'Wayward Son' takes big step on road back to 'free' society

By GUY CRUMP

Jasper A. McGowan, Maryland Penitentiary inmate with a long criminal history, took another giant step on Wednesday on the road back.

His first came through the pages of the AFRO two years ago when he took the advice of Mrs. B. M. Moss, AFRO vice president and author of the column "If You Ask Me."

McGowan, serving a 25-year term for robbery and assault, saw this notice in Mrs. Moss's column:

"Send get-well cards to Mrs. Betty Feldman."

He did.

It was a hand-made card and so impressed Mrs. Betty Feldman, realtor, that she not only became his friend, but his staunch benefactor.

Wednesday, McGowan, having won a new trial on a 15-year sentence and two five-year concurrent terms, returned to Criminal Court.

So did Mrs. Feldman, as a witness for the defense.

McGowan, 39, was granted a new trial on grounds that he was not advised of his right to have legal counsel at the time of the original trial.

At that time he drew 15 years for armed robbery and two five-year sentences for assault to rob, both ordered to run concurrently.

* * *

MISS LUCY ANN GARVEY, prosecutor, declined Wednesday to retry the armed robbery case, noting that the prosecuting witness is not, and will not, be available.

Judge J. Harold Grady automatically ordered the 15-year-term stricken.

The lesser sentences were reaffirmed but the prisoner has already completed them.

He would have walked out of the courthouse a free man, but for still another sentence imposed in Baltimore county.

That one was for 10 years and still has four more to go.

However, McGowan is eligible for parole and defense attorney Milton B. Allen said he will either be released on parole or suspension of the balance of the sentence.

The inmate is eligible for

(Continued on Page 27)

Race, sex and drugs

Age and race apparently do not affect an individual's tendency to react adversely to drugs, but sex does.

Recent studies on the medical service of The Johns-Hopkins Hospital suggest that women are much more susceptible to adverse drug reactions than men.

This and other preliminary findings have come from a long-term, computer study of drug reactions started about two years ago, and being continued, by Dr. Leighton E. Cluff, Johns Hopkins Medical School professor of medicine.

Smoke causes evacuation of DHS; suspect arson

For a time Tuesday morning Douglass High School Teachers and engineers were on a fire hunt.

About 10:30 a.m., there was the smell of smoke in a first floor classroom. Children were moved to another area, the hunt for fire went on.

Shortly, it was discovered smoke was coming from a third floor room near a boy's lavatory.

* * *

ALL, 2,500 students were ordered to leave the building as a precautionary measure, said Mrs. Lillian Murphy, principal.

She reported that school officials found smoke was coming from a room near the boy's lavatory where the toilet tissue had been set afire. There was no further damage.

Fire Chief John Koneriine reported a student who reportedly admitted setting the fire faces charges in Juvenile Court. Arson is suspected.

MEANTIME, Douglass' principal, Mrs. Murphy, confirmed disciplinary action against several students who failed to follow instructions and went home or to nearby Mondawmin Shopping Center instead of returning to their classes.

She denied that these disciplined totalled 200.

Late Wednesday, she said, almost all of those who automatically suspended themselves by violating school regulations were back in school after conferences with their parents.

School No. 181 has fire scare same day; 1300 students evacuated

Some 1300 students were evacuated at Houston Junior High No. 181, Calvert and Baker Sts. at 1:15 p.m. Tuesday, about the same time there was a fire scare at Douglass High.

Capt. Carl McComas of the Fire Investigation Bureau, said investigation showed" some kid with a cigarette set the fire in a third floor student locker.

Reuben Jones, principal, said a repairman working in the building saw the smoke in the corridor, and contained the blaze to the locker. There was no other damage.

A 14-year-old eighth grade pupil who reportedly stated he "had to urge" and "couldn't resist" starting the fire has been taken into juvenile court custody, awaiting psychiatric examination.

Longshoreman out on bail in dock killing

The 35-year-old longshoreman accused of killing a known "money lender" last Saturday on the banana pier at 2025 McComas St., was released Wednesday on $4,000 bail.

Charles Young, 1300 block

(Continued on Page 27)

No police report on Bentalou St. screeching tires, auto crashes

Screeching tires and crashes which sounded like gunfire destroyed the quiet of the 2000 block N. Bentalou St., at 11:04 p.m., Wednesday.

My neighbors and I rushed outside and saw what looked like an auto junk yard.

A badly damaged light blue 1964 Ford convertible was twisted in the middle of the street, just above the Walbrook Ave. intersection.

These other cars, some parked, were zig-zagged in the street: Cadillac; a 1963 black hardtop Mercury; a '63 Chrysler and a police car.

* * *

THIS REPORTER caught a fleeting glimpse of the police car giving chase to a Ford convertible as they screeched around Clifton Ave. and sped south on Bentalou St.

However, AFRO reporters assigned to dig up the official police report on the accident could locate no report at Western and Northwestern Police Station or Traffic headquarters.

Nevertheless, a Municipal Ambulance which arrived on the scene, did file a report. It stated it took an injured person from the scene at 11:16 p.m.

* * *

HE WAS identified as Bradford Moore, 3800 Cedardale Rd.

Mr. Moore, who identified himself as a teacher, told the AFRO he was driving his 1963 Mercury black hardtop north on Bentalou St., when a car being chased out of Clifton Ave., and south on Bentalou St. 'at a fairly high rate of speed hit my car.'

Mr. Moore confirmed that he was treated at the hospital.

Although bystanders, including this reporter, watched police hold the driver of the chased car, a blue Ford convertible, there was no police report available at traffic headquarters, Western and Northwestern police stations late Thursday.

A badly frightened woman driver who was southbound on Bentalou St., narrowly escaped injury.

In a shaken voice, she said, "They just missed me when they came around Clifton Ave. It was a miracle they didn't hit me." — B.M.M.

IN 1953 — Susan King and mother when doctors gave her no hope because of a brain tumor.

TODAY — Susan and her mother have reason to smile. She's made a complete recovery.

Active teen once given six weeks

By ROGER J. NISSLY

A brain tumor "as big as a tennis ball."

That was the diagnosis 11 years ago when doctors gave three - year - old Susan King only six weeks to live.

Today Susan is 14 years old and lives the life of an active teen-ager.

"We think about those days sometimes and are just thankful that God was so good to us," says Susan's mother, Mrs. William King, 2317 Poplar Grove St.

* * *

Susan's rare ailment was discovered in 1953 when she complained of pain and inability to stand up.

Surgeons at Johns Hopkins Hospital removed the cancerous tumor but still estimated the child would die within six weeks.

However, instead of following this prediction, the plucky little girl steadily improved and in 60 days was taken home.

The only relapse since then was in 1959, near Thanksgiving, but it was brief.

* * *

SUSAN'S STORY was first told in the pages of the AFRO when — after her operation, — her parents wanted to give her a birthday party but they didn't have the money.

Readers responded and showered her with toys and gifts.

Presently the pert, bright-eyed teen-ager — she celebrated her 14th birthday on Nov. 4 —enjoys the same activities as other girls her age.

* * *

She mentions that one of her favorite pastime is sewing. The busy little seamstress is now engaged in making dresses for a life - size - doll named "Barbie" and a large quilt.

She reports that she is anxious to return to the Upton School, 811 W. Lanvale St.,

(Continued on Page 27)

'Welcome Murder Plot' figure given 15 years

Charles Hall, convicted, 31-year - old co-conspirator in the plot to murder State Sen. Verda F. Welcome, was sentenced Thursday to 15 years in the Penitentiary.

Criminal Court Judge J. Gilbert Prendergast imposed the term and hinted that only Hall's cooperation with the state and withdrawl from the plot spared him of an even stiffer penalty.

Hall, testimony produced during his trial, showed, was one of three men who visited Mrs. Welcome's home on March 28 for the purpose of assassinating her.

State's Attorney Charles E. Moylan Jr., who prosecuted, said Hall and the others fled when they became frightened by Mrs. Welcome's screams.

Hall, who has also served a prison term in Sing Sing prison in Ossining, New York later fled to Little Rock, Ark., when he said others in the conspiracy threatened to kill him.

* * *

BEFORE IMPOSING sentence, Judge Prendergast said the attempted assassination only failed because of the "poor aim" of the gunman.

"The most horrible word in the English language is assassination," the judge declared, adding:

"The mere mention of the word causes civilized human beings to shudder."

The sentence marks the stiffest penalty given any of the five persons allegedly involved.

Harold Williams, 60, drew a three - year - suspended term.

* * *

Del. Ernest D. Young (D., 4th), accused of masterminding the plot was acquitted by a Harford County jury.

James G. McCall, also convicted, is awaiting sentence. Hall's for his part in the plot.

Curtis King, accused trigger man in the April 10 shooting of Mrs. Welcome, who sustained two bullet wounds, is awaiting trial.

His hearing was delayed following the filing of an insanity plea.

The trial has been moved to Anne Arundel County on a change of venue motion, in which King contended he could not get a fair trial in Baltimore.

Aid Provident

Allen Quille and Joseph Bush, both Northwest Baltimore businessmen, have been named to head the Small Business Division of the fund-raising drive for the new Provident Hospital Development program.

Mr. Quille, president of Quille's Parking Corp., Club Casino, Inc., and Quille's Fuel Co., lives at 1403 Valley Crest Ave. with his wife, Rebecca, and two children a daughter Tanya, and a son, Allen, Jr. He is the first person of his race to hold office in the Maryland Parking Lot Association.

"He was elected vice president.

* * *

MR. BUSH is director of training for Mutual Benefit Society of Baltimore and instructor of business administration at Morgan State College. He is vice president of Advance Savings and Loan; former president of the Underwriter's Association; president of the Maryland (Insurance) Managers Association; member of the American Marketing Association, and vice president of the Douglass High Alumni Association.

Manning - Shaw

$8450 G.R.896
1608 MONTPELIER STREET
(NORTHEAST)
Most outstanding 6 rooms with KNOTTY PINE CLUB CELLAR, unit kitchen, tile bath, ultra modern throughout. VACANT. READY FOR IMMEDIATE POSSESSION. Near Clifton Park Junior High. $300 Down.

$12,500 G.R.$1120
4103 CRAWFORD AVENUE
(GROVE PARK)
Most outstanding all brick Cape Cod Cottage with large fenced in yard, 6 - room, unit kitchen, tile bath. Spotless throughout. $450 Down.

Manning - Shaw
1821 EUTAW PLACE
OVER 100 OTHERS TO SELECT FROM
NO. 9-6262
☆ Best Trade-in Deals Available
☆ Finest Available Financing for Non-Vets
☆ Vets Need No Money Down
Nights: LI. 2-1897

C. O. D. OIL CO.
OR. 5-1818
PAY CASH AND SAVE
WE OFFER PREMIUM QUALITY FUEL OIL AT TREMENDOUS SAVINGS
$14.42 Per 100 Gal.
INCLUDING TAX
Call Before Noon And Get Your Delivery
THE SAME DAY
FUEL OIL OR. 5-1818

EARN
...a full month's DIVIDEND

SURE BEATS WISHING ON A WISHBONE!
SAVE by the 10th
EARN one full month's return. Wishing won't make it come true. But monthly savings plus generous earnings will!
ADVANCE FEDERAL
Savings and Loan Association
1611 W. NORTH AVE.
Near Penna. Ave.
Tel. LA. 3-7100
Assets Over $2 ½ MILLION
Dr. W. O. Bryson, Jr.
Pres., Manager

"Now is the hour for us to rise from sleep. . . Let us lay aside the works of darkness, and put on the armor of light."
(Romans 13, 11-12)
ADVENT
Is a Season of Prayerful Preparation for the Anniversary of the Birth of Christ. BEGIN YOUR Preparation for the joyous Feast of Christmas MONDAY, by assisting at the . . .
12:00 Noon Mass offered Every Weekday;
5:30 P.M. Holy Hour Every Thursday; and
ONE of 12 Novena Services held every Monday and Tuesday
SPECIAL BLESSING of the SICK every Monday after 3:30, 4:30 and 8:00 P.M. Services.
LOURDES WATER, imported from Lourdes, France, especially for the SICK, is available in the rectory at all times.
CONFESSIONS are heard after Every Novena Service. All Services are in ENGLISH.
SHARE your Christmas Cake by adopting some unknown LEPER for one month or more. $6.00 OFFERING will buy food and drugs for one leper for one month. Send your GIFT tomorrow to ST. ALPHONSUS CHRISTMAS LEPER FUND.
Write TODAY for your FREE copy of the inspiring "My Christmas Prayer" leaflet.
GIVE your LIVING FRIENDS the most perfect GIFT for Christmas, the Holy Sacrifice of the MASS. Beautiful GIFT CARDS obtainable in the rectory.
ST. ALPHONSUS CHURCH
Saratoga St. at Park Ave., Balto. 1
"DOWNTOWN BALTIMORE"
MUlberry 5-6090; 5-5822
Baltimore's Center for Novena Devotions in Honor of Our Lady of the Miraculous Medal and Greater Baltimore's "POWERHOUSE OF PRAYER".

BALTIMORE HIGH SCHOOL EQUIVALENCE INSTRUCTIONAL CENTER
1919 ST. PAUL ST.
685-3222
Adult Tutoring
For the Maryland High School Equivalence Test
EVENING CLASSES — 6:30 - 9:30 P.M.
12 WEEKS - 90 HOURS - 3 EVENINGS
LOW BUDGET TERMS
Approved By Md. State Dept. of Education
REGISTRATION EACH EVENING. NEW CLASSES FORM EVERY MONTH.

This fall has been a balmy season but changing weather; there's the reason for nagging coughs due to colds
USE
KERR'S KELL-A-KOUGH
Bad Coughs' Worst Enemy Since 1929
AT DRUG STORES EVERYWHERE
50c 89c $1.29

Order Your COAL Today!
MORE COLD
WEATHER AHEAD
100 Gallons of the Hottest - Cleanest FUEL OIL
LOW PRICE COAL
Lykens Pa. Hard No. 5 or Nut $20.50 ton
RED BLAZE Egg or Nut-Soft $14.95 ton
RED BLAZE Run of Mine-Soft $12.95 ton
Every Ton Screened
HONEST WEIGHT GUARANTEED
All prices subject to change without notice.
FURNACES Cleaned - Serviced Repaired or Installed
MU. 5-1224
M. R. SEGALL & Co., Inc.
901 E. Fort Ave. Est. 1910
COAL FUEL OIL CHARCOAL

Champion Offers

2604 OAKLEY AVENUE
PIMLICO. 4 bedrm white asbestos shingled semi-bungalow. Covered porch with brick steps. 1st. flr. den, livingrm, diningrm, modern kitchen, 2 bedrms, modern tile bath. 2 bedrooms on 2nd flr. Hot water oil heat. Automatic hot water heater. Very pretty lot.
$400 DOWN—80 OTHER SELECTIONS
Champion Realty
FO. 7-5679 LE. 9-4161

The AFRO AMERICAN'S DECEMBER 5, 1964

food feature

Coffeecakes for Xmas hospitality

For centuries European countries have celebrated Christmas and the holiday season with rich and delectable foods. Sweden, Norway, Denmark, Germany, and England are some of the nations which rate kaffeekaka, kuchen, or coffeecake among their favorite Yuletide foods. These fragrant, gaily decorated yeast breads are brought forth proudly on many a festive occasion... breakfast, brunch, parties, between meals, and as a treat for guests who drop in. They're part of the tradition of Christmas, evidence that even in this space-age world, there's time for holiday hospitality.

* * *

MANY A HOUSEWIFE in an old - world household sets aside her frugal ways on these great occasions, to offer lavishly filled and frosted coffeecakes. Homemade yeast breads like these were always chock - full of the most intriguing and delectable fruits and nuts, which appeared in many European homes only at holiday time.

Holiday hospitality can begin in your kitchen, too, with these modern versions of old world coffeecakes. One basic dough makes both these tempting holiday breads. One, a Christmas Kuchen Wreath, is studded with mixed candied fruit, which is blended directly into the dough, rather than simply sprinkled on top. It's baked to a turn and glazed with a luscious orange snow icing.

* * *

THE SECOND, a Butter - Nut Braid, employs the same basic yeast dough.

* * *

THE BASIC sweet dough is made with one package active dry yeast, one-fourth cup warm water, one-half cup (1 stick) butter, one - third cup sugar, one-half teaspoon salt.

Also one cup milk, scalded, one egg, slightly beaten, four and one-half to five cups sifted regular all-purpose flour and melted butter.

Dissolve yeast in warm water. Add butter, sugar and salt to scalded milk cool to lukewarm. Stir in egg and dissolved yeast. Add 2 cups flour beat until smooth. Gradually add enough of remaining flour to make a soft dough.

Turn onto a lightly floured board and knead (about 1 to one and one-half minutes) until dough is smooth and does not stick to board. Place dough in buttered bowl and brush top with melted butter, cover, with towel. Set in warm place and allow to rise until double in bulk, (about one and one-half to 2 hours).

Dough is then ready to be shaped into various coffeecakes.

* * *

KUCHEN WREATH, for one large coffeecake or two small coffeecakes, requires one Basic Sweet Dough recipe, one package (8 oz.) candied fruit mix, finely chopped, two tablespoons butter melted, and 3 tablespoons red decorator's sugar.

Follow directions for basic sweet dough. Add candied fruit mix with the first addition of flour. Proceed as directed in basic recipe. When dough has risen, roll on lightly floured board into a rectangle 19 x 15 inches. Brush surface with melted butter and over this sprinkle red decorator's sugar.

Roll from the widest edge as a jelly roll and shape in a ring on buttered baking sheet. Snip with scissors at 1-inch intervals twisting alternate sections toward center of ring and cut side up.

ORANGE RHINE JELLY and Strawberry Date Jam are sweet spreads that will please the most discriminating, yet they are easy to make and inexpensive. Begin making them now, and by Christmas you'll have a good supply of distinctively flavored jams and jellies to give as gifts to friends and family.

Low-caloried Western salad

West of the Rockies there is more of a tendency than in other parts of the country to make a whole meal out of a salad.

Take California, for example. Some Californians would have you believe that virtually anything coming in contact with their state's fertile soil grows bigger and better than anywhere else. True or not, the Golden State certainly leads the nation in agriculture and its residents enjoy nothing more than sitting down to a main-dish vegetable or fruit salad.

* * *

HOWEVER, you don't need to live out west in order to treat your palate to the salad foods grown there. Something like western iceberg lettuce, a primary ingredient in so many salad specialties is available the year-round everywhere in the country.

This firm head lettuce is chilled and shredded for "Weight-Watchers Western Salad," a salad entree to catch your fancy whether you count calories or not.

* * *

WEIGHT-WATCHER western salad is made with one medium head western iceberg lettuce, or can (1 lb.) cut Blue Lake green beans, one-fourth lb. fresh mushrooms or one can (2 oz.) sliced mushrooms, drained, one-fourth teaspoon crushed dried oregano, one-half cup low-calorie Italian dressing, six hard-cooked eggs, and one whole pimiento.

Core lettuce, rinse in cold water and drain well. Place in plastic bag or transparent bowl. Chill. Drain beans. Wash, drain and slice fresh mushrooms, mix in bowl with beans, oregano and dressing. Chill to blend flavors. Just before serving, quarter eggs; cut pimiento into wide strips.

Cut head of lettuce lengthwise into halves; place cut-sides down on chopping board. Shred across heart of lettuce with sharp knife; place lettuce in large bowl. Add bean mixture, egg and pimiento. Toss lightly. Add salt and pepper to taste if you wish.

Serve at once.

Makes 6 servings.

Jellies and jams are fine gifts you can make yourself

The holiday whirl begins again. You start making lists of things to do and wonder why you weren't one of the smart ones who started shopping long ago.

Because the real spirit of Christmas is giving something of yourself, why not get busy in the kitchen and make your own Christmas gifts this year? Begin with today's recipe for an Orange Rhine Jelly.

* * *

THIS distinctive spread to serve with meat, fowl, or game could only come from a home kitchen, yet it can be made with ease. Simply bring the ingredients to a full rolling boil; then remove from heat, skim off foam with metal spoon and pour quickly into glasses.

For another distinctive sweet spread to offer to those favored names on your gift list, try the recipe for Strawberry Date Jam. It's made with frozen strawberries, so this eliminates preparation of the fruit. As for cooking time, the jam mixture is brought to a full rolling boil; then boiled for only one short minute.

Start now with these distinctive recipes. In a short while, you can make a supply of gifts from your kitchen that will please the most discriminating.

* * *

ORANGE RHINE JELLY is made with 4 cups (1¾ lbs.) sugar, ½ cup strained fresh orange juice, 2 tablespoons strained lemon juice, ¼ teaspoon finely grated orange rind, 1½ cups Rhine wine, an ½ bottle liquid fruit pectin.

Measure all ingredients, except fruit pectin, into a large saucepan, mixing well. Place over high heat and bring to a boil, stirring constantly. At once stir in fruit pectin. Then bring to a full rolling boil, stirring constantly.

Remove from heat. Skim off foam with metal spoon and pour quickly into glasses. Cover jelly at once with 1/8 inch hot paraffin.

Yield: About seven medium glasses.

FOR STRAWBERRY Date Jam use 2 packages (10 oz. each) frozen sliced strawberries, thawed (about 2¼ cups) ¼ cup lemon juice (2 lemons), ½ cup water, 2¾ cups (1¾ lbs.) sugar, ½ bottle liquid fruit pectin, and ¾ cup diced pitted dates.

Measure thawed strawberries into a large saucepan. Add lemon juice, water, and sugar and mix well. Place over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly.

Remove from heat and at once stir in fruit pectin. Add dates and mix well. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with 1/8 inch hot paraffin.

Yield: About seven medium glasses.

Peanut cookies

Seems peanut butter cookies are everyone's favorites, and here's an especially easy on-to fill your cookie jar. Peanut Buter Crunchies are two ways speedy to prepare.

First of all, enriched self-rising flour with leavening and salt already blended in saves sifting and measuring steps. Next, this peanut butter cookie dough is refrigerated! You can make the dough at your convenience, then store in the refrigerator to slice and bake as needed.

* * *

YOUR YOUNGSTERS will especially enjoy Peanut Butter Crunchies as a snack with milk and fresh fruit. You'll be happy to serve them such wholesome snacks too. Peanut Butter Crunchies, when prepared from enriched self-rising flour, contribute the B-vitamins thiamine, niacin and riboflavin plus the minerals iron and calcium.

Peanut Butter Crunchies, (about 54 cookies) are made with 2 cups sifted enriched self-rising flour, ¼ teaspoon baking soda, ¾ cup crunchy peanut butter, ½ cup sugar, ½ cup firmly packed brown sugar, ½ cup butter or margarine, softened and one - third cup hot water.

Onto square of wax paper sift together flour and baking soda. In medium-sized mixing bowl combine peanut butter, sugars, butter or margarine and water until well blended and creamy. Stir flour into peanut butter mixture blending well.

* * *

SHAPE INTO two rolls, 2-inches in diameter. Wrap in wax paper; chill until firm. Set out ungreased baking sheets. Preheat oven to 400 degree F. Unwrap cookie rolls and cut into ¼-inch slices; place on baking sheet. Bake 8 to 10 minutes, or until lightly browned.

If you don't sift and in the absence of other directions, spoon flour directly from container into a one-cup dry measure, level off, then remove two level tablespoonfuls, according to USDA recommendations.

Household hints

Light-duty detergents, both granular and liquid, are intended for lightly soiled clothes, fine fabrics and dishwashing. Anything that can be washed in light-duty detergents.

* * *

The yellow color of margarine is added by carotene. Natural sources of carotene include carrots and other deep yellow vegetables and fruits.

* * *

Use a sponge-applied cleaner for neglected ovens with crust and baked-on grease. A spray-on cleaner cannot remove hard baked-on grease because it is not powerful as a tube type cleaner. Because spray-ons send a mist into the air, safety precautions require that they contain less powerful ingredients.

* * *

Add life to your woolen garments. Brush and air them after each wearing.

* * *

Quiet games followed by relaxing story or soft music can do much to get a child off to sleep.

AFRO patterns

4608 SIZES 2-10
by Anne Adams

4772 10-18
by Anne Adams

For a smooth flight to spring — stitch up these sleek travelers with jet speed. Cardigan, in-or over blouse, slim skirt travel together or solo with other separates.

Printed Pattern 4772: Misses' Sizes 10, 12, 14, 16, 18. See pattern for yardages.

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

* * *

SUN - DAY SAILORS — skimmer plus coat are a most delightful pair for your young lady! Few parts, easy fitting — result is Paris-pretty charm.

Printed Pattern 4608: Children's sizes 2, 4, 6, 8, 10. Size 6 dress, coat 3-1/8 yards 35-inch; ¾ yard contrast trim.

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.

Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

* * *

COMPLETE FASHION REPORT in our new Spring-Summer Pattern Catalog plus coupon for ONE FREE PATTERN!

Everything you need for the life you lead — 350 design ideas! Send 50 cents now.

REFLECTING THE COLOR and gaiety of modern accessories, this dining room grouping is part of a new line of furniture called "Symphony". Both the side and arm chairs in this grouping have back panels of swirling elm burl. The ground dining table extends to seat eight people. The Symphony collection, including accessories, is available at Sears.

BEST BUYS

Check packed size for cost per pound

By VIRGINIA L. McLUCKIE
Food Economist

We are now in the "between holiday period" when food shoppers should pay particular attention to providing meals that supply plenty of energy, are easy to prepare and economically purchased.

Now is the time to start planning for holiday baking, when shopping weekly, portion out expenditures for ingredients over the next several weeks instead of waiting to purchase the extras all at one time. Compare prices on packages by weight and select the most economical in cost per pound, particularly in candied fruits, dates, nuts and other special items, which are not highly perishable.

* * *

WITH BEEF continuing a good buy some of the less tender and special priced cuts offer excellent possibilities for change - of - pace meals. Chuck, bone in or boneless, brisket, and heel of round are good in stews, braised as a pot roast or simmered for a boiled dinner. Ground, they make tasty meat loaves, meat balls, casserole dishes and hamburgers.

This is also the period of heavy movement of pork into market channels. While the pork supply is lighter than last year many stores are featuring end rib roasts and fresh and cured shoulders at attractive prices. Fryer chickens are in good supply. Grade A Medium eggs are the best buy in eggs.

* * *

SO FAR THIS fall fresh vegetables have averaged moderately above the high levels of a year earlier. With generally smaller supplies and demand strong the market remains fairly firm. For example, the fall white potato crop is nine per cent below last year and the smallest since 1960, thus higher prices can be expected to continue on white potatoes this winter.

There are some good buys to be found in local and nearby vegetables crops. The fall crop of cooking greens which includes collards, kale, turnip tops and spinach from Maryland can be placed on the best buy list. In the cabbage family the Brussels sprout crop is above average and prices are moderate. Cabbage is low in cost. This is peak season for sweet potatoes with generous supplies coming from Maryland's Eastern Shore. In root vegetables, turnips and carrots are among the best buys.

* * *

FRUIT VALUES include apples, small Florida oranges, and bananas. Apples for cooking purposes are in the markets in good supply. If you want to bake apples select Romes as this variety holds its shape well and is tender fleshed. Yorks are excellent cooking apples. For an all purpose apple select Staymans. For eating both Red and Golden Delicious apples are in good supply.

The most economical purchase unit for apples is the four pound film bags. The label should tell size and grade and variety. More Florida oranges are moving into markets and sizes are improving as the season progresses. December is peak month for tangerines. The 1964-65 Florida tangerine crop is estimated to be twenty - two percent above the near average crop of last year. Shoppers may also find tangelos in the markets.

* * *

THE SEASON for this fruit runs about the same as for tangerines. Use these easy to eat citrus fruits for lunch boxes and snacks for variety and to help supply needed Vitamin C which must be ingested daily.

Make full use of bananas and cranberries as fruit that will add variety and zest to meals whether used as a fruit or vegetable serving.

Spring set for pants explosion

BEVERLY HILLS, Calif. (UPI) —Men who complain about "women wearing the pants" will have tangible ammunition to back up the argument this spring.

California fashion creators (CFC), sponsoring the 14th annual National Press Week, showed a marked tendency today of taking fashion-conscious women out of formless shifts and dressing her in pants.

Eight designers participated in the first day of a week-long marathon fashion show at the Beverly Wilshire Hotel. By the end of the week some 80 fashion editors from the United States and Canada will have seen the work of about 40 designers — ranging in specialties of sports wear to couture.

THE PANT explosion took a variety of forms in a wide-range of fabrics. The appeal was aimed not only at comfort but also at ease of care.

One firm — Koret of California — offered a money-back guarantee if pants made of Koratron (a combination of fortrel polyester and cotton) required ironing after being machine washed and dried.

"The most important change this Spring is the permanent press fabrics and color range," said Joyce Bickel of Koret, a San Francisco firm. "The shift is gone; it now has body line."

IF THE SHIFT is out, the blouson and overblouse are still in — with changes. The shell grew in length and the blouson became reversible. If V-necked in front, the blouson could be turned around to plunge down the back. Back buttoned blousons could be reversed to button up the front.

Campus casuals devoted an entire section of its show to slack-suits. The skinny pants were topped by frilled bodices or hand crocheted sweaters —usually of acrylic fibre.

CHILD CARE

Plan so baby sitter can help you through holiday schedule

Nothing can ruin a mother's enjoyment of a holiday party more than the nagging worry about the proficiency on the teen-age baby sitter left at home with young children.

Youngsters are excited and expectant about the Christmas season. Situations normally handled easily can become baby sitting crises at that time. What's more, time-tested sitters aren't always available.

* * *

BEFORE LEAVING for the party, mother should allow at least half an hour for the child to become acquainted with a new sitter. Parents should tell the child frankly that they are going out for the evening.

Mother can paste a little Santa Claus figure over the hour when they expect to return. Often the child will fall asleep watching the clock tick toward the coming-home hour.

* * *

NO PARENT should ever leave the home without making sure the sitter is provided with a complete emergency telephone number list of doctor, neighbor, police, fire department, and hospital.

The sitter should have a number where parents can be reached. If a child demands his parents, a short telephone conversation usually will calm and reassure the child.

A sense of humor helps. A child out of a black mood too. Often the sitter can coax a child out of a black mood by light and silly teasing.

For Milady

Except for vitamin A in sweet potatoes, white potatoes and sweet potatoes are too much alike in food value to be served at the same meal. For balance and variety, nutritionists recommend alternating sweet potatoes and white potatoes.

* * *

What to do with left-over meat: slice it and serve hot or cold; mince it and serve on toast; dice and serve in gravy or meat pies; grind it for croquettes hash, casserole, omelets, souffles.

* * *

Keep your togs whole. Fix a rip or hole as soon as it happens. Otherwise, it will make like a leak in a dike, getting worse. Also brush and fasten your clothes before hanging them. Allow space in the closet to keep garments from crushing.