THE ENGAGEMENT of Miss Beulah R. Moore to Sgt. Lewis D. Horne, son of Mrs. Laura Dell Horne and the late Frazier Horne of Clarkton, N.C., has been announced by her parents, Mr. and Mrs. Toney Moore of Baltimore. A June wedding is planned. Both the bride-elect and Sgt. Horne are graduates of Dunbar Senior High School and attended Morgan State College. He served in Vietnam and is now stationed at Fort Bragg. (Abromovitz Studio photo)

Economy meals for good eating

In this country, potatoes have long been our most popular vegetable.

In 1967, the U.S. Department of Agriculture's Consumer and Marketing Service said that food shoppers bought enough potatoes to supply five to six medium potatoes each week to every man, woman, and child in the nation. And consumption is even higher today.

This falls' production of potatoes — 24.3 billion pounds — is expected to exceed last season's record production by two per cent. That means potatoes should be an especially good food buy, so include them regularly in your menu plans.

• • •

Some diet-conscious people treat potatoes like ice cream sundaes — they don't eat them. Actually, potatoes are no higher in calories than many foods, but added fat or gravy can greatly increase the total calorie count.

A potato of medium size — boiled, baked, or pressure-cooked — provides only about 100 calories, approximately the same number as a large apple or orange. And a medium-sized potato supplies worthwhile amounts of Vitamin C; two important B-vitamins, and the minerals iron, phosphorus, and potassium.

To get the most food value from potatoes, boil them in their "jackets." Then — the sky's the limit! For fewest calories, just serve them seasoned with salt, pepper, onion, or parsley, or mashed with a little skim milk.

If weight-watching isn't essential, try a wide variety of potato dishes — creamed, hash-browned, french fried, potato salad, pancakes, soups, in casseroles, even in cakes (see recipe below).

• • •

Here's a menu for a day's good eating, using potatoes and other plentiful and moderately priced foods:

BREAKFAST
Apricot Nectar
French Toast
with Syrup
Milk
Coffee or Tea

LUNCH
Onion Soup
Sliced Chicken
Sandwich
Baked Apple
Milk
Coffee or Tea

DINNER
Fish Steaks
Glazed Carrots
Chopped Broccoli
Chocolate Potato
Cake
Milk
Coffee or Tea

• • •

Chocolate Potato Cake, a dark, rich dessert, is enhanced with the addition of mashed potatoes, the magic ingredient that helps keep the cake moist and tender until the last luscious crumb disappears.

To Prepare: Cream one third cup shortening and one half cup sugar until well-blended. Add 4 beaten egg yolks, one teaspoon vanilla, and mix well. Combine one cup hot mashed potatoes and one half cup commercial sour cream, beat until light, and add to the creamed shortening. Sift together three times: one cup sifted cake flour, one teaspoon baking soda, one half teaspoon salt, and blend into the other ingredients. Stir in one half cup chopped nuts and 1 four-ounce package grated sweet baking chocolate. Beat four egg whites until foamy, then gradually add one half cup sugar while beating until stiff peaks form. Fold the whites into the batter. Bake 50 minutes in an ungreased pan, at 350 degrees F.

Eastern sets Yule concert

The Eastern High School Music Department will present its annual Christmas Concert, music of the season, on Wednesday, December 16th, at 8 P.M. in the School Auditorium, E. 33rd Street and Loch Raven Road.

All parents and friends are invited.

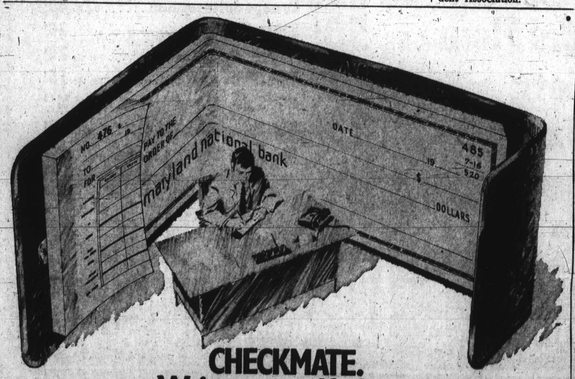
This event is sponsored by the Parent-Teacher-Student Association.

Give them your best.

Beautifully giftwrapped at no extra cost.

Smooth as Silk Kessler

Julius Kessler Company, Lawrenceburg, Indiana. Blended Whiskey. 86 Proof. 72½% Grain Neutral Spirits.



CHECKMATE. Write yourself a loan in the privacy of your own checkbook.

Checkmate is a special service you can add to any personal checking account at Maryland National Bank. When you apply and qualify for Checkmate, our bank makes standby funds available to you. Bank money. And it can be anywhere from $500 to $2,000, depending on your income and other factors.

Then, when you find a bargain you can't pass up, or have an emergency need for cash, just write a check wherever you are. We'll cover for you. No loan-type red tape! On your next monthly statement your Checkmate loan appears as a separate item. You'll see how much of your standby funds you've used, how much is still available.

And Checkmate costs you nothing till you use it. Repay your loan just as quickly as you want, or in easy payments at low bank rates. Apply now. Then when your checkbook says "no" Checkmate will say "yes." And if you aren't banking with us, can you think of a better reason for switching to Maryland National?

maryland national Member FDIC

FOOD FAIR SUPERMARKETS

PRICES EFFECTIVE THRU SATURDAY, DECEMBER 19th
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

100 FREE Extra Stamps
WITH THIS COUPON AND PURCHASE OF $10.00 OR MORE
EXCLUDING MILK, MILK PRODUCTS AND FAIR TRADE ITEMS. LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SAT., DEC. 19th

ROYAL BLUE IRONSTONE
IMPORTED ENGLISH
DINNERWARE
by ENOGH WEDGEWOOD (TUNSTALL) LTD.

FEATURING THIS WEEK...
CUP only 19¢ *one with every $3 purchase

BUY THE STAMPS YOU NEED TO FILL YOUR SAVER BOOKS FASTER
GET EVERYTHING ON YOUR CHRISTMAS SHOPPING LIST WITH MERCHANTS GREEN STAMPS
ONLY 17¢ FOR EACH 100 STAMPS (WITH FOOD PURCHASES OF $3.50)
BUY AN ADDITIONAL 100 STAMPS WITH EACH ADDITIONAL $1.00 IN FOOD PURCHASES

REDEEM THIS VALUABLE COUPON FOR 20¢ OFF YOUR CHOICE OF ONE
• 36" STANDARD • 10" BRACKET • 8" BRACKET
While Quantities Last
VOID AFTER SAT., DEC. 19th

REDEEM THIS VALUABLE COUPON FOR 50¢ OFF YOUR CHOICE
• 8"x24" SHELF • 8"x48" SHELF • 8"x36" SHELF • 10"x36" SHELF
While Quantities Last
VOID AFTER SAT., DEC. 19th

BONELESS ROUND ROAST USDA CHOICE lb. 99¢
SLICED, 3-11 CHOPS QUARTERED PORK LOIN lb. 69¢

SMOKED HAM MASH'S FULLY COOKED
SEMI-BONELESS BUTT HALF lb. 79¢
FULL CUT SHANK HALF lb. 65¢
U.S.D.A. GRADE 'A' FARMER GRAY TURKEY BREAST WHOLE lb. 89¢

COOKED CANNED HAMS SWIFT'S or MORRELL 3 lb. CAN $2.89
PHILADELPHIA CREAM CHEESE 8-OZ. PKG. 29¢
BLUE BONNET MARGARINE SOFT lb. 45¢
PILLSBURY CRESENT ROLLS 8 oz. can 33¢
PILLSBURY CINNAMON ROLLS 9½ oz. can 29¢

SWEET JUICY FLORIDA ORANGES 24 for 87¢
CORTLAND APPLES CRISP TANGY 4 lb. BAG 49¢
COLLARD GREEN OR KALE 20-oz. FRESH PKG. 59¢
COOKED SHRIMP El Dorado Brand Ready to Eat NO WASTE 10-OZ. BAG 89¢

CREST 6¢ OFF TOOTHPASTE REGULAR or MINT FAMILY SIZE 6¼-OZ. TUBE 77¢

PRELL SUPER SIZE SHAMPOO 7-OZ.* BOTTLE 79¢

SARAN WRAP	100 ft. ROLL 65¢	RAGU MEAT and MEATLESS SPAGHETTI SAUCE	15½-OZ. JAR 45¢
SARAN WRAP	50 ft. ROLL 37¢	IVORY SOAP	4 PERSONAL SIZE BARS 33¢
TETLEY TEA BAG 20¢ OFF	PKG. 100 99¢	COMET CLEANSER	14-OZ. CANS 19¢
SPAM SPREAD	3-OZ. CAN 25¢	DOWNY Fabric Softener	33-OZ. BOTTLE 79¢
BOLD DETERGENT 20¢ OFF	3 lb. 1-oz. BOX 79¢	CAMAY SOAP	2 BATH BARS 37¢ 3 REG. BARS 41¢
NESCAFE INST. COFFEE	6-OZ. JAR $1.23	LAVA SOAP	2 BATH BARS 31¢
DERBY TAMALES	13-OZ. PKG. 39¢	SAFEGUARD SOAP	2 BATH BARS 45¢
DISH DETERGENT THRILL	22-OZ. BOTTLE 59¢	DETERGENT SALVO	2-lb. 14-oz. BOX 89¢
		CONCENTRATE PRELL	5-OZ. TUBE $1.09

Royal Puddings	4¢/ 2.37	Borden's Mince Meat w/Rum	24-oz. 79¢
Progresso Olive Oil	8¢/ 1.29	Kooly Kup Foam Cups	30's 49¢
Ladies Boy Meat Chunks w/Vegetables	16-oz. 2.41	Scott Jumbo Towels	2's 39¢
Chase & Sanborn Coffee-Some Gift Pk.	1 lb 99¢	Waldorf Bath Tissue	4's 41¢
Max. Coffee Instant	8-oz. 1.12	Brillo Soap Pads	2's 39¢
Max. Coffee Coffee	1 lb. 1.15	Instant Pets 12¢ off	8-oz. 89¢
Pillsbury Flour	10 lb. 1.21	Staley's Sta Flo Spray Starch	22-oz. 69¢
Pillsbury Flour	5 lb 63¢	Staley's Fabric Finish	20-oz. 69¢
Pillsbury S. R. Flour	5 lb. 73¢	Lipton Noodle Soup 3¢ off	2.2 oz. 29¢
Maxwell House inst.	2 lb. 7.89	Sweet n' Low Sugar Substitute	100's 67¢
Stardust Solid White Tuna in water	2 Lst. CANS 97¢	Ocean Spray Cranberry Juice	Qt. 1.19
Domino Hostess Tablets	15-lb 45¢	Ocean Spray Cranapple Juice	48-oz. 69¢
Nabisco Vanilla Wafers	12-oz. 41¢	Gravenor	14-oz. 79¢
Nabisco Chip Ahoy	12-oz. 69¢	Chef Boyardee Spaghetti	15-oz. 2/39¢
Sunshine Cheez Pix	10-oz. 43¢	Kraft Strawberry Preserves	18-oz. 39¢
Sunshine Cheez Please	8.5-oz. 43¢	Kraft Strawberry Preserves	18-oz. 69¢
Sunshine Cheez It	10-oz. 39¢	Realemon	qt. 39¢
Bartender Mixes	17½ 89¢	Recipe Dog Food	14½-oz. 2/29¢
Bordens Cons. Mince Meat	9-oz. 32¢	Lipton's Beef Stroganoff & Chicken Supreme	1 lb. 1-oz. 79¢
Bordens Reg. Mince Meat	28-oz. 69¢	Tropic Fresh Whiskey Sour Mix Frozen	6-oz. 2/49¢
		Tropic Daiquiri Mix Frozen	6-oz. 2/49¢

PRICES EFFECTIVE THRU SATURDAY, DEC. 19th. WE RESERVE THE RIGHT TO LIMIT QUANTITIES

Gadabouting U.S.A.

by Lula Jones Garrett

With a "Do Your Thing" theme, Epsilon Chi Omega Chapter of Alpha Kappa Alpha Sorority based in the Pee Dee section of South Carolina held its annual ball Nov. 27 at the Po Boy's Club in Timmonsville.

Music was provided by the Third World, a fantastic group of musicians under the direction of Earl Johnson and Leon Harvey, Florence County music instructor who recently walked off with South Carolina honors for his Wilson High School Marching Band.

Under the leadership of Basileus Carolyn Farmer and Anti-Basileus Leonye Cunningham, the affair was one of the outstanding events of the year. With little pomp and circumstance including the expensive gowns and dresses, guests wore beautiful casual comfortable outfits.

• • •

Among those enjoying "Doing Their Thing" were Mr. and Mrs. Frank Gilbert (Doris) of Wilson High School; Jonas and "Dell" Kennedy of Bennettsville; Mr. and Mrs. Hayward; the former Evelyn Sargent, sister Ernestine and husband and visiting brother, George of Washington.

Also Mrs. Evelyn Anderson of Rutgers University and her brother, Willie Brown, assistant administrator of the Banniker School of Philadelphia; Mrs. Phyllis Cunningham Kirkland, director of Community Relations for the Office of the Secretary of Health and Mental Hygiene for the State of Maryland and Mr. and Mrs. Robert Durant (he is principal of Wilson High School, Florence).

Also Mrs. Leola DeWitt escorted by her grown-up son, Stanley; (Mrs. DeWitt is coordinator of Guidance Programs for Darlington area schools); Mr. and Mrs. George (Rachel) Cooper of Loris; Mr. and Mrs. Haly Greene, principal of Mayo High School of Darlington.

• • •

Acting as hired "butler" for the Cunninghams were Drs. Roy and Earline Cunningham, he, a physician, she a reknown bio-chemist currently with the University of South Carolina and an authority on diuretics, a medication utilized for hypertension and heart difficulties.

Also present were Mr. and Mrs. William Smith (she is expecting); Mr. and Mrs. William Long; Mrs. Joyce White; Mr. and Mrs. O. Smith; Mrs. Louise Lesler; Mr. Nathaniel Herbert of Atlanta and others too numerous to name. All had a ball, really "DOING THEIR THING."

• • •

Mrs. Bonnie R. Kirk, president of the Detroit Chapter of J.U.G.S. since 1967, has been elected national president of this women's charitable organization.

Mrs. Kirk was elected during recent four-day meetings in Baltimore, held in conjunction with the Baltimore Chapter's Charity Ball. The Ball netted $5,000 for the Children's Hospital there.

More than 50 J.U.G.S. chapter members from five states attended the meetings. Other newly elected officers are: Mrs. Barbara Owens, vice president, Baltimore; Mrs. Charlie Reed, corresponding secretary, Detroit; Mrs. Arthela Mabrey, financial secretary, Pittsburgh; Mrs. Nedra Smith, treasurer, Memphis; Mrs. Maud Jones, business manager Pittsburgh; Mrs. Mattie Washington, chaplain, Baltimore; Mrs. Mary A. Lyles, historian, Washington, D.C.; Mrs. Louise Cabell, reporter, Detroit; and Mrs. Gerri Little, parliamentarian, Memphis.

• • •

J.U.G.S., whose initials stand for Justice, Unity, Generosity and Service, was founded in 1953 in Memphis, Tenn., by past president, Mrs. Josephine Briggs and Mrs. Sarah M. Chandler. Since then, it has raised nearly $100,000 for various charities.

"The main purpose of our chapters is to seek out human needs in their community and to help meet these needs with financial assistance, whenever possible," said Mrs. Kirk.

An attractive mother of four, Mrs. Kirk expects that her new position will require moderate travelling. "I am certain considerable time will be spent in Atlanta, at least," she noted, "because we are planning a new chapter in Georgia."

One brilliant young woman on the way up is Miss Constance Iona Slaughter of Jackson, Miss., a recent speaker in Baltimore.

Miss Slaughter is the first black graduate of the University of Mississippi Law School, and she is now associated with the Lawyers

MISS CONSTANCE IONA SLAUGHTER

Committee For Civil Rights Under Law and she won her first case against the State of Mississippi in which the state is now required to place black people on all Jury Lists.

Miss Slaughter is Staff Attorney for LCCRUL. She is a member of North Mississippi Rural Legal Services; National Lawyers' Guild; American Bar Association; American Judicature Society; National Counsel of Women and the American Civil Liberties Union.

• • •

She is a graduate of the University of Mississippi School of Law, where she received her Juris Doctorate, January 26, 1970 with a "B" average. She also holds an A.B. degree from Tougaloo College (Political Science).

Miss Slaughter is affiliated with the following organizations: Law Students Civil Rights Research Council (LSCRRC); Black American Law Students Association (BALSA), Board of Directors: American Civil Liberties Union, NAACP Youth Chapter; Black Students Union, Young Democrats; Lamar Society of International Law; National Association Graduate and Professional Students; American Society of International Law; Advisor to Black Youths of Oxford (BYO) and Campus Relations Committee, secretary.

Tougaloo College: Student Government President ('67); Who's Who Among American Colleges and Universities; Intercollegiate Young Democratic Club; and Yearbook Editor ('66).

• • •

As there is a severe shortage of licensed practical nurses throughout the Greater Boston area, a two-year evening program to qualify students to become licensed practical nurses will open next September at Boston Trade School for Girls.

The course will be open to males as well as females. The class will be limited to 25 the first year, then doubled to 50 the second year.

Each student will receive 1,150 training hours of instruction, laboratory and clinical nursing experience. Students will be trained clinically at the New England Medical Center Hospital, a 350-bed facility at 171 Harrison Avenue in this city.

• • •

The program basically will offer instruction on Monday, Wednesday and Thursday evenings from 5 to 9 p.m., throughout the regular public school year from September through June. It is free to Boston residents and is open to non-residents, subject to 50 per cent reimbursement by the local community of the non-resident.

The cost for the program for the period from September through December 1971, will be $7,994.

For the full year of 1972 it will be $28,820. The Boston Schools will be reimbursed by Massachusetts at 50 per cent and proposals have been submitted for full federal funding.

• • •

Applicants must be at least 17 years and six months old, must have a high school diploma or its equivalent and must be in satisfactory health.

The pioneer program has been approved unanimously by the Boston School Committee and will be administered by the Department of Vocational Education and Industrial Arts.

Each cubic foot of uncovered garbage can produce 70,000 flies. (Product Engineering 10/67)

• • •

New York City generates 7 million tons of refuse annually — 19,000 tons each day. ("The Garbage Apocalypse" by Paul Wilkes)

MRS. BONNIE KIRK

Job hunting will become tough for women graduates

HEMPSTEAD, N.Y. — College graduates, particularly women, are expected to find job hunting tougher, according to a report from the U.S. Department of Labor's Bureau of Labor Statistics.

The prediction came from Herbert Bienstock, regional director of the Bureau of Labor Statistics, at the third annual Guidance Conference of the Long Island Board of Cooperative Educational Services, meeting at Hofstra University, here.

• • •

An estimated 10.4 million new college graduates will be needed between now and 1980, Mr. Bienstock said. About 10.5 million new degree recipients and others with college-level training are expected to enter the work force during the same period.

Mr. Bienstock noted that supply and demand of college-trained manpower will not be in balance in all fields. Shortages will continue in professional health occupations and engineering, for example, while significant surpluses of elementary and secondary teachers, life scientists, and mathematicians are expected to occur.

Changing supply-demand situations, especially in teaching, may have a particularly adverse effect on women college graduates, Mr. Bienstock suggested. The traditional fields of employment for women may not be able to absorb the tremendous increase in women college graduates expected over the next decade.

BROWN'S SUPER MARKETS
WISH YOU A MERRY CHRISTMAS

FREE GIFTS
RECEIVE A LADIES OR MANS HAGERHYDE WALLET FREE
WITH THE PURCHASE OF $10.00 OR MORE LIMIT ONE TO A CUSTOMERS
AVAILABLE THURS. DEC. 17th THRU SUNDAY DEC. 20th ONLY

LIBBY'S SAUER KRAUT LGE. 2½ CAN 19¢
OCEAN SPRAY CRANBERRY SAUCE 303 CAN 19¢
DEL MONTE PEACHES SLICED OR HALVES LGE. 2½ CAN 29¢
ESKA SHORTENING 3 lb. CAN 69¢
COUPON 20¢ NESCAFE 6-OZ. JAR 79¢ Good Only At Brown's Super Mkts. Expires Sun. Dec. 27th
TIDE SOAP POWDER GIANT SIZE BOX 69¢
HANOVER EASY FROSTING CHOC.-VAN.-STRAW. 3 16-OZ. CAN $1.00
COUPON 10¢ GOLD MEDAL FLOUR 5 lb. BAG 49¢ Good Only At Brown's Super Mkts. Expires Sun., Dec. 27th
ESSKAY TOP QUALITY RIB STEAK lb. 89¢
ESSKAY ROASTING CHICKENS lb. 39¢
ESSKAY TURKEYS GRADE A 18-lbs. AND UP lb. 39¢
WE CARRY A COMPLETE VARIETY OF FRESH TURKEYS-CAPONS-BAKING CHICKENS-ESSKAY FRESH HAMS-MASH'S FULLY COOKED HAMS SPECIAL NOTE: SHOP EARLY FOR FRESH TURKEYS (Short Supply)
ESSKAY PORK ROAST 4-6 lb. AVG. lb. 59¢
SLAB BACON lb. 49¢
COUPON 30¢ KOTEX SUPER OR REG. 99¢ Good Only At Brown's Super Mkts. Expires Sun., Dec. 27th
FROZEN FOODS FEATURES
MRS. SMITHS PUMPKIN PIES LGE. 26-OZ. EA. 59¢
DONALD DUCK ORANGE JUICE 3 6-OZ. CAN 59¢
CHRISTMAS CANDY 28-oz. BAG 69¢ 24-OZ. BAG 69¢
DOMINO SUGAR 5-lb. BAG 59¢
FRESH PRODUCE SPECIALS
FLORIDA TANGALO ORANGES 120 SIZE 39¢
FRESH Corn on Cob 6 EARS 49¢
PET MILK 5 CANS 89¢

FREE PARKING | OPEN SUNDAYS 'TIL 3:00 P.M. | WE ACCEPT FOOD STAMPS AND COUPONS

SHOP SEVEN DAYS A WEEK
STORE HOURS BROWN'S WEST: Mon.-Wed. 9 to 7, Thurs. 9 to 8, Fri.-Sat. 8 to 9, Sun. 9 to 1
STORE HOURS BROWN'S EAST: Mon.-Wed. 8 to 6:30, Thurs. 8 to 8, Fri.-Sat. 8 to 9, Sun. 9 to 1

WE ACCEPT FOOD STAMPS AND COUPONS | OPEN SUNDAYS 'TIL 3:00 P.M. | FREE PARKING

WEST-1400 N. MONROE ST. | EAST-1601 N. Washington ST
YOUR KIND OF STORES | 20 Years of Service to Our Community
PRICES EFFEC. THURS DEC. 17th thru SUN. DEC. 27th
PLEASE NOTE: BROWN'S IS NOT RESPONSIBLE FOR ANY ERRORS IN PRINTING.

For the Convenience of Our Customers, Payroll and Government Checks Cashed FREE with a $3.00 Purchase.