least one fish, 10 to 12 inches long, per person.

* * *

FOR CAMPFIRE beans with luncheon meat you will need two cans (16 oz.) pork and beans, one can (12 oz.) luncheon meat, and one medium onion, chopped, one-fourth cup tomato catsup, one-fourth teaspoon ground black pepper.

Turn beans into a saucepan. Dice luncheon meat, add to beans along with remaining ingredients. Heat thoroughly.

YIELD: 6 servings.

* * *

FISHERMEN'S CHOWDER requires one-fourth pound salt pork, four medium onions, sliced, two cups boiling water, two large potatoes, three (1 to 2 lbs. each) fish, 10 to 15" long, six tablespoons non-fat dry milk solids and one-half teaspoons salt, one-half to three - fourths teaspoon ground black pepper, one-sixteen teaspoon garlic powder (optional), two tablespoons butter or margarine, and two cups cold water.

Slice pork into 1/8-inch slices. Fry until crisp. Remove crisp pieces of pork from the fat. Add sliced onion, saute until limp. Add 2 cups boiling water. Peel potatoes. Slice, crosswise, ¼-inch thick and add. Cover.

Cook until potatoes are tender. In the meantime, clean fish and cook in boiling water (enough to cover), until flesh is flaky about 3 minutes. Remove from water. With a knife, slip off skin, and lift out bones. (This is easily and quickly done.) Break into chunks, add to potato and onion mixture along with pieces of the crisp salt pork.

Combine water and non-fat dry milk, according to directions on package. Add to chowder. Stir in seasonings. Add butter or margarine. Heat only until hot. DO NOT BOIL.

YIELD: 6 servings.

Note: ½ cup heavy cream improves this dish.

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COFFEE COCKTAIL—Here's an exciting new way with iced coffee. It is made effortlessly with cream soda and given zest with Angostura bitters. Serve this on the porch on a suummer evening, especially to those guests who do not take ordinary cocktails. See recipe on this page.

Peach desserts

Sweet, delicious ripe peaches are on local markets, so the time has come to make peach desserts.

One that is especially fine is the Peach and Cream Roll. So delicious with all the fresh flavor of peaches, combined with such luscious foods as whipped cream, honey, marshmallows, dates, nutmeats, maraschino cherries and crisp oven-toasted rice cereal. This is a heavenly dessert to serve on warm summer evenings, and, in addition, its ease of preparation makes it a joy to prepare. No cooking of any kind is required.

FOR PEACHES and cream roll you will need one cup whipping cream, one-fourth cup honey, eight marshmallows, one-half cup chopped dates, fresh peaches, one-fourth cup chopped nutmeats, one fourth cup chopped maraschino cherries, and 3½ cups Rice Krispies.

Whip cream until stiff. Fold honey into cream. Cut marshmallows into small pieces; combine with dates, nutmeats and cherries; fold into whipped cream mixture. Roll rice cereal into fine crumbs; add one cup of crumbs to cream mixture, stirring until thoroughly blended.

Form mixture into a roll on the following manner: Sprinkle remaining crumbs evenly on a piece of waxed paper. Place cream mixture on top of crumbs and mold into a roll about 3 inches in diameter. Wrap with waxed paper and chill for several hours. Slice and serve, topped with sweetened fresh peaches and whipped cream.

Coffee foam

A delicious coffee cocktail for summer is this creamy coffee foam.

For the drink you will need two cups of strong cold coffee, a half teaspoon Angostura bitters, one-half cup of heavy cream and bottled cream soda.

Combine coffee, bitters and cream and divide among four decorative glasses. Add ice cubes. Fill glasses with cream soda. Stir gently to mix. You may use cold coffee and thoroughly chilled cream soda and dispense with the ice if you prefer.

Recommended as good protein buys this week are beef, chicken and sea bass. Fresh eggs continue to be an exceptional buy. To help maintain the freshness of eggs, keep them clean, cool and covered when you get them home.

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Aspic salad

Liven your summer menus with piquant gelatin salads! They team-up beautifully with summer foods of sandwiches, cold cuts, barbecues. Intelligent homemakers double the recipe for this "Summer Aspic Salad" and make individual molded salads to have available for hurry-up meals.

Summer Aspic Salad requires one and one half cups tomato juice, three-fourth cup California Sauterne, Rhine Wine or other white table wine, two bay leaves, one - fourth teaspoon whole cloves, one package lemon-flavored gelatin, one tablespoon lemon juice, salt and pepper.

Heat tomato juice, wine, bay leaves and cloves to boiling. Strain over lemon gelatin and stir until dissolved. Add lemon juice and salt and pepper to taste. Turn into ring mold or individual molds and chill until firm.

Serves 6.

Skillet limas

In Mexico a meal is not a meal unless beans are served with it in some form. "Skillet Limas" are similar to the Mexican fried beans "refritos"—only an American version using that popular bean—the butter bean. Serve them as you would any other bean dish, either as a casserole or as an accompaniment to meat or fowl.

SKILLET LIMAS require two cups California large dry limas, five cups water, two teaspoons salt, and 4 to 6 slices bacon.

Boil limas in water 2 minutes. Set aside and let soak 1 hour. Add salt and boil gently until very soft and tender, about 2½ hours. Snip bacon with shears or chop into bits. Fry until crisp. Add limas to skillet.

Cook and stir over very low heat until delicately browned and somewhat the texture of thick mush, about 15 minutes. Add a little cooking liquid, about ½ cup, at the start of cooking, if needed. Serve with hot tomato sauce or catsup, if desired.

COOKING HINTS by Mary Blake
Carnation Home Service Director and her staff

Rosalie Scott

My little girl says that summer is a "berry good time." The family agrees with her—especially when I serve "Summertime Salad Mold"... a wonderful combination of berries, pineapple and nuts. And Carnation Evaporated Milk, of course! No need to use cream in this recipe ... just Carnation. For Carnation has special-blending qualities not found in any other form of milk to make your Summertime Salad the smoothest you ever served.

SUMMERTIME SALAD MOLD
(Makes about 6 servings)
1 package strawberry gelatin dessert
1 cup hot water
1 cup fresh berries
1 cup (about 12 medium) diced marshmallows
½ cup chopped nuts
¾ cup canned pineapple chunks
1 cup undiluted CARNATION EVAPORATED MILK
2 tablespoons lemon juice

Dissolve gelatin in hot water; cool until syrupy (about 15-20 minutes). Add berries, marshmallows, nuts and pineapple. Chill *undiluted* Carnation in refrigerator tray until soft crystals form through milk (about 15 minutes). Whip until stiff (about 1 minute). Add lemon juice; whip very stiff. Fold fruit mixture into whipped Carnation; spoon into 1½-quart mold or 6 individual molds. Chill 1-2 hours.

You must try Carnation Evaporated Milk's new "sister product" ...Carnation Instant Nonfat Milk. Carnation Instant's "magic crystals" burst into fresh-nonfat milk instantly even in coldest ice water. When you use delicious Carnation Instant, you'll save up to ½ on your milk bills.

Vegetables top marketing buy

Vegetable salads are in order as our local produce season advances and the number of fresh foods available at reasonable prices increase. Week's "Best-Buys" include bunched beets, snap beans, cucumbers and cabbage.

These fresh, crispy vegetable salads, used in summer menus, can be appreciated not only for their price economy but also for the good health values and the ease of preparation, says Gwendolyne Clyatt, Food Economist, Baltimore Office of the Department of Markets, University of Maryland.

Many of you, no doubt, are planning to serve salads frequently during these warm weather months, so here are a few suggestions worth considering. Be sure that all the vegetables are fresh, clean, cold; crisp and dry before you use them in a salad. Select carefully the combination of ingredients so they will be both appetizing and colorful. A very important step is the selection of a flavorful dressing which will emphasize the goodness of the vegetables. For a real delicious crisp salad, serve it as soon as it is made.

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HEAVY SUPPLIES of cucumbers and beets are coming from local growing areas and these popular salad items are selling at very reasonable levels. Another vegetable in the list of fresh plentifuls this week is green peppers. This is a very versatile vegetable which is wonderfully rich in vitamins and minerals, and quite tasty and colorful. For a "pepper-upper" to your nerve nerve meat and cheese, meat loaf, slaw or baked corn in green pepper sheels.

And of course they are a natural for salads and garnishings. You may want to consider peppers in sandwich preparation: add chopped green pepper to scrambled eggs; or add thin pepper rings to ham sandwiches for vitamins and flavor.

It is a little early for the local tomato season, however, the shipped-in tomatoes are becoming more like the real garden type and the price is holding to a moderate level. The popularity of the tomato is richly deserved for it offers about everything you would look for in a food. Its flavor is refreshing, it is attractive in color and it is adaptable to almost any menu. As for wholesomeness, the tomato ranks high on the list of protective foods. It is an excellent source of Vitamins "A" and "C," and it is well supplied with essential food minerals - iron, phosphorus and calcium.

Although the tomato is best known as a salad ingredient, its other uses should not be overlooked. The tomato may be baked whole, with or without stuffing, or broiled, stewed or sauteed.

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LOCALLY grown snap beans remain in good supply and they are a good buy not only from standpoint of price but there is practically no waste in the preparation.

Heavy receipts of cantaloupes coming mostly from Western growing areas, are attractively priced. Cantaloupes, also, are arriving in our market from the Carolinas and Georgia. The supply of California grown plums is increasing and the price is somewhat lower. The crop forecast is 7½ per cent above last year. There are three main varieties on the market now which include, the large red Duarte, large heartshaped, yellowish red Wickson and the large purplish Late Santa Rosa.

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You'll get any of your Sunday dinners off to a fine start with this first course: Spoon chilled canned fruit cocktail into sherbet dishes and top with a small scoop, mint sherbet.

You may wish to cut out the salad course from your big holiday menus. If you do, plan on passing a relish dish of celery hearts, carrot curls, ripe olives and spiced crab apples.

Baked ham served with large dry limas fixed this way makes excellent fare for a buffet supper party. Combine 3 cups cooked large dry limas with 1 cup milk and 2 well-beten eggs. Stir in ½ cup each minced spinach, minced parsley and grated sharp American cheese. Season to taste with grated onion, Worcestershire sauce and salt. Bake in a moderately slow oven about three-fourths of an hour.

Half corn bread crumbs and half regular bread crumbs, onion, celery, plenty of small pitted ripe olives or chunks of large ones and plenty of butter but light on the seasoning is the way we like stuffing. Use a minimum amount of broth to moisten the ingredients so your stuffing will be light and fluffy.

Free x-ray for Anne Arundel County starts

ANNAPOLIS—A free chest X-ray campaign began in Anne State and local health departments and the Tuberculosis Association. A mobile unit went on tour throughout the County and will continue through July 28.

Free exams will be turned over to private Doctors designated by those undergoing X-rays. Eligibility ranges from 15 years and older.

listed as follows:

July 11—Carrs Corner, noon to 2 p.m., West Street and Administration Bldg., Obery Court housing area, 3-6 p.m.

July 12—Flight Refueling Inc. (Glen Burnie Employees only) 11 a.m. to 2 p.m.

July 13—St. Johns Methodist Church, Patasco Park 3 p.m. to 7 p.m.

Fire Co., 12 noon-6 p.m.

July 15—Robinson, Annapolis Boulevard, Glen Burnie, 2-8 p.m.

July 18—National Plastic employees only) 12 and 1-3 p.m.

July 19—National Plastic employees only) 8:3 a.m.-noon; 1-3 p.m.

July 20—National Plastic employees only), 3:45 a.m.

July 21—Fairleigh Heights Fire Co., 3-6 p.m.

July 22—Murphys corner of Dock Street, Annapolis, 2-8 p.m.

July 25, 26, 27, 28—Crownsville State Hospital employees, patients and staff), 12 noon and 1-4 p.m. each day.

Catonsville News

By SAMUEL TORSELL

Funeral services were held Saturday, July 2, for Mrs. Harriet C. Nugent, 88, from White Rock County. The Rev. Harry Dixon officiated. Mrs. Nugent is survived by one daughter, two sons and other relatives.

Graveside funeral services were held for William E. Wright, 49 Winters Ave., last Wednesday with the Rev. William Adams officiating. Mr. Wright was drowned while painting a Bridge at Morgantown over the Potomac River. He had no relatives.

The following are bus captains for the Grace Sunday School outing to Sparrow's Beach on July 21: Bus No. 1, Betty Fields; No. 2, Catherine Gross; No. 3, Gertrude Smith; No. 4, Gloria Randell; No. 5, Inez Smith; No. 6, Gene Thomas; No. 7, Ethena Washington; No. 8, Mable Coleman; No. 9, Patricia Cook; No. 10, Horace Brown, No. 11, Lina Torsell; No. 12, Carole Hebron.

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RAYMOND RHEUBOTTOM, Herbert Carey and William H. Washington motored to Philadelphia Tuesday and saw the baseball game of the Dodgers and Phillies.

The Rev. Waymond Mim of Washington was the guest last week of Mr. and Mrs. Hampton Mim 16½ Winters Ave.

Mr. and Mrs. Louis Hall and their daughter, Mrs. Elizabeth Rhodes of Baltimore, were the guests Sunday of Mrs. Martha Brown.

Edward Harris, 6 Jones Ave., has been confined to his home because of illness for a month.

MR. AND MRS. DAVID THORNE, 9 Jones Ave., spent the July 4 holiday at Deal Island visiting Mr. and Mrs. Theodore Fry.

Robert Hawkins is on furlough from Fort Riley, Kansas after one year in service.

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Miss Edna Rideout of Detroit is visiting friends in Cincinati.

Asbury Rideout who underwent an operation at Johns