WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND

THE PAMS SORORITY recently hosted a dance in the Civic Center, included, left to right, front: Misses Bettina Monroe, Dorothy White, Dolores Mabry, Michon Johnson, Allene Hall, Beneva Tabon, Marie Stith, Sylvia Elliott, Sadie Grier; back: Misses Cora Livers, Gwendolyn Fowlkes, Carolyn Stith, Laverne Crawford, Doris Jenkins, Barbara Coleman, Joyce Wilson, Carol Cook and Dorothy Mason.

Coming Events

MARCH 9 - 25
"Photography in the Fine Arts", a collection of black and white prints, at the Baltimore Museum of Art, Charles St., 10 a.m.

MARCH 19 - APRIL 15
A display of extravagantly decorated arms and armor from Islamic countries on display at the Walters Art Gallery.

MARCH 11-23
24th revival conducted by the Rev. James G. Washington of Spartenburg, S.C., at Temple Baptist Church, 1800 N. Wolfe St.

MARCH 11 - APRIL 8
The 30th Maryland Artists Exhibition of paintings, sculpture, drawings and prints by artists born in Maryland, The Baltimore Museum of Art, Wyman Park, 3 p.m.

MARCH 22
The Talent Hunt Demonstration sponsored by the Omega Psi Phi Fraternity, at the Carver Vocational-Technical High School, Benfalou and Presstman St., 8 p.m.

Anniversary for radio personality Pauline Wells Davis at Gillis Memorial Church, 8 p.m.

March 24
The South Abington Improvement Association will hold its meeting at 24 S. Abington, at 7:30 p.m.

* * *

Mother Goose Musical Twist Dance and the Pepper mint Twist program will be presented by the Nana's Chippee Chaps Club of Baltimore at 1500 Mondawmin Concourse, Gwynns Falls Parkway and Reisterstown Rd., from 6 to 8:30 p.m.

MARCH 25
Wayman Good Hope AME Church, Jones Station, Md., presents its annual Women's Day, 3 p.m.

"What Religion is Most Beneficial for the American Colored Man, Christianity or Islam," will be the subject of a talk to be delivered by Minister Isiah Karriem at the Temple of Islam, 516 Wilson St., 2 p.m.

* * *

Annual Men's Day at Emmanuel Christian Community Church, Lanvale St. and Carrollton Ave., Sunday. Guest speaker will be the Rev. Leonard Hicks at the 8 a.m. service, and Rev. Fletcher Norwood at the 3:30 p.m. service.

* * *

At 6 p.m. at the Cherry Hill Methodist Church, the Seven Seal Rally, the Rev. N. P. Perry, pastor.

The 53rd annual Woman's Day at Johns Chapel Church, 810 Carrollton Ave., with the Rev. Irene Chase Dutton of Philadelphia, as speaker; Musical and library program, 11 a.m. - 4 p.m.

* * *

Fashion Show and Tea, by Theta Nu Sigma Sorority, Douglas Memorial Community Church, 5 p.m.

March 25
Sigma Phi Sigma Fraternity, presents "Cannonball" Adderley and his group at Morgan State College.

* * *

Robert S. Guttchen, instructor in Philosophy of Education, Hofstra College, N.Y., speaks in Adderley Ethical Society, 3800 Gwynn Oak Ave., 11 a.m.

* * *

First Women's Day at South Baltimore Memorial Methodist Church, 1117 W. Saratoga St., 11 a.m.

* * *

Musical and appreciation program in honor of the elder mothers of the church, Mt. Olive F. W. Baptist Church, Saratoga and Fremont Ave., 8 p.m.

DR. GLADYCE B. JONES, basileus of Epsilon Omega chapter of Alpha Kappa Alpha Sorority, presented check from chapter to Clarence Logan for Civic Interest Group, at the Sorors' meeting, Saturday.

Women must plan for next 50 years

The young woman of today must prepare for the role she is to play for the next 50 years, Dean Louise M. Latham said, here, Friday evening.

Speaking at the Sixth Annual Women's Dinner at Morgan State College, the speaker said that preparation now determined each woman's fruitfullness or barrenness when she has reached the mature years.

* * *

MISS LATHAM, dean of women and assistant professor of education at North Carolina College at Durham, spoke at the closing affair of the Women's Week celebration at Morgan.

Pointing out that there are more women in the world than men, that they live longer and often the last years of their lives are spent as widows, and that they control more of the wealth of the country than men, Miss Latham urged preparation for roles in all years of living.

* * *

DEAN LATHAM SAID:

"Now as colored women there are special roles that you must play as college women. You must strive for excellence as young women so as to open locked doors to vocations.

"You must give of your selves even while you are in the child - bearing years to your communities in volunteer service. You must help make it possible not only to break down barriers as you have so wonderfully and courageously done in the 'Sit-Ins' and 'Freedom Rides,' but also to hold the gains we make in attaining first class citizenship by assuming responsibility for this citizenship as well as its pleasures.

* * *

"YOU MUST register, vote, run for office and give of your time to activities not wholly social, the speaker continued.

"You must be willing to accept new ideas that fit the day in which you live even if it means giving up some social outlets which may have been pleasant. Maybe activities must change their patterns.

"You must accept the fact that many of you will not be able to marry college-trained men, and yet you will have to find ways to give these men a feeling of self respect.

"You will have to find ways to take the best of our matriarchal society into our larger life as Americans and leave behind its handicaps."

* * *

EIGHT FACTORS given by Dean Latham as necessary to achieve the ability to play these roles in life well, including the lonely years, were:

Academic excellence, intellectual curiosity, emotional control, social adequacy, a sense of civic and political responsibility, a spiritual strength, the tools for building a strong family life and a sense of importance of international goodwill and understanding as a basis for world peace. Dean Latham was introduced by Mrs. Martin D. Jenkins.

DR. THELMA P. BANDO, dean of women at Morgan, and Miss Jean Irvis, president of the Women's Dormitory Council, presided at the dinner meeting.

Music was by the Morgan State College String Trio under direction of William Haithcock. The Grace was sung by Miss Jestine Pinder, who was accompanied by Miss Bernice Meads.

* * *

THE PHILOMATHIANS' Lillian Armstrong Brown scholarship award was presented to Miss Barbara Quinton, a junior and an honor student. The presentation was made by Mrs. Vivian Cook.

Other participants on the program were Miss Juanita Dougherty, "Miss Morgan of 1961 - 62," Miss Josephine Jupiter, soloist, Miss Gwendolyn Johnson, pianist, Mrs. Beryl Williams, president of the Faculty - Trustee Wives Club, and Mrs. Mary J. Spellman, assistant dean of women, who introduced guests at the head table.

The latter included Miss Constance Hoyles, president of the Charm Club; Mrs. Williams, Miss Doughetry, Mrs. Cook, Mrs. D. O. W. Holmes, Dr. and Mrs. Ed. West Wilson, Mrs. Jenkins, Mrs. Catherine Perry, Miss Irvis, Dr. Bando and Dr. and Mrs. Martin D. Jenkins.

Patronize Our Advertisers

Off The Beaten Path —

By ELIZABETH M. OLIVER

A reporter on vacation leaves the dishes in the sink at home and goes right on hunting news just the same.

It was impossible for me to change habits. On Monday, I had a physical check-up, left the hospital a day early. On Tuesday, I selected two friends who dearly love to go.

They are Mrs. Frances German, a neighbor, and Mrs. Sarah F. Diggs, a lifelong friend. Hereinafter they are called Sarah and Frances.

We decided to go high-hat and call on some millionaires.

I had met David Hume, the Democratic candidates for governor, through my physician in November. I liked Mr. Hume.

* * *

HE HAD invited me to visit his home in Charles County so, since the campaign was getting hot, I thought this a good time.

We started the 58-mile journey by car at 8:15 a.m. to accept the invitation.

Mr. Hume's wife, Mrs. Farlee Eaton Hume, was expecting us.

Frances whispered behind her hand, "I heard about her. Her father is Cyrus Eaton, industrialist, worth over the $500 million!"

Sarah said: "With all that money, she may be snooty. Are you sure she will be nice to us?"

I said: "Mr. Hume is certainly nice. A Christian man who quotes the Bible, can preach like a Baptist. He's a scholar, a noted lawyer, rich as cream, good looking and honest as the day is long. His wife has got to be nice!"

* * *

COMPLETE with sun glasses, comfortable shoes and three noses sharpened for news, we arrived at the Humes' Mount Eagle Estate by 10 a.m.

Mrs. Hume met us at the door, arms open, a lovely smile that made her blue eyes sparkle.

In less than five minutes we were seated in the fabulously furnished 200-year-old living room, knee to knee, sipping coffee from priceless Wedgewood china.

* * *

BLOND, SLENDER, 40, Mrs. Hume has the jewel-like quality appearance and the God-given nack of letting you know she really likes people.

Half-way between our concerted raves about the gorgeous home and her fortune in antiques, Sarah (seated in a 150-yeal-old chair) made the sign of a circle with her thumb and forefinger. The three of us winked an eye slyly. We liked Mrs. Hume.

We liked the peace in this house. We realized when the Humes told us, "equal accommodations for all is the decent, the God-like thing," that they meant it.

We knew Mr. Hume wasn't kidding when he said he wants to clean up Maryland to please all people.

Three hours later we left, regretting time had slipped away so quickly.

* * *

THE INVITATION our new-found friend offered so graciously was fortified by her two sons, David II, age 17, and Stephen, age 14, home from school on vacation.

David, who will be 18 on Easter Sunday, is a licensed Lay Reader in the Trinity Episcopal Church where the family attends.

Stephen, who will be 15 on Mothers Day, is getting to like girls, can do the Twist.

They are two gentlemen. "We're glad you came. We hope you come back," they said.

All the way down the broad aisle of trees which led away from the house, Sarah, Frances and I smiled and chattered.

Sarah: "What a wonderful day. I shall never forget it. The Humes are fine people. I love those antiques."

Frances: "There's the kind of family I would like to see in Annapolis. Honest. I hope Mr. Hume wins the election. I hope and pray."

I said: "Gee, wouldn't that be wonderful? To have someone who really is for all people."

MR. AND MRS. RODNEY M. CARTER were married in Fulton Baptist Church, Baltimore, recently. The bride is the former Miss Marian E. Smith.

ANNAPOLIS DOINGS

By ELOISE RICHARDSON

Dr. Faye Allen, local physician, inspired members of the Mothers Club of Ralph Bunche School and friends on Sunday when she spoke on the occasion of the club's Fellowship Tea at the school.

In speaking on "The Factors Involved in the Development of Children and the Part the Parent Can Play," Dr. Allen told her audience that the three L's, "Love," "Limitation," and "Let Them Grow Up" are deciding factors.

She pointed out that these three factors would balance their lives for developing physically, mentally and psychologically.

* * *

SHE ALSO warned against the type of love from parents which would usurp their lives in relationship to the lives of their children, laxity in responding to the demands of their children, rather than using limitations in their best interest and possessiveness in the sense of not allowing their children to grow up.

Mrs. William H. Richardson read the story of "The Littlest Angel."

A unique number on the program was a duo reading by Mrs. William Dyson and her young daughter, Darlene Mrs. William Plummer of Manson, N.C., at his home, 1620 Poplar Ave.

The double - ring ceremony was performed by the Rev. John T. Chambers on Saturday evening, March 3.

The bride wore a white silk organza short frock fashined along simple lines with a high neckline and a jeweled belt. Her short veil was caught in front by seed pearls and her accessories were short white gloves and white brocaded slippers.

Her only attendant was, Mrs. Maline Luke of St. Leonards, Md. She was attired in pink silk organza with pink accessories and jewelry. Gerald Matthews was best man.

* * *

THE BRIDE is a graduate of Bennett College at Greensboro, N.C. where she earned a bachelor of science degree in physical education.

The bridegroom attended Bates High School, Morgan State College and the University of Maryland He recently returned from a tour of duty with the Armed Forces in France and Germany, where he was an assistant educational advisor.

Both the bride and bridegroom are teaching at the Harmony Junior High School at Owen, Md. They are at home to friends at 1620 Poplar Ave.

Sheriff Joseph W. Alton Jr. was the principal speaker at a recent luncheon meeting given in his honor at Carvel Hall by a group of GOP Women.

Among other prominent Annapolis Republicans present were Mayor Joseph H. Griscom Sr., Alderman Eugene M. Lerner and Alderman T. Norwood Brown, Bruce C. Williams, a candidate for the office of State's Attorney, and Richard B. Callahan, a candidate for a seat in the House of Delegates.

Among those seen at the luncheon were Mesdames Sarah M. Randall, Charlotte Johnson, Veola Johnson, Mary Chew, Beatrice Smith, Evelyn Brown, Christine Norman, Adell Walker;

* * *

ALSO MESDAMES Elizabeth Purvis, Frances Wells, Elizabeth Duvall, Evelyn Parker, Marian Phelps, Thelma Burley, Mary Burley, Lula Upchurch;

Also Mrs. James Marchand, Miss Delores Proctor and Messrs. Phillip Colbert, Milton Haskins, Leonard Burley.

Mrs. Theresa Hicks had as buffet supper guests recently, Miss Anita Nance and Messrs. Richard Jefferson and Roland Randall, all Howard University students, Mrs. Sarah M. Randall and Mrs. Alverta Gross.

Miss Gertrude Parker of New York City was called to the bedside of her mother, Mrs. Susie Parker who is seriously ill in Arundel General Hospital. While in the city she is house guest of Miss Catherine Johnson.

The North Baltimore District Ministers' Wives Association will present the Bennett College Choir in a concert at the Sharp Street Memorial Methodist Church in Baltimore on Tuesday evening, March 27 at 8:30 p.m.

The concert is being presented as a benefit in the interest of the Pension Fund for retired ministers and widows and children of deceased ministers. The program is at 8:30 p.m.

The unusual presentation was entitled "Gates Ajar," and was accompanied by soft music in the background played by Mrs. Rufus Abernethy, teacher of music.

Remarks were made by Mr. Everett Pettigrew, supervisor of schools and Mrs. Irené Mills, principal. Mrs. Pearl Dow also gave greetings.

Among others who appeared on the program were Mrs. Dorothy Rawlings, Mrs. Lena Jones, Mrs. Marie Hollins, Mrs. Ruth Collins, Mrs. F. Watkins, and Mrs. Lillie Wilson, president.

Among special guests were Dr. Aris T. Allen, William H. Richardson and representatives from Bristol, Carver and Lula G. Scott Schools.

Officers of the Mothers Club are Mrs. Pearl Downs, president; Mrs. Ruth Colbert, vice - president; Mrs. Ruth Collins, secretary, and Mrs. Henrietta Sharps, treasurer.

* * *

TWO YOUNG people did not wait until June, but decided to tie the knot in a quiet informal home wedding.

Donald Burns, one of Annapolis' sons, took unto himself as his bride, the charming Miss Laura B. Plummer, pretty daughter of Mr. and

TO AID PENSION FUND—The famed 40-voice Bennett College Choir of Greensboro, N.C., is being presented in concert at Sharp St. Methodist Church Tuesday, March 27 by the North Baltimore District Ministers' Wives Association for the benefit of the Pension Fund for retired ministers and the widows and children of deceased ministers. The program is at 8:30 p.m.

D'LOVELY Damita Jo will be in the spotlight starting tonight (Friday) as she opens a week's engagement at the Sphinx Club, A-TV favorite, the sultry singer has several big selling records to her credit.

TOOTHACHE
"Don't suffer needlessly. Get speedy relief from throbbing pain of toothache with fast acting ORA-JEL. Pain goes in seconds! Guaranteed or money back. All drug stores."
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"Must I Suffer All My Life because I'm a woman?"

Remarkable tablet can relieve female ailments at any age... both monthly cramps and "hot flashes" of change-of-life!

Just because you're a woman you don't have to suffer nasty cramps. Don't have to go through the change with fear, misery! Today, most women can relieve "female suffering" at any age—with Pinkham Tablets!

In doctor's tests with Pinkham Tablets, most young women no longer suffered agonizing "period pains". In middle-age, 3 out of 4 tested got remarkable relief from distress of change-of-life! No costly short-cuts used. Taking Pinkham Tablets alone, "hot flashes" subside. Nervousness is calmed. Then you can start living a full, happy life again!

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IF YOU PREFER A LIQUID druggists also have Lydia E. Pinkham's Vegetable Compound.

Kearse, Mitchell are independents

The Rev. Logan Kearse, Fourth Congressional District candidate for Congress, and Clarence Mitchell 3rd, Fourth District House of Delegates candidate, are currently running as independents, a spokesman for the two said Wednesday.

The statement came to refute rumors that the Rev. Kearse and Mr. Mitchell were running on a ticket with Mrs. Verda F. Welcome, Fourth District State Senate candidate, according to the spokesman.

It was further revealed that neither the Rev. Mr. Kearse nor Mr. Mitchell had endorsed any candidate so far.

Fashion and Photographic Models Workshop to open here

For the first time in Baltimore, there will be a Model's Workshop conducted for private models and advanced modeling students. The workshop will start on Monday, March 26th and continue for four successive Mondays. At the conclusion of these sessions participants will be awarded certificates and present a fashion show. Roster models will be sharply limited. A cocktail hour will preceed each session. This workshop will cover all phases of modeling and especially those most important to success as a fashion or photographic model. Lectures and demonstrations will be conducted by high fashion modeling, photographic modeling, stage presentation, graceful movement, hairdressing, weight control, diet, exercise, furs and fashions.

These sessions will be handled by such outstanding experts as Kenneth Brooks, of Brooks Photographic Studios; Miss Lena Wright, of Wallace Academy, Mrs. Ann Blair, of Blair Beauty Academy and school, Mrs. Margaret Keck and Miss Jay of LaMode' Dress Salon and others.

For details and registration write: Fashion Workshop, C/o Fashion Center, 1 Rural Terr., Baltimore 27, Md. or call 664-6666.

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WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND

From Mildred's Kitchen

By MILDRED BROOKS

The versatile oyster has 12-month tenure these days

DO YOU KNOW that almost ninety-million pounds of oyster-meats are produced yearly from the coasts of the United States? These delicious morsels are favorites of most folks, but the gourmet finds a special delight in their unique flavor. Busy people go for them because they are so easy to prepare.

Take this dish called Oyster Au Gratin — as a quick Main Dish for your Lenten supper tonight: Prepare 6 slices of buttered toast, trim crusts; cut each slice into quarters. Arrange a layer of bread in a buttered casserole. Cover with a layer of drained oysters (1 pint will be enough); sprinkle with grated cheese—from 1 cup.

Repeat layers. Mix together 2 unbeaten eggs, 1 teaspoon salt, 1 teaspoon prepared mustard, ½ teaspoon paprika and ½ cup milk. Pour milk mixture over content of baking dish and cover with grated cheese. Place casserole in pan of hot water, bake at 350 degrees F for 30 minutes or until brown. Serves 6

It isn't certain how long Oysters have been used as food—but, History mentions that the Greeks and Romans dined on them at their festive banquets. In our country, the Indians were the first to enjoy this shellfish. Today, they are still considered a delicacy in the American diet.

Most of us know only a few ways to prepare this delicious seafood among which are: raw with a sauce, in stew, fried or baked on the half-shell.

If fried oysters are your favorite, change the flavor occasionally, by marinating them as described in this recipe:

* * *

DEVILED OYSTERS
½ cup salad oil
½ teaspoon salt
½ teaspoon paprika
¼ cup lemon juice
1 teaspoon horseradish
1 tablespoon Worcestershire sauce
30 medium-sized oysters, drained
2 cups dry bread crumbs
2 eggs, slightly beaten
2 tablespoons water

* * *

COMBINE first six ingredients and pour over oysters; let stand 1 hour. Roll oysters in bread crumbs, then in egg mixed with water, and again in crumbs. Fry in 1-inch shallow fat until delicately brown. Drain on absorbent paper. Serves 6.

* * *

NUTRITIONALLY SPEAKING, Oysters make a great contribution to the daily diet in protein, minerals and vitamins. Six Oysters, which are considered an average serving, give over the daily requirement of iron and copper-minerals so often lacking in the American dietary. The Basic Four Daily Food requirements are greatly enhanced, when Oysters are on the menu.

In preparing Oysters, one basic rule is suggested, which incidentally applies to all protein-rich foods: Cook only until heated through—DO NOT OVERCOOK. High temperatures will make oysters tough and unpalatable.

Nowadays, oysters can be available the year round, not only in the "R" Months. Modern times make this possible. When fresh Oysters are not available, canned or frozen ones may be purchased. In buying Oysters for six persons—allow 3 dozen shell oysters, 1 quart shucked Oysters or 2 No. 1 cans—This will vary according to the method of preparation and the appetites of your guests.

* * *

CASSEROLE type dishes are ever popular. The Oyster being so versatile, finds its way into such recipes. The next time the guests come over for bridge, surprise them with this OYSTER PIE. With it, serve buttered broccoli, broiled tomato halves and a luscious dessert.

* * *

OYSTER PIE
1-2/3 cups saltine cracker crumbs, finely rolled
¼ cup soft butter
2 tablespoons water
¼ cup butter
1 onion, chopped
1 pint oyster, drained
1 10½ oz. can cream mushroom soup
3 eggs
¼ cup milk

* * *

BLEND CRACKER crumbs with softened butter and water. Press mixture firmly against bottom and sides of a 9-inch pie plate. In a skillet, brown onions in melted butter. Add oysters, which have been cut into pieces and are well drained. Cook for about 10 minutes. Drain. Add undiluted mushroom soup to oysters. Blend in eggs beaten with milk. Pour mixture into crumb shell. Bake in a slow oven, 325 degrees F for 50 to 60 minutes. Makes 6 servings.

* * *

THE SERVING of an Oyster Loaf can add much elegance to a meal. In New Orleans, delicious golden fried oysters are placed in a hollowed-out, toasted, buttered loaf of bread and served with a hot, spicy tomato sauce as a Dip. For a new idea on this style, try this unusual recipe:

* * *

LENTEN OYSTER LOAF
One pound loaf bread, sliced
3 tablespoons melted butter
3 doz. small oysters, drained
¼ cup butter
½ teaspoon celery salt
¾ teaspoon paprika
⅛ teaspoon pepper
¾ teaspoon salt
3 drops tabasco sauce
½ cup light cream
parsley
extra paprika for garnish

* * *

CUT OFF TOP of bread and scoop out inside—leaving one-half inch shell. Mix about 1/3 of the scooped out crumbs with 3 tablespoons butter and toast golden brown in the oven. Gently saute oysters in the ¼ cup butter for about 5 minutes or until plump and edges curl. Add seasonings and cream, stir in carefully to combine. Fold in toasted crumbs. Turn mixture into loaf shell. Sprinkle top with a few buttered crumbs.

Brush edges of loaf with melted butter. Bake at 350 degrees for 20 to 25 min., or until heated through and golden brown on top. Sprinkle generously with paprika and garnish with minced parsley.

To serve, slice with a sharp knife. This serves 6 to 8. A bright green vegetable, a colorful tossed salad and your favorite dessert would make this a wonderful meal to remember.

* * *

Do you have a favorite Lenten Recipe? Send it to the "AFRO" in care of Mildred's Kitchen, so it can be passed on to others.

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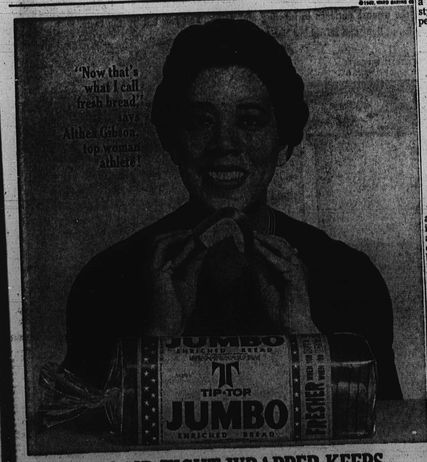

NEW AIR-TIGHT WRAPPER KEEPS TIP-TOP 'JUMBO' SO FRESH IT FOLDS!

Ask Althea Gibson! When other breads go stale and hard, Tip-Top Jumbo Bread is still so fresh, you can fold it. The secret: a new air-tight 'Flavor-Guard' wrapper. Keeps bread fresh day after day, so you don't throw slices away! And Althea knows that Jumbo is packed with Jumbo nourishment for better body building! Get a loaf of delicious, giant-size Jumbo Bread today. You can fold the last fresh slice days from now.

SCOOP FOR YOU — A dress that's all feminine charm and bouffancy welcomes this season's return to the normal waistline.

Double-breasted jacket is included in pattern No. 3142 comes in sizes 12, 14, 16, 18, 20. Size 14 dress takes four and three-fourth yards of 44-inch fabric; jacket, one and one-half yards of 44-inch.

* * *

ONE LOOK at the diagram tells you how easy it is to make this dart-fitted sheath, with its neckline cut to a plunging Vee both in front and back.

No. 3251 comes in sizes 12, 14, 16, 18, 20. Any of its sizes may be made from just three yards of 35-inch fabric.

* * *

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BEST BUYS.

Fresh pork shoulder, spinach help budget

By VIRGINIA McLUCKIE
Food Economist

Although the calendar says spring is here, the produce market is at an in between period.

Winter offerings are at a low ebb and spring crops are not yet in heavy volume. Shoppers will be wise to shop for quality as well as price.

We depend almost entirely on shipped - in produce on the current market. Modern fast transportation and refrigeration makes possible very good quality from field to the consumers table. Weather conditions greatly influence the quality and quality of produce from Florida, California and other producing areas. Recent cool weather and storms are still influencing offerings, however improvements can be expected in the near future.

* * *

SPINACH is one of the best buys. The use of a dark green leafy vegetable at least every other day is recommended in the Food For Fitness guide to good eating published by the United States Department of Agriculture. Spinach is one of the most popular of the leafy greens.

When you buy spinach in film bags, check to be sure the leaves are bright green, young, tender and crisp just as you would if you were buying bulk spinach. The film pack has spinach that is washed and trimmed but it does require further washing before using. Spinach is rich in Vitamin A. and iron and low in calories.

* * *

GREEN BEANS from Florida are lower in cost. It is possible to vary the seasonings of green beans with other vegetables such as onion, mushroom, water chestnuts, etc. and with herbs to make interesting table fare.

Green onions, radishes and mushrooms are also on the best buy list. Green onions and radishes are some of the salad bowl vegetables that have increased in production and consumption during the past decade. When selecting green onions look for fresh appearing tops that show signs of freshness. In green salads the use of radishes and onions give color and flavor.

MUSHROOMS are attractively priced. Become familiar with the multiple uses of this 'plant. Serve them as a side vegetable, as a garnish to meats and in casseroles to add flavor and texture. When selecting mushrooms the top quality is snow white, with tightly closed caps.

Sales on applesauce should attract buyers. The pack this year was large and sauce is in liberal supply.

EGGS ARE LOWER in cost. The large size eggs will give you the best value for your money spent on eggs. Grade A large eggs are recommended.

Turkey is in heavy supply. Stocks of frozen turkey, from this year's record crop of 107 million birds, are being offered at low prices. Birds of all sizes are available.

* * *

GOOD BUYS are available in pork products. Fresh pork shoulder and smoked picnics are suggested. Pork production for 1962 is expected to be up enough to provide about a pound more pork per person than last year. Pork is one meat that must always be cooked and served well done.

* * *

CALIFORNIA CHOP SUEY is made with one-half lb. boned lean pork shoulder, cut into thin strips, one - half teasp. salt, one-eighth teasp. pepper, two tablesp. salad or olive oil, one-fourth cup coarsely chopped onion, one and one - half cups hot water, two bouillon cubes, one cup celery, cut lenthwise into thin strips, then into one inch lengths; one No. 2 can mixed Chinese vegetables, or bean sprouts, drained, two teasp. cornstarch, one teasp. sugar, three tablesp. warm water, one tablesp. soy sauce, and canned chow - mein noodles.

Cook meat with salt and pepper in oil about 10 min. Do not brown. Add onion, cook five mins. add water and bouillon cubes. Simmer until fork tender. To meat mixture add celery cook five mins. Add vegetables and heat.

Combine cornstarch, sugar, water, soy sauce. Add to hot mixture and cook until thickened. Serve on chow-mein noodles or rice. Serves four.

Cabbage Roll

Cabbage leaves...a stuffing of ground lamb and rice...a can of condensed soup...and a bit of rosemary..put them all together in a delicious Stuffed Cabbage Rolls.

STUFFED CABBAGE ROLLS require eight large cabbage leaves, one pound ground lamb, one-fourth cup chopped onion, one small clove garlic, minced, one cup cooked rice, one teaspoon salt, one-fourth teaspoon pepper, one egg, slightly beaten, one can (10½ ounces) condensed tomato soup, and one-eighth teaspoon rosemary, crushed.

Cook cabbage leaves in boiling salted water a few minutes to soften; drain. In skillet, cook lamb, onion, and garlic until meat is browned and onion is tender.

Add rice, salt, pepper and egg. Divide meat mixture among cabbage leaves; roll and secure with toothpicks or string.

Place cabbage rolls in skillet; pour soup over and sprinkle with rosemary. Cover; cook over low heat about 40 minutes.

Stir now and then spooning sauce over rolls. Makes 4 servings.

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