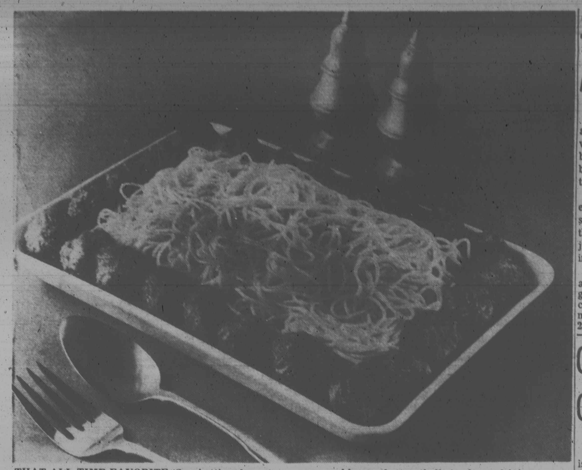
WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND



THAT ALL TIME FAVORITE. Spaghetti and meatballs, gains in nutrition when evaporated milk is used. This milk is an excellent binder, cheaper than eggs, and keeps the meatballs tender and juicy. set 10 pt., 22.3 picas

Spaghetti and Meatballs is low-cost dish with high flavor

Spaghetti and Meatballs is a low cost dish with high flavor appeal when the meatballs are made with better-blending Carnation Evaporated Milk.

The evaporated milk is an excellent "binder" used instead of an egg and keeps the meatballs tender and juicy as they simmer slowly in the savory sauce.

Spaghetti and Meatballs are made with 1 pound ground beef, 2/3 cup (small can) undiluted evaporated milk, 1 teaspoon chili powder, 2 teaspoons salt, ½ cup cracker meal, 3 tablespoons salad oil, 1 can (1 pound) tomatoes, 1 can (10-½ ounces) tomato puree, 1 teaspoon cinnamon, 1/4 teaspoon pepper, 1 cup finely chopped green pepper, and cooked vermicelli or thin spaghetti (Makes 4-6 servings)

Mix ground beef with evaporated milk, chili powder, and 1 teaspoon salt. Form into 1-inch balls. Coat with cracker meal. Heat oil. Add beef balls and cook over low heat until browned.

Combine undrained tomatoes, tomato puree, remaining 1 teaspoon salt, cinnamon, pepper and green pepper. Simmer, covered, 10 minutes. Add meat balls and simmer 15 minutes. Serve over cooked vermicelli or spaghetti.

* * *

FOR CHILI BURGERS 213 (small can) undiluted evaporated milk, 1½ pounds ground beef, 2/3 cup fine cracker crumbs, 3 tablespoons instant minced onion, 3/4 teaspoon seasoned salt, 1/4 teaspoon pepper, 3/4 teaspoon chili powder, 1 can (15-½ ounces) kidney beans, drained, 12 cup catsup, 1 teaspoon chili powder, and 6 frankfurter rolls, split

Combine evaporated milk, beef, cracker crumbs, onions, seasoned salt, pepper and 3/4 teaspoon chili powder; mix well. Divide into 6 parts; shape into 6-inch oblongs to fill rolls. Place on broiling rack on broiler pan. Bake in 350 degrees (moderate) oven 20 to 25 minutes. Do not turn.

Meanwhile, combine kidney beans with catsup and 1 teaspoon chili powder. Heat to serving temperature. Set cooked burgers into rolls; arrange chili beans over meat.

Coffee Bavarian

Chances are the first fall dessert will be a beautiful concoction prepared from a recipe newly acquired during the summer months.

Such is Coffee Bavarian Cream, just waiting to be served at an autumn party. It's a smooth and shining classic, ringed with a part of the season's fruit harvest. The coffee-flavored cream is garnished with fresh peaches, a colorful complement to golden chrysanthemums and fall sunshine.

NOT EVERY dessert has the ability to look as handsome as this. Coffee Bavarian Cream. This Coffee portant part of its beauty is the unusually smooth and silky manner in which it reflects the design of the mold in which it was formed.

Here is a recipe that may well tempt you to use one of the quaint and beautiful copper molds which usually serve as decoration on your kitchen wall.

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WEDDING, ANNIVERSARY AND BIRTHDAY CAKES OUR SPECIALTY
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BOTH STORES OPEN SUNDAY
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Carnation Cooking hints

By MARY BLAKE

Ham and Noodle Casserole is an especially attractive and delicious dish . . . for family or company.

Thanks to the cream like consistency of Carnation Evaporated Milk, you always get richer tasting, never-lumpy sauces.

* * *

HAM AND NOODLE CASSEROLE is made with 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt, 1/8 teaspoon pepper; 1 2/3 cups (large can) undiluted CARNATION EVAPORATED MILK, 3 cups cooked broad noodles* and 1 cup chopped celery, 1 cup cubed sharp or process-type American cheese, ½ cup chopped onion, ½ cup chopped parsley, 1 pound precooked ham slice, and 2 teaspoons dark corn syrup.

* * *

MELT BUTTER over low heat. Add flour, salt and pepper. Stir until smooth. Slowly add Carnation. Cook until thickened and smooth, stirring constantly. Add noodles, celery, cheese, onion and parsley. Mix well. Spoon into buttered 1½ - quart shallow, rectangular casserole:

Cut off excess fat on ham. Brown ham slice on both sides. Cut into serving pieces. Place on top of casserole. Brush top of meat with syrup. Bake in a moderate oven (350 degree F.) about 30 minutes. Serve at once.

*8 ounces uncooked noodles.

4642
12–20; 40.
by Anne Adams

4613
SIZES
9–17
by Anne Adams

The poised, young Miss and Mrs. love the skirtwaist for its always — unruffled good looks. Sew this tabbed version in cotton, tie silk, jersey.

Printed Pattern 4642: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 requires 4¼ yards 35-inch fabric.

FIFTY CENTS in coins for this pattern — add 15 cents for each pattern for first-class mailing and special handling.

* * *

OUR NEWEST pullover pair is bound to be a success with you and your audience.

It has easy-going lines, sailor look, trim binding. Note how smart side-buttoning looks.

Printed Pattern 4613: Jr. Miss Sizes 9, 11, 13, 15, 17. Size 13 takes 2 3/4 yards 54-inch.

Thirty - five cents in coins for this pattern — add 15 cents for each pattern for first—class mailing and special handling.

* * *

SEND TO Anne Adams, care of AFRO -AMERICAN Pattern Dept., 243 West 17th St., New York 11, N. Y. for both patterns.

PRINT PLAINLY NAME, DRESS with ZONE, SIZE AND STYLE NUMBER.

* * *

PATTERN FREE! Mail coupon inside new Fall-Winter Pattern Catalog, ready now! Over 300 design ideas, all sizes. Send 50 cents for Catalog.

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SERVICE
Friendly, personal, courteous
QUALITY
Famous for over 24 years
VARIETY
In-season and out-of-season here "every season"
PARKING
Plenty of easy free parking on our larger lot on Maryland Ave., opposite the market.
Daily till 6 — Wed. till 8
North-Maryland-20th-Charles

Tempt morning appetites with tasty quick breads, pancakes

Temp your family's morning appetites with these tasty quick breads and pancakes.

CHEESE -SESAME MUFFINS made with 2 cups sifted, enriched, Washington Self Rising Flour, 2 tablespoons sugar, 1 egg, 3/4 cup milk, 3 tablespoons oil or melted shortening, 10½ inch cubes of cheese, and Sesame seeds.

Combine flour and sugar; beat together the egg, milk, and oil. Add liquid ingredients to dry ingredients and stir until flour is just dampened. Fill greased muffin cups 2/3 full with batter. Place a cube of cheese in center of each muffin. Top with sesame seeds. Bake at 425 degree F. 20-25 minutes or until golden. Makes 10 large muffins.

MAKES MARMALADE - NUT CRESCENTS use 2 cups sifted, enriched, Washington Self-Rising Flour; 3 tablespoons shortening, about 2/3 cup milk, orange marmalade, and finley chopped nuts.

Cut shortening into flour until flour until mixture is crumbly. Gradually add milk until a soft dough is formed. Turn out onto a lightly floured surface and knead gently six strokes.

Divide dough into two pieces. Roll each ball into a circle about ¼ inch thick. Cut into eight pie-shaped pieces. Spread one teaspoon of marmalade and one teaspoon of nuts on each wdge.

Roll up, beginning at the wide end. Curve into crescent on an ungreased baking sheet.

Bake at 450 degree F. (very hot) oven for 12-15 minutes. Makes 16 crescents which may be served either warm or cold.

MAKE GRIDDLE CAKES with 2 eggs, 1 cup milk, ¼ cup oil, 2 cups sifted, enriched Washington Self-Risin Flour, and 3 tablespoons sugar.

Combine egg, milk and oil; add flour and sugar; stir until batter is smooth.

Bake on a pre-heated griddle until bubbles begin to form; turn and bake on other side until golden brown. Makes 12 medium griddle cakes.

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You're Dollars Ahead With Acme's Low, Low Prices PLUS S&H. GREEN STAMPS
WE GIVE S&H. GREEN STAMPS
Acme Market

Sandwichtorte

For an outstanding soup and sandwich meal make a Sandwichtorte or a Jourbrot, an idea borrowed from the Austrians.

This is delightful to look at whether you make it continental looking with a round loaf, or American with a long loaf of unsliced bread.

The Sandwichtorte requires Egg Salad Filling, Liver Pate Filling, Red Caviar- Filling, Cream Cheese Frosting, Day-old loaf unsliced bread, round or long; corn oil margarine, 1 tablespoon chopped parsley, Anchovy fillets, and Radish roses.

* * *

PREPARE FILLINGS; refrigerate. Trim all crusts from bread. Slice bread into 4 even slices. Spread 3 slices thinly with margarine, leaving 1 slice plain for top.

* * *

SPREAD BOTTOM prepared bread slice with Egg Salad Filling; sprinkle with parsly. Spread second bread slice with Liver Pate Filling; place on Egg Salad slice.

Spread third prepared bread slice with Red Caviar Filling; place on Liver Pate layer Avoid pressing together too firmly.

Top loaf with last bread slice; gently shape loaf with hands so sides are even. Remove any oozing filling.

* * *

WITH SPATULA, spread top and sides with Cream Cheese Frosting; decorate top with rolled anchovy fillets chill until ready to serve. Garnish plate with radish roses.

* * *

EGG SALAD FILLING: Mix 2 finely chopped hard cooked eggs, 2 tablespoons corn oil margarine, 1 chopped white onion, 1 tablespoon chopped white onion, 1 tablespoon chopped chives, 2 tablespoons real mayonnaise. Season with salt and pepper.

* * *

LIVER PATE FILLING: Blend one 4 ½-ounce can liver pate with 2 tablespoons real mayonnaise.

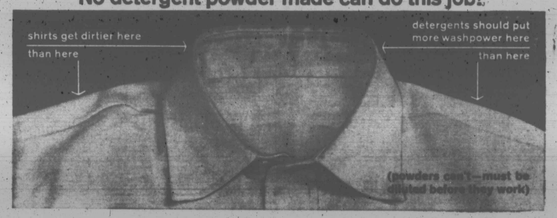
* * *

ED CAVIAR FILLING: Blend 3 ounces red caviar with 4 ounces softened cream cheese.

* * *

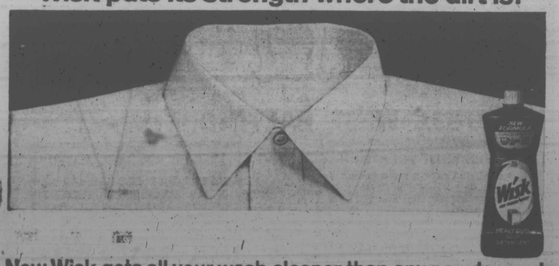
CREAM CHEESE FROSTING: Blend 8 ounces softened cream cheese with about ½ tablespoon anchovy paste.

No detergent powder made can do this job!

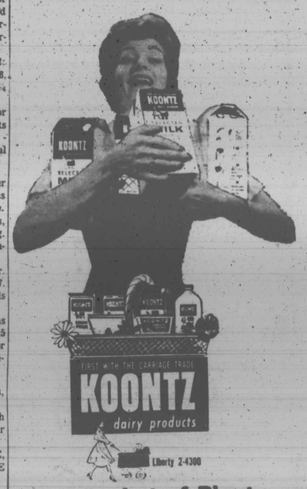


New Wisk can! Here's how...

Wisk puts its strength where the dirt is!



New Wisk gets all your wash cleaner than any powder can!
And it takes only ½ cup! Pour some on the dirty places—pour the rest into the machine to do the whole wash!



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STALLS H • I — 6 • 7 — NEAR PACA ST.
HOME SLAUGHTERED PORK PRODUCTS
OFFICE & PLANT: 124 S. FRANKLINTOWN ROAD
SMOKED PICNICS 29c lb.
FRESH MEATY SPARE RIBS 39c lb.

Two bandits rob tavern of $250

A 58 - year - old tavern owner reported to police Wednesday morning that two men, one armed with a revolver, robbed him of more than $250.

The tavern owner, Moses Ben, 400 block N. Carey St., said that the men had entered his tavern, located in the same block, asked for a beer and a bag of potato chips, then displayed a revolver.

He said the men emptied his cash register and another cash box, and took $50 he had in his hands, the fled.

Mayor names group to revise charter

Mayor Theodore R. McKeldin has named a 24-member committee to study and make up-to-date revisions of the city charter.

The group, headed by Francis D. Murnaghan Jr., includes:

Dr. Winfred O. Bryson Jr., Dr. Robert L. Gill, both Morgan College instructors; Samuel T. Daniels, labor union executive, and S. Edward Smith, real estate broker.

The charter was last revised in 1944, when Mayor McKeldin was first in office.

Dr. Bryson was a member of that revision group.

The mayor set no time limit for production by this new committee.

Mental aid guild meets Sept. 10

On Sept. 10 at 8:30 p.m., the Golden Rule Guild for Mental Aid will hold its annual membership evening at the Howard Park Methodist Church, Howard Park and Gwynn Oak Ave.

It is a guild for women in the community who are interested in fund -raising and volunteer work at Maryland's mental institutions.

Dr. Maxwell Weisman, director of community services for the State Department of Mental Hygiene will be the guest speaker.

For a personal invitation, call Mrs. Erich Oppenheim, 3415 Merle Drive, OL 4-5041, chairman of the drive, or, Mrs. Herman Weissman, 3407 Lodgate Dr., RO. 4-0036, president of the guild.

Masons serve in cornerstone service

The Hiram Grand Lodge, A. F. and A. M., Inc., 1203-05 Eutaw Pl., served as host to Friendship Baptist Church in a cornerstone laying service on Sunday.

Clarence Wycoff is grand-master.

Guest speaker at Sunday's service was the Rev. R. M. Williams, pastor of the Zion Baptist Church. The Rev. Joseph Culp is minister of Friendship.

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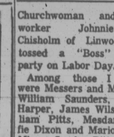
SAT. ONLY 6 A.M. TO 2 P.M.
THE SLAUGHTER HOUSE
135 S. WARWICK AVE.
PLENTY OF SPECIALS!

COMPLETE GLASSES
Choice of More Than 40 Fashionable Styles
Complete with Lenses!
Kryptok Bifocals Or Sunglasses
$10.50 PER PAIR
Examination By Registered Optometrists
Park Ave. Office Open Mon. and Thurs. Nites and all day Saturday
UNIVERSAL OPTICAL
Bal. Park Ave. & Fayette St. Hours 9-5:30; Mon., Thurs., 9-8 P.M.
Bal. Eastern Ave. & Dunking St. Hours 9-5; Tues., Wed., 9-8:30 P.M.

MISS CLEAN BLOCK — Miss Josetina Roberts, 2016 Walbrook Ave., by selling 856 worth of votes, was named Miss Clean Block in the 29th AFRO campaign which ended recently. Theodore Hunter, 522 Brice St., was Mr. Clean Block. Presenting Miss Clean Block gifts here are Billy Fox, left, of Radio WSID, a transister radio, and Joe Paul, East Baltimore businessman and annual supporter of the drive, a $25 bond.

News from Eastside



By CHARLOTTE DOWNIE

Our Good Neighbor of the week is fashionable Mrs. Johnnie Mae Chisholm of the 1300 Block Linwood Ave. Mrs. Chisholm is the young widow of the late Nathaniel Chisholm, a former electrical worker at Glen L. Martin Co.

Mrs. Chisholm is a native of Chester, S. C., but has been a resident of our town for many years. Our neighbor is the mother of three lovely children, Melvin, 12, a seventh grade student at Herring Run Junior High School; Renee, 8, a fourth grade pupil at the Montebello School, and Adrienne, 4.

The family attends Mt. Calvary Star Baptist Church.

Our neighbor is superintendent of the Sunday School and is now working towards Woman's Day, Rev. H. Tayer is her pastor.

* * *

MRS. CHISHOLM received her education at Harvey Johnson Junior High and Carver where she majored in business. Our neighbor is a licensed practical nurse and a member of the Tots and Teens Child Study group.

Her hobbies are sewing, cooking and reading. The 121st Psalm is her favorite and "Jesus Keep Me near the Cross is her favorite hymn. Mrs. Chisholm celebrates her birthday Feb. 11.

On last Sunday the well known LeLaria Family of Freetown, Glen Burnie, held their family reunion.

The grand affair was held at the lovely home of Mr. and Mrs. John L. McLarin. Among those attending from Baltimore were: Messers and Mesdames Howard McLarin and family; Mrs. Mary McLaurin Clark and family; Mrs. Bessie McLarin Pelzer's children and Mrs. Helen McLarin Johnson.

Out - of - town guests included Mrs. Ora McLarin McElheney and Thomas McLarin of Atlanta.

Mr. and Mrs. Hazel Sales, Pittsburgh; Mr. and Mrs. Lawrence McLarin Roberts, Charles McLarin Roberts, Messers and Mesdames William Wardell Riley, Ishmael Riley and W. D. McLarin of New York City; Mr. and Mrs. Bill Camp, Wshington, D. C.

* * *

IN THE afternoon after a delicious buffet luncheon, Mr. and Mrs. Charles Johnson had a hootse warming and opened their spacious new home to their many friends.

The home, a rambling rancher, consists of seven rooms, three bedrooms, living and dining rooms, kitchen and family room with a full bath and powder room. The interior of the house is painted in pretty pastel colors with masonite paneling in the spacious living room.

The Johnson received many wonderful gifts from friends and relatives.

From Washington D. C. New York City, Pittsburgh, Glen Burnie, Detriot, Georgia and Baltimore came the following relatives: Messers and Mesdames Charles Johnson, John L. McLarin, Lawrence Roberts, William Riley, Ishmael Riley and Ida Curry. Also Hazel Harper, Cleodis Riley, Ernest Daniels, William Camp, James Hart Thomas Thompkins and Alfred York.

Ernest Daniel, Joseph Hall Earl Berry, Willie Pittman and Kenneth Townson.

Others included Dennis Crosby, William Turner, Leodis Johnson, Calvin Turner, Roosevelt Caldwell, Collie Johnson, Isiah Burrell, Howard Crosby, Roscoe Oden William Pinkard, Theodis Crosby, Bernard Hill, Morris E. Eldridge, William Pinkard, Theodis Crosby, Bernard Hill, Morris E. Eldridge, William Pinkard Theodore Crosby.

* * *

ALSO, MESDAMES Lorraine Morris, Barbara Moore Sara Hurser, Esther V. Murdock, Sara Edwards, Creola Coats, Joan Hudson, Ora L. McElheney Elizabeth Wood, Fannie Brown and Emma Baugham.

Also Mesdames Julia Arnold, Judie Harnole, Ida Lancaster, Nellie Brown, Joann York and Mrs. Howard Johnson.

Misses Joane Anderson, Marie York, Nora Funnerbunk, and Sandra Howard. Nora Wood, Deborah McLarin, Sandra Pelzer, Brenda Pelzer, Drexel Crosby. Carlean Gaither and Carrie Lee Armstrong.

Other were Messers W. D. McLarin, Thomas McLarin, Roberts, A. J. Brown, the Rev. P. Price, the Rev. E. Stallings and Michael McLarin.

Newstell Carghill, Melvin Johnson, Howard Johnson, Samuel Johnson, Edward Clark, Jane Clark and Joseph Hamilton.

* * *

HAPPY BIRTHDAY to the following neighbors . . . Send them a card...Melvin Wave, Sept. 15, 411 E. Federal St., Hattie Stewart, Sept. 15, 1906 Barclay St.

* * *

Churchwoman and civic worker Johnnie Mae Chisholm of Linwood Ave. tossed a "Boss" cookout party on Labor Day.

Among those I spotted were Messers and Mesdames William Saunders, William Harper, James Wilson, William Pitts, Mesdames Effie Dixon and Marion Smith, Misses Sandra Pitts, Charlotte D. Thompson, Messers Alvin Jenkins, Byron Pitts, Melvin Chisholm, Roderick Saunders, Guy Saunders, and William Saunders, Miss Renae Chisholm and Andrinne Chisholm.

The planning committee for the annual Women's Day celebration of the Mt. Lebanon Baptist Church met the chairman the past Thursday evening.

An elaborate program is in the making which will feature as guest speaker Mrs. Gloria Shumache of Camden N. J. co-chairman are Mesdames Lucinda Rucker, Minnie Graham, Lessie Booker, Hallie Silverthorn, Truma Elliot and Miss Qwendolyn Miller. General-chairman is Mrs. Charlotte Downie. The Rev. H. Smith is pastor.

* * *

NEIGHBOR A must on your list —to attend the fabulous showing of original fall hats to be presented by the Original Millinery Guild of Baltimore.

Place is the New Psalmist Baptist Church, Sunday, Sept. 15, at 3 p.m. luncheon will also be served.

Dynamic Bessie McCullough, president; Sylvinia Weems, recording secretary and Mildred Knight, business manager.

Rember to encourage your child to return to school.

Mother's premonition comes tragically true

The premonition of a mother that her daughter would meet a violent end came tragically true last Friday with the death of Miss Elsie Cooper, 28, 1800 block Eutaw Pl.

Mrs. Ann Daney, 1200 block N. Ellwood, mother of the Druid Hill Park strangulation victim, tried to warn her daughter of her fears, but to no avail.

A week and a half later her daughter was found dead in a heavily wooded section of Druid Hill Park.

Police are continuing their attempts to identify the murderer of the attractive barmaid. Twelve suspects have been questioned but all have been released.

* * *

THE Medical Examiner report has fixed the cause of death as strangulation. Bruises on Miss Cooper's neck indicated that the murderer may have strangeld her with his hands and then put a belt from her dress around her neck.

Police suspect that the 160 pound victim was carried to Druid Hill Park after she had been strangled at some other location.

The last known person too see Miss Cooper alive was her employer, Lewis Glaismer, at a tavern in the 1700 block Guilford Ave. He saw her leave work shortly after 1 a.m. on Friday.

She was alone and walked up Guilford Ave. toward North, he said. She was wearing the same brown floral print dress that she had on when her body was discovered at 11:25 a.m. the same day.

Mr. Glaismer said she left work carrying a large brown straw purse and an umbrella. These objects were found with Miss Cooper's body

* * *

DR. JOSEPH INLOES, 500 block N. Lakewood Ave., her landlord at the Eutaw Place address, revealed that he had talked by telephone with Miss Cooper the day before her murder, about some minor repairs in her apartment.

She had been living at the Eutaw Pl apt. for three weeks. She had sent her rent in promptly each week and was paid up through the August 31.

Miss Cooper mentioned to Dr. Inloes when she rented the apartment that it was the first time she had lived away from her family.

According to Dr. Inloes she seemed to be a "very fine person."

Funeral services were were held last Tuesday at the Elroy Wilson Funeral Home.

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Artistically decorated cakes for all occasions.
Baking Done On The Premises
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For Timely Tips on... homemaking...recipes ...child care...fashion ...beauty...and community notes and news...take time to listen to "THE SUSIE STROTHER SHOW" presented Monday thru Friday 10:15 A.M.—10:30 A.M. on WEBB by FOOD FAIR STORES, INC.

FOOD FAIR
SUSIE SUGGESTS... Young Tender LEG O' LAMB Whole lb. 59c
This price effective thru Saturday, Sept. 7, 1963 at Food Fair.

CHARGE IT
BEEF SALE!
90 DAYS SAME AS CASH!
ALL PRICES INCLUDE FREE PROCESSING
FANCY WESTERN BEEF HINDS
(EXAMPLE) 150 LBS. TOTAL PRICE 67.50
22.50 PER NO. FOR 3 MONTHS
Only 45c LB. GROSS WEIGHT
CUT & DOUBLE WRAPPED FREE
WE AGE AND CURE OUR OWN BEEF
WE RESERVE THE RIGHT TO LIMIT
FANCY WESTERN BEEF HALFS
300 LBS. AT 39c LB.
ONLY 39.00 PER NO. FOR 3 MONTHS
TOTAL PRICE $108
CUT & DOUBLE WRAPPED FREE
SPECIAL
30 lbs. of FRYING CHICKEN 11c lb. WHOLE OR HALVES
SAVE $5.00 PER POUND OF ¼ or ½ OF BEEF
Supreme Beef Order.....75c lb. GROSS WT.
Supreme Steak Order.....79c lb.
BRUHN'S FREEZER MEATS
Charge It
ELLICOTT CITY, MD. Take Rte. 40 West to St. John Lane, left 1 Mi. to Bruhn's
90 DAYS SAME AS CASH or take 6 months to pay
HOward 5-5333
HOward 3-5329
GUARANTEED TO SATISFY OR MONEY REFUNDED
OPEN 9 to 9
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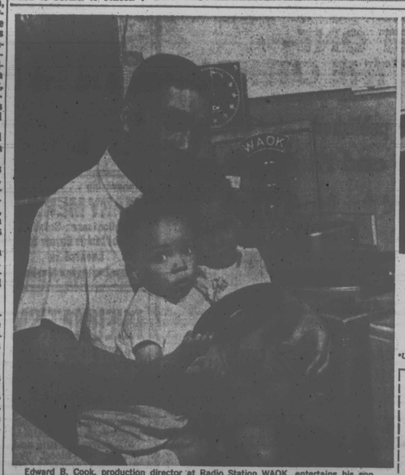

Edward B. Cook, production director at Radio Station WAOK, entertains his son Edward, Jr., 1½, and daughter Kimberly, 3½, at his turntable. Both children started on formulas made with Carnation, world's leader for infant feeding.

Popular Atlanta disc jockey presents his "Small Combo"

They started on Carnation, stayed on Carnation...the milk with extra Vitamin D for strong bones, sound teeth and steady growth.

How does a law student become a radio star? Edward Cook did it with a dynamic personality and an urge to entertain that just wouldn't go away. As a pre-law student at Fisk University, he also concentrated on dramatics.

Both Mr. and Mrs. Cook are active in little theater groups. Mrs. Cook, a 1957 graduate of Louisville General Hospital School of Nursing, is an amateur artist—and an artist in the kitchen as well. When the Cooks entertain small groups at dinner, there is always a homemade cake, a frozen dessert, or a fabulous pie.

"Carnation makes such a heavenly cream pie filling," Mrs. Cook volunteers, "and such a tender cake. Best of all, it whips beautifully for home-made ice cream and frozen desserts!"

Mrs. Phyllis Cook prepares a bedtime snack for Kimberly—eggnog made with Carnation (her own recipe is below). "The children love cocoa made with Carnation, too—it's so creamy. And Carnation is the only milk they drink." Even when you add an equal amount of water, Carnation is richer than sweet, whole milk.*

*U.S.D.A. Handbook #8, "Composition of Foods."

recipe:

CARNATION HIGH-PROTEIN EGGNOG
(Makes 1 large glass(s))

1 egg
1 heaping teaspoon sugar
1 small can (2/3 cup) chilled undiluted CARNATION EVAPORATED MILK
½ cup cold water
Nutmeg
Vanilla

Separate egg white from yolk. Beat yolk and sugar with rotary beater until light. Add water to Carnation, then add to egg yolk mixture. Beat well. Chill. Beat egg white until fluffy. Beat well into mixture. Add a drop of vanilla flavoring if desired. Pour into large glass, and sprinkle with nutmeg.

*from Carnation Co.