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

Wine baste for barbecu corn gives lift to plentiful item

Roasting corn on the cob directly over the coals produces quite a different character than cooking it in water or steaming it in foil. The fire gives it a smoky taste and the high heat toasts it, rather like popcorn. Now there is a further glamour treatment — the wine baste.

The wine should be dry and white, like the Sauterne produced in California. Chili sauce or catsup gives the baste the necessary body, plus the robust flavor that distinguishes this treatment. Garlic salt helps still more.

THE SAME wine used in the baste can also be served as the mealtime beverage. Chill it well for greatest enjoyment. A red dinner wine such as Burgundy or Claret is also a barbecue favorite. Though it is most often served at room temperature, there is general agreement that it tastes more refreshing on a warm day if it, too, is slightly chilled.

Put the bottle in the refrigerator for two hours, just as in the case of a white dinner wine or rose, but bring it to the table in a few minutes in advance of serving time. With that short period to warm up a little and by pouring it into glasses that have not been chilled, it will be pleasantly cool but not cold by the time the food arrives.

CHILI-SAUCED CORN is made with ½ cup California Sauterne or other white dinner wine, 1/3 cup margarine ¼ cup chili sauce or catsup, 1/8 teaspoon garlic salt, and 8 to 10 ears of fresh corn.

Heat wine, margarine, chili sauce and salt together. Husk corn and remove all silk. Brush corn with sauce. Grill over coals turning frequently and brushing with sauce until lightly browned, about 10 minutes. Serve at once.

TUNA - CHEESE ROLLS are a make-ahead, take-along picnic treat.

Scooped out hot dog rolls heaped with wine - flavored tuna and cheese filling are wrapped in foil, for easy handling. Accenting the filling is a California white dinner wine, such as Sauterne or Chablis.

Keep the wrapped rolls cool — in an insulated bag or cooler if you're traveling — until ready to heat over hot coals.

THE SAME white dinner wine used in the filling is also a delightful beverage accompaniment for both backyard and country picnics. White wines are most often preferred well chilled.

So if you'll be traveling to your picnic spot, put the wine in the refrigerator overnight. Just before leaving, pour the wine into a chilled thermos bottle or jug.

TUNA-CHEESE ROOLS are made with 1 (6½ or 7-oz.) can tuna, ½ cup grated Cheddar cheese, ¼ cup California Sauterne, or other white dinner wine, 2 tablespoons chopped green onion, 1/8 teaspoon salt, 1/8 teaspoon curry powder, ¼ cup mayonnaise, and 6 hot dog rolls.

Combine undrained tuna with all remaining ingredients except rolls. Remove part of soft center from rolls (store and use crumbs another way). Fill rolls with tuna mixture; wrap in foil. Heat in moderately hot oven (375 degrees F.) 15 or 20 minutes. Or, heat over coals.

FRESH CORN, roasted over the coals or directly under the high heat of a broiler, has a pleasant toasted quality, and brushed with a glamorous wine baste, becomes a real barbecue specialty.

Juicy Meatballs

A family favorite that's quick and easy as can be... Juicy Meatballs and Gravy.

Recipes for cooking ground beef could fill a cookbook, but there's always room for one more when it's as good as this newest version developed in the test kitchens of Carnation Company! The meatballs are light and fluffy because nutritious evaporated milk acts as a marvelous binder, keeping the meatballs plump and fork tender with the good meat juices intact while browning.

LENDING ITS richness to the finished dish even further evaporated milk furnishes the beautifully smooth consistency found in all superior gravies and sauces.

Creamy and delicately flavored, it's the greatest gravy ever to meet a meatball and completes a recipe that's sure to be a treat your family will want repeated often!

JUICY MEATBALLS AND GRAVY require 1 pound ground beef or chuck, ¼ cup chopped green pepper, 2 tablespoons chopped onion, 1 egg, 2/3 cup (1 small can) undiluted Carnation Evaporated Milk, 1 teaspoon salt, ¼ teaspoon pepper, ½ cup fine bread or cracker crums, ¼ cup flour, and ½ cup shortening for frying.

Combine beef with green pepper, onion, egg, milk, and seasonings. Stir in crumbs. Blend well. Roll into 2-inch balls; dip in flour (save four for gravy). Brown on all sides in hot fat. Place in casserole and bake in moderate oven (350 degree F.) about 30 minutes.

FOR CREAM GRAVY use 3 tablespoons meat drippings 3 tablespoons flour, 1 cup undiluted Carnation Evorated Milk, 1 cup water, and Salt and pepper to taste.

Blend meat drippings and flour in skillet over low heat. Slowly add Carnation mixed with water. Season to taste. Stir until well blended. Cook over low heat about 5 minutes, stirring occasionally.

Cheese chciken

Tender broilers - fryers are a boon to the menu planner, for these tasty birds can be prepared in a variety of inviting ways. Broiled, fried, baked, stuffed — or steamed to tenderness for dicing and using as chopped meat in any number of combination dishes.

Cheese - Chicken and Rice is an especially good dish for an autumn party. Broilers - fryers and rice are its main ingredients.

To prepare 24 servings: Cook 2 pounds rice in 3 quarts seasoned tomato juice, until tender, do not drain. In separate pan, saute 3 cups sliced mushrooms in 8 ounces butter or margarine.

* * *

IN A LARGE cooking pot, prepare 1 gallon cream sauce or medium white sauce and season with about 1½ teaspoons pepper and 6 teaspoons salt. Stir in 3 to 4 cups grated Cheddar cheese and heat slowly until cheese is blended.

Add 2½ quarts diced, cooked chicken and sauteed mushrooms and continue cooking until chicken is serving temperature. Serve the Cheese-Chicken over beds of the hot tomato rice with a chopped peaflut garnish.

From Mildred's Kitchen

By MILDRED BROOKS

Fruit Salad

A molded refresher to lure summer appetites, "Creamy Nectarine Salad" casts the spotlight on those beauties from California orchards — luscious fresh nectarines.

Besides being the sweet and juicy fruit they are, nectarines are time-savers in recipes because it isn't necessary to peel their fuzzless skins. However, if you want to peel them for certain uses, cover the nectarines with boiling water for about a minute, then strip off the skins easily.

* * *

Creamy Nectarine Salad Salad is made with 1 envelope plain gelatin, 1/3 cup sugar, Dash salt, 1 cup boiling water, 1 package (3 oz.) cream cheese, softened; ¼ cup mayonnaise, 1 teaspoon grated lemon rind, ½ cup lemon juice, 3 to 4 fresh nectarines, and ½ cup chopped celery.

Combine gelatin, sugar and salt. Add boiling water and stir until dissolved. Add cream cheese, mayonnaise, lemon rind and juice; beat until smooth. Chill until thick.

Slice nectarines to make 2 cups. Fold into gelatin mixture along with celery; turn into 4-cup mold and chill until firm.

Makes 6 servings.

Well, kids, the School-Doors are about ready to open. Keeping yourself well and strong will help you to make better grades and enjoy your school work. One way to do this is to remember that whatever you eat turns into you. Lunch Time is a good opportunity to put this into action.

Learn to pack a Lunch with a "Punch" — prepare it yourself the night before and keep it cool. To make this a real square meal, observe these four-points: 1. Include something HEARTY like a sandwich, chicken leg or hard - colled eggs. Sandwiches may be a huge multi -decker Dagwood or a ti-decker. Dagwood or a small one for a dainty Miss. Make a different kind every day. Change the bread frequently. Have fun in trying different fillings such as: peanut butter mixed with bacon bits, applesauce or orange juice. Grated cheese can be mixed with chopped celery or crushed pineapple and chopped green, pepper. Picca hilli and mustard added to chopped hard-cooked eggs is a Dilly. If baked beans are a favorite, bacon bits — and oh — the best sandwich you ever tasted. Chopped franks and catsup are real tasty, too. Sliced meat, fish and chicken can be made more interesting by using different kinds of spreads.

2. INCLUDE SOMETHING crisp or juicy raw fruits like apples, bananas, oranges, peaches can be a pleasing dessert. While raw vegetables like carrot sticks, celery sticks and cucumber strips give "crunch" to the lunch. These foods are excellent as nature's Toothbrush!

3. INCLUDE SOMETHING TOOTHSOME. Fruit is one of the better desserts. If weight permits, oatmeal cookies, plain cake, gingerbread and fruit pie can top off the lunch. Here is an easy recipe for cookies made with a very "lovable" ingredient, Peanut Butter:

PEANUT BUTTE COOKIES

¼ cup shortening
½ cup peanut butter
2/3 cup sugar
1 egg
¼ cup evaporated milk
1 teaspoon vanilla
1 cup sifted flour
TEASPOON BAKING POWDER.
der
½ teaspoon salt

Cream shortening, peanut butter and sugar together until light and fluffy. Beat in egg. Add milk and vanilla. Sift flour, baking powder and salt into first mixture. Drop from a spoon onto a slightly greased baking sheet. Press cookies flat. Bake at 375 degree F. for about 15 min. Makes about 3½ dozen cookies.

MAKE-YOUR-OWN COOKIE MIX

6 cups flour
3 Tbsp. plus 1 tsp. baking powder
1 teaspoon salt
1 cup dry milk
2½ cups shortening

Sift flour, baking powder, salt and dry milk together. Cut in shortening until crumbly. Store in a tightly covered container on the pantry shelf.

Makes 13 cups.

FOR DROP SUGAR COOKIES: Combine 3 cups Cookie Mix with 1 cup sugar. Add about 1/3 cup water and 1 tablespoon vanilla extract to 2 besten eggs. Add to dry ingredients. Mix well. Drop dough on greased baking pans. Flatten cookies with floured bottom of a glass. Bake at 375 degrees F about 15 min. Makes 2½ doz.

4. INCLUDE SOMETHING DRINKABLE. Milk, milk drinks, (like the recipe below) take preference over other kind of beverages. Fruit and vegetable juices soups can be a tasty change. Keep your thermos bottle very clean, occasionally washing it inside with baking soda and water to keep it sweet. For one of those delectable drinks that may be a part of a Packed Lunch, try this:

STRAWBERRY MILK SHAKE

One 10 oz. pkg. frozen strawberries
3 cups liquefied skim milk
½ pint vanilla ice cream

Thaw berries in large bowl. Beat with rotary beater. Stir in milk. Chill. At serving time, pour into four tall glasses. Top each serving with a scoop of ice cream. Part of this can be placed in your chilled thermos bottle. Take it to school as part of your lunch. Other will envy your Pink Drink!

Detroit cleric's last rites held

DETROIT — Funeral services were held at 11 a.m. Monday August 26 in the Greater Bethlehem Temple Church, 2909 Chicago west, for Bishop Samuel N. Hancock, who died at his home, August 18.

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Printed Pattern 4593: Misses' Sizes 12, 14, 16, 18, 20. Size 16 requires 2¼ yards 54-inch fabric.

* * *

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

RIGHT OUT OF JAIL marched these youthful Freedom Fighters from Danville, Va., their spirit undimmed. They sing "We Shall Overcome" so lustily they persuaded other marchers to join in. They were singing when they arrived and were still singing when they departed Wednesday night.

Boston marchers all 904 of them fed by two churches

An Army travels on its stomach and the same thing holds true of Freedom Marchers when they ride from Boston to Washington.

In their initial planning, leaders of the Boston delegation marked Baltimore as a stopping and feeding point.

They contacted the Rev. Gentry McDonald, executive secretary of the local NAACP, to ask if he could make arrangments to feed 600 persons Wednesday morning.

The Rev. Mr. McDonald contacted the Rev. Kelly Jackson at Sharp St., and the Rev. Harrison J. Bryant at Bethel AME, and they agreed to feed the travelers.

On Monday the Boston directors called back again to up the total to 1,000 demonstrators. Again a hasty conference and the decision it could be done.

Early Wednesday, the two churches fed a total of 904 persons scrambled eggs, bacon, fruit juice, rolls and buns, and sent the travelers on their way with a minimum of delay.

Labor urged to back equal job opportunity

Assistant Secretary of Labor Esther Peterson today called on labor as a whole and union members individually to commit themselves to the fight for civil rights and equal employment opportunities for all Americans.

She praised the labor movement for its long history as a "progressive force in our society and a leader in the fight for rights of civil kinds," and told the audience that as members of a powerful and organized movement, "you are in a better position than most to make this commitment felt and to act upon it."

Speaking before the Annual Convention of the Texas State AFL-CIO in Houston, the Assistant Secretary emphasized the need for expanded job opportunities for nonwhites.

LIBRARY TO CLOSE ON LABOR DAY

The Enoch Pratt Free Library's main building and branches will be closed next Monday, Labor Day.

According to Edwin Castagna, director, the Pratt's bookmobiles will also suspend book lending and information services on the holiday.

BRIDAL TWIN — Miss Sonja Reynolds, left, helps with a veil adjustment for her twin sister, Sandra, prior to wedding Saturday at Douglass Memorial Church, with the Rev. Marion C. Bascom officiating. Sandra is now Mrs. Marshall Arnell. The couple will reside in Washington. Sonja is a secretary in Mayor McKeldin's office. (Photo by Irvin Phillips)

Morgan staff members join the line of march

Joining the marchers from the Baltimore area in Washington on Wednesday were many members of the Morgan State College Faculty.

Dr. G. James Flemming, head of the Department of Political Science and director of the Institute for Political Education, was among the demonstrators.

Other Morgan staff members were: Dr Martin D. Jenkins, president; Cleveland A. Chambers, economic and business; Jessie Colson, economics and business; the Rev. Howard L. Cornish, director of the Morgan Christian Center; E. Lloyd Davis, business manager; Miss DeLois M. Flemons, English; James H. Harrison, education.

Dr. August Meir, history; Sherman S. Merrill, history; Alfonso B. Muldow, director of the Murphy Fine Arts Center; Dr. Clarence Contee, history; Dr. Roland C. McConnell, history.

The Rev. David Andrews, chaplain to Methodist students; Mrs. Patricia S. Taylor, administrative assistant to the president; Joseph R. Richa, assistant to the president; Dr. R. Eugene Brodaus Sawyer, economics, and his wife, Dr. Iva Jones, English.

Trains rolled in every 11½ minutes

By LES LEDBETTER

Almost 25,000 demonstrators arrived by train in Washington between 7:30 a.m. and 1:00 p.m., Wednesday, and flooded Union Station until the walls shook.

There were nearly 300 Air National Guard MP's on hand to help police there, but old railroad hands were smiling at the crowds.

One station employee remarked, at 9:40, after the special trains had begun to arrive, "If it keeps up like this it could be the biggest crowd since the war."

* * *

AT 6 A.M. Wednesday morning, over 100 newspaper reporters were standing in the empty hall at Union Station.

They were noting train cancellations, expected time of arrival of special trains, and the number of regular trains due in that morning.

There were about 40 other people sitting in the station. They were waiting for friends, relatives and groups they were to meet.

One woman, Mrs. William Bailey, 2032 First St., NW, said that she was waiting to meet her "little sister" from Florida, and added "for my aunt and cousin, too. They're coming for the march."

A SPECIAL menu had been set up by the coffee shop at the station. They had just one breakfast, scrambled eggs with bacon, and they had been preparing for marchers since the early morning hours.

Around 7:27 a.m. the first train pulled into Union. It was a regular commuter train from Baltimore. No marchers were spotted getting off it.

Ten minutes later, Southern Railroad's No. 42, the train that bore Medgar Evers' body to Washington last month, pulled into its berth.

Mrs. Muriel Johnson, Savannah, Ga., and her daughter, Mary, were the first marchers spotted as they got off the train.

Soon, the trains, both special ones for the march and regularly scheduled ones, began to pull in the station one right after the other.

* * *

BETWEEN 8 A.M. and 12 noon, 24 special trains and 18 regular trains unloaded their passengers into Union Station.

Some trains, the regularly scheduled mostly, carried only a few hundred passengers coming to march. But there were the special trains, such as the one from Chicago carrying nearly 4,000 passengers.

At times, the station echoed with orders: "Please, keep moving," "go towards the front doors," and "All those from coach six move to the buses."

Other times, there were questions: "Where are the buses?" "Have you ever seen so many policemen?" "Do you see a locker?" and "Are we on television?"

But the most inspiring times were when the groups would come off the trains singing. Their songs would catch on with others in the station and the walls would reverberate with Freedom Music.

A group of young people off of a 15 car train from Jacksonville, Florida, came off their train singing, "We shall, we shall overcome . . ." and soon the whole station was singing, "We shall overcome someday."

The Pittsburgh Student Non - violent Coordinating Committee led their 300 out of the concourse singing, "We Shall Not Be Move."

Some of the younger members of the Chicago NAACP delegation started singing "Oh, When the Saints Go Marching In" as they stood waiting for their buses.

The singing, the fact the songs were applauded and cheered when over, were indicative of the enthusiasm all those arriving at Union Station displayed.

* * *

AMONG THE 600 plus that arrived on one train from Cincinnati were Adolph Frazier and Jesse Gibson, who are both confined to wheelchairs.

Members of the Cincinnati NAACP, they both said they had come to Washington to march for their freedom.

Gibsons was asked if he would march down the street. He answered, "I sure plan to."

When asked the same question, Frazier just looked at his daughter, Twala, and nooded his head.

There were delegations from Louisville, Ky., Orangeburg, S.C., Detroit, Newark, N.J., Charleston, S.C., and other southern and Midwestern cities.

* * *

BUT WHEN the crowds came by train, they were from NYC and points along the northern route.

Fourteen trains came from or through New York. Two had started in Springfield, Mass., and stopped in New Haven, Conn., to fill up. One was mainly to stop in New Jersey and Pennsylvania. But 19 came filled with people from "The Big Apple."

Three trains filled with members of different unions numbered over 1500 people. Another, filled with members of the American Labor Council, had nearly 1,800 passengers.

* * *

NO SPECIAL train from New York, whether carrying Greenwich Village bohemians or Long Island suburbanites, had less than 1,000 passengers.

There were no troublemakers. Shuttle buses and cabs were waiting to take everyone to the Monument Grounds. But the lucklest marchers to arrive at the station were from Indiana.

Sen. Vance Hartke (R., Ind.) had four members of his staff, C. Luther Scott, Carl Bosse, Ronald Winters and Mike Craft at the station to meet each and every constituent with a handshake and an offer to help.

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