COOKING FUN

Is the tomato a vegetable, fruit or berry?

The answer is "Yes" on all counts!

The beautiful, ruby-red fruit piled high on the food market stands these days is cultivated and used as a vegetable. Botanically, it is a fruit—and among the fruits it is classified as a berry because it is pulpy and has more than one seed that are not stones!

Whether it's called a berry or a fruit or a vegetable, everyone calls it delicious. It's one of the most nutritious.

Tomatoes are an important source of vitamins, especially Vitamin C. Ordinarily Vitamin C— a temperamental vitamin—vanishes when exposed to air or heat. However, for some reason not yet established, it does not disappear from the tomato when it is cooked.

Perhaps it is the acid of the tomato which protects this volatile vitamin. Perhaps it is the protein. No one knows. But you can be confident that a cooked tomato will supply your family with this extremely valuable vitamin, not perhaps in as large a quantity as an uncooked one, but still in significant amounts.

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TOMATOES ARE RICH in other food elements. They contain Vitamin A, and Vitamin B1, proteins, calcium and phosphorous and iron, too.

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TO MAKE stuffed tomato flower salad, you will need six medium fresh red tomatoes, six small yellow fresh tomatoes, one cup moist cottage cheese, chopped fresh parsley or chives, one tablespoon minced fresh chives, head lettuce, one tablespoon minced fresh parsley, mayonnaise, and one-fourth teaspoon salt.

Wash tomatoes. Cut each red tomato into 6 sections, cutting almost through the skin at the bottom (stem end). Spread sections apart to resemble flowers. Mix the cottage cheese with the chives, parsley, and salt until fluffy.

Pile in center of each tomato. Cut each yellow tomato in quarters. Arrange 4 quarters around top of the cheese in flower-like fashion. If desired garnish with additional chopped parsley or chives.—

Serve on a bed of head lettuce. Top with mayonnaise, if not counting calories. YIELD: 6 servings.

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FRESH TOMATO and shrimp cocktail requires two large fresh ripe tomatoes, three-fourths teaspoon salt, one and one - half tablespoons chili sauce, one-eighth, teaspoon ground black pepper, one and one-half tablespoons catsup, one-half teaspoon chili powder, one-third cup diced celery, 30 large cooked shrimp, peeled, and two tablespoons fresh lemon juice.

Wash tomatoes and cut into small pieces. Add chili sauce, catsup, celery, lemon juice, salt, black pepper and chili powder. Mix well. Chill.

Serve in cocktail dishes with five shrimp added to each serving. Yield: 6 servings.

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FOR STUFFED tomato hors d'oeuvres, use 21 fresh whole cherry tomatoes, one-fourth teaspoon salt, three ounce package cream cheese, one tablespoon milk or cream, two teaspoons finely chopped chives, and one medium carrot, grated.

Wash tomatoes. Scoop out centers (save center for soup or add to salads). Drain. Mix cream cheese with chives, salt and milk or cream. Fill drained tomatoes with this mixture.

Dip each tomato into the grated carrot. Serve on toothpicks. Place on hors d'oeuvre tray. YIELD: 21 hors d'oeuvres.

Spread the inside of 3-inch baked tart shells with softened cream cheese—scented with orange and then fill each shell with a sliced canned cling peach half. This dessert has a very fresh spring-like flavor.

Many good cooks start with packaged mix as the base for wonderful-tasting quick breads. Mix 2 cups biscuit mix with ½ to 2/3 cup milk and roll dough to 9 x 12-inch rectangle. Spread with 2 tablespoons softened butter mixed with ½ cup chopped cooked prunes, ¼ cup chopped almonds, ½ teaspoon cinnamon and 1/3 cup brown sugar. Roll as for jelly roll and cut into 9 slices. Bake n greased miffin pans in moderate oven about 25 minutes.

A pretty dessert that would be perfect for any festive occasion would be hard balls of vanilla ice cream topped with cherry almond sauce. Stir blanched roasted almonds into the sweet red cherry sauce just before spooning over the ice cream.

Serve crisp toasted crackers with these pantry beans when you want a hurry-up supper dish. Cook ¼ cup chopped onion in 1 tablespoon oil until wilted.

Add 1 teaspoon chili powder, an 8-ounce can tomato sauce, a 4½-ounce can chopped ripe olives and 2 No. 1 tall cans red kidney beans. Simmer 15 minutes and serve in bowls. Serve a tossed green salad along with it.

A good breakfast is a must all year long. Hot cereal topped with a few cooked prunes makes very excellent eating. Keep a jar of cooked prunes in your refrigerator ready to use at a moment's notice.

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NEXT TIME you make some old-fashioned beef stew add some California large dry limas instead of potatoes.

Put in the dry limas at the same time you add water to the browned meat and cook about 2 hours until both the meat and the limas are tender. Add the remaining vegetable as usual.

Try this honey marshmallow dressing on your favorite fruit salad: Combine 1 beaten egg yolk with ¼ cup honey, 2 tablespoons lemon juice and a dash salt.

Cook over hot water until thick. Then add 4 cut-up marshmallows and stir until melted. Remove from heat and chill. Before serving fold in ½ cup whipped cream.

Put your electric blender to use for chopping jobs. It's quick way to chop both almond and walnuts. The length of time it takes depends on how fine or coarse you want the nuts to be.

The makings of this salad read like a roll-call of your garden: cabbage, sweet pepper, carrot, onion, celery. And for a good measure and flavor, raisins.

Toss 'em all up in a gelatin mixture with catsup and mustard, and you've got a tart, refreshing "Pacific Salad," a supper pepper-upper.

For Pacific Salad, use one cup light or dark raisins, one envelope (1 tablespoon) plain gelatin, three tablespoons cold water, one-fourth cup tomato catsup, one teaspoon prepared mustard, salt to taste, one cup mayonnaise, one-half cup chopped green sweet pepper, two cups finely shredded cabbage, one cup shredded carrot, one cup shreded turnip, ½ cup thinly slice celery, and lettuce.

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RINSE RAISINS, cover with water and boil five minutes. Drain, cool and chop. Soften gelatin in cold water and dissolve over hot water.

Combine with catsup, mustard, salt and mayonnaise. Pour over raisins and vegetables, blending well. Turn into individual molds and chill until firm.

Unmold and serve on lettuce. Serves 6 to 8.

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A 55 Lucky Pie is circled in this edition of the AFRO. Is it you?

Acme Super Markets
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Delicious, Luscious! There's not a word in the Dictionary to describe the taste-thrilling delight of the new pack

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These easy-to-put-on neat covers help keep your child's books with Name, School, Room Number, Grade, Teacher and Subject --- also convenient for a listing roster. Get one with each loaf while supply lasts.

Acme Coffee Prices Down Again!
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Speed-Up Liquid Starch 2 qt bots 27¢
Speed-Up Foaming Cleanser 3 cans 25¢
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Speed-Up Dry Cleaner gal 75¢ 2-gal can $1.29
BALA CLUB BEVERAGES 4 kinds 3 12-oz cans 25¢
ABBOTT'S ICE CREAM pint 27¢
Prices Effective Sept. 16-17-18, 1954. Quantity Rights Reserved.

TOMATO FLOWERS—Yellow and red tomatoes cut into flowers and centered with a cottage cheese filling make attractive blossoms on a bed of lettuce.

NEW FAVORITE—This is the sweater dress you'll want to make! It's that pattern you, our readers, have chosen for your new favorite! So flattering to the figure, we've cut it in sizes from 12 to 42! So casual, you can wear it 'round the day! So smart, you'll love its dashing lines, yoke bloc, long-sleeve winter cotton.

Pattern 9277: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4⅝ yards 39-inch.

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NO. 9146 IS an apron for clean-up time! A jerkin for sports wear! For surftime use it as a beachcoat! It's easy to make and chock full of style!

See the big handy pockets and tie "tubbedh-to-nip" waistline? Choose rugged denim or crips cotton in plaids, checks, or solids.

Pattern 9146: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 2⅝ yards 35-inch fabric.

These easy-to-use patterns give the latest fit, complete, illustrated Sew chart shows you every step.

Send Thirty-five cents in coins for each pattern—add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care of AFRO-AMERICAN, No. 220, Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly **NAME, ADDRESS WITH ZONE, SIZE** and **STYLE NUMBER.**

Bacon-cheese sandwich

"Gee, that was a good sandwich today, Mom!" That's what you like to hear, isn't it, when the lunch box totters come home? Almond Bacon Cheese Spread rates those welcome words. Crunchy almonds, crisp bacon and zesty cheese are three ingredients with lots of small-fry appeal.

Almond Bacon Cheese Spread requires one-fourth cup roasted unblanched almonds, two strips crisp bacon, one cup grated tablespoons chopped green onion, one-half cup mayonnaise, and one-fourth teaspoon salt.

Chop almonds fine. Crumble bacon and blend all ingredients together thoroughly.

Makes about 1¼ cups spread.

Melon bowl

This Melon Salad Bowl" is a perfect autumn salad. Melons are at their best now and so are fresh California dates which help in no small measure to make this salad enjoyable.

The freshly processed dates usher in another date season—the fruit is a little less expensive than last year: the quality superb. Look for whole dates in 1 and 16-ounce cellophane packages, and pitted dates, designed specially for streamlined living, in 8 and 12-ounce packages.

You'll find this salad becomes an immediate favorite.

For Melon Salad Bowl you will need one small cantaloupe, one small honeydew melon, lettuce, 16 fresh California dates, and one-half (3-ounce) package cream cheese.

The honey lemon dressing requires three tablespoons lemon juice, 3 tablespoons honey, one-fourth teaspoon salt, one-third cup salad oil, and one teaspoon chopped fresh mint.

Cut melons in half and remove seeds. Cut into thin edges, and cut off rind. Line hallow bowl with lettuce and arrange melon wedges in swirl round bowl.

Pit dates and stuff with softened cheese.—Arrange between melon wedges. Serve with honey lemon dressing.

To mak the dressing, combine all ingredients in small jar and shake thoroughly to blend.

Makes 4 luncheon salads.

Limas and ribs

Here's a real bell-ringer of a recipe. "Barbecued Limas and Ribs!"

The piquant barbecue sauce makes it just right for a nippy fall evening—after a day of leaf raking, for instance. Or it's perfect for an after-the-game buffet too. You can cook the limas and ribs before game time; finish them off with the sauce in an hour after you return home.

Tucking slices of lemon and onion among the ribs give the dish a "company look." And you'll be amazed at what that little touch of lemon does for the flavor; subtle, but s-o-o-o good!

BARBECUED LIMAS and ribs require one and one-half cups California large dry limas, one and one-half pounds spareribs, one teaspoon salt, one-half cup catsup, two tablespoons Worcestershire sauce, one-half teaspoon salt, dash tabasco, one cup water, one lemon, and one large onion.

Simmer limas and ribs together in 5 cups salted water 1 hour. Remove from cooking liquid, and when cool enough to handle, cut ribs in 3-inch pieces. (If desired, bones can be sliped from ribs for easy eating.) Arrange in baking dish.

Combine catsup, Worcestershire sauce, chili powder, salt, Tabasco and water. Pour over beans and ribs. Slice lemon and onion and place a slice of each on the ribs. Bake, covered, in moderate oven (350 degrees F.) 1 hour. Serves 6 to 8.

SO SWEET... SO DELICIOUS... IT'S
love at first sip!
Everyone has a sweet tooth. That's why everyone loves the flavor of Edlavitch Kosher wine. Made the slow, old-time way that brings out the true, sweet flavor of the choicest Concord or Malaga grapes. In regular fifths or the specially designed quart bottle, at your favorite beverage store.
EDLAVITCH NEW YORK STATE KOSHER WINE
When you've finished the wine, the Edlavitch Quart bottle makes a handy refrigerator container for fruit juices or ice water.
BOTTLED BY THE GLOBE DISTRIBUTING CO.

Mrs. Davis hostess to Thrifty Club

Mrs. Mary P. Davis, president of the Thrifty Savings Club entertained that group at her home on Sunday evening.

Attending were:

Mesdames Pearl Pemberton, Mary Sturdivant, Viola Lee, Melissa Neal; Mr. and Mrs. James Skinner, Mr. and Mrs. Thelmon Brown, Mr. and Mrs. Richard Perry, Mr. and Mrs. James Garrett, Mr. and Mrs. Waverlay Wiggins, Stephen Mathis and Roy Ward.

OPPORTUNITY TO EARN MONEY
Buy your Fall and Winter Coat NOW at HENDIN'S—and Save 25% to 40%—August Sale
Prices on our famous Hollywood and Parisian Coats extended to September 30th. Buy on EASIEST CREDIT TERMS in Baltimore.
HENDIN'S HOLLYWOOD FASHIONS
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Open Mon., Thurs., Fri., Sat. Nites

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Cuts ironing time 25%
Here's a miracle ironing board cover with self-ironing action that irons the bottom of the article while you iron the top! This $1.50 value is yours for only 75c—yet you pay not one cent above the regular low price for the flour. The makers of Washington Flour—the finest money can buy—are happy to bring their loyal customers this high quality, useful article at a tremendous saving. SEND FOR YOURS TODAY!
NO FINER FLOUR AT ANY PRICE!
Scorch resistant!
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Cut Top Seal and Mail to:
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I'm in a washing hurry for my IRONEES! Enclosed find 75c and the top seal from a bag of Washington Flour.
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Drink Coca-Cola
Len Ford
giant end of the professional Cleveland Browns, takes a break to enjoy a bottle of delicious, refreshing Coca-Cola.
80
Conditioning is an important part of championship play in any football game. An important part of conditioning is an occasional pause to refresh . . . to relax, to take it easy. Champions in all sports have found they make a little minute into a big rest when they enjoy "the pause that refreshes" with ice-cold Coca-Cola.
Open a frosty bottle. Enjoy the delicious taste, the sparkling tingle of Coke. Then, go back to the job . . . refreshed. The familiar red cooler is close at hand where you work. At home, a bottle of Coke should be as near as your family refrigerator. For important pauses in your busy work day, enjoy refreshing Coca-Cola.
Follow the Champions. Have a Coke...and take a carton home
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CLUB MERGER—Shown at a session on the lawn of the home of Mr. and Mrs. Charles Marshall in Cherry Hill are members of the Cherry Hill Democratic and Civic Club and the Cherry Hill Democratic Association which voted to merge, last week. The new organization will be known as the United Democratic Club of Cherry Hill.

Brown heads Cherry Hill Democrats

Alexander Brown was elected president of the United Democratic Club of Cherry Hill, this week.

The new organization is composed of the two units of Democratics that formerly made up clubs in that section.

Thomas Philmore, first vice president and business manager; Mrs. Mary Ayares, second vice president; Miss Stella Collins, recording secretary; John Robertson, financial secretary;

Mrs. Edna Simmons, corresponding secretary; William H. Murphy, treasurer; Mrs. M. Wilson; sergeant at arms; and Elder Alston, chaplain. Precinct executives include Alexander Woodhous and William Wake.

THEY SIGNED UP — Saturday was registration day at the new Fred Astaire School of Dancing, 1328 W. North Ave. These new enrollees take a practice step for the cameraman. Left to right: Patricia Smith, Rodita and Brenda Carter, Estrellita Faith and Linda Watkins.

Can You Have Long, Rich, Perfect Hair?

Scientific facts show: It all depends on the nature and condition of your scalp. In other words, you can have long, naturally attractive hair—smooth, soft, growing out full and healthy—only if your scalp is ready and able to make it so.

Millions of people are learning this vital truth. They are also learning the amazing facts about Sulfur-8 Hair and Scalp Conditioner and how it works for the beauty of the hair.

The Power of Sulfur-8

Only Sulfur-8 has that special formula with the wonder drug hailed by famous hair and scalp specialists—the new scientific "super-sulfur" called polysulfides. Of course, Sulfur-8 cannot give you a new scalp, nor make your hair grow or be longer than your scalp allows, but when used in time it works wonders in building up the health of the mat absorbs, dry hair to fresh, radiant beauty.

Get Sulfur-8 at the drug store today!

ASTHMA MUCUS

Don't let difficult breathing, coughing and wheezing, due to recurring spasms of Bronchial mucus, rob you of your rest, your sleep and strength! Quick relief from spasms and congestion quickly helps loosen and remove stubborn mucus. This Thus allays coughing and promotes freer breathing and sounder sleep. Get MENDACO at any druggist. Use it under money back guarantee of greatest success.

Four suspects held in armed robberies

Four men believed by police to have been members of a holdup gang active in Northwest Baltimore, were ordered held for action of the grand jury on Tuesday following a hearing in Northwestern police court.

They were listed on police records as:

Percy Young, 19 of the 1800 block Poplar Grove St., $6,000 bail.

Harvey Davidson, Jr., 19, of the 1200 block Dukeland St., $6,000 bail.

Walter Manning, 18, of the 1500 block Woodyear St., $1,500 bail.

Samuel Hodge, 34, of the 1100 block Patterson Park Ave., $3,000 bail.

The men were arrested by officers from the Northwestern District, led by Sgt. Joseph Haggerty after Young was trapped in a liquor store in the 1900 block of Monroe St. during an alleged holdup attempt.

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NORMAN KORNBLAU, owner of the store, said Young and Davidson entered his store on Saturday night and Young drew a gun and said: "This is a holdup."

He dropped to the floor behind the counter where I pulled my own gun and fired over Young's head. The other man ran and I ordered Young to drop his gun."

Sergeant Haggerty said police found Kornblau holding Young prisoner when they reached the store. The other three men were picked up after Young had been questioned.

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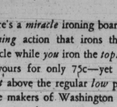
IN ADDITION to the Monroe St. holdup, Young was also charged with the $15 holdup of a grocery store in the 1800 block Rosedale St. on Aug. 16; the holdup of a bar in the 800 block Poplar Grove St. of $105 on Aug. 19; and the $153 robbery of a grocery store in the 900 block of N. Broadway on Aug. 31.

Davidson was charged in the same series of holdups. Manning was charged in the Rosedale St. holdup. Hodge was charged in the robbery of a food market in the 1900 block of W. Lafayette St., on Sept. 7, and the $629 robbery of a grocery store in the 2500 block W. Lafayette Ave. on Aug. 28.

Police said the gang had been well organized and guns were used in all the holdups.

A DOCTOR'S PRESCRIPTION FOR THE SCALP



The jade roots are in the scalp. The condition of your hair does not depend on the natural beauty of your scalp. Years ago, Doctor Carbonel, famous French Physician, discovered that the Jade Roots in the Scalp, Regulate Hair Growth. Doctor Carbonel, of Paris, Carbonel is such a strong, powerful and potent, this dose each day worth its weight in gold, honey and naturally. Jade Roots in the Scalp, Regulate Hair Growth. Jade roots are in the scalp. The condition of your scalp needs a double strength hair formula.