COMING EVENTS

OCT. 31
Morgan State College, Cold Spring Lane and Hillen Road, will hold the semi-annual meeting of the American Association of Physics Teachers, Chesapeake Section, in Room 209, Calloway Hall, starting at 9 a.m.

OCT. 31
Rummage Sale. The Wayland Baptist Church Community House, Monroe St. and Lauretta Ave. beginning at 9 a.m. Sponsored by the Sunshine Sisterhood Circle.

OCT. 31
The Mount Moriah Chapter No. 1 of the Royal Arch Masons will hold its annual Father and Son Banquet in the Masonic Temple Grill Room, 1205 Eutaw Pl., at 6 p.m.

NOV. 1-30
Gladys Goldstein, Baltimore artist, will present a Gallery College of Notre Dame during the month of November. Her work will be on view Monday through Friday, 9 a.m. — 4:30 p.m. She has joined the faculty.

NOV. 1
Vital information on voting issues and techniques, along with a talk by Marvin Braiterman, local lawyer who defended civil rights workers in Mississippi, will be the focus of a coffee hour at Metropolitan Methodist Church, Carrollton Ave. and Lanvale St., at 1 p.m.

NOV. 1
Hopkins - Peabody concerts, 8:30 p.m., Shriver Hall, Johns Hopkins Homewood Campus, through the courtesy of the Peabody Conservatory of Music and its director, Charles Kent. Duo - pianists, Ruslana Antonowicz and Ernest Ragogoni, will be the featured artists.

NOV. 1
Flower and Garden Show, given by Civic League Inc. from 3 to 7 p.m., Mondawmin Mall.

Essence of Living

By Alma John

"Consultant to Personal Products Co. makers of Modess"

I KNOW HARLEM

I came to Harlem on the threshold of the great Depression. I had an excellent opportunity to see the effects of economic and social upheaval on a whole community. I had the experience of observing and participating in this period when unemployment was at its peak and a general air of despair and hopelessness prevailed. This period saw the arrival of the Works Progress Administration (WPA), the National Youth Admisstration (NYA) and the numerous other alphabetized agencies.

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THESE AGENCIES proved to be the actual salvation of many a family and individual. Under this sponsorship people in the skills, the professions and the arts who might never have had a chance got their first break. We could mention quite a few names familiar today as outstanding talent that developed by way of the WPA.

It is most pleasant to recall the WPA Theatre and the fresh and happy arrival of some very fine colored actors singers and writers. It was a stimulating time for all the arts though it grew out of a Depression and a Shakespearian quote is very fitting —Sweet are the uses of adversity.

Which like the toadugly and Wears yet a precious jewel in his crown.

The WPA Theatre might well be called a jewel in the crown of the ugly and venerable.

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I HAVE SEEN Harlem slowly, but surely pull itself up by its own bootstraps thru such organizations as the Young People's Progressive League of the YMCA, the Y. Thinkers of the YWCA.

I have watched over the years the development of political awareness.

I have kept my eyes upon the positive image of Harlem.

In the midst of this ghetto Harlem the YWCA managed to produce more than 200 practical nurses who are now serving is various parts of the nation. The Y itself trained and graduated them. It housed the second accredited School for Practical Nurses in New York State. This writer had the privilege of organizing and directing that school.

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THE FACT that Harlem is a ghetto is of secondary importance.

It is of primary importance that Harlem is a solid community where the people have progressed in spite of, not because of the prevalent conditions.

I wish to pay tribute to the solid citizenry of Harlem — those with determination, coorage and the vision to see it as we hope to make it — one of the most highly desirable spots of the nation in the nearest possible future.

For churches and schools —send for the lovely "Helen In Paris" film which is available on a one-day free loan basis. To show this lovely color film you will need a 16 mm sound projector. Send to Alma John, Box 6J, Personal Products Company, Milltown, New Jersey.

Melt butter in 10-inch heavy skillet. Blend in flour. Gradually stir in apple juice, and sugar mixed with cinnamon. Cook until thickened, stirring constantly. Add sliced apples. Bring mixture to a boil. Add red coloring. Add dumpling mixture given below.

Spot shopping cuts down on food budget

WASHINGTON — (UPI) — By shopping carefully and taking full advantage of supermarket sales a housewife can save 6 per cent or more on her average weekly grocery bill.

That's the preliminary conclusion of agriculture department research workers studying a mountain of figures collected in a year-long survey on grocery prices.

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THE FOOD price study was made in retail food stores in Greensboro and Burlington, N.C., from July 1962, through June, 1963. Retail prices were checked twice weekly on more than 250 separate food items.

The estimate on potential savings is based on the case of a shopper who normally spends about $30 a week to buy food for a family of four.

Survey workers checked prices on a fixed "market basket" of foods for a four-person family over a three-month stretch during the 1962-63 survey period. At average prices, the food cost $32.11.

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BY SHOPPING for weekend "specials" on the items in the market basket, however, researchers found the cost could be trimmed by 6.5 per cent, or $2.10. To gain the savings a housewife would have had to shop normally through several neighborhood supermarkets to get each item — whether it was on sale or not at the lowest local price.

Agriculture Department economists said the study shows weekly savings can mount to 3.27 about 10 per cent, if the housewife shops through her neighborhood for the lowest-price brands of the foods on her regular list. The estimate of a 6 per cent saving was based on shopping for the lowest prices on identical brands.

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ROSALIN LIFQUIST, a department economist, said many housewives could trim food bills even more than 10 per cent by re-writing their shopping lists to plan menus around items featured in weekly supermarket sales.

"Such a wide variety of foods are offered for the weekend sales that you can easily plan a varied menu," she said.

Meats are sale-priced more often than any other foods according to the government study. Ranking behind them in frequency of special sales were vegetables, dairy products, fats and oils, juices, fresh and canned fruits, coffee, and soft drinks. Sugar and sweets were seldom on sale in the survey period.

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IN GROCERY MEAT departments, chuck roast was the most frequent "special," with broiler chickens close behind. Miss Lifquist said a housewife who bought chuck roat at sales in the survey area could have cut her bill for that one cut of meat by one-third.

5-year plan aims to cut critical need for medics

BROOKLYN, N.Y. (NPI) —Dr. James L. Curtis, alcal psychiatrist, disclosed here recently the beginning of a five-year-program to qualify more colored students for medical schools.

Some 31 professional people have volunteered to counsel, as "Big Brothers", eighth-grade students from the Bedford-Stuyvesant section of Brooklyn for the next two years. Each of the volunteers have also pledged to contribute $200 annually toward scholarships for the students.

Discussing the plan before the 20th annual Medical Following Inc., a Chicago organization that grants scholarships to aid colored medical students, Dr. Curtis declared that colored penetration of the learned professions "is still too largely confined to the ministry and teaching."

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DR. ERIC GOLDBERG, president of the fellowship, and Mr. Everett Case, president, Alfred P. Sloan Foundation, which has donated money to the Chicago organization, were also speakers.

Dr. Goldberg pointed out one of the main problems in seeking more colored students in medicine was getting enough good applicants. Another problem he said was getting voluntary hospitals to accept good colored students as members of their staffs caring for all patients.

Case added that unless something is done now, "We shall have to scratch around not for qualified candidates but for funds enough to meet the demand."

KNOXVILLE, Tenn. — Baritone William Warfield, air, screen, and stage star, opens the Knoxville College Lyceum Series Oct. 29. Warfield is best known for his immortal screen rendition of Ol' Man River.

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LANCASTER BRAND!... CUT FROM TENDER, YOUNG CORN-FED BEEF!...
EYE ROAST lb. $1.09
Chuck Roast BONELESS lb. 59¢
Sirloin Steaks lb. 85¢
Porterhouse or T-Bone lb. 95¢
Rib Steaks 7-INCH CUTS lb. 69¢
Rib Roast 7-INCH CENTER CUTS (First cuts slightly higher) lb. 63¢
Arm Roast lb. 59¢
Roast CROSS BONE CUT IN lb. 59¢ BONELESS lb. 79¢
Lean Beef Cubes lb. 69¢
Swift's Canned Chicken & Dumplings 2-lb. can 89¢
Lancaster, Bologna, Spiced, P&P, Plain or Olive Lunch Meats 4 6-oz. pkgs. $1.00
Fancy Medium 50-60 Count Shrimp lb. 59¢ 2-lb. box $2.89
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10¢ OFF!... MAXWELL HOUSE INSTANT COFFEE 6 oz. jar $1.09
DELICIOUS RED HAWAIIAN PUNCH 3 46-oz. cans 85¢
SPECIAL TREAT!... ASSORTED SANDWICH COOKIES 2-lb. pkg. 39¢
Gold Medal Flour 10-lb. bag $1.09
Chef's Delight Loaf Cheese 2-lb. box 59¢
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NONE PRICED HIGHER
STAYMAN WINESAP APPLES 8 lb. bag 59¢
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Snickers, 3 Musketeers, Hershey's or Clark Candy Bars 10 bars in bag 39¢
Bala Club, Regular or "Thin Line" Canned Beverages 12 12-oz. cans 89¢
Reputation Sweet Apple Cider ½-gal. jug 45¢ gal. jug 75¢
SPECIAL HALLOWEEN LAYER CAKES each 99
IDEAL FROZEN 19¢ SALE!
BROCCOLI SPEARS
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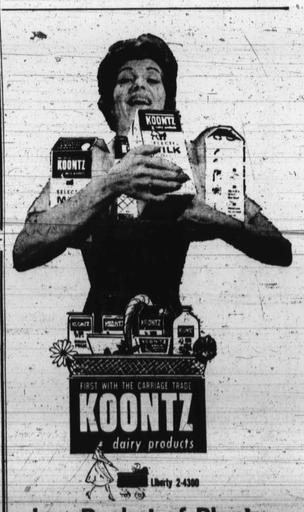

is a Basket of Plenty

FASHION NOTE — Gold brushed champagne lace is used for this ensemble. The dress scallops softly to V - neckline on the Empire dress worn under an easy-fit jacket accented with jewelled buttons. The dress is from the Countess Alexander Fall collection.

Duchess of Windsor Pattern

The wonders of designers perfection that mark the difference between a dress and the marvelously understated chic of this Duchess of Windsor model begin with the most subtle detail. A case in point is the manner in which the little cap sleeves are closely moulded over the shoulder tip to achieve an expensive custom look.

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THE SLOW BACK slant of the skirt's side seams makes the hip appear slimmer trimmer. With light waistline shirring adding pretty ease to the simple boat-neck bodice and soft fullness to the skirt's gentle flare, the dress is cinched into long waisted shapeliness by a low-set contour belt.

A four-season guarantee of chic, this simply stated fashion sets the mood of beautiful nonchalance for fall and winter in wool lace, broacade or other dressy fabrics, then returns for spring and summer in silk surch, chiffon wool, shantung or soft cottons. Spadea's exclusive ready-to-wear sizes produce a better fit.

See chart for size best for you.

SIZES	BUST	WAIST	HIPS	LENGTH*	
10	34	24	36	16½	inches
12	35	25	36	16¾	"
14	36½	26½	37½	17	"
16	38	28	39	17¼	"
18	40	30	41	17½	"

*From Nape of Neck to Waist.

Size 12 requires 2¾ yds. of 42" fabric for dress. To order Pattern No. 29, state size, send $2.00 Pattern Books No. 22, 23, 24, 25, 26, 27 and revised Duchess of Windsor are available for 50c each OR $1.25 for and 3 OR all 7 for $3.00 Add 10c for postage on each book.

Address Spadea, Box 535, G.P.O. Dept B-DW 2 New York, N.Y. 10001

Corn Chowder

The first really cold day this fall, treat your family to a supper of steaming corn chowder.

It's hearty enough to satisfy even the hungriest teenager. Corn chowder is also an economical dish right now. Stocks of canned corn are 3 percent larger this year than last—and then they wer at record levels.

So tonight be a good idea to serve corn chowder several times this month and next. It's good with a tomato and cucumber salad and hot mince pie for dessert.

Try this recipe developed by the U.S. Department of Agriculture home economists:

MAKE Corn Chowder with one cup diced potatoes, one cup boiling water, three slices bacon, cut in small pieces, one and one-half cups canned whole kernel corn, one cup milk, salt and pepper to taste, two tablespoons chopped parsley, and one medium onion, choped.

Cook potatoes in water in covered pan 10 to 15 minutes. Meanwhile, fry the bacon until some of the fat has cooked out. Add the onion and cook until onion is soft and bacon is lightly browned.

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ADD BACON, onion, fat and corn to potatoes. Cook slowly until potatoes are done — about 10 minutes.

Add milk, salt and pepper. Heat just to boiling. Sprinkle with parsley. Serves 4.

Household Hints

It's better to boil potatoes in their skins to start such dishes as hash - brown potatoes or potato salad. The jackets help retain the nutrients.

The longer fresh vegetables are exposed to heat and air the more vitamin C they lose. Serve vegetables as soon as possible after cooking.

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It takes 10 pounds of milk to make a pound of cheese, 21 pounds to make a pound of butter and 15 pounds for a gallon of ice cream.

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Launder corduroy garments wrong side out to prevent lint pick-up. Add fabric softener in the final rinse water.

Forward Looking unit hears Brooke

WASHINGTON — (NNPA) —Edward W. Brooke, attorney general of Massachusetts, told the Committee for Forward Looking Republicans last week that GOP voters should support moderates and liberals in the Nov. 3 election.

The highest elected official of his race in the country, Brooke, a Republican, addressed about 100 committee members and guests at the home of Mark Sullivan Jr.

The Forward Looking Republicans have not endorsed Sen. Barry Goldwater, the GOP Presidential nominee.

EDUCATIONAL TV

DAKAR, Senegal (NNPA) —The first educational TV station in French - speaking Africa is being set up here under the sponsorship of the United Nations Educational, Scientific and Cultural Organization (UNESCO).

SAVE 6¢ 1-LB. BAGS — SAVE 20¢ 3-LB. BAGS
A&P COFFEE SALE!
Now Only! Mild and Mellow 1-LB. BAG 67¢ 3 LB. BAGS 1.93 — EIGHT O'CLOCK COFFEE
Now Only! Rich and Full-Bodied 1-LB. BAG 69¢ 3 LB. BAGS 1.99 — RED CIRCLE COFFEE
Now Only! Vigorous and Winey 1-LB. BAG 71¢ 3 LB. BAGS 2.05 — BOKAR COFFEE
Check your blend with A&P whole-bean Coffee! You can't buy finer, fresher, coffee—not it costs you much less than others of comparable quality! It's never factory-ground! You see it ground—in just fifteen seconds—to give you COFFEE MILL FLAVOR, fresh-ground flavor, you can't get in a can! Save up to 20c on the 3-pound bag during this special sale!
A&P
SUPER-RIGHT QUALITY
PORK LOIN ROAST
RIB END (Full 7 Ribs) lb. 25¢ — LOIN END (Up to 3½ lbs.) lb. 35¢ — WHOLE LOIN OR EITHER HALF lb. 45¢
Sliced Rib End 29¢ Center Cut Chops 77¢ Sauerkraut 2 lbs. 23¢
SUPER-RIGHT SMOKED FULLY COOKED HAMS SHANK PORTION lb. 29¢ — BUTT PORTION lb. 39¢ — WHOLE HAM OR EITHER HALF lb. 47¢
Boneless Chuck Roast SUPER-RIGHT lb. 59¢
Rib Steaks SUPER-RIGHT (7 INCH CUT) lb. 75¢
Turkeys OVEN-READY (10 to 14 lbs.) lb. 35¢
Chicken Parts FRESH WHOLE CUT-UP LEGS lb. 45¢ BREASTS lb. 49¢
Allgood Sliced Bacon 2 lb. pkg. 87¢
Sausage Meat SUPER-RIGHT 2 lb. pkg. 59c
Sliced Bologna SUPER-RIGHT lb. pkg. 49c
Luncheon Meat SUPER-RIGHT SLICED 1-lb. pkg. 59c
Cooked Ham SUPER-RIGHT 4-oz. pkg. 49c
Canadian Bacon SUPER-RIGHT BY-THE-PIECE lb. 99c
Salads GERMAN STYLE POTATO SALAD OR COLE SLAW 1-lb. can 25c
Goetze Dried Beef 4-oz. pkg. 47c
Frankfurters SUPER-RIGHT OR BRIGG'S 1-lb. pkg. 49c
Popelo Pizza 20-oz. pkg. 59c
Pepperoni lb. 99c
Rapa Scrapple 1-lb. pkg. 29c — 2-lb. pkg. 49c
"Best's" Kosher Franks 1-lb. pkg. 69c
Tynee Canned Ham 3 lb. can 2.89
Delmonico Steaks lb. 1.33
Boneless Turkey Roast lb. 79c
Canned Hams 3 lb. can 2.17
Canned Hams 5 lb. can 3.49
Beef & Pork Liver lb. 29c
Roasters FROZEN EVISCERATED lb. 37c
Spareribs SUPER-RIGHT lb. 45c
Frankfurters SUPER-RIGHT 2 lb. pkg. 89c
Breaded Shrimp GAF'M JOHN'S 1-lb. pkg. 1.69
Ocean Perch Fillets GAF'M JOHN'S 1-lb. pkg. 37c
Jiffy Beef Burgers 3 lb. pkg. 1.59
Beef Steaks HOLIDAY BUTTERED 3 6-oz. pkgs. 1.00
A&P's Garden Fresh Fruits and Vegetables!
BANANAS GOLDEN RIPE NONE PRICED HIGHER lb. 9¢
Tomatoes FANCY HOT HOUSE lb. 39c
Lettuce CALIFORNIA CRISPHEAD 2 heads 39c
Broccoli EASTERN bch. 29c
Corn NEW CROP FLORIDA 3 ears 29c
Yams FANCY SOUTHERN 3 lbs. 29c
Fresh Kale 2 10-oz. pkgs. 39c
Mushrooms FANCY lb. 49c — 20-oz. pkg. 39c — 8-oz. pkg. 1.29
Chestnuts IMPORTED EXTRA LARGE lb. 29c
Bartlett Pears 2 lbs. 29c
Grapefruit SEEDLESS PINK OR WHITE 3 for 25c 5 lb. bag 49¢
Tokay Grapes CALIFORNIA 2 lbs. 29¢
Apples STAYMAN WINESAP 8 lb. bag 59¢
Apples STAYMAN WINESAP OR RED DELICIOUS 4 lb. bag 39¢
Oranges NEW CROP FLORIDA doz. 49¢
Bartlett Pears IONA BRAND 3 29-oz. cans 1.00
Tomato Juice LIBBY 3 46-oz. cans 79¢
Cake Mixes ANN PAGE—White, Yellow, Honey, Spice, Butter Pecan, Devil's Food or Marble 4 20-oz. pkgs. 95¢
Sweet Cider MOTT'S 80-oz. bbl. 59¢ ½-gal. bbl. 49¢ gal. bbl. 79¢
Green Beans IONA CUT 4 15½ oz. cans 45¢
Tomato Soup ANN PAGE 10½-oz. can 10¢
Saltines NABISCO PREMIUM 1-lb. box 29¢
Apple Sauce A&P FANCY 8 16-oz. cans 99¢
Bisquick FOR BAKING BISCUITS, HOT CAKES, WAFFLES, ETC. 20-oz. can 24¢ 40-oz. can 45¢
Softasilk Cake Flour 2 lb. box 37¢
Flako Pie Crust Mix 10-oz. can 22¢
Fruit Cocktail DEL MONTE 20-oz. can 37¢
Sardines UNDERWOOD OIL OR MUSTARD 2 4¼-oz. cans 35¢
Quaker Oats QUICK OR REGULAR 2 24-oz. cans 47¢
A&P Instant Coffee 10-oz. jar 1.19
Spam or Treet LUNCH MEAT 2 12-oz. cans 89¢
Spaghetti FRANCO-AMERICAN PREPARED 4 15½-oz. cans 55¢
Mueller's Spaghetti 2 8-oz. pkgs. 25¢
Kraft Macaroni Dinner 2 7¼-oz. pkgs. 35¢
Underwood Deviled Ham 4½-oz. can 37¢
French's Salad Mustard 1-oz. can 15¢
Kellogg's Special "K" 10½-oz. can 42¢
King Liquid Starch ½-pt. btl. 37¢
Seafood Buys!
FANCY SHRIMP MEDIUM SIZE 36-42 COUNT lb. 79¢ 5 lb. box 3.89 — JUMBO SIZE 21-25 COUNT lb. 99¢ 5 lb. box 4.89
FANCY Swordfish Steaks lb. 59¢
Sea Scallops FANCY lb. 69¢
Flounder Fillets FRESH lb. 49¢
Fresh Steakfish SLICED HAKE lb. 29¢
Fresh Rockfish lb. 39¢
Oysters CAPN JOHN'S FRESH STANDARD 12-oz. can 95¢
Jane Parker Bakery Treats!
JANE PARKER PUMPKIN PIE SPECIAL! Large 8 inch pie 49¢
Spanish Bars Special! 35c
Sandwich Cremes 3 pkgs. 1.00
Pineapple Pie Special! 39c
Golden Loaf Cake Special! 25c
Dairy Values!
SUNNYBROOK Grade "A" Eggs LARGE SIZE 2 doz. 99¢ — Medium Size 2 doz. 85¢
BENCH CURED CHEDDAR Sharp Cheese lb. 59¢
Swiss Cheese Slices A&P 1-lb. pkg. 65c
Cheese Slices MEL-O-BIT White, Yellow or Pimento 12-oz. pkg. 39c
Ice Cream MARVEL ALL FLAVORS ½-gal. pkg. 59c
Ice Cream CREMONT ALL FLAVORS ½-gal. pkg. 69c
Frozen Food Buys!
MORTON'S POT PIES CHICKEN, BEEF OR TURKEY 6 8-oz. pkgs. 89¢
MORTON'S FRUIT PIES APPLE, CHERRY OR COCOANUT CUSTARD 4 1-lb. 4 oz. pkgs. 99¢
Sliced Carrots SOUTHMOST 6 10-oz. pkgs. 59c
French Fries A&P REGULAR OR CRINKLE CUT 2 1-lb. pkgs. 35c
Green Beans A&P FRENCH OR CUT 6 9-oz. pkgs. 89c
Cut Corn A&P 6 10-oz. pkgs. 89c
Asparagus Spears A&P 2 10-oz. pkgs. 69c
Candied Yams CROCKETT FARMS 2 12-oz. pkgs. 39c
Orange Juice A&P OR DONALD DUCK 4 6-oz. cans 89c
Orange Juice MINUTE MAID 12-oz. can 37¢ 2 6-oz. cans 59c
"Trick or Treat" Candies!
All 5c Candy Bars box of 36 89c
All 5c Gums AND LIFESAVERS box of 20 65c
Gum Candies WORTHMORE SIZE KINDS 20-ct. box 29c
Candy Corn WORTHMORE 16-oz. pkg. 29c
Candy Pumpkins 12-oz. pkg. 29c
Hershey's Kisses 11-oz. pkg. 49c
Health and Beauty Aids!
Palmolive RAPID SHAVE REGULAR OR MENTHOL 14½-oz. can 79c
Gillette STAINLESS STEEL BLADES pkg. of 5 79c
Tooth Brushes DUPONT ADULT each 10c
Right Guard DEODORANT 4-oz. can 97c
Score HAIR DRESSING 4-oz. can 89c
Geritex COLD CAPSULES 2-lb. 1.49