# Economy meals

When the sun is bright and the sky is clear blue, city and suburban folk itch for an outing in the country, topped off with a picnic lunch.

If you're planning a picnic, says the U.S. Department of Agriculture's Consumer and Marketing Service, take along foods that are easy to serve and eat.

Unless you will be using an outdoor stove or barbeque, it's simplest to prepare everything in advance and just serve it cold. Sandwiches, salads, fresh fruits and cold meat, fish, or poultry dishes are ideal picnic fare.

• • •

Many foods that are currently plentiful and attractively priced can easily be prepared for picnic enjoyment. These include eggs, processed applesauce, canned green beans; fresh, canned and frozen corn, canned tomato products, canned fruit cocktail, and milk and dairy products.

Bring only as much perishable food as you think you'll use. This is particularly important for egg and milk dishes, as leftovers may no longer be good by the time you return home.

• • •

Refrigerate picnic fixings up until you leave home. Then keep them in a cooler, with beverages in thermos jugs.

If you don't have a cooler, wrap foods in many layers of paper to provide insulation. You can bring beverages in aluminum cans, which can be placed in your freezer for an hour or two before leaving. The drinks should be just-right cold by the time you use them, and meanwhile, they'll help cool other foods packed around them.

And much as fairytales may tell of breadcrumb trails, it's thoughtless to leave signs of your presence for future picnickers to come upon. In other words, do your part to protect our environment — don't litter!

• • •

Bring plenty of plastic or paper bags for trash disposal. You might use one big bag in which all garbage can be placed, and then conveniently dumped in one fell swoop into the nearest litter basket.

Keep extra litter bags open in your car, perhaps hung on the window handle, or with an edge clipped in the car's ashtray. That way, if your family wants pre-picnic samplings, you can easily dispose of the remains.

Then sit back and enjoy the scenic splendor of trees, grass, sunshine, and flowers — knowing you're leaving them as lovely as you found them!

• • •

Here's a menu for a day's good eating, using plentiful and reasonably priced foods and including a lunch that's picnic-perfect:

BREAKFAST
Grapefruit and Orange Segments
Ready-to-Eat Cereal with Honey
Toast and Margarine
Milk
Coffee or Tea

LUNCH
Cold Fried Chicken
Potato Salad
Green Bean Salad
Fresh Fruit
Milk
Iced Coffee or Tea

DINNER
Hamburgers on Toasted Buns
Corn on the Cob
Cole Slaw
Ice Cream and Canned Fruit Cocktail Sundae
Milk
Coffee or Tea

This recipe for green bean salad makes a tangy picnic vegetable:
1 1-lb. can whole green beans
1/3 cup white wine vinegar
2 tblsps. honey
½ clove garlic
½ tsp. seasoned salt
1 tsp. minced onion
1 tblsp. salad oil

In a saucepan, combine liquid from beans with vinegar, honey, seasonings and onion; simmer 5 minutes. Add beans; heat. Add 1 tablespoon salad oil; chill before servings. Serves 4.

IS THIS 1929 OR 1970? — A group of students on Virginia State College campus, Petersburg, relax in front of a 1929 automobile parked in front of Jones Dining Hall. The driver of the vehicle had stopped on campus enroute to an antique automobile show to be held at the Old Market Place in downtown Petersburg. The VSC students from left to right, are: John Graham, Charles Price, Alfred S. Pinkeet III, Emerald Bailey, Francis Oliver, Larry Saunders, Ben Goode and Myron Hudgins. (Photo by Don G. Blockwell)

PRINTED PATTERN

FLIP, flirty, front pleats show off your legs beautifully as you travel here and there. Neckline's perfect for scarfs, pins and so on.

Printed Pattern 4907: NEW Misses' Sizes 8, 10, 12, 14, 16. Size 12 (bust 34) takes 2⅓ yards 60-inch fabric.

• • •

CUT OUT this sun lounger in minutes, sew it up in no time of denim, poplin, pique. Wear it on cool days as a jumper with blouse in pattern.

Printed Pattern 4998: NEW Teen Sizes 10, 12, 14, 16. Size 12 (bust 32) takes 2¼ yards 35-inch fabric.

SEVENTY-FIVE CENTS for each pattern — add 25 cents for each pattern or Air Mail and Special Handling.

Send to The AFRO-AMERICAN Pattern Dept., 243 West 17th St., New York, N.Y. 10011. Print NAME, ADDRESS with ZIP, SIZE and STYLE NUMBER.

• • •

NEWS/NOW! SPRING-SUMMER Pattern Catalog. 111 styles, free pattern coupon. 50 cents. INSANT SEWING BOOK—cut, fit, sew modern way. $1.00. INSTANT FASHION BOOK — wardrobe planning secrets, flattery, accessory tips, $1.00.

## School Lunches

MONDAY
Barbecue on Roll or Bologna Sandwich
Buttered Parsley Potatoes
Buttered Mixed Vegetables or Kale
Applesauce
½ Pt. Milk

TUESDAY
Ham and Cheese on Roll or Frank on Roll
French Fried Potatoes
Cole Slaw or Green Beans
Chocolate Pudding
½ Pt. Milk

WEDNESDAY
Pot Roast Beef with Gravy or Tuna Sandwich
Whipped Potatoes
Buttered Corn or Glazed Carrots
Cheese Roll and Butter
Orange Juice and Brownie
½ Pt. Milk

THURSDAY
Fish Square with Tartar Sauce or Grilled Cheese Sandwich
Spanish Rice
Baked Spinach or Collard Greens
Crispy Cornbread and Butter
Fruit Cup
½ Pt. Milk

Elementary Schools — 10 pt

MONDAY
Barbecue on Roll
Buttered Parsley Potatoes
Buttered Mixed Vegetables
Applesauce
½ Pt. Milk

TUESDAY
Vegetable Soup
Peanut Butter and Jelly Sandwich
Cole Slaw
Chocolate Pudding
½ Pt. Milk
or
Ham and Cheese on Roll
French Fried Potatoes
Cole Slaw
Chocolate Pudding
½ Pt. Milk

WEDNESDAY
Pot Roast Beef with Gravy
Whipped Potatoes
Buttered Green Beans
Cheese Roll and Butter
Orange Juice and Butter
Orange Juice and Brownie
½ Pt. Milk

THURSDAY
Fish Square with Tartar Sauce
Spanish Rice
Buttered Collard Greens
Crispy Cornbread and Butter
Fruit Cup
½ Pt. Milk

## THE BLACK MAN NEEDS HELP

Your leaders need pennies, nickles, dimes and money. Our cause needs help now. Send your name and help to Barnard Bradford, P.O. Box 8738, Washington, D.C. 20011


YOUR KIND of STORES BROWN'S Super Markets EAST & WEST WHERE YOUR MONEY BUYS THE BEST!

YOU SAVE MORE AT BROWN'S

VAL VITA SLICES PEACHES LGE. 2½ CAN 19¢
ESSKAY Fresh Shoulders 4 to 6 lbs. AVG. 39¢
INTRODUCTORY OFFER Maxwell House Caffee Instant COFFEE 2 oz. SIZE 29¢
FREE ONE POUND BOX OF SPAGHETTI WITH PURCHASE OF LARGE 32-OZ. JAR OF RAGO SPAGHETTI SAUCE TOTAL PRICE 69¢
GWALTNEY'S CYPRESS BRAND SLICED BACON 1-lb. PKG. 49¢
DUNCAN HINES CAKE MIXES YELLOW-LEMON-PINE APPLE 3 BOXES $1.00
DOMINO SUGAR 5-lb. BAG 49¢ WITH THE PURCHASE OF $5.00 OR MORE
ESSKAY FROZEN CHITTERLINGS 10 lb. BOX $2.99
HANOVER CORN or PEAS 16-OZ. BAG 29¢
Pa. Dutch Noodles MED. WIDE FINE 8-OZ. BAG 19¢
ESSKAY FRESH SAUSAGE DIXIE MAID OR FARM STYLE lb. 59¢
SOLARINE FLOOR WAX LARGE 46-OZ. CAN 99¢
Round the Clock ORANGE-GRAPE-PUNCH 4 LARGE 46-OZ. CAN 99¢
GOETZE'S LUNCHEON MEAT Bologna °Head Cheese °Pickle °Salami °Spiced Luncheon 3 6-OZ. PKG. FOR $1.00
TOILET TISSUE ASST. COLORS 4 ROLL PAC 35¢
FROZEN FOODS FEATURES BANQUET SLICES TURKEY °SLICED BEEF °CHICKEN ALA-KING °SALISBURY STEAK °CHARRED BEEF 5 OZ. PKG. 19¢
SAVORY SEAFOOD SAVINGS FRESHLY SLICED STEAKFISH lb. 49¢ LAKE TROUT-OYSTER TROUT-PORGIES-BLUES-BUTTER-ROCK-PERCH-SHAD-CRABMEAT-SHRIMP
FRESH PRODUCE SPECIALS CALIFORNIA LEMONS 200 SIZE DOZ. 49¢

Special Notice! GOVERNMENT, PAYROLL & SOCIAL SERVICE CHECKS CASHED FREE WITH PURCHASE of $3.00 OR MORE | THANK YOU FOR YOUR PATRONAGE

BROWN'S WEST — OPEN SUNDAYS TIL. 1:00 P.M. — WE ACCEPT FOOD STAMPS & COUPONS
1400 N. MONROE ST.
Above Prices - Effective at Both Brown's
THURSDAY THRU SUNDAY MAY 21st — MAY 24th
PLEASE NOTE... WE CANNOT BE RESPONSIBLE FOR PRINTERS ERRORS

SHOP 7 DAYS A WEEK
STORE HOURS BROWNS WEST: MON.—WED. 9 to 7, THURS. 9 TO 8, FRI. SAT. 8 to 9, SUN. 8 to 3
STORE HOURS BROWNS EAST: MON.—WED. 9 to 6:30, THURS. 9 to 8, FRI. SAT. 8 to 9, SUN. 8 to 1
FREE PARKING

WE ACCEPT FOOD STAMPS & COUPONS — OPEN SUNDAYS TIL. 1:00 P.M. — BROWN'S EAST
1601 N. WASHINGTON ST.
Free Delivery, Both Stores
With Purchase of $10 or More

WHOLESALE MEATS
(Slaughter House Meats At Wholesale Prices)
Saturdays Only 6 AM.-2 PM.
1205 HOLLINS STREET
¼ Blk. From Hollins Market




# Foreign students highlight Garden Club's 'dream' dinner

SALISBURY, N.C. — Foreign students were in the limelight Sunday night at Livingstone College as the Poets and Dreamers Garden Association of the college held its annual fund-raising dinner.

At what the Association titled its "Herb Dinner in Ten Languages," the foreign students were called upon to speak briefly in their native tongues.

The 15 students who were special guests of the organization included Sampson J. Udo, Samuel Ekeman, Jimmy Essian, and the Rev. Okon A. Eyo, all of Nigeria; Joseph Hatcoway Seth Mensah, John Osam-Pinanko, the Rev. Manuel Tay, Samuel Adinyira, Alred Aghughatay, the Rev. Gabriel Asimah, and Edward Kumaga, all of Ghana; John M. Murani of Kenya; the Rev. Chancy Bolo of Liberia; and Lennox Alfred of South America.

The dinner was held in Aggrey Student Union, with a Japanese garden as the main setting. Flowers from various countries were used as other decorative pieces and all music for the occasion was in some foreign language.

The special menu for the occasion included foods from Hawaii, Germany, Peru, Spain, Iran, Italy, Puerto Rico, France, Latin America, and the United States.

Sunday night's dinner was the second of its kind since the Poets and Dreamers Garden was dedicated in 1967. Believed to be the only one of its kind on a college campus in the United States, the Poets and Dreamers Garden is intended to honor the memories of poets and dreamers of all times. It includes the founder's mausoleum, the Biblical garden, Phyllis Wheatley Fountain, Shakespearean Garden, David Livingstone Walk, Samuel E. Duncan Sundial, International Garden, and the Jennie Smallwood Price, Azalea Trail, the latter being formally dedicated last month.

The organization has just published a brochure on "The Story of the Poets and will use proceeds from the Sunday night dinner to further expand the Garden.

Mrs. Howard Taurman of San Francisco, Calif. is chairman of the National and International Sponsors Committee for the Garden. Local officers are Mrs. Samuel E. Duncan, president; Mrs. Josephine Price Sherill, vice president; Mrs. Lois Harmon Reeves, secretary; and Mrs. Ollie M. Burnside, treasurer.


BUY AT Wholesale Prices Get Our Estimate And Save On Lumber and Building Supplies "The Best For Less" PENN LUMBER, Inc. 801 PENNSYLVANIA AVE. 728-5450 Off W. Franklin St.

MEDIUM WHITE GRADE 'A' EGGS DOZ. 29¢

CROSSE & BLACKWELL ASSORTED RELISHES 10½-OZ. JAR 25¢
FOOD CLUB—FRESH PAK KOSHER DILLS qt. jar 49¢
FOOD CLUB BARBECUE SAUCE 18-oz. bot. 35¢
1-LB.-4-OZ. WELCH GRAPE JELLY jar 39¢
FOOD CLUB CATSUP 14-oz. bot. 19¢
TROPICAL-LO FRUIT DRINKS ½-gal. 37¢
DELUXE CANDY STRIPE ALUMINUM FOLDING FURNITURE CHAIR $7.77 ROCKER $10.97 CHAISE $13.77

We're Holding Prices Down! BIG VALU FOOD CENTERS Low Prices Every Day!

QUANTITY RIGHTS RESERVED. PRICES EFFECTIVE THRU MAY 23, 1970.

FRESH BAKERY
SAVE 32¢ BUTTERMILK WHITE BREAD 4 lb.-6 oz. loaves $1
PLAIN OR ICED POUND CAKE LOAF ea. 59¢
SUGARED ORANGE RING ea. 39¢
DANISH PECAN SWIRLS 6 in pkg. 45¢
DANISH JELLY RING ea. 53¢
FROZEN FOODS
TOP FROST—ALL VARIETIES MEAT PIES 8-oz. pkg. 16¢
VAHISING FRENCH FRIES 5 lb. bag 69¢
GAYLORD CORN or PEAS 10-oz. pkg. 14¢
TOP FROST WAFFLES 6 in pkg. 10¢

HEALTH & BEAUTY AID BUYS!
SAVE 12¢ OFF MICRIN 10-oz. bot. 87¢
MINT OR REG. CREST TOOTH PASTE 5½-oz. tube 49¢

DAIRY CASE SPECIALS!
DELICIOUS KRAFT CHEEZ-WHIZ 8-oz. pkg. 49¢
THIN SLICED AMERICAN CHEESE 1-lb. pkg. 75¢
SOFT GOLDEN MRS. FILBERT'S OLEO 1-lb. pkg. 43¢
GOLDEN QUARTERS MRS. FILBERT'S OLEO 1-lb. pkg. 30¢

SPRAY DEODORANT HOUR AFTER HOUR 4-oz. 79¢ 7-oz. $1.09
ANTI-PERSPIRANT HOUR AFTER HOUR 5-oz. 89¢ 8-oz. $1.19
1-QT., 8-OZ. CRISCO OIL bot. 81¢
JIF PEANUT BUTTER 12-oz. jar 47¢
DUNCAN HINES ANGEL CAKE MIX 14½-oz. pkg. 62¢
DUNCAN HINES LAYER CAKE MIX 1-lb. 2½-oz. pkg. 38¢

15¢ MFC COUPON 15¢
SAVE 15¢ with this coupon when you buy the 1-LB. can of YUBAN COFFEE reg. 95¢ LB. CAN Only 80¢ with this Coupon
Cash value 1/20¢ — GOOD AFTER 5-23-70
15¢ COUPON GOOD BIG VALU STORES ONLY 15¢

LEAN Sugar Cured SMOKED PICNICS 44¢ lb.
U. S. CHOICE BEEF CALIFORNIA ROAST 79¢ lb.
FRESH LEAN PORK SHOULDER ... 48¢ lb.
U.S. GOV'T INSPECTED—WHOLE FRESH CHICKENS 33¢ lb. ..... lb. 29¢
10¢ OFF Rinso with Color Bleach 3-lb., 1-oz. box 65¢
ELNA SPAGHETTI, CUT GREEN Beans, Beets, Pork & Beans 1-lb. can 12¢
SAVE 20¢ JUBILEE Blueberry Pie LARGE SIZE 49¢
ALL FLAVORS—16-OZ. THROW AWAYS GAYLA SODAS 10¢
BREAST O' CHICKEN TUNA CHUNK LIGHT 6½-oz. can 30¢
PINK MEAT WESTERN CANTALOUPES 3 FOR $1
DELICIOUS FANCY GOLDEN RIPE BANANAS lb. 12¢
FLORIDA SUNKIST WHITE POTATOES lb. 10¢
FRESH RED RADISHES BUNCH 10¢
FRESH GREEN ONIONS BUNCH 13¢
100% PURE FLORIDA ORANGE JUICE ... ½ GAL. 79¢

U.S. GOVT. INSPECTED—QUARTERED CHICKEN LEGS & BREASTS lb. 38¢
U.S. GOVT. INSPECTED—FRESH ROASTING CHICKENS lb. 38¢
U.S. GOVT. INSPECTED—WHOLE CHICKEN LEGS lb. 55¢ BREAST lb. 59¢
U.S. CHOICE—BONELESS 3 CORNER BEEF ROAST lb. 98¢
U.S. CHOICE BEEF POT ROAST lb. 68¢
TENDER SHOULDER LAMB CHOPS lb. 98¢
U.S. CHOICE LEAN CHOPPED CHUCK lb. 88¢

MASH'S HAMS SHANK HALF 58¢ lb. SLICE BONELESS BUTT 78¢ lb.
FRESH SLICED BACON Gayford 1-lb. pkg. 79¢ Food Club 1-lb. pkg. 89¢ Turkey 1-lb. pkg. 99¢
FOOD CLUB FRANKS 1-lb. pkg. 69¢ Gentzer 1-lb. pkg. 79¢
IN THE PIECE LIVERWURST lb. 55¢
ASSORTED FRESH SLICED GOETZE LUNCH MEATS 9-oz. pkg. 38¢
CENTER CUT HAM SLICES lb. $1.09
SLICED TO ORDER GOETZE BAR-B-Q LOAF ½-lb. 69¢
HORMEL ½ MOON SPICED HAM ½-lb. 69¢
DARK MEAT TURKEY ROLL ½-lb. 65¢
NATURAL CASING ESSKAY LIVERWURST ½-lb. 49¢

FRANKS 1-lb. pkg. ESSKAY OSCAR MAYER GOETZE BEEF BIG DADDY'S HYGRADE KNOCKWURST 85¢
FOOD CLUB CANNED HAMS 3 lb. can $3.39 5 lb. can $5.39 8 lb. can $8.39
¼ Loin Pork Chops lb. 88¢
Boneless Pork Tender lb. 98¢
Boneless Pork Roast lb. 78¢

FANCY SEAFOOD
FRESH SLICED STEAK FISH lb. 59¢
FRESH Porgies lb. 49¢

3¢ OFF PERSONAL SIZE IVORY SOAP 4 BAR PACK 25¢
10¢ OFF—1-lb., 9-oz. Box BIZ PRE-SOAK 67¢ BOX

30¢ MFC. BIG VALU STORES COUPON MFC. 30¢
SAVE 30¢ with this coupon when you buy the 4-OZ. jar of instant Yuban COFFEE Reg. 89¢ 4 OZ. JAR Only 59¢ with this Coupon
One Coupon Per Family—Offer Expires 5-23-70
30¢