Morehouse names six for year study abroad

ATLANTA — Dr. Edward A. Jones, chairman of the Merrill Overseas Study-Travel Scholarships Committee at Morehouse College, has announced the selection of six Morehouse students to receive scholarships for the academic year 1970-71.

Three alternates have been chosen as replacements in case some of those given the awards cannot go abroad.

The students who have been awarded Merrill Scholarships for 1970-71 are: James E. Allsop a 20 year-old sophomore from Bridgeport, Conn.; a psychology major, who will study either in an African university (yet to be determined) or at the University of Madrid.

Houston Coleman Jr., a 20-year-old junior from Bessemer, Ala., a major in business administration, who will study at the University of Madrid.

Ronald A. Coleman, a 19-year-old junior majoring in political science, from Pine Bluff, Ark., and a graduate of Fayetteville wil study at the University of Nantes, France.

Roderic Pettigrew, a 19-year-old junior from Fort Valley, Ga., with a major in physics, an early-admission student from Monroe High School in Albany, Ga., will study at the University of Vienna; Chester Randle, a 20-year-old junior from Los Angeles, Calif., majoring in biology, who will study at the University of Durham, England and Wilbur Suggs, a 20-year-old junior and a political science major, from Farmville, N.C.

DR. E. A. JONES, chairman of the Merrill Scholar Selection Committee at Morehouse College, talks with students selected for Overseas Travel and Study in 1970-71. Seated is Wilbur Suggs, and standing left to right are, Roderic Pettigrew, Archer Powell (alternate), Chester Randle, Houston Coleman, Ronald Coleman, James E. Allsop and Lonzy Lewis (alternate).

Youths die; senators move to halt drug flow in ghetto

NEW YORK State senators from ghetto areas senators from ghetto areas have demanded that Police Commissioner Howard R. Leary take drastic measures to end the city's narcotics crisis after the overdose death of two student and the breakup of a student pusher ring.

A Manhattan and a Bronx youth died last week as the result of an overdose of barbiturates and narcotics.

Nearly 250 depressant pills were found in a ics and at least four others had to be hospitalized in serious condition.

Brooklyn youth's school desk. Police raiders arrested 10 young men in Queens and seized $500,000 worth heroin and narcotics-processing equipment.

The State Senate passed a resolution originating from senators, calling for a joint legislative crime committee to investigate alleged dereliction of duty on the part of police in connection with illegal commerce in narcotics.

The meeting with the police chief resulted from growing evidence that New York is experiencing a narcotics "epidemic" that is particularly virulent among teenage school students.

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In last week's wave of dope crimes, a friend told me of the youths, 14-year-old Alan White decided to end his life rather than face rumors that he was responsible for the barbiturate poisoning of three classmates at Mahanttans's JHS 52.

"I knocked the bottle from his hand and tried to get him to cough up the pills, but it was too late," said the friend.

"Someone fingered Alan. Someone told the dean that Alan was pushing stuff to the three kids and the dean started to hustle Alan," the friend said.

The friend, along with other, who refused to give their names, told of what happened. "The three kids who took the overdose were telling the cops that Alan slipped the stuff into their sodas. They thought they could get off by blaming someone else," said the youths.

Rumors were flying all over that Alan was pushing stuff and he told friends that several kids had threatened to kill him if one of the boys rushed to the Jewish Memorial Hospital, died.

"He told us he was scared. The dean is after me, the police are questioning me, the principal is on my back and some of the kids want to get me" said Alan, according to the friend.

The youths walked Alan home after school and told him not to worry because "We'd look out for you and everything will work out alright in school.

As they sat in Alan's apartment which he shares with his father, he asked one of the two friends there to go to the store and get him some cigarettes. The other he asked to bring him a glass of water.

"I went to the kitchen and when I returned, he was swallowing a fistful of pills," said the friend who tried unsuccessfully to get Alan to requritate the barbiturates.

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The friend said they called 119 and told them to send some-one up here quickly but nobody came. Other youths, summoned from their windows, came in to aid, but to no avail. They realized Alan was dying. "I felt sick in my stomach. I wanted to scream or run away," he indicated.

Finally, a car with two cops came by and were led to the apartmnt. One of the police looked at Alan and remarked, "He's dead."

Sen. Waldaba Stewart, one of the leaders of the current anti-narcotics drive, repeated charges made on the senate floor that he had given the address of 12 stores that sold narcotics to the Police Department including one near his home, and nothing had been done.

Manhattan Republican Roy M. Goodman said narcotics pushers were operating openly in schools and on the streets.

cat Robert Garcia of the Bronx, who said he had a cousin that became a mainliner narcotics user at 12½ years of age, told Leary that "If you arrest a pusher today, another will take his place tomorrow—they have heavy habits themselves."

"The dealing is a time bomb," he said.

Leary told the legislators he needed more men, legislation which would permit policeman to go into schools and go after narcotics pushers there, "buy" money for use by under cover agents in dealing with pushers.

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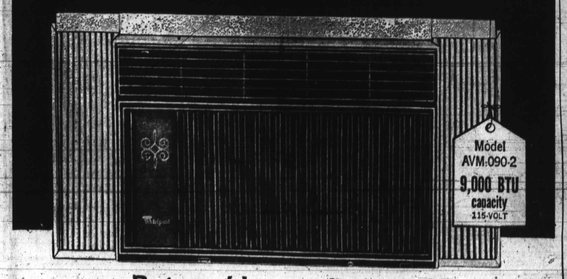

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THE AFRO-AMERICAN, FEBRUARY 28, 1970

BEST BUYS:

Canned fruits in plentiful supply

By VIRGINIA McLUCKIE, food economist

A sharp increase in carryover stocks and a larger pack this season points to plentiful supplies of canned fruit in the 1969-70 season.

Canned fruit cocktail and cling peaches are in record supply this year. Carryover of canned pears was nearly double that of a year ago and with the large pack, the pear supply is also record high. You may want to stock up on canned pears and include them on your menu often for tasty eating.

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The Bartlett is the leading pear variety, outranking all others in quantity and production value. The Bartlett is bell shaped with a clear, yellow skin and a sweet, "buttery" texture. Although some Bartlett pears are eaten fresh, the major part of the crop is canned. According to a national market survey, pears are one of the most popular canned fruits.

The largest amount of canned pears sold are in No. 2½ size cans which have a net weight of one pound and thirteen ounces. The label generally tells you the number of pear halves in the can.

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The label on the can will tell you the style of pack, halves, slices or pieces, and the type of syrup, that may be light or heavy, in which the pears are packed. In some markets specialty items such as cinnamon or mint flavored pears and spiced whole pears are sold usually at higher cost than plain pears.

A can of Bartlett pears and your imagination will open the door to a world of new food adventures. For breakfast, lunch or dinner there is a canned pear dish which will delight your family and friends. Pears furnish an important amount of vitamins and minerals and are comparatively low in calories. They are popular with youngsters, and oldsters too, because they are milk and easy to eat.

Here are some ideas you may not have tried in using canned pear halves. Broil canned pear halves with a dab of cranberry sauce in the center for a quick, delicious meat accompaniment.

Combine fresh orange slices, canned Bartlett pear halves, and a sprinkling of nutmeg for eye-opening breakfast fruit. Serve chunks of chilled canned Bartlett pears on toothpicks, with bowls of grated cheese and chopped nuts. Dip a chunk of pear in either or both of the garnishments.

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Make Upside Down Pear-Gingerbread with one pkg. Gingerbread Mix, canned pear halves, one-fourth cup butter, one-half cup brown sugar and maraschino cherries.

Melt butter in a 9 inch square pan. Sprinkle with brown sugar. Put a maraschino cherry in center of each drained pear half. Arrange pears cut side down on top of sugar-butter mixture. Pour gingerbread batter made from mix over pears. Bake 45-55 mins. 350 degrees F. Serve warm with whipped cream.

Sun eclipse due March 7, safety urged

A total eclipse of the sun is due on saturday, March 7 for the Southeastern part of the United States. In Maryland, the eclipse is expected to reach from 90 percent to 95 percent totality, starting at about 12:30 and ending about 3:30 p.m.

The National and Maryland Societies for the Prevention of Blindness warn that direct viewing is not safe. While the dazzling brilliance of the sun's rays is blocked during an eclipse, the invisible damaging infra-red rays continue to be emitted.

Infra-red rays can cause injurious burns of the eye's retina, the delicate back inner layer of the eye which transmits images to the brain. The retina is insensitive to pain so a retinal burn is not "felt." Such burns are irreparable and produce blind spots in the victim's field of vision.

The public should know that so-called protective devices such as sun glasses, smoked glass, even welders' goggles do not screen out the insidious infra-red rays.

A safe method of viewing the event is to watch the action on TV.

Apple Fritters

When buying apples, select the size best suited to your needs.

Cooks generally prefer a medium sized apple, while the youngsters do better with small apples. You'll get about 2 large apples to the pound, 3 medium and 4 small.

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For cooking, a pound of apples yields about 1½ cups of apple sauce. You'll find that 6 to 8 medium apples will yield 6 cups sliced or enough for one 9-inch pie.

Try these tasty apple fritters, a good accompaniment to the main dish.

Use one cup sifted flour, one-half teaspoon salt, one and one-half teaspoons baking powder, one tablespoon sugar, one egg, beaten, one-half cup milk, one tablespoon melted fat, one cup thinly sliced apples and fat for deep-fat frying.

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Sift together flour, salt, baking powder and sugar. Combine egg, milk and fat. Add to the dry ingredients all at once, stirring only enough to moisten. Stir in the apples.

Drop by spoonfuls into hot fat (350 degrees-375 degrees) cook until browned. Serve with sirup or sprinkle with confectioner's sugar. Eight small fritters.

VIENNESE TUNA TURNOVER is a great new tuna recipe to delight your family and friends, especially during this Lenten sea son

Tuna dishes for your Lenten menu

Here are two new tuna recipes that will delight and surprise.

The first is an adaptation of a marvelous Austrian pastry specialty. The second derives from the Italian manner of preparing casseroles in layers.

Viennese Tuna Turnover with a delectably different tuna filling encased in an exciting caraway seed pastcause it use convenience cause it uses convenience ingredients and time-saving techniques.

Make it for the family. Or make it for guests. It's elegant, satisfying — with all of that mouth watering old-time flavor — and, happily, inexpensive. It is perfect as a Lenten special.

And during the cold weather season when menus get a look of sameness, Tuna Cheese Strata, on the dinner table, is another dish that will make a hit. Here again the preparation is simplicity itself.

All you have to do is quickly sandwich the tuna filling and cheese between bread slices, place them in a casserole and pour a sprightly-seasoned custard mixture over the strata. Actually this is another delightful surprise — certainly for the cook — the fact that even a young "mother's helper" could make this dish successfully.

Besides offering variety and economy, both of these tuna recipes are complete protein main dishes. Canned tuna in vegetable oil, noted for the same high protein as lean meat, is easy to digest — perfect for very small children as well as the elderly. It really is a remarkable asset to family and company menus any way you look at it — or use it.

Viennese Tuna Turnover is made with two cans (6½ or 7 ounces each) tuna in vegetable oil, one-fourth cup chopped onion, one-half cup chopped celery, one tablespoon flour, one cup sour cream, one-fourth teaspoon salt, one-fourth teaspoon dried leaf thyme, one-fourth teaspoon Tabasco pepper sauce, two tablespoons chopped parsley, one package pie crust mix, three tablespoons caraway seeds and lemon wedges.

Drain oil from tuna into skillet heat. Add onion and celery; cook until tender but not brown. Blend flour into sour cream; add to skillet with salt, thyme and Tabasco. Cook over low heat 1 minute, stirring constantly. Remove from heat; stire in tuna and chopped parsley. Prepare pastry (enough for 2-crust pie) according to package directions; add caraway seeds.

Roll into rectangle 12 inches by 15 inches. Place tuna mixture on half of pastry (crosswise) to within an inch of the edge. Fold other half of pastry over tuna mixture. Moisten edges of pastry and press with a fork to seal. Bake in 425 degrees F. oven for 20 to 25 minutes, serve with lemon wedges.

Yield: 6 servings.

For Tuna Strata use twelve slices day-old bread, six slices process Cheddar cheese, two cans (6½ or 7 ounces each) tuna in vegetable oil, two-thirds cup mayonnaise, four eggs, two and one-half cups milk, one-half teaspoon prepared mustard, one-fourth teaspoon Tabasco pepper sauce, one tablespoon minced onion and one-half teaspoon salt.

Remove crusts from bread slices. Arrange 6 slices in a shallow 8½ x 14-inch baking dish; top with cheese slices. Blend tuna and mayonnaise in small bowl. Spread tuna mixture on cheese slices.

Cover filling with remaining slices of bread. Beat eggs, blend in milk and remaining ingredients, and pour over bread. Refrigerate 1 hour. Bake, uncovered, in 325 degree F. oven about 50 minutes or until puffy and brown. Garnish with lime or lemon twists. Serve at once.

Yield: 6 servings.

Economy meals for good eating

For economy-minded homemakers who are on the lookout for good buys at the food stores, the U.S. Department of Agriculture's Consumer and Marketing Service suggests canned and frozen sweet corn, now in plentiful supply and reasonably priced.

You'll find considerable variety of ready to heat and serve corn products in both these forms. Try something new. If you've never used corn soup, corn kernels, frozen corn-on-the-cob or other corn products, try them and see how tasty and versatile they are.

Use them as is or in a recipe of your choice. A creamy corn chowder makes a hearty and heart-warming dish to start a meal, for example.

Or you can use other corn products in salad mixtures for stuffing peppers, tomatoes or celery; for scalloped corn or scalloped corn and tomatoes; for corn and cheese fondue; for corn and sausage pudding; for corn with mushrooms or peppers; for corn souffles; for corn pancakes or fritters and scores of other tempting dishes.

Here's a menu for a day's good eating using foods that are plentiful and reasonably priced:

BREAKFAST
Grapefruit juice
Hot Cereal
Cinnamon buns
Milk
Coffee or Tea

LUNCH
Macaroni-cheese Casserole
Fresh Apple Cookie
Milk

DINNER
Corn-Tomato chowder
Broiled fish fillet
French fries
Celery stalks
Canned pears
Milk
Coffee or Tea

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This recipe for corn-tomato chowder is for the appetizer for the dinner meal:

To serve 4 generously, cut four strips of bacon into small pieces and fry until crisp. Remove bacon and saute one medium onion, diced, in fat.

Add one condensed tomato soup, one soup can of water, one No. 2 can cream-style corn, one fourth teaspoon salt, a pinch of pepper and salt.

Mix until well blended and heat slowly to serving temperature, being careful not to boil.

Ladle into serving dishes and garnish with chopped bacon.

Cut out this handy list of luscious baked foods at special prices during the coming week. Post it on your kitchen memo board or keep it with your meal planning list. You'll be glad you did — and your family will be even gladder!

SPECIAL TREATS from Silbers kitchens

Saturday, February 28
Baked with our own flaky French Pastry and real egg custard

Eclairs, Napoleons or Whipped Cream Puffs
Mix 'em or match 'em for a "please everybody" dessert. 25¢ each

Sunday, March 1
A delicious way to start off the day or wind up the evening.

French Coffee Cake
SPECIAL — only 1.04 reg. 1.19

Mon., Tues., Wed. March 2, 3 & 4
A three day party for chocolate lovers

Chocolate Swirl Cake
Moist, delicious chocolate devil's food cake iced with creamy chocolate buttercream and swirled with melt-in-your-mouth chocolate fudge.
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15¢ off these cakes too! Cocoanut Fudge Cake, Chocolate Layer Cake, Double Dutch Chocolate Cake, Cocoanut Layer Cake, Silhouette Cake, and Lemon Sherbet Cake.

Thursday, March 5
Makes any meal a party
Makes a party even partier!

Roman Rum Torte
La Dolce Vita! Two light layers of souflee cake drenched in rum syrup, with creamy custard between layers, iced with mocha buttercream with sliced almonds around the sides. Go ahead live it up!
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