PARTICIPANTS in the Folk Mass celebrated at St. Martin's Catholic Church, Fulton Ave., at Fayette St. Sunday are Father Phillip Linden, militant local priest, Altar Boys David Johnson and Eugene Hall, Father Robert Pittman, attached to St. Martin's Parish, who assisted Father Linden at the mass, and Altar Boys Norman Thomas and William Harris. The service was in memory of Ex-President John F. Kennedy on the seventh anniversary of his assassination.

Mathias backs putting lid on campaign expenditures

Senator Charles McC. Mathias Jr. said Tuesday night he will support President Nixon and join Senator Hugh Scott in seeking to put a lid on the spiraling cost of campaigning for public office, and announced he would introduce legislation to require candidates to make disclosure of both their personal financial worth and campaign expenditures.

"The high coast of campaigns is making it almost impossible for the average citizen to seek elective office," Senator Mathias said. "Those who wish to enter politics must be willing to sink bundles of showing in Boson, Mass- money — their own or that of well-heeled friends — into their pursuit of election."

The Maryland Republican, who has been active in campaign reform efforts since his days in the House of Representatives, said he is planning legislation to be considered by the next Congress which would:

1. Require all candidates for federal office — challengers and incumbents — to make full disclosure of their personal financial worth.

2. Set effective and realistic limits on campaign costs and require frequent and periodic reports of all receipts and expenditures made in behalf of candidates for federal office. by whatever agent.

3. Effectively limit the size of contributions by individuals to any one campaign.

4. Grant limited tax citizens who contribute to political campaigns as a means of encouraging more small contributors and discouraging reliance on large contributions.

5. Guarantee to the public media exposure of the major candidates in appropriate forums.

6. Require non-discriminatory broadcast rates for political candidates.

7. Provide federal assistance to all candidates for federal office in voter registration and information.

8. Establish a Federal Elections Commission to administer this program.

A ROMAN CATHOLIC NUN
who worked among Negroes and Indians just after the Civil War; to learn more about her, free!
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Cornwells Heights, Pa. 19020

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5416½ PARK HEIGHTS AVE. 367-4089

Couple ends 23 years wedded life

William Charles Fisher, a 3500 block Woodland Ave. painter and his wife, Mrs. Rosalie P. Fisher, a checker, were married by a priest on Sept. 27, 1947.

Judge J. Gilbert Prendergast signed a divorce decree on Oct. 28 which ended the 23-year marriage.

Testifying before Circuit Court Master H. Paul Rome on Oct. 28, the husband said he and his wife separated in July, 1954 and have lived apart ever since then.

the little cookbook column

Hello, I'm Esther Coley, Home Economist for Hunt-Wesson Foods, Fullerton, California. Read my column every week. I'm sure you'll find something to interest you. I'll have tips and hints about buying and preparing food. And I'll answer any questions you may have about cooking. I'll be looking for you next week.

This week's tip: When a recipe calls for cake flour and you don't have any, regular flour will work just as well. Just use 2 tablespoons less flour per cup.

Hunt's Handy Hint: Hunt's Manwich Sandwich Sauce makes chili dogs super quick. Brown ½ lb. ground beef and drain excess fat; stir in a can of Hunt's Manwich Sandwich Sauce, a small can of drained kidney beans and 1 tablespoon chili powder. Simmer a few minutes; spoon over heated franks in buns. Pass shredded cheese, chopped onion and pickle relish for toppings. Makes 6-8 dogs.

Dear Esther:
Those frozen, stuffed turkeys in the market look good, but are they safe to use?
Mrs. Marguerite C. Young, Norfolk, Va.

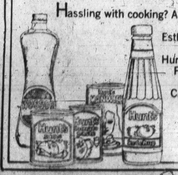
They sure are. Commercially frozen, stuffed turkeys are prepared under rigid sanitary conditions and can be depended on being top quality. Remember to follow cooking instructions carefully. Do not thaw before cooking.

Dear Esther:
Two servings of meat a day are expensive. Are there any inexpensive substitutes for meat?
Mrs. Josie L. Waller, Cleveland, O.

Poultry and fish are less expensive than beef and pork. Other foods of animal origin like eggs and cheese are excellent and thrifty substitutes. Dry beans and peas, peanuts and peanut butter are very low cost protein foods made even more complete if prepared with a small amount of animal protein like ham scraps added to simmering navy beans. You don't have to eat meat all the time to stay healthy.

Dear Esther:
A lady I work with says she cooks with beer sometimes. Is that good for you? How does it taste?
Regenia G. Gibbs, Baltimore, Md.

It tastes good, if you go for beer. As a source of calories beer furnishes energy, but any food nutrients like calcium or protein are in very small amounts. Flat beer is often used in cooking as a flavor ingredient particularly in German-style dishes.



Hassling with cooking? Ask Esther for help. Write:
Esther Coley,
Home Economist,
Hunt-Wesson Foods,
P.O. Box 1002,
Fullerton,
California 92634.

Murphy's
CHRISTMAS GRAND OPENING
SHOP NOW AT MURPHY'S FOR GREAT GIFT BUYS
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PRETTY HOLIDAY BLOUSES FOR WOMEN
Gifty blouses in care-free blends of cotton and polyester. Lace, ruffle, embroidery trim. White, solid colors. 32-38 and 40-44. REG. $3.99 SAVE 98c on 2 — 2 for $7 or $3.77 EACH CHARGE IT

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WOMEN WILL LOVE
SOFT TRICOT WALTZ LENGTH NIGHTGOWNS
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Warm and luxurious gowns of soft, brushed tricot. 80% acetate and 20% nylon. One style with plush white pile collar and cuffs. The other with dainty lace trim and 2 button front. Lovely colors. S, M, L.

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Carolina Moon CAROL-LONS PANTYHOSE
REG. $1.77 SAVE 33c — 1.44 PAIR
100% Polymer-II stretch. Nude heel. Regular stitch. Jr. Miss 8-9½. Adult 8½-11. New shades.

MAKE HER CHRISTMAS EXCITING WITH A
BEAUTIFULLY CRAFTED HANDBAG
Both dressy and casual styles. Rich patent shirred swaggers. Multi-compartment "travelers", many with zipper pockets. Seton, calf and Dakkar grain vinyl. Tan, black, brown, birch, fawn.
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WOMEN'S PLUSH SLIPPERS
REG. $1.99 — SAVE 32c
Warm acrylic pile slippers. Cushion insoles. Pink, gold, blue, green. 5-10
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Walnut finish wooden box. Mirror lid. 8¼" x 5" x 5¾". Lined tray.
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Both magnifying and flat mirror. With four light bulbs. She'll love it.
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REG. $17.87
Bouncy curls in minutes. Heat is thermostatically controlled for all types of hair. No water or lotion needed. 20 instant heat rollers in 3 sizes. Case.
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WATCH THE BIG SMILE WHEN YOU
GIVE THAT SPECIAL MAN
POLYESTER KNIT SHIRTS
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3.88 CHARGE IT
Comfortable scrambler knit shirts of 100% polyester. Short sleeves. Solid colors, stripes. Knit cuffs, bottom.

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Color or black and white pictures. Instant loading. Electric eye.
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Realistic scotch pine. Easy to assemble. Pre-drilled trunk. Stand.
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Two 4" speakers detach. 4 speed automatic changer. Separate tone, loudness control. 45 RPM adapter.

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KITCHEN APPLIANCES—PRACTICAL GIFTS THAT WILL BE APPRECIATED FOR YEARS
(A) Electric can opener. Magnetic lid lifter.
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Bizzy Buzz Buzz—battery operated drawing and designing pen. Etch A Sketch — turn knobs to make designs on screen.
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Also Annapolis Bel Air & Westminster!

LES ONZE hosted a gay "champagne ball" in the Hollyday Room of the Village of Cross Keys, Saturday night. "The Eleven" are, from left: Mesdames Bernice McDaniels, Vashti Christmas, Doreva Stanley, Walia Young, Edith Henry, Hattiett Trader, Helen Gattis, Serena Holmes Bernice Robinson, Francis Henderson and Grace Walker.

Echo House seeks $250,000

The Echo House Foundation recently announced their annual fund-raising drive to raise $250,000 from November 22 to December 30.

Lenny Moore, campaign chairman joined with the Mayor for the signing of a proclamation declaring the week of November 22 as Echo House Week.

The fund raising drive has been organized to solicit funds for a membership thrust, corporate gifts, foundation grants, as well as clubs and organizations. Echo House has been deeply involved in bringing hope and self-determination to the people of West Baltimore, by relying on the self-help approach to problem solving.

The deversified services offered by the Echo House provide programs for a wide range of social problems to the entire family.

There are educational, cultural, and recreational enrichment programs for youngsters, and family counseling, free legal aid and service, drug addiction, alcoholism and job counseling.

All checks which are tax-exempt should be made payable to the Echo House Foundation, Box No. 3547.

SALE TODAY thru SAT.
Two Guys More ..for your Money
CHRISTMAS GIFT HEADQUARTERS

SAVINGS!

MEN'S CABLE STITCH CARDIGANS
Machine washable 100% acrylic with dyed-to-match buttons and two giant cables, in top colors. S, M, L, XL.
6

TUNIC AND PANT SET
FOR MISSES
15
Rich paisley print tunic in acetate, framed with 90% acetate, 10% nylon matte jersey to match the pants. Green or blue. Bonded Orlon® acrylic bare-arm tunic trimmed in silver braid on navy, black, purple. 12 to 20.

MEN'S AND YOUNG MEN'S OUTERWEAR

PILE LINED LAMINATED CORDUROY JACKETS
Zipper jacket of 100% cotton corduroy, lined in acrylic pile, with shirt cuffs, adjustable side tabs, and split panel front styling, in winter colors. Sizes S, M, L, XL in group.
YOUR CHOICE 10

LAMINATED WOOL BLEND PLAID JACKETS QUILT LINED
Warm zipper jacket of 70% reprocessed wool, 20% linen, 10% nylon with knit framed pockets, knit cuffs and waistband, and self collar, in winter plaids. Sizes S, M, L, XL in group.

MEN'S DRESS SLACKS & DRESS FLARES
Best models, fabrics, for best performance, in top fashion colors. Dress slacks, 28-42. Dress flares, 28-38.
2 FOR 13 or 6.99 ea.

BOYS' OXFORD NYLON DACRON 88® SKI PARKAS
9.88
Water-repellent pile lined 100% nylon parka with warm Dacron 88® polyester fill, boot pile lined split hood. Winter colors. Sizes 8-18.

MEN'S Summer Dress KNIT AND SPORT SHIRTS
1.88
Cotton knit, long sleeve sport shirts. Sizes S, M, L, XL.

BOYS' JAYSHIRE PREP CORDUROY SLACKS
Completely washable fancy cotton flannel-lined slacks of 100% cotton corduroy, in top colors. 6 to 12.
2 FOR 5

GIRLS' BETTER WINTER COATS
15
Wonderful choice! Pick from 100% acrylic piles and laminated 100% wools—with soft acrylic pile trim. Single or double breasted styles, pile or quilt lined, in solids, checks, tweeds. 7 to 14.

LITTLE GIRLS' HOLIDAY DRESSES
3.99
Pastels, holiday colors . . . 100% cottons, bonded acrylics . . . a great choice of adorable styles in sizes 3 to 6X.

LITTLE GIRLS' TUNIC SLACK SETS
5.99
Wide choice of cute young styles of shape-holding 100% acrylic bonded to acetate, in solid colors & patterns. Red, navy & pastels. Sizes 3-6X.

Two Guys DISCOUNT DEPARTMENT STORES
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BALTIMORE 2401 Belair Road Open Daily 9.30 A.M. Till 10 P.M.
GLEN BURNIE 6th Ave. & Ritchie Highway Open Daily 10 A.M. Till 10 P.M.
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