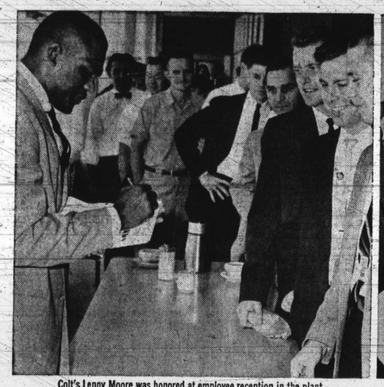
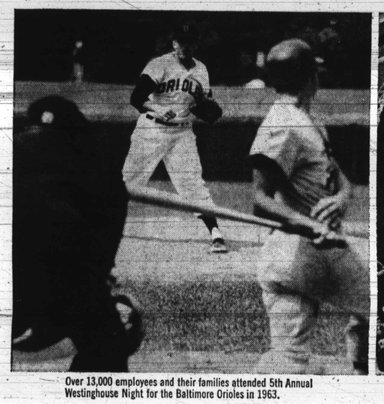
# Westinghouse stands for dynamic leadership in the Baltimore Community...



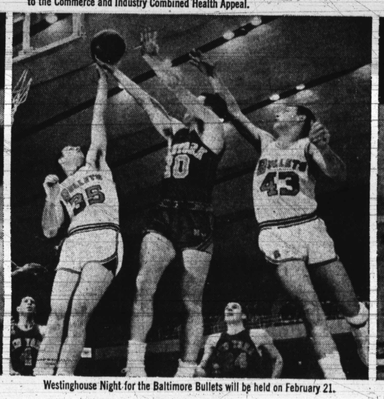
Colt's Lenny Moore was honored at employee reception in the plant cafeteria at the Defense and Space Center.

In the 1963 campaign, Westinghouse employees contributed a record $253,000 to the Community Chest—Red Cross United Appeal. In addition, they gave $78,000 to the Commerce and Industry Combined Health Appeal.

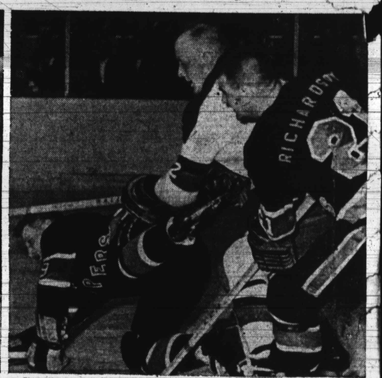
Annual Dinner-meeting of the Anne Arundel County Trade Council was held in the Westinghouse cafeteria at Friendship Airport.



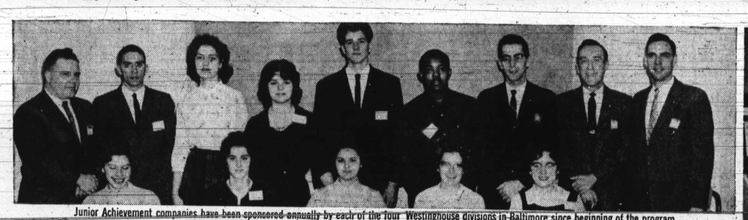
Over 13,000 employees and their families attended 5th Annual Westinghouse Night for the Baltimore Orioles in 1963.



Westinghouse Night for the Baltimore Bullets will be held on February 21.

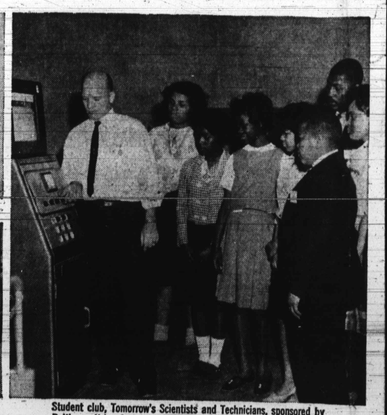


First Westinghouse Night for the Baltimore Clippers is being held in January.



Junior Achievement companies have been sponsored annually by each of the four Westinghouse divisions in Baltimore since beginning of the program.

Twice in recent years the Westinghouse softball team has won the Eastern States Industrial League championship.



Student club, Tomorrow's Scientists and Technicians, sponsored by Baltimore Urban League, makes annual visit to Westinghouse plants.

Helping to make our community and America and the whole world a better place to live in are the 13,000 people who work at Westinghouse-Baltimore. Some of them are people you know. They are your neighbors, your friends. And they are working with Westinghouse to build a better tomorrow.

**Westinghouse**
**BALTIMORE**
*An Equal Opportunity Employer*




SHOP WITH AFRO advertisers for 'Best Buys' in foods

# Ever-welcome chicken, good price

BAKED CHICKEN for Sunday's dinner will fill the bill, both taste and budget wise. The fowl is priced at an economical 28c per pound at Food Fair, this weekend.

## Nut bread is fine choice for salads

Nut bread is the ultimate choice to serve with a zesty salad for an adequate meal.

Nut bread is made with 10 cups of sifted Washington flour, two and a half tablespoons double-acting baking powder, two teaspoons soda, one and a half tablespoons salt, one and three - fourth cups granulated sugar, one cup firmly packed brown sugar, three cups chopped nuts, five eggs, well beaten, four cups milk and two-thirds cup shortening, melted.

• • •

MEASURE SIFTED flour, add baking powder, soda, salt and granulated sugar and sift again. Add brown sugar and nuts. Mix well.

Combine eggs and milk. Add to the flour mixture. Then add shortening and mix only to blend.

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POUR INTO four greased 8x4x3-inch loaf pans. Bake in moderate oven (350 degrees F) for one hour, or until loaves are done.

Cool thoroughly. Wrap in waxed paper and store overnight before slicing. Slice just before serving. When slicing by hand, allow about 25 slices per loaf.

This bread freezes well.

## Laundry tips for knit wear

Here's how to launder knit wear.

Button cardigans and turn knits inside out to protect trim, prevent fuzzing, and dry seams faster.

Synthethic-fiber knits are washer and dryer safe, need no blocking, and may be spread flat or hung to dry.

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UNLESS labled machine - washable, squeeze wool knits in cool-to-warm suds and rinses, supported from underneath while wet. Then blot in a towel.

If blocking is needed trace on cardboard before laundering, cut the outline to make a frame of body and sleeves, insert this in the damp garment and pat to shape.

Or ease it to fit an outline traced on the napped back of a plastic tablecloth; or shape it over a plastic sheet spread on bed or floor.

• • •

TO DRY a sweater on the double, spread it between towels and squeeze out moisture with a rolling pin.

After blotting, reshape a knit bonnet or cap by inserting a balloon inflated to correct size. Dry a beret over a plate of the same size, and stuff mittens with tissue.

BEST BUYS

## Rutabagas, eggs on week's economy list

By
VIRGINIA L. McLUCKLIE
Food Economist

When the winter winds blow and there is chill in the air there is nothing so satisfying as a hearty meal with an aroma that tempts appetites.

Usually the family feels like eating more stews, casseroles and soups and pot roasts during cold weather. Suggested as the base for such meals chuck roast, with bone in or boneless. Beef supplies are heavy and per capita consumption increased six pounds in 1963. Chuck is from the shoulder area which is well excercised and for this reason lends itself well to long slow cooking with moist heat. Chuck is considered an economy cut and one that has excellent beef flavor.

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ANOTHER OF the best buys in protein is Grade A Large size eggs. Start the day by having one or two eggs for breakfast. We are in the period of the year when large eggs are in greater supply and on a cost per pound basis represent the best buy in eggs.

Use eggs generously because they make excellent main dishes for quick meals. An omelet with sharp cheese or vegetables is an ideal Friday dish.

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WHITE POTATOES are one of the best vegetable buys on the market. Nutritionally speaking, the potato needs to take the back seat for no one. Potatoes are rich in Vitamin C if cooked with their skins on. They are a very good source of energy-giving starch. In fact, penny for penny, potatoes have more energy giving value that any other vegetable.

The versatility of potatoes in menus makes them easy to use day in and out without repeating the recipe. The Katahdin is the leading Variety for general use and the Idaho or Russet best for baking.

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RUTABAGAS, coming from Canada are an economy vegetable. This yellow flesched root vegetable is easy to serve boiled, mashed, scalloped, or in stews. It is also a good pot roast vegetable. The yellow colored flesh indicates a good Vitamin A source.

Canned corn is in abundant supply from the carry over stock and the pack from this past growing season. Canned corn is available in whole grain kernels, niblets, or cream style in yellow and white corn. This is an item we might consider a convenience food, since it needs only to be heated and served. There are many very tempting recipes using canned corn in stews, soups and casseroles for winter menus.

• • •

AT THE FRUIT counter apples and grapefruit are the best buys. The Florida grapefruit both white and pink are in reasonably food supply and priced attractively. When selecting choose the fruit that is heavy for its size with thin skins.

A fruit with partly thick skin indicates lack of juice and a coarse grained flesh. The brown skin spots or russeting as it is called does not affect quality. Make full use of the liberal supply of apples in menus and for between meal snacks.

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CREAM CORN CHOWDER is made with six slices bacon, three forths cup chopped celery, three forths cup chopped onion, one forth teaspoon salt, one half cup water, one tall can, one and one half cups, evaporated milk, one can ( one pound) whole kernel or cream-style corn.

Cook bacon until crisp; drain and reserve. Place one forth cup of the bacon drippings in large saucepan. Add celery and onion to bacon drippings and cook until onion is tender, but not brown, about 7 minutes.

Add salt, water, evaporated milk and corn. Stir occasionally and heat to serving temperature. Crumble bacon and sprinkle over top.

YIELD: 4 servings.

## How to carve

CROWN ROAST

REMOVE any garnish to side of platter. Slice down between the ribs.

ALLOW one rib to each slice. Lift the slice on the knife blade, using the fork to steady it.

INFANT CARE

## How to give Vitamin drops

When a baby is very young it is much easier to feed him his vitamin D preparation with a medicine dropper than with a spoon.

The medicine dropper should be marked, so that you can be sure how many drops you are actually giving. Let the drops fall gently into the corner of the baby's mouth and close his lips until he swallows.

Take care not to squirt the drops far back into his mouth as this might make him choke.

As the baby gets a little older it becomes easier to give him the drops from a spoon, using a small spoon at first.

Whether you use a dropper or spoon, hold the baby in a partly sitting position so that the preparation will not go down the wrong way.

LIGHT HOUSEKEEPING

## Whether party or indoor picnic fowl, at 28c, is budget saver

If there is one meat that lends itself to every occasion . . . from picnic to formal dinner . . . it's chicken.

With the fowl an economical 28 cent per pound, whole, or 28 cents a pound cut up, at Food Fair, this week is the time to save the budget as well as please the family by serving a chicken dish

• • •

OF COURSE you may, for your own edification, wish to try a new recipe. Actress Lena Horne does an interesting thing with chicken in her cooking of "East Indian Chicken".

For this she uses one four-pound chicken, two cloves, one cup celery leaves, one tablespoon curry powder, two bay leaves, a stick of butter, small onion and two quarts of water.

• • •

PLACE THE chicken in pot with other ingredients and simmer until tender. Cool, strain stock and cut chicken from bone in large pieces.

Now saute one bunch green onions, chopped, one bunch celery, chopped, one half cup parsley, chopped in butter with two tablespoons paprika and two tablespoons curry powder in butter.

• • •

ADD ONE-HALF cup flour, blend, and add one teaspoon seasoned salt, one pint of half and half milk, one-half pint of cream and stock from chicken, a half cup chopped chutney, two pimentos, a half cup slated almonds and six or eight ripe olives, sliced. Simmer 30 minutes.

Serve this around a mound of pineapple rice.

The pineapple rice is made by cooking the rice in pineapple juice. Garnish with grated cocoanut and raisins.

This is a party dish as well as a special treat for the family.

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IN THE EVENT you buy cut-up chicken, by all means try a new turn with breasts.

Boil the breasts in water which has been seasoned with celery, onions, salt, pepper, garlic and two cups of white wine. Cook until tender.

Remove skin and bones without tearing flesh. Chill. Make a thick white sauce. Chill. Salt and pepper breaks, dip in cream sauce, dip in bread crumbs, fry in deep fat. Serve with tomato sauce.

WHAT SHOULD I WEAR?

A reader calls to say that she (and her husband) are terribly confused over the "dress" situation, here. She points out that practically every invitation she receives, regardless of the type, specifies "black tie". Her husband arrives to find guests in business suits, and she may just find feminine guests in purely formal gowns ...even floor length. "I usually end up feeling uncomfortable, and my husband is furious because I have insisted on his wearing the specified ensemble," says she.

"It is a confusing situation, I admit. One way, of course, to get around this, in Baltimore, at least, is when you call to accept (another irregularity you should send a note) the invitation and to thank the hostess, is to ask what she and her husband are wearing ...or, if it is a club affair and you know some of the members, to inquire of them what they plan to wear.

Asking may seem awkward but it is better than being self-conscious, which interferes with your most important asset -- a relaxed and pleasant manner which permits you to forget yourself and give your attention to others. That's the secret of success at any party.

Do You Know That:

Glycerine makes an excellent lubricant for egg beaters or other kitchen utensils that have moving parts. Unlike oil it will not spoil the taste of food if mixed with it by accident. The glycerin may be applied with a medicine dropper.

• • •

CHILL CHEESE to grate it more easily.

USE PAPER CUPS as handy containers for your "drippings" in the refrigerator as they take up little room and can be thown away when empty.

• • •

THE ODOR from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

• • •

THE SKINS will remain tender if you wrap potatoes in aluminum foil to bake. They are attractively served in the foil too.

• • •

IT IS important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

## Balance in diet is top health factor

SUSIE STROTHER
Home Economist for the Food Fair Stores

The Old Adage "We Are What We Eat" is true in every sense of the word.

Good health stems from eating wholesome food and the proper food. Simple, hearty, well - balanced natural foods give good nutrition.

• • •

BOTH THE kind and the amount of food we eat will make a vast difference in the size and quality of our bone, muscles, nerves and other tissues.

If we lack energy around the hours of 11:00 o'clock and 4:00 o'clock, there may be a reason and the reason may be something missing in our regular diet. Lack of proper food will also make a difference in our appearance and in our deposition, causing us to become irritable and nervous.

We have to keep in mind that the consistency of the daily diet and intake of food must contain protein, vitamins and minerals.

• • •

FAT SUPPLIES heat and about 80 percent lean and 20 percent fat to be at its flavorful best. Buying a demanded cut such as round steak for grinding is not wise shopping, for this is an almost fat-free cut of beef that will generally be dry after cooking.

Get the right "grind" for your ground beef for the best results. For example, medium or regular ground beef is popular for patties, meat loaves and in casserole dishes. And twice ground or very fine ground beef makes savory meat balls.

form fatty tissues to help form the body. These of course, can be found in the Dairy Department at the Food Fair Stores, Inc. The vitamins and minerals aid indigestion, cleanses the entire system, forms bone and are found in salt, greens, grapes, apples, celery, parsley onions, etc., found in the produce department of the Food Fair Stores. Proteins are the body builder commonly found in meats, nuts, milk.

Budget recipe for the week is — Shrimp Pizza.

From the Seafood Department at Food Fair purchase the amount of shrimp for family or guests allowing two large shrimp or three to four of the smaller ones for each individual pizza.

Split an English muffin and toast, place the cooked shrimp in the center, spread with prepared or home cooked tomato sauce, Parmesan cheese and a sprinkle of oregano.

Broil three to four inches from source of heat from two to three minutes or until thoroughly heated through.

## Get right cut for grinding

When selecting beef for grinding, choose any of the less-demanded cuts, not only because of price, but also because they have a natural lean-fat ratio that gives the juiciest and most savory ground beef.

Ground beef should have

by Anne Adams

by Anne Adams

Exotic, side - slit tunic — fashion's smartest topping for skirts, slacks, Bermudas. Sew it in an Indian-inspired border print, brilliant solid cottons. Extra-easy sewing.

Printed Pattern 4558: Misses' Sizes 10, 12, 14, 16, 18. Yardages in pattern.

• • •

LITTLE GIRLS like to be ready for sunny-day fun—and the outfit they choose is this princess dress and button-on bolero. Sew it in stand-out pique, linen weave.

Printed Pattern 4671: Children's Sizes 2, 4, 6, 8. Size 6 about 2⅝ yards 35-inch.

FIFTY 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. Print plainly NAME, ADDRESS with zone, size, and style number.

• • •

DO YOU know how to Get A Pattern Absolutely Free? It's simple—order our Spring-Summer Catalog including FREE COUPON to get any one of 250 design ideas. Send 50 cents today.

COMING! Next week: Fashion dictates for the 'Small Fry'

## Instant action needed to stop carpet stains

When giving a party and a guest spills a beverage on your carpeting, don't pass it off with the polite statement, "Don't worry about it, we'll take care of it later."

Take immediate action by blotting up the liquid in the damp area and save the appearance of the carpeting. It will also save your guest a permanent source of embarrassment.

• • •

THE NATIONAL Institute of Rug Cleaning points out that 85-90 percent of all liquid stains on carpeting in the home could be eliminated if immediate steps were taken after the spill.

The procedure is simple. Blot up the excess liquid with tissues, starting from the outside of the damp area and working toward the center. This will keep the liquid from spreading and making the area larger.

• • •

AFTER THOROUGH blotting, place 1/2 inch of absorbent material over the damp area and weight down with books.

The extra weight assures that the absorbent material and the face fibers of the carpeting are in contact. This should be left for at least six hours.

## Menus for diet

**SATURDAY**
Baked ham
Julienne carrots
Celery and radishes
Whole wheat bread — Butter
Pears
Milk — Coffee

**SUNDAY**
Consomme
Roast beef
Asparagus tips
Beet and onion salad
Bread — Butter
Melon
Milk — Coffee

**MONDAY**
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread — Butter
Milk — Tea

**TUESDAY**
Broiled kidney
Diced carrots
Mixed vegetable salad
Bread — Butter
Milk — Tea

**WEDNESDAY**
Beef pot roast
Baked eggplant
Pineapple and cottage cheese
Bread — Butter
Vanilla pudding
Milk — Tea

**THURSDAY**
Clear vegetable soup
Roast shoulder of veal
Mashed rutabagas
Celery curls — Radish roses
Bread — Butter
Cottage pudding
Milk — Coffee

**FRIDAY**
Clear borsch
Broiled white fish
Baked onion
Sliced tomato salad
Rye bread — butter
Milk — Coffee

## Colorful sheets, bit of paint can transform a dull bedroom

IT'S ALL DONE WITH STEETS — Colorful bedsheets are used here to make headboard slipcover, pillow sheath and window wardrobe and bring this bedroom to garden-fresh life.

Bring a bedroom to garden-fresh life, and at little cost, through the use of colorful bedsheets.

The beauty of the bedroom, shown on this page can be attributed to the talent of Paul Krauss, AID, who uses border banquets from top sheets and transforms them into headboard slipcovers, pillow sheath and window wardrobe.

• • •

CUT THE cornice cover, shades and drapes from the identical print. Washability and easy upkeep, common denominators of all the bed appointments, are outstanding assets in the decor.

Buy sheets that are made from cotton and Avril rayon, because the rayon gives added lustre and softness to well wearing cotton. The man-made fibre is also noted for brightening colors and lightening white.

• • •

IN THE room shown here, the sheets in "Garden Portrait" pattern is used to slincover the bed's headboard, cover the cornices and make the curtains and shades. Or if commercial shades are used, the design might be added as a border or an applique.

A white bedspread is used, blue scatter rugs and a leaf green blanket repeat the key colors of the designs mentioned above. Accent touches on chairs and painting are orange-tinted apricot.

CHOP A TREE

This is kind of basic but you can cut down a tree big enough to bend with a pen knife.

Walk up the tree until it bends over. Step on trunk to create as severe a bend as possible.

With fibers straining to break, a small knife can cut through.