State Picnic Grounds, Camp Sites Are Free

Where you can find fun at home this year

Somewhere near you are a state park or state-owned lands with camp sites, a state forest and picnic grounds, a state beach or camping ground.

All are for the enjoyment of citizens and without cost except in rare instances.

Therefore, there is no need to spend a summer without fun and wholesome recreation.

Whatever your chief interest or fondest idea of a vacation, the answer can be found economically in Maryland's forests and parks and streams.

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All citizens are welcome to the facilities operated by the state of Maryland and paid for out of taxpayers money.

All visitors are the guests of Maryland as they enjoy discovering the diversity and natural beauty of the waterfalls, beaches, natural wonders, rivers, lakes and streams.

However, during your weekend, holiday or vacation trips, follow directions for personal safety and to preserve the beauty of the land.

Be careful to avoid accidents on the highways and in the various recreation areas. Prevent fires and tragedy by observing all regulations.

Following are the fishing, hiking, camping, sightseeing and recreational spots for a happy summer outdoors:

Assateague . . . Located on Assateague Island, six miles south of the Ocean City Inlet. Accessible from U.S. Route 50 via Maryland Route 611. Park contains 630 acres, including two miles of Atlantic Ocean frontage. Gently shelving sand beach excellent for bathing and surf fishing. Individual campsites are provided.

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Big Run . . . This 300-acre recreation area, a part of Savage River State Forest, is on the northern tip of Savage River Lake. Anyone with a desire to enjoy the elements of natural solitude and the splendors of Western Maryland's forestland should visit this water-oriented area. Activities such as primitive camping, combined with the opportunity to boat, fish, hike, and enjoy nature, offer every outdoor enthusiast a rewarding experience.

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Castleman Bridge . . . This five-acre park one-half mile east of Grantsville, on the historic "National Pike" (U.S. Route 40) is the site of The Little Crossings in Braddock's military campaign during the French and Indian War. The historic stone arched bridge located at this spot was built in 1313 and is still in active serve Picnicking, fishing, and hiking are popular activities.

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Cedarville . . . About 20 miles south of Washington, D.C., in Cedarville State Forest, which straddles the Prince Georges and Charles County boundary line. The Piscataway Indian Tribe made this section of southern Maryland its winter camping ground because of mild climate and abundant game.

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Cunningham Falls . . . Fifteen miles north of Frederick, off either U.S. Route 15 or Maryland Route 77. This 4,446-acre park is in the heart of the beautiful Catoctin Mountains and features a 40-foot waterfall which cascades down a rocky gorge from the Foxville Plateau.

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Dans Mountain . . . Containing 467 acres of rugged terrain, this park in south western Allegany County offers the recreationist an opportunity to fish, hike, or picnic in an environment of mountain splendor. Nearby Dan's Rock affords a panoramic view from an elevation of 2,898 feet. A Department-operated fire tower also exists at this site, offering the visitor a unique opportunity to observe one of the methods of protecting Maryland's forests from fire damage.

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Deep Creek Lake . . . On the western approach to Baltimore and Washington, ten miles northeast of Oakland, near Thayerville. The 1,776-acre park fronts on a six-square mile lake and contains facilities for camping, picnicking, hiking, fishing, swimming and boating.

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Elk Neck . . . At the northern end of Chesapeake Bay, astride a narrow peninsula between the Elk and Northeast Rivers. This 1,055-acre park is nine miles south of the community of North East, on Maryland Route 272. Features camping, picnicking, swimming, fishing, crabbing and hiking.

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Fort Frederick . . . One of Maryland's early landmarks, this historic old fort is in Washington County, off Maryland Route 56, near Indian Springs. Erected in 1756, it is the best-preserved pre-Revolutionary fort in America.

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Fort Tonoloway . . . This historic site comprised of approximately 26 acres was a gift to the State. The facility is located one mile west of Hancock, on Route 40, and offers picnic facilities. For the hiker, the nearby Potomac River should prove to be an interesting destination.

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Gambrill . . . Six miles northwest of Frederick, on Catoctin Mountain. One of Maryland's most popular mountain parks, featuring overlooks which afford breathtaking views of two recreation areas, Rock Run and High Knob, where a charming tea room of rustic stone is available on a rental basis for outings.

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Gathland . . . Site of the famous memorial to Civil War Correspondents erected by George Alfred Townsend, this 135-acre park is one mile west of Burkittsville, off Maryland Route 17. Area contains a museum housing a collection of firearms, Indian relics and Civil War momentos, as well as picnic facilities and a playfield for children.

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General Smallwood . . . located four miles west of Pisgah, off Maryland Route 224, this 333-acre park is the former home of General William Smallwood, Revolutionary War hero and Governor of Maryland from 1785 to 1788. The restored Retreat House is open to visitors on Sundays and holidays from 1:30 p.m. to 4:30 p.m., March through November.

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Greenbrier . . . One of Maryland's newest and most modern facilities offers such recreation experiences as camping, swimming, canoeing, hiking, picnicking, interpretation and nature study, and a relaxing atmosphere. The recently-completed 62-acer impoundment and its 1200-foot beach should prove to be popular attractions. Located ten miles east of Hagerstown on U.S. Route 40 and adjacent to the popular Appalachian Trial.

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Gunpowder . . . The Gunpowder valley region forming the boundary line between Harford and Baltimore Counties is an area containing numerous tracts of scenic beauty. Ultimately the park will encompass 11,600 acres, with 18 different locations being developed for the public. The "Hammerman Area," currently under development was opened for limited use during the 1966 season. Family-oriented activities such as picnicking, swimming, and hiking are offered. As development continues, camping will be added.

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Herrington Manor . . . Located in Swallow Falls State Forest, five miles northwest of Oakland, on Route 20. The park contains over 365 acres, including a 63-acre lake. Activities include housekeeping cabins, picnicking, fishing, boating, swimming and hiking.

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Janes Island . . . This 2,874 acre park is at the mouth of Crisfield Harbor in Somerset County. It offers swimming, crabbing, fishing, camping, picnicking and interpretation. The many inlets, canals, and inland ponds afford boaters a novel and rewarding experience.

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Martinak . . . A convenient stopover for travelers to and from Maryland's ocean beach areas, this 99 acre park is in Caroline County, two miles south of Denton, off Maryland Route 404. It offers modern sanitary conveniences and facilities for camping, picnicking boating and fishing.

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Milburn Landing . . . Off Maryland Route 12, about eight miles west of Snow Hill, in Pocomoke State Forest. The Pocomoke River flows through the picturesque park area, which features camping, picnicking, hiking and fishing, and is a haven for bird-fanciers.

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New Germany . . . Located on the site of a once prosperous milling center, this park area is in Savage River State Forest, five miles south of Grantsville. It features a dam and a 13-acre lake, modern cabins, and facilities for picnicking, swimming, fishing and hiking.

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Palmer . . . A recent gift to the Department from Dr. and Mrs. Gerald C. Palmer, this 462-acre tract is located in Deer Creek, Harford county, about seven miles northeast of Bel Air, off U.S. Route 1. Future plans will provide facilities for hiking, fishing, camping, picnicking and other family-oriented activities.

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Patapsco . . . This 6,523 area park follows both sides of the Patapsco River beginning seven miles upstream from its mouth and extending to the new Liberty Dam on North Branch and Sykesville on South Branch. The park has six separate recreation areas at points of maximum scenic beauty and adaptability for public use.

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Patuxent . . . Another of the department's river oriented park facilities, this area divides Montgomery and Howard Counties. When fully-developed, all forms of family-oriented activities will be available, including camping, picnicking, golf, hiking, canoeing, and a natural zoo. Located in the densely populated Baltimore Washington metropolitan complex, this facility is destined to become one of the most popular day-use parks in Maryland.

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Point Lookout . . . Located at the southernmost tip of St. Mary's County, where the Potomac River and the Chesapeake Bay meet, this 497-acre park is geared to water-oriented activities. Its modern campsites and picnic facilities, combined with the pleasant atmosphere of the surrounding beaches and forestland, provide a welcome retreat for vacationers.

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Purse . . . Willed to the Deprtment by the late Dr. Grace Guile Purse. The property consists of 148 acres fronting on the Potomac River, in Charles County, approximately nine miles southwest of Doncaster. When developed, this park will offer such activities as boating, fishing, camping, picnicking and hiking.

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Rocks of Deer Creek . . . In Harford County about 30 miles from Baltimore and eight miles northwest of Bel Air on Maryland Route 24. Formerly inhabited by the Susquehanock Indians. A surfaced road leads to the King and Queen Seat rock formation, where many an Indian Chieftain sat in tribal conference in days gone by.

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Rocky Gap . . . Allegany County and the adjacent city of Cumberland will have reason to be proud of the proposed 3,500-acre Rocky Gap State Park. This area situated in the mountainous region of the Central Appalachians is ideal for recreational development. Rocky Gap Park, over a mile in length, displays sheer cliffs, large rock slides and dense forests. The proposed 240-acre lake will be a primary attraction, in conjunction with the modern camping, picnicking, and swimming facilities to be provided.

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St. Marys Court House . . . Located approximately one-quarter mile off Route 5 in St. Marys County, this two-acre historic site is deeply rooted in the State's history. It was here that Maryland had its first Capitol, and an exact replica of the original State House built in 1676 was erected in 1934 during Maryland's three hundredth anniversary. The Leonard Calvert Monument constructed in 1890 marks the location where the original colonists assembled to establish government and freedom of worship.

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Sandy Point . . . At the western terminus of the Chesapeake Bay Bridge, this 680-acre park is famous for its sandy bathing beaches, surf fishing, birdwatching and excellent view of the large ocean-going vessels that pass off shore to and from the Baltimore Harbor.

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Seneca Creek . . . Located in the heart of Montgomery County, this park serves another highly-populated region of the State. Although only limited camping and picnicking facilities are available at present, when fully-developed the area will offer numerous modern outdoor recreation facilities. The most popular of these will be a 90-acre lake where vacationists will have an opportunity to swim, boat, fish, and relax on the beach.

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Severn Run . . . Classified in the Department's Master Plan as a "Natural Environment Area," this 2500-acre park will offer visitors a feeling of natural solitude and an opportunity to enjoy nature undisturbed. Located on the headwaters of the Severn River, in Anne Arundel County, the proposed park will serve an area populated by approximately 3,500,000 persons.

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Shad Landing . . . In Worcester County, four miles southwest of Snow Hill, off Maryland route 113. The area was once a refuge for Civil War deserters, and ships laden with contraband sought haven along the Pocomoke River which borders the park. Facilities include olympic swimming pool, marina and extensive camping areas.

• • •

Susquehanna . . . The Susquehanna River area, with its tributaries, varying topography, heavy forest cover, massive rock outcrops, and numerous historical features, provides the physical setting for this 2,290-acre park. Still in the development stage, such facilities as a mass transit system, cultural center, canal restoration, natural science center, 18-hole golf course, swimming basin and boatel will eventually be provided. Also proposed are facilities for camping, picnicking and boating. Forty cabins and a resort lodge also are planned for construction.

• • •

Swallow Falls . . . Located in Swallow Falls State Forest some ten miles northwest of Oakland, on County Route 20. One of the most picturesque spots in Maryland, this scenic paradise is the cradle of scientific forestry in the State. Facilities include campsites, picnic areas and ten miles of hiking trails.

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Tukahoe . . . Located five miles northwest of Denton, off Route 404, this 4000-acre park will include a 240-acre lake when ultimately developed. Currently in the acquisition and planning stages, the proposed facility will be representative of the topography and environment of Maryland's Eastern Shore. Visitors can expect to find modern camping, picnicking, boating, and interpretive facilities when the park becomes operative.

• • •

Washington Monument . . . This 104-acre park two miles southeast of Boonsboro contains the first monuma rial formally dedicated to George Washington. The rugged stone tower was constructed in 1827 by the townsfolk of Boonsboro. There is also a museum in the park housing firearms, Indian relics and Civil War mementos.

• • •

Wye Oak . . . Near Wye Mills off U.S. Route 213, on Maryland's Eastern Shore. The park features a huge white oak estimated to be approximately 400 years old. The tree has been rated as the largest and finest specimen of white oak in the United States.

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Calvert Cliffs . . . A proposed 1,500-acre State park currently under acquisition. Located on the Chesapeake Bay, in Calvert County, about ten miles southeast of Prince Frederick. Proposed facilities will include all types of water-oriented activities.

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Cedarville . . . On the Prince Georges-Charles County line, northeast of Waldorf. The 3,520-acre forest is used for research and demonstration and is a favorite spot for campers and picnickers. Kilns operated here provide charcoal for sale in other State forests and padks.

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Doncaster . . . In western Charles County, approximately two miles east of the community of Doncaster. Yellow poplar, red gum, curly poplar, chestnut and pine and among the important trees to be found throughout this 1,464-acre tract.

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Elk Neck . . . Noted for its abundance of white-tailed deer, this 2,742-acre forest lies between North East and Elkton, off U.S. Route 7 Wildlife food plots and a fishing pond developed in cooperation with the Department of Game and Inland Fish are located here.

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Green Ridge . . . About 20 miles east of Cumberland, off Maryland Route 40, in eastern Allegany County. This 25,559-acre forest occupies portions of Town Hill, Polish and Green Ridge Mountains, and teems with turkey, grouse and deer.

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Pocomoke . . . This 12,250-acre forest located in Worcester County, between Snow Hill and Pocomoke City, is famous for its stands of loblolly pine. The loblolly provides about half of all the timber cut in Maryland.

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Potomac . . . Located on the Potomac River watershed in southeastern Garrett County east of Oakland. Timber is harvested regularly in this 12,052-acre forest, which is also managed for watershed and wildlife purposes.

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Savage River . . . Maryland's largest forest, composed of 52,770 acres in central Garrett County west and south of Grantsville. An important watershed area, the forest completely surrounds Savage River dam, which provides water for domestic and industrial use to nearby communities.

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Seth . . . A 125-acre forest tract two miles southeast of Easton reserved for research and demonstration in loblolly pine and hardwoods.

• • •

Swallow Falls . . . Five miles north of Oakland, in Garrett County. This 9,248-acre forest is the home of some of the best red pine plantations in the Mid-Atlantic region.

• • •

Wicomico . . . Two miles south of Pittsville, off Maryland route 353, Wicomico County, this, -1,110-acre woodland area is used primarily for research in loblolly pine.

THAT TIME AGAIN — Balmy weather means it is time again to get out in the great outdoors. On this page, the AFRO tells about public areas throughout the state where you can go and relax.

Of course, right here in Baltimore, spacious Druid Hill Park, including the swimming pools are open to all. The pools open June 20.

Welcome - A - Visitor Week program set for June 14-20

Mayor Thomas J. D'Alesandro, III has proclaimed June 14 through June 20 as "Welcome A Visitor Week" in the Baltimore area.

Pamphlets being didtributed around the city urge residents to be a "Sidewalk Ambassador" by being friendly, helpful and hospitable, to vistiros.

The Welcome A Visitors Week program is being sponsored by the Society of American Travel Writers in support of city, state and national travel programs.

Coordinating the program in the Baltimore area is the Middle Atlantic Chapter of SATW in cooperation with the Baltimore Area Convention and Visitors Council.

POINTING OUT THAT "some travelre's most lasting memory of your town or city may be you," the program urges residents to assist visitors seven different ways:

By asking a stranger if he need help when he appears lost or hesitant;

By taking time to give accurate and specific directions;

By speaking slowly and distinctly when assisting a foreign visitor;

By walking with visitors a block or so to point out the way;

By offering to take his picture with his camera if he is a photo fan;

By being enthusiastic and well informed about local and;

By being friendly, helpful and hospitable to visitors.

Mayor D'Alesandro, in his proclamation, said that "the Welcome A Visitor program serves to emphaize the part that all citizens of Baltimore can play in greeting visitors to our city."

The Mayor called upon all residentsto "join in support of "the program the year-round, and to always be ready to assist visitors in finding their way around the city."

JUNE 11-13

Registration for the 1970 summer session of The Johns Hopkins University will take place from now through Saturday, in Garver Hall on the University's Homewood Campus. First-term courses begin Monday, June 15. First-term day courses start one week later. All students must register in person for summer session courses.

New rules for use of camp sites

Secretary J. Millard Tawes, Department of Natural Resources, was advised today by Director Spencer P. Ellis of the Department of Forests and Parks, a member agency, that camping rules in State Parks are being revised to permit use of camp sites by individuals other than "family . . . or an organized youth group under the control and supervision of a mature adult leader."

Rules formerly in effect, which limited occupancy of family camp sites of those consisting of "husband and wife, husband and wife with their children; father or mother and non-married children with in-laws or relatives considered as part of the family," are being liberalized.

Mr. Ellis said that the revised definition would grant grandfathers, uncles and aunts the same priveleges heretofore reserved to fathers and mothers.

It would also permit individuals other than family groups to occupy camp sites in those rare instances when there might be spaces available.

Guidelines to park supervisors presently limit family group occupancy of camp sites to eight people and the revised rules would limit non-family use to four individuals.

Mr. Ellis said: "Restrictions have been dictated by limited availability of camping space. As more sites are opened up through Maryland's intensive development program, these restrictions are being liberalized. However, it will still remain the Park Superintendent's prerogative to exercise his best judgement to assure maximum constructive use of these facilities for the benefit of our park visitors."

Camp sites, except in very few instances, are made available on a "first-come first served" basis as in the past.

Roller skating party scheduled

Over fifty teens of the Druid Hill Branch participated in a roller skating party in Glascoe, Del. The group went under the leadership of Stephen T. Milburn, Assistant Youth Director.

The Youth Department will sponsor another Skating Party on June 19, 1970, at Alexandria Roller Rink, Alexandria, Va.

Youths planning to attend are asked to register early. Call L.A. 3-4464 and ask for Mr. Milburn.

Those youths who participated in the first trip are:

Paula Tilman, Harold Tilman, George Hunter, Sharon Douglas, Allen Edwards, Wanda Pipkin, Angus Sidberry, Clem Sidberry, Linda Meltcalf, Charles Richway, Bernard Davis;

Mell Branson, Childs, Linda Smith, Michael Branson, Michael Harris, Ronald Sutton, Brenda Pettigrew, Joan Briscoe, Barbara Pettigrew, Roslyn Edwards, Donald Boone, Dennis Bonne, George Milburn, Terry Gaddy, Jeffrey Parker;

Bernard Coward, Kenneth Coward, Rickey Brown, Darrell Taylor, David Forbes, Larry Howard, Allen Pope, Bruce Johnson, James Montague, Danny Smith;

David Barnes, Barbara Jackson, Evelyn Smith, Elizabeth Smith, Nadine Jackson, Dennis Brooks, Terry Dean, Tony Vanklile, Ivan Taylor, Reginald White, Venetia Branch, Donna Russie, Robin Ramen, Timothy Edwards, Larry Brown.

HHH May Run

The Washington Post said the long expected announcement would come in mid-June before the June 27 convention of Minnesota's Democratic Farmer-Labor party which helped form in 1944.

McCarthy has already indicated he would not seek a third term in the Senate from Minnesota

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Steak, ham, holiday specials

By VIRGINIA McLUCKIE, food economist

Memorial Day weekend marks the opening of the warm weather months. Foods that make interesting eating cooked outdoors or carried on picnics are the same ones that make indoor eating a pleasure.

Fresh Maryland grown strawberry season is here. The auctions have opened on the Eastern shore and berries are in liberal supply. This year's crop is lighter than last year's but the berries are large, sweet and delicious. Select fresh, shiny berries with firmly attached green caps.

To keep berries several days, store them one layer deep in on a tray in the refrigerator. Roll them out on the tray, pick out soft fruit and use it first. Do not wash or hull berries until just before using as moisture has pens spoilage in the feshest of strawberries. One cup of strawberries will give you about the same amount of vitamin C as a six ounce glass of orange juice. Make full use of these scrumptious berries at any meal of the day.

• • •

While you shop in the produce section there are fruits you might enjoy. Most prices are moderate to high on fresh pineapples, navel oranges, and Florida watermelons. Bananas reasonably priced.

The, vegetable selections suggested include New Jersey asparagus, new cabbage, new onions, new potatoes, green onions and carrots. Cucumber and radish prices are lower. For salad greens select from leeberg, Big Boston, escarole and endive lettuce. Florida sweet corn is still in good supply.

If you plan a picnic or cookout for the holiday weekend, shop for sales on steaks, cured hams and chickens. Ground beef is always a good selection for cooking on the grill. Chicken rates top consideration for barbecue or for cooking indoors.

To carry along on a picnic nothing tastes better at mealtime than crisp, golden fried chicen.

The chicken you select will be governed by your individual preference. A whole chicken cooked on a rotisserie, a half broiler basted with lemon and oil sauce, or cut up pieces with a barbecue sauce will be tasty from a grill or cooked in the oven. Keep the temperature low so the chicken cooks well done and still has a nice brown coating on the outside. Broiler fryer chicken is one of our most versatile meats.

For the holiday tablefare include plenty of deviled eggs or hard cooked eggs. As we end May Egg Month, egg prices remain attractive. For hard cooking select Large size Grad A Eggs. Eggs are tasty at any meal but to eat out of hand at a picnic or cookout a plate of hard cooked or deviled eggs will add just the right touch to the meal. Recipe of the week is for Strawberry Pie.

Use one quart fresh strawberries, one cup sugar, one-fourth teaspoon salt, six tablespoons cornstarch, one cup water, one-nine inch baked pie shell, red food coloring, if desired, and one-half cup heavy cream, whipped.

Wash and stem berries. Crush one-half the berries and combine with sugar. Add salt, cornstarch and water. Cook over low heat until thick and clear, stirring constantly. Intensity color with red food coloring, if desired.

Pour enough of the glaze over the bottom of the baked pie shell to just cover. Slice remaining berries and arrange over glaze. Pour rest of glaze over berries. Chill.

Spread whipped cream around edge of pie before serving.

Unkind not to put foot down when children go too far

BY PATRICIA McCORMACK

NEW YORK (UPI) — Children can't grow up without encouragement, that well-timed pat on the back or smile of approval from parents.

But neither can they grow up prepared for the world that is without firmness. Parents who don't know when or how to put their foot down are unkind.

Doris Grace, a Head Start teacher and former psychiatric social worker, says the time to put the foot down is when children seem to be going too far.

In a report in the PTA Magazine, Mrs. Grace, the mother of a teen-age son, says children are going too far if they endanger themselves now or in the future.

• • •

Other instances of "going too far:"

When they show signs of expecting everything as their rightful due.

When they start defying or ridiculing parents. It sounds cute the first time child "tells off" mother, provided child is eight. "It is anything but cute when child, 13, says defiantly, 'I won't wash the dishes, and you can't make me'," Mrs. Grace said.

When behavior makes their parents' patience snap.

"Putting one's foot down has seldom hurt any child who knows the solace of a parent's smile and the tenderness of a parent's caress," Mrs. Grace said.

You see, it isn't fair to expect children to wholely discipline themselves. They need guidance in the ways of self-control.

"This is not a plea for holding a tight rein on our children," she said. "Honest dissent, reasonable dissent, the right of reply — these are rights that belong to children no less than to adults.

"We are only saying that children do not have the knowledge, insight, and experience to govern themselves.

"Youth is not to take away their human rights to be heard and treated as individuals. It is merely to stress the need for parents to exercise their power of veto."

How do you put your foot down when your youngster tells you "but all the other kids are doing it." Very simply, according to Mrs. Grace. You just say, "that's not the way we do it in this family."

Another suggestion: Once you make a rule, stick to it. If the rule is no television until homework is done, don't relax it.

"Life cannot be lived by whim, or by catering to one's desire of the moment, or by goofing off on work to be done," Mrs. Grace reminded.

"Self control and self-restraint are qualities each of us must develop so as to act in orderly and lawful ways.

"Some of you may think it is too simple or plain silly to link doing one's homework with law and order.

"Yes, that's the way you begin.

ADVERTISEMENT
Hints For Homemakers
INEZ KAISER
If you travel as extensively as I do, you know how important it is to keep yourself well-groomed at all times and to plan your clothing for any situation that might arise.
During the summer months my convention schedule is enough to tire ten people, yet I manage to attend many, many conventions every year with only few headaches. Thanks to Lever Brothers and a little forethought and planning, I always feel confident that I can rise to any occasion looking fresh and well-groomed.
This is the time I start preparing for those gruelling days of summer traveling. I review my wardrobe to see what needs to be altered, cleaned or replaced, so that last-minute alterations, cleaning or shopping will not throw me off schedule.
While checking my clothes, piece by piece, I separate washables from items which have to be dry-cleaned. Before laundering, I pretreat any spots or stained areas with concentrated WISK detergent. This is a simple procedure. I just measure the amount of WISK recommended for an entire washload—pour a little of it on the stains and rub gently—then drop the stained garments into the machine with the rest of the wash and add the balance of the measured WISK to the wash water. Then I proceed to launder as usual.
Blue liquid WISK really goes to work on those stubborn stains and my clothes come out bright, clean and fresh-smelling. It's really so convenient to be able to use one washday product for all my laundry—personal things and heavy-duty family wash.
If you've ever traveled, you know how difficult it is to adjust to living away from home. You have to accustom yourself to new surroundings and sometimes you find yourself wasting precious time hunting for personal products in strange stores. So I try to remember to pack all my favorite grooming products—the ones I specially like to get me off to a good start and make me feel at home.
That's why I'm always sure to pack a tube of PEPSODENT toothpaste whenever I travel. Brushing one's teeth is probably one of the most routine—and yet most important—items on everyone's grooming list.
I've found, as has my whole family, that refreshing PEPSODENT not only gets my teeth clean, but also sparkling white. It gives me a feeling of assurance to know that my smile will be bright and attractive when I speak before groups of new and old friends attending convention meetings. You, too, will be able to tell the difference in your smile and outlook if you use PEPSODENT.
Although I'm constantly on the move when I'm away at conventions, I always make it a rule to eat properly and balance my meals. However, this doesn't mean I eat the same things I do at home. Part of the fun of traveling is trying new foods and the dishes that are specialties of different regions of the country.
I keep watching for special treats I can make myself when I get back home, to surprise my family and guests. Many of the chefs' favorites call for butter, but I substitute delicious IMPERIAL margarine which has the same buttery flavor. My husband and my son say IMPERIAL puts a "crowning touch" on my meals.
IMPERIAL costs less than butter and I use it at home all the time. It is not only delicious, but it has also been rated a "special margarine" by the American Medical Association because it has a higher ratio of polyunsaturated fats than regular margarines.
So next time you take a trip, bring home some novel recipes to try. You'll find it a lot of fun and your guests will love you for it.
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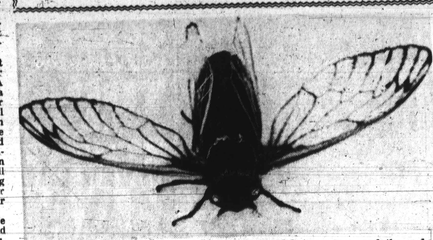
Food, Fashions and Homeaking

THE BALTIMORE AFRO-AMERICAN, MAY 30, 1970



ONE IN A MILLION is the above photo of a real live 17-year locust (Periodical Cicadas Brood No. 10) taken by AFRO photographer Benny Phillips and showing the black letter "W" on the long top wings, the plump body and outstanding red eyes of the 6-legged insect. Its miraculous and dramatic appearance here and all Northeast USA every 17 years never fails to inspire, awe and wonder. Its last trip was in 1953. The eggs laid between now and the end of June will hatch from tree limb cradles to fall to the ground as larvae and then dig down and eat tree roots for 17 years. When May, 1987 comes, they'll be back again and not before then. Meantime the present adults, now singing in trees, prefer only oak, maple, hickory, apple and nut tree limbs, never evergreens and rarely flowers.

Tips on how you can avoid Salmonella food poisoning

The cockroach, once thought of as a common household pest, has now been labeled as a carrier of disease, John A. Childs, Director of the Bureau of Rodent and Insect Control in the Baltimore City Health Department reports.

"In recent years, the cockroach has been suspected of being a disease carrier, but since there was not sufficient evidence, the cockroach escaped the unanimous condemnations that have befallen rats and mice," Mr. Childs says.

"In recent years, extensive tests have proven that the cockroach is capable of acquiring, harboring and spreading Salmonella food poisoning," he explains.

The symptoms characteristic of Salmonella food poisoning generally appear from 6 to 72 hours after a person becomes infected.

These symptoms include acute diarrhea, abdominal cramps, vomiting, prostration and in some cases, even death.

"It has been found that some species can harbor Salmonella bacteria in their bodies for as long as 42 days," Mr. Childs notes.

These bacteria can remain viable on dishes for 34 days, on cereal for 62 days and on soda crackers for as much as 88 days.

"A source of contamination is their droppings which are left all over the kitchen," Mr. Childs says.

"In the past, mice and rats have often been accused of spreading Salmonella through their droppings when actually the disease may have been spread by roaches. Occasionally, the pellets of the roaches are large enough to be mistaken for mouse droppings."

To reduce the possibility of Salmonella food poisoning, Mr. Childs suggests:

Cleaning the table and sweeping the kitchen floor after each meal.

Don't leave food out overnight.

Washing the kitchen floor using a disinfectant at least once a week.

Keeping food tightly wrapped.

Using a pesticide when necessary.

CORN PANCAKES

TO PREPARE: Combine 1 beaten egg, ½ cup milk, 2 tablespoons salad oil or melted shortening, 1 tablespoon sugar and a 1-pound can of corn. Add 1 cup pancake mix, stirring only until flour is moistened. Drop batter by tablespoons onto hot greased griddle and spread each cake with back of spoon. Cook until cakes are puffy, full of bubbles and the edges are cooked. Turn and cook the other side. Serve corn cakes with your favorite topping — a sweet syrup and butter, or bacon, sausage or ham. Makes about 15 corn pancakes.

Economy meals for good eating

There's nothing duller than yesterday's dinner warmed over today. Right?

True enough, admits the U.S. Department of Agriculture's Consumer and Marketing Service. But leftovers don't have to be so unappealing you'd rather throw them away. Even minor changes — a bit of menu magic — will bring added interest, fresh taste and a "new lease on life," as the saying goes.

Take the case of leftover cooked vegetables, a gloomy prospect by themselves. But mix them with raw fresh ones, such as cucumber or carrot slices, chopped celery, tomatoes, green pepper, or shredded cabbage, and top with a zesty dressing — and one-two-three, that "new lease on life" will be an eaten-up has-been!

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Leftover meats needn't be dreary either. Top a toasted salad with cut strips of leftover ham, chicken, pork, or veal, add some cheese strips or sliced hard-cooked egg and you have a Chef's Salad fit for the fussiest chef.

Omelets make a perfect environment for leftover bits of meat or vegetables. And eggs are an especially good food buy this month, along with milk and dairy products, dry split peas and such canned products as green beans, tomato products, applesauce, fruit cocktail, and canned and frozen corn.

It's easy to put together a colorful, meal-in-one casserole, using leftover meats and vegetables. For a quick and tasty sauce, use a can of tomato or mushroom soup.

Menu magic will spruce up leftovers, but take care you don't add so much new food that you wind up with leftover leftovers!

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

BREAKFAST
Grapefruit Juice
Corn Pancakes with Syrup
Milk
Coffee or Tea
LUNCH
Cottage Cheese and Canned Fruit Cocktail in Lettuce Cup
Raw Carrot Sticks
Cookies
Milk
Coffee or Tea
DINNER
Fish Fillets with Melted Cheese and Mushrooms
Stewed Tomatoes
Tossed Salad
Gingerbread with Whipped Topping
Milk
Coffee or Tea

WHOLESALE MEATS
(Slaughter House Meats At Wholesale Prices)
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LOW PRICES Your BANKAMERICARD welcome here
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MASH'S SMOKE DOMESTIC HAMS BUTT PORTION lb. 69¢
CENTER CUT HAM SLICES lb. 89¢
U.S.D.A. CHOICE BONELESS Chuck Steak lb. 85¢
U.S.D.A. CHOICE Cube Steak lb. $1.19
TENDER MILD Hams lb. $3.29
HICKORY SMOKED Skinless Franks lb. 59¢
HEARING PROTEIN Steaks 10 oz. pkg. $1.00
FANCY MEDIUM Shrimp lb. $1.75
BEAUTY SEAL Beef Patties lb. $1.19
HICKORY SMOKED Sliced Bacon lb. 79¢
BOLOGNA Bologna lb. 79¢
BEAUTY PROTEIN Chicken lb. $1.39
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Foodland Sodas ASS'T FLAVORS NO DEP. NO RET. 10¢
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Mustard 12 oz. 29¢
Catsup 14 oz. 19¢
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DARNISH Charcoal briquets 99¢
Lighter 35¢
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LEMONADE MINUTE MAID 5 12 oz. cans $1.00
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Chef Choice Potatoes 10¢
Birdseye Cool Whip 45¢
FANCY FRESH PRODUCE
CALIFORNIA ICEBERG LETTUCE large head 19¢
VALENCIA ORANGES FLORIDA 39¢
CALIFORNIA Lemons doz. 49¢
CALIFORNIA Carrots 3 lbs. 29¢
GREEN Radishes 3 bunches 25¢
GREEN Onions 3 bunches 29¢
SWEETHEART COLD CUPS 63¢
SWEETHEART WHITE PLATES 59¢
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MAXWELL HOUSE COFFEE ALL GRINDS lb. 65¢
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BOUNTY TOWELS WHITE, ASS'T