Light House Okeeping

By LULA MACKAY

June is Dairy Month, and the U.S. Department of Agriculture gives these tips: —

Cottage cheese contains about 20 per cent milk solids, and has many of the same nutrients found in fresh milk.

It is nutritious, easily digested and can be made at home from skim milk or reconstituted nonfat dry milk.

* * *

USDA nutritionists recommend the following amounts of milk every day:

Children under 9 — over 16 ounces

Children 9 to 12 — 24 ounces or more

Teenagers — 32 ounces or more

Adults — 16 ounces or more

Pregnant women over 19 — 24 ounces

Nursing mothers over 19 — 19.32 ounces or more.

* * *

What is pasteurized process cheese? It's a blend of fresh and aged natural cheeses which have been shredded, mixed and heated (pasteurized) after which no further ripening occurs. It melts easily when reheated.

* * *

If you're planning to make homemade ice cream you can substitute chilled evaporated milk (not diluted) in place of light cream.

You might call it a weight watchers ice cream because it is only about 140 calories per serving.

For homemade ice milk you can trim the calories down to 100 per serving.

* * *

Eggs provide significant amounts of vitamin A, iron, and riboflavin (vitamin B2) and they are one of the few foods that contain natural vitamin D.

* * *

More tips from Agriculture: Pick an old pail, or wooden box, add some seeds, synthetic soil, fertilizer and a group of elementary school children who want to participate in a growing project.

—Then get a booklet called "Minigardens" (15 cents from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402) and you have the ingredients for a summer project.

It could be adapted for a summer school class or a summer camp program because the project has open-end possibilities. So much may be learned by participating in an "experiment in growing."

All the details of the minigarden project are outlined in a new publication called the Teachers Guide to implement the use of the pamphlet "Minigardens for Vegetables" (Home and Garden Bulletin No. 163).

Prepared by the Agricultural Research Service of USDA, the elementary science program is based on inquiry and process that encourages real learning. A complete outline may be developed on the different kinds of soil (with requirements needed for various plants), suggested approaches to the project, and the materials and supplies that would be useful.

A second in the ARS publications series called "Rearing Wax Moths in the Classroom" is designed primarily to study complete metamorphosis as shown in the life cycle of the moth.

This project is designed for youngsters in the elementary and secondary school stages provided they have not had extensive experience in rearing insects.

Only one precaution must be pointed out to children who participate in this project. While the culture may be examined at anytime, it must be returned to the incubator after observations.

It is necessary to take precautions not to free insects since they are harmful to bees and will also tunnel through cloth or other material.

This type of activity might be ideally suggested for summer programs with those who are interested in a scientific project that requires no daily maintenance. Educators may request copies of both projects by writing to the Educational Services Branch, U.S. Department of Agriculture, Agricultural Research Center, Beltsville, Md. 20705.

From diapers to decorating correlate classroom routine

By GUY OLSTON

RALEIGH, N.C. (UPI) — Changing diapers, waxing floors and pounding nails doesn't seem to bear much resemblance to the traditional classroom chores of reading, writing and arithmetic.

But Dr. Charles Law thinks they can be correlated quite well. He is director of occupational education in the N.C. Department of Public Instruction and responsible for a pilot vocational education program that was born this year in the middle grades of 21 North Carolina school systems.

Gov. Bob Scott spurred the 1969 legislature to appropriate some $2.1 million for the program that involves students in grades 6, 7 and 8.

* * *

Law says the purpose of the program is to orient the student to the "world of work" by exploring the different facets that make up particular occupations.

It's not designed to give skills; he says. He says the "exploratory courses" will be carried to a more specific end when the students enter advanced classes in high school. Law says the students get an understanding of various occupations, their functions and the skills required to work in them.

Lenoir County has been operating a successful program.

Assistant Superintendent John Wooten says, "We've noticed a change in attitude." He says the students, who don't receive grades or credit in the courses, have shown so much interest they sometimes show up early for class or remain through lunch period. "In no case have we had to discipline students in this program," he adds.

He says one class period might start off with a lesson on nails, their types and purposes, then broaden into their use in carpentry and then expand into the types of jobs carpenters do.

Girls in home economics get a chance to change a baby's diaper, wax floors and learn color schemes. Then the jobs are correlated with occupations such as nursing and home decorating.

The instruction doesn't end in the occupation education classes though. Law says teachers are encouraged to relate the more academic disciplines.

Law notes that the student often drops out of school "because he doesn't see the relevance of the course he is taking."

Schedule set for concerts in the Park

The Bureau of Music will open the Summer Band Concert Season on Sunday, June 14, in Druid Hill Park, Grove 10 area, 5:00 p.m. to 7:00 p.m., Weldon J. Irvine, Sr., conducting the Baltimore Municipal Band.

During the months of June, July, August and September there will be a series of 62 free concerts scheduled 6 days a week, Monday through Friday, Sundays and holidays.

The concerts will be presented in every section of the city, with programs encompassing all musical categories, popular and semi-classics, music from broadway shows and motion pictures and jazz pieces. The conductors are:

Weldon J. Irvine, Sr., conducting the Baltimore Municipal Band. Gerald Fyth conducting the Park Concert Band. Charles E. Gwynn, Sr. conducting the Baltimore Park Band. Dr. Leigh Martinet conducting the Municipal Concert Band. John W. Spicer, conductor of the Monumental City Six Dixieland Jazz Band.

Featured nightly with each concert band will be a guest soloist, and an audience participated singalong led by song leaders Marvin Clark and Matthew Freling.

The Municipal City Six Dixieland Jazz Band will feature an all jazz program.

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FRESH GROUND CHUCK	lb. 89¢	OUR THRIF-T BRAND SLICED ALL MEAT BALOGNA	3 lb. pkg. $1.29
PLATE SOUP MEAT	lb. 39¢	GOETZE'S BIG DADDY WIENERS	lb. pkg. 79¢
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DOG FOOD	RED HEART 16-oz. can 10¢	SALMON	PETER PAN TALL CAN 75¢
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DRINKS	ROUND THE CLOCK * PINEAPPLE-GRAPEFRUIT * ORANGE * GRAPE 46-OZ. CANS 4 99¢	HOMINY GRITS	REG. PKG. 25¢
LUNCHEON MEATS	SNAX 12-OZ. CAN 39¢	GLO COAT WAX	JOHNSON'S GALLON CAN 2.99
APPLESAUCE	APPLE BLOSSOM 50-OZ. JAR 49¢	HI C DRINKS	ASSORTED 46-OZ. CANS 3 $1.00
SWEET PEAS	KOUNTY KIST 303 CAN 14¢	FACIAL SOAP	LUX 10¢ OFF BAR PKG. 4 29¢
PORK n BEANS	CAMPBELL'S 16-OZ. CAN 14¢	CATSUP	DEL MONTE 14-OZ. BTLE. 21¢
KOOL AID	ASSORTED 6 PKGS. 29¢	MASHED POTATOES	PILLSBURY 3-OZ. PKG. 10¢
MAYONNAISE	MRS. FILBERT'S QUART JAR 49¢	BLEND BLEACH	GALLON PLASTIC 29¢
KOSHER PICKLES	CATES 48-OZ. JAR 59¢	COFFEE CREAMER	PET NON DAIRY 6-OZ. JAR 39¢

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Servicemen in News

Staff Sergeant Sylvester L. Wiggins, son of Mr. and Mrs. Bennie Land of Belview Ave., Baltimore, is a member of a unit that has earned the U.S. Air Force Outstanding Unit Award with combat "V" device.

The 366th Tactical Fighter Wing at Da Nang AB, Vietnam, was cited for exceptionally meritorious service from April 1, 1968 to July 31, 1969 during military operations against enemy forces in Southeast Asia. The wing maintained a superior combat record while pioneering operational techniques that produced beneficial changes to the tactical air structure.

* * *

Sergeant Wiggins, an aircraft mechanic in the 366th, will wear a distinctive service ribbon to mark his affiliation with the unit.

The organization is a part of Pacific Air Forces, headquarters for air operations in Southeast Asia, the Far East and the Pacific area.

The sergeant is a 1963 graduate of Carver Vocational Technical High School.

His wife, Elizabeth, is the daughter of Mrs. Melba Solomon of 1322 Union St., Brooklyn, N.Y.

* * *

Airman First Class Danny C. Spears, son of Otis Spears of E. Monument St., Baltimore, is a member of a unit that has earned the U.S. Air Force Outstanding Unit Award with combat "V" device.

The 366th Tactical Fighter Wing at Da Nang AB Vietnam, was cited for exceptionally meritorious service from April 1, 1968 to July 31, 1969 during military operations against enemy forces in Southeast Asia. The wing maintained a superior combat record while pioneering operational techniques that produced beneficial changes to the tactical air structure.

* * *

Airman Spears, an armament systems specialist in the 366th, will wear a distinctive service ribboon to mark his affiliation with the unit.

The organization is a part of PACIFIC Air Forces, headquarters for air operations in Southeast Asia, the Far East and the Pacific area.

The airman, a 1965 graduate of Patterson High School, attended Baltimore Junior College.

* * *

Tyrone Bowles, son of Mrs. Juanita Bowles, N. Patterson Park Ave., Baltimore, has been promoted to sergeant in the U.S. Air Force.

Sergeant Bowles, an air operations specialist at Tyndall AFB, Fla., is serving with the 4756th Flying Training Squadron, a unit of the Aerospace Defense Command which protects the U.S. against hostile aircraft and missiles.

The sergeant is a 1968 graduate of Baltimore Polytechnic Institute High School.

* * *

Navy Petty Officer First Class George S. Queen, husband of the former Miss Henrietta Garrett of Keyworth Ave., Baltimore, has returned to the U.S. aboard the aircraft carrier USS Ranger after more than seven months with the Seventh Fleet in the Western Pacific.

This was the carrier's fifth combat deployment in the Gulf of Tonkin.

* * *

Navy Airman Stephen B. Epps, of 719 N. Payson St., Baltimore, has returned to the U.S. aboard the aircraft carrier USS Ranger after more than seven months with the Seventh Fleet in the Western Pacific.

This was the carrier's fifth combat deployment in the Gulf of Tonkin.

* * *

Woman Marine Lance Corporal Maryland Dorsey, of Bateman Ave., Baltimore, was promoted to her present rank while serving at El Toro Marine Corps Air Station, Santa Ana, Calif.

Her promotion was based on time in service and rank, military appearance, and her knowledge of selected military subjects.

Marine Corporal Roderick S. Taylor, husband of Mrs. Sonhronia A. Taylor of 1329 Winston Ave., Baltimore, was graduated from Marine Combined Action Force School, Danang, Vietnam.

The course provides instruction in the customs and habits of the people in hamlets and villages to which graduates are assigned.

* * *

Marine Lance Corporal Maurice N. Clark, of 1842 N. Spring St., Baltimore, is participating in "Exotic Dancer III" with the Second Marine Division near Camp Lejeune, N.C.

* * *

Marine Staff Sergeant Bobby M. Wedlock, son of Mr. and Mrs. Houston M. Wedlock of 3314 Garrison Ave., Baltimore, is participating in "Exotic Dancer III" with the Second Marine Division near Camp Lejeune, N.C.

"Exotic Dancer III" is a three-week joint service training exercise involving an estimated 60,000 Navy, Marine Corps, Army and Air Force support troops, operating against an opposing force of additional Atlantic command units.

The operations include an air-dropped U.S. Army Airborne Brigade coordinated with amphibious helicopter and surface landings by a Marine Expeditionary Brigade from Navy ships.

* * *

Navy Seaman Apprentice Steven C. Cawunder, son of Mr. and Mrs. Charles J. Cawunder of 4923 Reisterstown Road, Baltimore, is serving aboard the aircraft carrier USS Wasp in the North Atlantic.

* * *

Navy Fireman Apprentice Gerald E. Williams, son of Mr. and Mrs. Charles R. Williams of 3052 Ascension St., Baltimore, has returned to Mayport, Fla., following a six-month deployment with the U.S. Middle East Fleet in the Indian Ocean.

* * *

Navy Seaman Apprentice Roy Cox Jr., of 308 E. 25th St., Baltimore, is participating in the joint amphibious and airborne "Exotic Dancer III" exercise as a staff member aboard the U.S. Second Fleet Flagship, the light guided missile cruiser USS Springfield.

The Springfield is one of 19 Norfolk, Va., based ships assigned to take part in the exercise, which is being conducted in the Croatan National Forest and Camp Lejeune, N.C. area during the last two weeks of May and the first week of June.

Marine Lance Corporal Larry S. Medley, of 2326 E. Federal St., Baltimore, is now serving at the Marine Corps Air Station, Cherry Point, N.C.

* * *

Marine Sergeant Johnathan M. Watkins, husband of the former Miss Janice Johnson of 2409 Kermit Court, Baltimore, is now serving with the Third Force Service Regiment, Camp Foster, Okinawa.

Goucher graduation

The Honorable Sol M. Linowitz, attorney, former ambassador to the Organization of American States, and chairman of the Special Committee on Campus Tensions of the American Council on Education, will deliver the commencement address at Goucher College's seventy-ninth commencement exercises on Sunday, June 14 at 10:30 a.m. on the Goucher campus.

His address is entitled "Countdown for Tomorrow."

Addresses also will be given by Dr. Alice S. Rossi, associate professor of sociology, and by Lucretia M. Gibbs, president of the Students' Organization in 1969-70 and a member of the senior class.

The commencement activities will begin on Saturday, June 13 with an open house by departments for seniors and their parents, a senior class presentation of the arts, and a reception for the graduating classes, their parents and faculty at the home of President and Mrs. Marvin B. Perry Jr.

It is expected that 317 seniors will be awarded Bachelor of Arts degrees and that 33 students in the graduate program in elementary education will receive Master of Education degrees. The total enrollment at Goucher is 1066.

Windsor Hills garden tour is Sunday

The Windsor Hills Association will sponsor a house and garden tour in that section of Northwest Baltimore on Sunday, June 7, from 1 to 5 p.m.

Built at the turn of the century, this integrated residential neighborhood will show some well-preserved older homes, as well as those undergoing remodelling.

This, the 2nd annual tour will feature an art festival with local talent in art and crafts and a white elephant sale. Refreshments will be on sale. Admission is $1.

Directions by car are: Gwynne Falls Parkway to Clifton Road. Turn right and follow signs, or take Garrison Blvd. to Duval Avenue. Turn west to Lawins and follow signs. By bus take Route 11 to Windsor Hills or Lorraine.

THE CHARMETTES, PHASEII, a social and civic club, celebrated their first anniversary, recently. Members, from left, are Miss Doreathea Sanders, Miss Tinea Clark, Miss Verna Whiten, Mrs. Viola Smith, Miss Lorrain Chapman and Miss Sandra Butler.

Safety Council meeting set

The Baltimore Safety Council will hold its 47th Annual Dinner Meeting on Wednesday, June 10, in the Main Ballroom of Martin's West, Belmont Road and Security Boulevard. Festivities will get underway at 7 p.m. for the 250 members expected to attend.

William T. Sewell, Safety Council president, announced that the featured speaker will be M. R. Darlington, lecturer and humorist of the Highway Users Federation. "The "Sing Out Baltimore" Chorus will provide entertainment.

JUNE 11

United Nations Association of Maryland annual meeting, at 8 p.m. Speaker Honorable Charles W. Yost, United States Ambassador to the United Nations. Holiday room village of Cross Keys 5100 Falls Road.

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U.S.D.A. CHOICE (ROUND) SILVER TIP ROAST lb. 1.09 — U.S.D.A. CHOICE BONELESS RUMP ROAST lb. 1.19 — U.S.D.A. CHOICE EYE ROUND ROAST lb. 1.25

U.S.D.A. CHOICE POT ROAST FULL CUT lb. 79¢ — CALIFORNIA CHUCK lb. 79¢ — FRESH — 3-LB. PKG. OR OVER GROUND CHUCK lb. 69¢ — GROUND ROUND FRESH EXTRA LEAN lb. 79¢ — GOV'T. INSPECTED REG. STYLE CHICKEN LEGS THIGH ON lb. 49¢

SWIFT PREMIUM VAC PAC SLICED BACON lb. 89¢ — GOV'T. INSPECTED — 3½-LB. AVG. ROASTING CHICKEN lb. 45¢ — U.S.D.A. CHOICE (POTTING) BEEF SHORT RIBS lb. 65¢ — GOV'T. INSPECTED REG. STYLE CHICKEN BREAST lb. 69¢ — GENUINE SPRING SHOULDER LAMB CHOPS lb. 95¢ — TWO GUYS ALL MEAT FRANKS lb. 69¢ — U.S.D.A. CHOICE LEAN FOR STEW BEEF CUBES lb. 89¢

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VALUABLE COUPON — 15¢ OFF WITH THIS COUPON AND 1 LB. CHOCK FULL O' NUTS COFFEE — Toward the purchase of CHOCK FULL O' NUTS 2 LB. CAN COFFEE GOOD ONLY AT TWO GUYS — One coupon per customer. Good thru Sat., June 6, 1970 — AA 6-570

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Two Guys ITALIAN FESTIVAL! — PRINCE SPAGHETTI, SHELLS or VERMICELLI 4 1 lb. boxes 89¢ — ALL VARIETIES PRINCE SPAGHETTI SAUCES QT. JAR 59¢ — POPE OR PROGRESSO IMPORTED ITALIAN TOMATOES WITH BASIL 2 35-oz. cans 89¢ — POPE OR COMPAL IMPORTED TOMATO PASTE 6 6-oz. cans 69¢ — POPE OR PROGRESSO JUMBO RIPE OLIVES 3 7-3/4 oz. cans 99¢ — POPE PURE OLIVE OIL gal. can 3.19 — TWO GUYS VACUUM PACKED WHOLE KERNEL CORN 6 12-oz. cans 99¢ — POPE OR PROGRESSO QT. OR 4/5 QT. BTL. WINE VINEGAR 29¢ — TWO GUYS TOMATO PUREE 4 28-oz. cans 99¢ — ANNA MYER'S CHERRY PEPPERS qt. jar 39¢ — IVORY LIQUID DETERGENT 10¢ OFF LABEL 22-OZ SIZE 39¢ — CASCADE FOR AUTOMATIC DISHWASHER 10¢ OFF LABEL 35-OZ. SIZE 59¢

MRS. FILBERT'S SALAD DRESSING QT. JAR 10¢ OFF LABEL 49¢ — CRISCO 4¢ OFF LABEL SHORTENING 3-lb. 79¢ — SUN MAID SEEDLESS RAISINS 4 6-pak. 1½-oz. pkgs. 89¢ — BURRY'S CHOCOLATE CHIP COOKIES 3 9-oz. 51 boxes 1 — NEW SHIMMER DESSERTS 3 1½-oz. pkgs. 39¢ — 25¢ OFF KING SIZE PUNCH DETERGENT 84-oz. 99¢ — HI-C ALL FLAVORS FRUIT DRINKS 6 12-oz. cans 59¢ — NABISCO CHIPSTERS 4-3/4 oz. 39¢ — LOUIS SHERRY WILD STRAWBERRY PRESERVES 28-oz. jar 59¢

WEEKLY BONUS SPECIAL — MARY ANN ALL PURPOSE CLEANER 14 OUNCE SIZE 2 FOR 77¢ REG. 59¢ EA. — WITH A FOOD PURCHASE OF $3.00 OR MORE — HOUSEWARES DEPT.

Two Guys BAKERY . . . more for your money! — SQUARE THIN-SLICED WHITE BREAD 4 1-lb. 2-oz. $1 — SEEDED SOFT EGG ROLLS 2 pkgs. of 6 55¢ — RAISIN BOATS pkg. of 6 45¢ — APPLE or LEMON PIE large 8-inch 49¢ — CHOCOLATE DONUTS box of 10 45¢ — PRETZEL RODS 10 oz. 29¢

TWO GUYS TRADING STAMPS — ONE BOOK SPECIAL YOUR BOOK SAVES $7 TOWARD THE PURCHASE OF ANY ROUND REDWOOD UMBRELLA TABLE IN STOCK — EXAMPLE: REG. 34.97 27.97 — PATIO DEPARTMENT

PRODUCE DEPARTMENT: BANANAS GOLDEN RIPE lb. 11¢ — RED RIPE WATERMELONS WHOLE lb. 7¢ — LETTUCE CALIFORNIA ICEBERG each Head 19¢ — FRESH SWEET — PINT BASKET BLUEBERRIES qt. 49¢

DAIRY DEPARTMENT: ORANGE JUICE PURE MAID GLASS NO DEPOSIT ½-GAL. 59¢ — MARGARINE SOFT BLUE BONNET 4¢ OFF 1-lb. 39¢ — ASSORTED WHIPPED—13-OZ. FRUIT DESSERTS 4 for 89¢ — FROZEN FOOD DEPT. CHICKEN—BEEF—TURKEY—TUNA MORTON POT PIES 5 8-oz. 89¢ — RANCHERS BEEF PATTIES lb. 49¢ — BRILLIANT READY TO EAT COOKED SHRIMP 8-oz. 79¢ — REG. CUT or FRENCH STYLE TWO GUYS GREEN BEANS 5 9-oz. 89¢ — APPETIZING DEPARTMENT: KITCHEN COOKED BAKED VIRGINIA HAM ½ lb. 79¢ — RICH'S DARK MEAT TURKEY ROLL lb. 99¢

IVORY SNOW 32-OZ. 85¢ — PREMIUM DUZ 39-OZ. 87¢ — BONUS DETERGENT 15-OZ. 39¢ — SALVO TABLETS 44-OZ. 77¢ — OXYDOL DETERGENT 20-OZ. 36¢ — TIDE XK 3-LB. 1-OZ. 83¢ — IVORY SOAP LARGE 10-OZ. 2 for 33¢ — CAMAY SOAP 3-3/4-OZ. CAKES 3 for 35¢

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