ABOUT our TOWN

Timely tips to prevent poisoning

By DARRYL BROOKS

Residents are cautioned about the danger of food poisonings in hot weather.

Picnics and cook outs increase the possibility of gastro-intestinal incidents because of the time and temperature differences of outdoor meals as compared with the usual preparation and consumption of food in the home.

The following rules to prevent food borne illness are recommended by the Health Department:—

1. Always wash the hands before handling food.

2. See that all perishable foods are refrigerated below 45 degree Fahrenheit.

3. When food is to be cooked it should be cooked thoroughly until it is heated all the way through. This destroys the disease-causing germs that may be present in the food.

4. When picnicking it is best to prepare the meal at the scene of the picnic.

5. If sandwiches are made at home, all ingredients including bread and rolls should be pre-refrigerated and the wrapped sandwiches kept cold until eaten.

6. When refrigeration facilities are not available it is best to use less perishable foods such as hard and soft salami or similar meats, and canned foods.

7. Salads of higher acid content are preferable to other types. German style potato salad, sour-type slaw and those salads containing vinegar and salad oils do not spoil readily.

8. Avoid custard-type desserts. Substitute fresh fruit, plain cakes, cookies, or candy.

9. Prepare fruit juice drinks in non-metallic containers preferably glass, plastic or ceramic ware with a higher glazed finish.

10. Always remember perishable food must be kept hot or cold. When in doubt, throw it out.

Additional information on the care of food in summer may be obtained by calling the Baltimore City Health Department's Bureau of Food Control, telephone 752-3000 extension 501.

Bank offers wigs for new customers

Maryland National Bank is offering modacrylic wigs to their customers as a reward for thrift, according to Joseph F. Matthai Jr., vice president of marketing.

The bank has launched an aggressive sales campaign to bring in additional saving deposits.

The recent trend in banking throughout the United States is to offer customers at little or no cost items such as blankets, pots and pans, china and glassware, but the unique wig promotion is guaranteed to cause a stir in the traditional financial circle.

"We felt that the public was getting bored with seeing the same articles offered by every other financial institution.

"Just about the time we decided to promote our new savings premium passbook campaign we heard about the famous Normandy Hall modacrylic wags we could purchase and offer them to our customers and still conform to the Federal premium regulations which went into effect on March 1, 1970," Mr. Matthai said.

"The more we thought about it, the more excited we became. With the wig craze still sweeping the country—($500 million annual sales in 1969) why not offer the hottest item to our customers? We launched our advertising campaign on Wednesday afternoon, June 10. The promotion was not it start until the next day, but phones began ringing on Wednesday as soon as the papers were out.

"Before we were ready to open for business, customers were waiting to open new savings accounts or deposit additional funds to their present savings account."

Development Must Desegregate

WASHINGTON — The Department of Justice filed a consent order requiring the developer of a recreational community in Pennsylvania to solicit black people as purchasers of lots and as employees.

Atty. Gen. John N. Mitchell said the order, filed in U.S. District Court in Scranton, Pa., would terminate a fair housing suit against Charnita, Inc., owner of the Charnita development at Fairfield, Pennsylvania.

The suit, filed in October, 1969, charged that Charnita, Inc., discriminated against black people in its sales solicitation campaign in violation of the Fair Housing Act of 1968. As a result, no more than 10 of the development's 4,000 lots have been sold to colored, the Department said.

Day Camp

Youngsters attending the camp receive participate in swimming, music, arts and crafts, athletics and creative periods.

Also youngsters receive breakfast, lunch and a late afternoon snack plus free bus service to and from the camp.

The camp, which will run until August 28, is directed by Mrs. Doris Samuels and Mr. John McCraw is the assistant director and program specialist.

* * *

Another camp for youngsters is the one sponsored by the Druid Branch of the YMCA. The camp, known as Camp Oswego, is a day camp for boys 5-12 years of age.

The camp is held in the Hilton area of the Patapsco State Park and includes such sports as swimming, canoeing, archery and other forms of athletic competition.

Julian Morgan, director of the camp, says that youngsters may be registered by bringing them down to the Druid branch located at 1619 Druid Hill Ave.

* * *

July 4 weekend is coming up and many people will be celebrating. For those of you who plan to celebrate remember that fireworks are illegal in Maryland so don't get caught. It could cost you.

The planned exhibition of fireworks is scheduled for July 4 at Memorial Stadium.

The fireworks will follow an earlier display of fireworks, a game between the big bats of the Detroit Tigers and the Baltimore Orioles.

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Chopped Veal Patties 1-lb. pkg. $1.19

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CHECK THESE ACME LOW GROCERY PRICES!

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Mrs. Filbert's Mayonnaise 1 qt. jar 66¢

Campbell's Pork & Beans 4 1-lb. cans 55¢

Liquid Bleach 1 qt. 43¢

Evap. Milk 6 tall cans 79¢

Tide XK Detergent 1 lb. 3-oz. box 69¢

Skippy Peanut Butter CREAMY OR CHUNKY 12-oz. jar 39¢

Prices Effective Thru Sat., June 27, 1970. Quantity Rights Reserved.

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Brains Count, Not Bush. Russell Tells Grads

Here follows text of the commencement address City Solicitors George L. Russell Jr., gave to Lemuel Junior High School graduates last week. Judge Russell's at the end of his 5-minute address, the grads and parents gave the city's chief lawyer a standing ovation. He was interrupted several times during ovation. He was interrupted the speech. See AFRO editorial on Mr. Russell's speech, also in this edition.)

In the years 50 B.C. to 10 C.E., around the time of the birth of Christ, there lived a great teacher named Hillel. A descendant of the family of King David, he was a Babylonian who moved to Jerusalem and became a Doctor of The Law there in the days of King Herod.

A man of two thousand years ago, Hillel taught his pupils many doctrines that have added to the wisdom of the ages.

In fact, they have special relevance to the modern problems faced today by all of us, particularly young people like yourselves who have to build useful careers and meaningful lives.

One of Hillel's teachings, that might have inspired Jesus as a pupil of Hillel, was the Golden Rule. The legend is that Hillel was challenged to recite the essence of the Bible while standing on one foot — and he said: "It is to love thy neighbor as thyself."

IMPORTANCE

But the comment which has I believe, the greatest importance to you members of the "New generation" is Hillel's celebrated three-part statement:

First: "If I am not for myself — who will be for me?"

Second: "If I am for myself alone — what am I?"

Third: "If not now — when?"

The first is most significant of all for youth — and especially for black ones. It emphasizes man's duty to himself:

"If I am not for myself who will be for me?"

It means that we cannot depend on others to do for us what we alone can do for ourselves.

It means we cannot receive from others — however well-intentioned they may be — the self-esteem and self-respect that can only come from within us, and only grow out of our own experience.

It means that a sense of identity cannot be bestowed on any human being by anyone who will say: "Here you are. I am giving you a present of identity. You are now a man. You are now an individual. You are now a citizen. You are now the possessor of power, pride, riches, beauty, wisdom and dignity."

NO GIFTS

There are no such gifts to be given, even if there were anyone to give them. Those values do not exist: in the outside world.

They can only be created within you. And they can only be created if you have the will, the determination and the stubborn, uncompromising, single-minded perseverance to build them deep inside yourself.

There is no other way, regardless of what you hear from those false leaders who, for their own reasons of self-aggrandizement, tell you that they will give you all these things if you will only follow them, who tell you that you can seize the violent means these virtues that do not even exist.

Nobody can reach through a broken store window and take hold of identity, or power, or dignity, because they are not for sale. They are not on display.

They are not merchandise to be hauled off in a shopping bag.

'SURFACE'

Nobody can win recognition as a man by carrying a sign that says "I am a man," or acquire influence by wearing a [illegible] on with a slogan on it, or achieve a sense of worth from the length or bulk of his hair or the wildness of his clothing, cosmetics or jewelry.

Those are all surface things, and the values we seek can grow and develop only far below the surface, in the human heart and soul.

Nobody can stand in front of magic mirror and become somebody by repeating "Mirror, mirror on the wall, who is the fairest of them all?" In this world, there are no magic mirrors that talk, and give the answers to our problems.

Then how do we get the answers? How do we solve problems that are difficult, frustrating, discouraging and at times terrifying in their enormity and complexity? Hillel suggested the answer in his first question: "If I am not for myself — who will be for me?"

You must be first of all, for yourself. Not selfish, but self-reliant.

SHORT CUTS

You must, at the very beginning honestly and courageously face up to the fact that it is you — and you alone — who can develop and nourish within you the means to solve your problems.

There are no short cuts or substitutes.

You must make up your mind that the learning you have begun will not end with graduation from high school.

You have proven that you have what it takes to study, to learn, to absorb the knowledge that can move mountains. You have shown that you have the mettle to stick with it, not to drop out, not let down, and to carry through an important part of your education to a successful conclusion. You have done a good job so far.

KEEP IT UP

Now I urge you to continue your education — full time if circumstances allow — part time if they don't. You have formed a wonderful habit of learning, and I exhort you to keep it up, for as long as you live. Be for yourself.

Improve yourself constantly.

Equip yourself to earn what you want, because you cannot get it, and hold it, and value it, by any other means.

You must resist the easy temptation to settle for something less than you are capable of being.

Refuse anything less than the first class status that is now legally as well as morally your right.

BLACKNESS

If you are black, you must fight the natural tendency to excuse your own shortcomings or inadequacies because you are black and your people have been treated inhumanly.

You must fight both the fear of future failure and the love of past failure as an alibi for quitting.

You must fight against the false image of inferiority that a racist society has tried to impose on you, and resist the easy out of blaming everything on "the man."

ABSURD

When a so-called militant abuses a successful black man for having, by virtue of extreme hard work and immense self-discipline, managed to get to the top in the outside world, instead of devoting his energies to being — in the neighborhood — a social worker, or a night-school teacher, or a semi-politician, such a critic is merely being absurd.

Rising from the bottom to the middle or the top, in the face of stiff white competition, prejudice and arbitrary barriers, takes everything that a man can give to it.

MILITANTS

It is our militants who should, month-by-month, chalk up the score of those who have broken through the barriers, should glory in their achievement, and should hold it up before our young people to show them what black men can achieve.

You must reject, likewise feelings of envy and resentment toward the middle-class black man who "has it made." Resolve instead to profit by his example.

Analyze how he got where he is. Usually, the explanation is simple. It is the old 10 per cent inspiration and 90 perspiration. It is work, work, work, and a grim determination to achieve in the face of all obstacles.

BLACK POWER

You must understand that Black Power — like all other colors of Power — can only come as a result of striving and succeeding, from the sense of accomplishment that breeds self-confidence, and that when you have confidence in yourself, nothing can hurt you and nothing can stop you. That is Power.

You must realize that, in a democracy, you are not only allowed — you are also obliged — to bring out the best that is in you. It is not only your privilege and right; it is your duty to make the most of yourself.

You are constantly entering new periods of opportunity in your individual life, and in your social life as a member of a group only now beginning to achieve emancipation. Doors are opening in the qualified that have been closed for centuries.

ONLY YOU

Remember — although others may sometimes open a door and provide an opportunity, it is still only YOU who can go in and grasp it.

You have the same guarantee that other citizens have — the Constitutional assurance of life, liberty and the pursuit of happiness.

Nobody in this world is guarranteed happiness. But in this country you have the right to pursue it — and a precious right it is.

This nation needs the abilities that you can develop through pursuit of happiness and fulfillment of your potentials.

That's the name of the game. Not the rock, but the book.

Not luck, but pluck.

Not turning off, but turning on.

Not the drug habit, but the work habit.

Keep working toward your goals, and you will reach them as others have done.

That is the way — the only way — to "make it," to achieve the identity, power, pride, respect and dignity you want. You can't get it free. You must sweat for it. Because, if you are not for yourself, who will be for you?

HOW YOU CAN

And now you must consider the second important question that Hillel asked: If you are for yourself alone — what are you?

How can you realize your capacities, and fulfill yourself as a person, unless you accept responsibility as a black citizen of your country?

First, you must consider your blackness, because, unfortunately, others do.

You must give it positive meaning in your life.

You must contribute toward the on-going struggle to eliminate all discrimination, to win equality of opportunity for all.

Though the fight for social justice has come a long way, it still has a long way to go, and your constructive help is needed.

You cannot be for yourself alone while, here in your country, black babies are still three times as likely as whites to die in childbirth, and infancy.

You cannot be for yourself alone while blacks are still three times as likely to be in poverty, twice as likely to be unemployed.

You cannot be for yourself alone while so much remains to be done to achieve for so many of your brothers and sisters decent education, decent housing, decent jobs, and the decent respect that is owed to any human being.

GEORGE RUSSELL Jr

You must enlist in programs to develop leadership and economic power in your city's slums.

Yes, must contribute your ideas, imagination, youthful energy and courage — not to violence, not to separating the blacks from this country, but to bringing them into the mainstream of American life and sharing fully in the rewards of American citizenship.

YOUR ROLE

And, although you can take pride that there are now nearly 400 elected black officials in southern states, you should not rest until there are 4000.

Second, you must consider your own role as citizens.

Will you be passive and a part of the problems, or active and a part of the solutions?

Our country is going through a period of great tension, conflict and change, and youth is central to all of it.

Young people today are raising questions that need to be asked, and seeking answers that must be found if our nation is to endure.

Your elders know that there is more to the youth movement than longer hair, tighter clothing and beads.

You are concerning yourselves, as you should, with our educational system and our total society, with issues of human freedom, with goals and priorities, with the corruption of man's mind and pollution of man's atmosphere.

VIOLENCE

But you know that, if progress is to come, it can only come through peaceful effort, not terrorism. You know that violence is self-defeating.

It only breeds counter-violence.

It eventually destroys everything we want to keep and denies everything we want to get.

Chaos, anarchy, disaster and death are its bitter fruits.

You know also that the answer to violence is not governmental repression, and that law and order also requires justice, compassion, patience and perseverance.

LAW, ORDER

You know that it is hard for a nation to turn back, once it takes the road to repression.

Each denial of liberty leads to another until finally all freedom is abolished.

You know we must support the kind of law and order that protects individual rights and allows dissent, the kind of law and order that has helped us to become the greatest nation on earth.

Whatever crushes the individual is tyranny — by whatever name it is called.

Well, then, how do you take an active role as a citizen?

OBJECTIVES

You devote yourself to concrete objectives. There are many, but I will name a few:

1. Work for and support the great Federal programs needed to solve the problems of poor people in our cities — employment, education and housing problems.

2. Help the Urban Coalition, and call for the government to provide the jobs that private industry cannot offer.

3. Look for new approaches to integration, to first-class citizenship for all, and oppose any attempts to isolate the black community.

4. Assist efforts toward cooperation to achieve social aims — collaboration between blacks and whites to eliminate or improve slum conditions, and to develop local programs.

5. Above all become active politically in any way you can, and register to vote as soon as you are eligible.

FOR FAMILY

You must find the ways that suit you to be, not for yourself alone, but also for your family, your friends, your community and your democracy.

The third, and final, part of Hillel's question — "If not now, when?" — is the most important. Life postponed is life denied. Action and duty postponed are action and duty denied.

In the words of our sage: "Say not, When I have time I shall study — for you may perhaps never have any leisure."

Begin now to prepare yourselfes for the important roles you have to play in the drama of our times.

Enlist now in the war against poverty.

But never forget: the first battle in that war must be the fight against our own poverty of will and spirit, our own bigotry, prejudice, doubts and despair. If we defeat them — and we can and must defeat them — Glory, Glory, Hallelujah, Black and White together, we shall overcome.

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