SPARKLY ALMOND TWISTS are "cookies with a diference" and a delight to be served at tea.

Workshop for youths on drug abuse

A drug abuse workshop for junior and senior high school students has been scheduled for Jan. 30, from 9:30 a.m. to 3 p.m. at Eastern High School.

Among the featured speakers for the day are Congressman Claude Pepper, who will discuss "Drugs and Crime;" Congressman Joseph Tydings whose topic is "Preventive Programs in Drugs," and State Senator Clarence Mitchell who will discuss "Drug Problem in the Ghetto."

Besides the speeches, there will be group discussions, afilm and lunch.

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The workshop is sponsored by the Baltimore Jaycees and Drug Abuse Center, Johns Hopkins Hospital, and the city schools.

Sparkly Almond Twists are 'Cookies with a difference'

Part of the fun of entertaining, to say nothing of enhancing your reputation as a hostess, derives from preparing and serving exceptional foods to your guests.

A popular choice by party givers and goers alike would be Sparkly Almond Twists.

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These are cookies-with-a-difference. Some might not consider them cookies at all, since they're made from a basic sweet yeast dough recipe. Yet, Sparkly Almond Twists aren't yeast rolls. They're baked after only one rising (a time saver), resulting in a more crisp texture.

A smooth, subtly-spiced cream cheese-almond filling combines with the gleam of crunchy, sugar-coated dough to make these twists good beverage companions.

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Serve the twists in napkin-lined mugs — which guests can pick up and fill with whatever quenches their thirst best.

They'll be getting a nutritional bonus from Sparkly Almond Twists, too. Products made from enriched flour contain three important B-vitamins, thiamine, niacin and riboflavin, and the mineral, iron, all added in the enrichment process.

Make Sparkly Almond Twists with four and one-half to five and one-half cups enriched flour, two packages dry yeast, one-half cup milk, one half cup water, one-half cup sugar, one-fourth cup oil, two teaspoons salt, two eggs, one-half cup sugar, and almond filling.

Stir together two cups flour and yeast. Heat milk, water, one half cup sugar, oil and salt over low heat only until warm, stirring to blend. Add liquid ingredients to flour-yeast mixture and beat until smooth, about two minutes on medium speed of electric mixer, or 300 strokes by hand. Blend in eggs.

Add one cup flour and beat one minute on medium speed or 150 strokes by hand. Stir in more flour to make a moderately stiff dough. Turn onto lightly floured surface and knead until smooth and satiny, about 8 to 10 minutes. Shape into ball and let rise in warm place (80 to 85 degrees) until doubled, about one and one-half hours.

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Prepare Almond Filling; refrigerate until ready to use. Punch dough down; divide into four equal parts. Let rest 10 minutes. Sprinkle countertop with 2 tablespoons sugar; roll one portion of dough into 6 x 18-inch rectangle.

Spread with one-fourth almond filling. Fold dough lengthwise in half. With sharp knife cut dough crosswise into 18 equal strips. Lightly stretch each strip; twist 2 or 3 times and place on greased baking sheet.

Repeat with remaining sugar and dough. Bake in preheated 375 degrees oven fifteen to twenty minutes, or until golden brown. Remove immediately from baking sheet onto wire racks.

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Almond filling requires one package (eight ounces) cream cheese, softened, two tablespoons milk, one-half cup toasted, slivered, blanched almonds, four teaspoons sugar, and one-half teaspoon mace.

Blend together cream cheese and milk. Mix in almonds, sugar and mace thoroughly.

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Tableware care is easy

Knives, forks, and spoons, collectively called tableware, have come a long way from early beginnings when fashioned from stones, twigs and shells.

Today's eating utensils fall into four categories — sterling silver, gold plate, silver plate, and stainless steel.

Each has its special characteristics, but all are kept in tip-top condition by prompt washing, either by hand or machine.

The metal of which tableware is made need not be considered in the light of "company best" versus "everyday."

Sterling grows more beautiful with use and some stainless is handsome enough to use with any table setting. In each category, there is a range of prices determined by quality of metal, weight and balance, craftmanship, and intricacy of pattern.

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Through the centuries, sterling silver has been so closely associated with fine quality that it has given rise to colloquialisms, such as, a person of "sterling character."

Sterling stamped on the back of a piece means that it is made of 929 parts silver to 5 parts of an alloy.

Since by law, all silver is equally pure in silver content, the differences in sterling flatware are in the sharpness and clarity of pattern and the size, weight and balance of each piece.

Personal preference is a major criteria in selection. After purchase, proper care and washing techniques, though simple, are important.

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Besides its intrinsic value as a precious metal, sterling doesn't wear out. And it is appropriate for any occasion'8 from casual family dining to formal entertaining.

Unlike other possessions, frequent, even daily use, makes silver more lovely. It acquires a patina, the soft, lustrous finish created by the blending of many fine lines.

Happily, care is simple — either machine dishwashing or hot suds and rinses with an occasional polishing.

When washed by hand, be sure to dry thoroughly.

All metals, including stainless steil, spot if left to drain dry.

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If necessary, use a soft, well-lathered brush to clean ornate silver.

Avoid using a stiff-bristled brush.

Polish so applied tends to remove dark shadow intentionally placed there by the silversmith to accent the design.

Rather, for an occasional shine-up use a liquid or cream polish made specifically for silver and follow directions.

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MEATY FIRST CUT PORK CHOPS lb. 59¢
EDDIE'S TRIPLE BOND CHUCK STEAK lb. 59¢
Parks Sausage Meat PURE PORK lb. pkg. 79¢
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Tasty Cremes SANDWICH COOKIES 3 16 oz. pkgs. $1.00
Zest WITH 2¢ OFF 2 bars plus 2 bars 43¢
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BANQUET • BEEF CHOP SUEY OR CHICKEN CHOW MEIN 2 lb. pkg. 89¢
MIX OR MATCH SOMERDALE VEGETABLES • French or Cut Green Beans-9 oz. • Cut Corn • Green Peas-10 oz. • Chopped Broccoli-10 oz. 6 pkgs. $1.00
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Banquet MACARONI & CHEESE 3 20 oz. pkgs. $1.00
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Eating Apples FANCY 3 lbs. 39¢
Sweet Potatoes NO. GOLDEN 4 lbs. 49¢
Broccoli FRESH GREEN bunch 39¢
Carrots 2 cello pkgs. 33¢
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Potatoes BRAND BAKING 5 lbs. 49¢

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WAGNER'S ORANGE OR GRAPEFRUIT Breakfast Drinks qt. btl.
LIBBY'S Tomato Juice qt. btl.
CAMPBELL'S Pork & Beans 28 oz. can
MIX OR MATCH 4 for $1.00

MUSSELMAN'S APPLE SAUCE 15 oz. jar
DEL MONTE Spinach 15 oz. can
LITTLE DARLING Green Lima Beans 16 oz. can
DEL MONTE Mixed Vegetables 16 oz. can
PICKLED SLICED OR HARVARD Libby's Beets 16 oz. jar
DEL MONTE Tomato Sauce 15 oz. can
MIX OR MATCH 5 for $1.00

LIBBY'S SAUER KRAUT 16 oz. can
MRS. LANES Tomatoes 16 oz. can
FRANCO AMERICAN Spaghetti 15½ oz. can
MANNING'S Hominy 20 oz. can
MARYLAND CHIEF Kidney Beans 16 oz. can
DEL MONTE Pineapple SLICED OR CRUSHED 8½ oz. can
MIX OR MATCH 6 for $1.00

KOUNTY KIST SWEET PEAS 17 oz. can
KOUNTY KIST WHOLE Golden Corn 12 oz. can
KOUNTY KIST CUT Green Beans 14 oz. can
SEASON Butter Beans 15 oz. can
CAMPBELL'S Vegetable Soup 10½ oz. can
FRANCO AMERICAN Gravies ASST. 10½ oz. can
MIX OR MATCH 7 for $1.00

Advice for fitness during 'off-season'

The YMCA of the Greater Baltimore Area, celebrating 125 years of YMCA service to the community, during the month of January, offers this advice to combat off-season exercise doldrums.

It only takes four simple steps to avoid them.

One, ask your doctor about exercise for you. If there are special limitation in your case he will tell you.

Two, once medically cleared throw overboard antique notions of exercise. Dancing, swimming, jogging, bicycling, sports are all good exercise and they're fun.

Three, set aside some definite period each when you can — and will— power your body to life.

Four, you are now ready to reach for tha that top physi condition. Fidna n la physical condition. Find an organization where you can join in exercising activities with others — like the YMCA Branch in your area.

Exercise strengthens your heart, lungs and muscles; improves your circulation, aids elimination and is nature's own tranquillizer.

Exercise does this by putting your vital organs to work, something they don't when you are bound to a desk all day and flop into an easy chair in the long winter evenings.

School lunches

ELEMENTARY SCHOOLS
MONDAY
Meat Ball Submarine
Buttered Green Limas
Buttered Corn
Fruit Cup
½ Pt. Milk
TUESDAY
Frank on Roll
Whipped Potatoes with Cheese Topping
Sauerkraut
Gingerbread
½ Pt. Milk
WEDNESDAY
Hamburger on Roll
Cottage Fried Potatoes
Buttered Kale
Rice Pudding with Lemon Sauce
½ Pt. Milk
THURSDAY
Braised Beef
Buttered Noodles
Buttered Green Beans
Hot Cheese Biscuit and Butter
Orange Juice and Chocolate Cup Cake
½ Pt. Milk
FRIDAY
Fishburger with Tartar Sauce
French Fried Potatoes
Stewed Tomatoes
Fruit Jello
½ Pt. Milk

HIGH SCHOOLS
MONDAY
Meat Ball Submarine or Bologna Sandwich
Buttered Green Limas
Buttered Corn or Mixed Vegetables
Fruit Cup
½ Pt. Milk
TUESDAY
Frank on Roll or Spiced Ham Sandwich
Whipped Potatoes with Cheese Topping
Sauerkraut or Collard Greens
Gingerbread
½ Pt. Milk
WEDNESDAY
Hamburger on Roll or Tuna Sandwich
Cottage Fried Potatoes
Baked Spinach or Tomato Juice
Rice Pudding with Lemong Sauce
½ Pt. Milk
THURSDAY
Braised Beef or Chipped Ham Sandwich
Buttered Noodles or Rice
Buttered Green Beans or Cole Slaw
Hot Cheese Biscuit and Butter
Pineapple Sunshine Pudding
½ Pt. Milk
FRIDAY
Fishburger with Catsup or Ham Salad Sandwich
French Fried Potatoes
Stewed Tomatoes or Kale
Fruit Jello
½ Pt. Milk

Bowie fund drive goes into '70,s

Bowie State College will extend its fund raising campaign into 1970, according to Dr. Cecil Spellman, Director of Development for the college.

The campaign has been extended, Dr. Spellman said, due to increased participation from the Maryland community.

The goal of $50,000 dollars is needed for student scholarships and new innovative programs. The Alumni also welcomed the extention of the drive because of their revuenated efforts to raise the needed funds.

"Labor and local government have been instrumental in aiding the fund raising drive," Dr. Spellman said, "however, we still need greater participation from the community both local and state in order to achieve our campaign goal of $50,000 dollars."

"Send your tax deductable donation or pledge to Bowie State College Fund, Development Office, Bowie, Maryland 20715."

Photography among CCB offerings

The community College of Baltimore will offer a 15 week Basic Photography course on Tuesday and Friday evenings, 7 to 9:45 p.m. beginning February 3 and 6.

Course instructor James S. Allen, known professionally as Jerry Allen, has been a professional photographer for 25 years. He is supervisor of photography for the Maryland Center for Public Broadcasting, and has worked for Alfor Westinghouse Electric and for the AAI Corporation.

Mr. Allen has planned field trips to shooting locations and to professional studios and darkrooms. "Guest speakers and exhibits by professional photographers will augment the course," he added. He asks that students bring their own cameras, though tyo need not be elaborate or expensive.

Tuition is $45, plu sa $5 registration fee.

CCB will also offer a fifteen week COBOL programming course on Friday evenings, 7 to 9:45 p.m. beginning Feb.6.

Non-credit seminars are designed to teach the COBOL language and its business applications to students with backgrounds in data processing.

• • •

An informal course in speedreading will be offered at the Community College of Baltimore for fifteen weeks on Monday and Wednesday evenings, 7 to 8 p.m. beginning Feb. 16.

The course will be taught by Henry Waskow, educator in the Baltimore City schools. Mr. Waskow will use a tachistoscope and controlled readers to facilitate instruction. He said successful completion of this course should enable a student to double his reading speed, or to achieve a rate of at least 450 words per minute

Tuition is $30, plus a $5 registration fee.

Larry Gibson to speak at youth banquet

Presidents of high school councils in Baltimore City and Baltimore, Howard and Carroll Counties will be honored at the annual "Flower of Youth" banquet to be held at the Garden Room, Towson Plaza, on Thursday, Jan 29, at 6:15 p.m.

The annual event is sponsored jointly by the YMCA of the Greater Baltimore Area and the Allied Florists Association

Guest speaker will be Larry S. Gibson, a Baltimore attorney.

Kings home from Hawaii

By SAMUEL TORSELL

Home from Hawaii are Paul King and son, Paul Jr. They visited his son and daughter-in-law, Mr. and Mrs. Calvin King.

Funeral services were held on January 5 at the Jenkins Funeral Home in New York City for Randolph Hall, a former resident of Catonsville. Mr. Hall died at Sydenham Hospital on Dec. 31 after a brief illness.

The Landmark Masonic Lodge met Monday evening and had as visitors several Grand Lodge members. They included, Richard J. White, Grand lecturer, Glenford H. Dudley, Grand inspector, Norman J. Edwards, Grand assistant inspector.

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Cut from Young Fryers CHICKEN LIVERS lb. 49¢
Food Fair & U.S.D.A. CHOICE RIB STEAKS lb. 99¢
Lean, Meaty CHOPPED CHUCK lb. 89¢
Food Fair & U.S.D.A. CHOICE BEEF SHORT RIBS lb. 59¢

ROASTING CHICKENS FROZEN U.S.D.A. GRADE 'A' YOUNG 4-lb. AVG. lb. 39¢

PARK'S FAMOUS FLAVOR PORK SAUSAGE HOT N' SAGY OR REG. lb. 79¢
FOOD FAIR & U.S.D.A. CHOICE CROSS RIB ROAST BONE-IN lb. 99¢
QUARTERED PORK LOIN SLICED 9-11 CHOPS lb. 89¢
PEL-FREEZE FRYING RABBITS ALL WHITE MEAT lb. 99¢

TOP QUALITY GARDEN FRESH PRODUCE
CALIFORNIA NAVEL ORANGES 12 IN BAG 59¢
GOLDEN DELICIOUS APPLES 3 lb. BAG 49¢
GREEN CABBAGE Crisp Tender 2 lb. 29¢
PINEAPPLES IMPORTED-FRESH ea. 39¢
ORANGES FULL O' JUICE FLORIDA 12 lb. bag 43¢
COLE SLAW GARDEN FRESH 2 cello bags 49¢
GRAPEFRUIT INDIAN RIVER PINK SEEDLESS 5 in bag 49¢
PITTED PRUNES FRESHIE BRAND 12-oz. 47¢

BOSTON MACKERAL FANCY lb. 29¢
FANCY PORGIES lb. 39¢

FOOD FAIR SLICED SWISS CHEESE IMPORTED FINLAND 12-OZ. PKG. 79¢
IMPORTED BOILED HAM 4-oz. PKG. 59¢
BISCUITS Lady Fair 4 8-oz. 35¢
ESSKAY FRANKS All Meat lb. pkg. 79¢
MARGARINE Fyne Spread Soft lb. 35¢
PORK ROLL Food Fair sliced 6-oz. 53¢
FRESH MILK Power 99 99% fat free ½ gal. 57¢
FRESH SALADS Manor Hill's all varieties 15-oz. 35¢
FRUIT & NUTS Lewis Chocolate Covered lb. 69¢
VIVA NAPKINS Pkg 140 39¢
ZION FRUIT BARS Fig-Blueberry Apple Raspberry 2 lb. 49¢
BEEF-A-RONI Chef-Boy-Ar-Dee or Beef-o-Ghetti 3 15½-oz. $1.00
FACIAL TISSUES Lady Scott 2 pkg. 200 26¢
SPAGHETTI & MEAT BALLS Chef-Boy-Ar-Dee 3 15½-oz. $1.00