FREEDOM QUEEN — Miss Patricia Thompson, president of Zeta's Youth Service Corps, presents $86 received for NAACP youth memberships to Dr. John L. Tilley, office manager of the Baltimore NAACP. Miss Thompson, a junior at Dunbar High School secured 25 of the 130 new members in a contest sponsored by the Alpha Zeta Chapter of the Zeta Phi Beta Sorority, for which she was crowned Freedom Queen of the Youth Service Corps.

Phi Beta Sigmas mark Founders' Day

Zeta Sigma chapter of Phi Beta Sigma Fraternity marked the 51st year of its founding at a banquet in the Sheraton-Baltimore Inn, Sunday.

Dr. Robert J. Hill presided. In discussing the founding of the national fraternity, which not only has chapters in this country, but in Africa and Switzerland, Samuel B. Newton, vice director of the Eastern Region, pointed out that the fraternity is intentionally composed of men in a variety of professions. The organization has some 200 chapters composed of 12,000 members.

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SPEAKER FOR the banquet was Brent Gunts, general manager of Station WBAL, who was presented the fraternity's annual award for service in the interest of human relations.

Introduced by Dr. Pariett L. Moore, president of Coppin State Teachers' College and national director of education for the fraternity, Mr. Gunts told the group that by exposing bigotry and helping dissipate fear and ignorance, television has played an important role in the civil rights revolution.

"Without television," Mr. Gunts pointed out, "most Americans would never have had an opportunity to come face to face with Dr. Martin Luther King.

"Who could see the 1963 March on Washington and deny the dignity and purpose and truth of its mission. Television has magnified the significance of many a march.

"It exposed the bigotry at Cambridge and revealed the ugly face of hate at Philadelphia, Miss. Television helped beat Gov. Wallace in Maryland and allowed the people to see that Barry Goldwater wasn't playing it straight when he went before the cameras. You know the result," he said.

"It might also be said that television as an instant communicator of news has helped effect a change in racial attitudes.

"Last year when the Civil Rights Act became law, the people, literate and illiterate alike, knew of the bill's passage within a few minutes. This media's unique quality of reflecting the truth with unerring accuracy has helped push back racial barriers."

The presentation of the plaque was by Ernest W. Lee, who heads Zeta Sigma chapter.

The Rev. W. Lyndsai Pitts pastor of First Mount Calvary Baptist Church, gave the invocation. William E. O'Mara, baritone, was soloist. Mrs. Hazel M. Phillips was accompanist for Mr. O'Mara, and for the fraternity members when they sang their hymn.

Delivering the welcome address, Dr. Roland McConnell of Morgan State College, declared Phi Beta Sigma Fraternity "has a past to cherish and a future to fulfill."

"We cherish," he said, "the memory of the founders—three men who in 1914 planted a small acorn at Howare University which has grown into a stout oak tree.

"Above all," he added, "we cherish the purpose and the goal left by those founders. That goal is culture for service—service for humanity."

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GREETINGS from fellow Greeks and other organizations came from Mrs. Cora W. Gibson of the Sigma Wives, Mrs. Mary B. Hurt of Zeta Phi Beta Sorority, Clifton Felton of the social Action and Regional Director of Eastern Region, Mrs. Isabel H. McConnell of Iota Phi Lambda Sorority, C. W. Mackay of Alpha Phi Alpha Fraternity, and Dr. Louis D. Monk of Washington.

The benediction was by Lt. Col. Lucius Young of Washington.

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AMONG THOSE attending the banquet were:

Mr. and Mrs. Leroy M. Gibson, Mrs. Katharine O. Johnson, Mr. and Mrs. Henry H. Lee, Dr. and Mrs. Thomas A. Pitts, Sterling Johnson, Vernon F. Greene, Mr. and Mrs. Cyril O. Bryan Sr.,

Mr. and Mrs. Archie Lewis, Mr. and Mrs. Joseph Wiley, Richard Mitchell, Mrs. Ada D. Lesick, Mr. and Mrs. Clifton T. Brown, Dr. and Mrs. U. Simpson Stubbs.

Lt. Col. and Mrs. Lucius E. Young of Washington, Dr. Byas Gilkes, Dr. Catherine Colemon of Philadelphia, Mrs. Ethel Darell, Charles P. Brown, Lee Woods, Dr. and Mrs. J. T. Campbell, Mr. and Mrs. U. Theodore Hayes, Mr. and Mrs. Douglass J. Campbell, Mr. and Mrs. William T. Dorsey, Mr. and Mrs. Evelyn C. Highlower, Mr. and Mrs. Lemuel A. Lewis Jr., James A. Squire, Robert L. Collard, Miss Gwendolyn Brown, Samuel Newton, Joseph M. Jenkins, Miss Natalie Blackwell, Mrs. Marguerite A. Wilkins, Edward W. Wilkin, Dr. and Mrs. B. N. Christmas.

Alonzo B. Jeter, Mrs. Lula Patterson, Mr. and Mrs. Isaac Battle, William E. O'Mara, C. W. Mackay, Mr and Mrs James Beeton, Dr. and Mrs. G. Franklin Phillips, Dr. and Mrs. Roland McConnell.

Mr. and Mrs. J. J. Hurt, Dr. and Mrs. Pariett Moore, Mr. and Mrs Gilbert Daley, Dr. Louis D. Monk, Mr. and Mrs. James Beeton.

Richard Mitchell, Mrs. Ada D. Lesick, Mr. and Mrs. Clifton T. Brown, Dr. and Mrs U Simpson Stubbs.

Nibbling no monkey business, should be counted in dieting

There can be no more monkey business about nibbling than about a fourth grader clambering over a geodesic playground climber.

With growing scientific support for smaller, more frequent meals for American cans, nutritionists caution: calories should total the number you require to keep you to your ideal weight.

Nibbles should furnish the nutrients you need and include these foods: Meat or an alternate, milk or cheese, fruits and vegetables, enriched or whole grain bread and other cereal foods.

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RESULTS of a recent study by Dr. Margaret Ohlson and her fellow researchers at the State University of Iowa may accelerate the trend away from the established three - meals - a - day routine.

As one phase of a research project aimed at learning why young adult men are more subject to coronary heart disease than are young women, researchers compared food habits.

Men, they learned, ate more food than women, ate more fat which furnished a higher percentage of their calories, and consumed more protein.

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ONE NEW angle was apparent. Men stuffed. They tended to eat huge quantities of food at the evening meal, then nibble until bedtime.

The scientists questioned male wisdom in concentrating so many calories into this 4 - to 6 - hour time slot.

Recent research, Dr. Ohlson pointed out, shows that men who eat in this fashion may have a higher level of a fatty substance in the blood called cholesterol —a finding suspect in heart disease — than do men who eat smaller, more frequent meals throughout the day.

A simple solution? Accelerate the trend toward nibbling in order to provide a steadier supply of all nutrients.

Banana almond loaf cake

Light - textured, full flavored "Banana Almond Loaf Cake" combines two favorites — almonds and banana — in a tempting dessert. Almonds being the popular round-the-clock nuts they are don't limit them strictly to desserts.

Rolls you enjoy with your morning coffee will taste that much better with the addition of crisp almonds. And a noon-time cottage cheese salad becomes something out of the ordinary when almond slivers are stirred into it.

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BANANA ALMOND LOAF Cake is made with two and one fourth cups sifted cake flour, one and one fourth cups sugar, two teaspoons baking powder, one teaspoon salt, one - half cup soft butter or margarine, two eggs, one - half cup milk, one cup mashed ripe banana, one-half teaspoon vanilla, and two thirds cup roasted diced almonds.

Blend flour, sugar, baking powder and salt in mixing bowl. Add butter, eggs and milk, beat in electric mixer at medium speed about 2 minutes or 300 strokes by hand.

Blend in almonds. Turn into greased 9 x 5 x 3-inch loaf pan. Bake in 50-degree (moderate) oven 60 to 70 minutes; or until cake tester comes out clean. Cool 10 minutes; remove from pan and finish cooling on rack. If desired, frost with powdered sugar icing.

Makes 1 loaf cake.

Household Hints

Allow two to three days to thaw a large whole frozen turkey in the refrigerator, says the U. S. Department of Agriculture.

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To keep gloves clean, cover with tissue paper. Leather must be able to "breathe" and tends to discolor if stored in air - tight plastic.

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Furs should be cleaned at least once a season. Dirt, dust and grime are a menace to pelts.

HOSPITAL TEA — Shown planning for the Provident Hospital Annual Tea are (from left): Mrs. Floree Montgomery, co-chairman for the tea; Mrs. Madie Mitchell, chairman of hostesses; Mrs. Muriel Cousin, vice president of hospital auxiliary and chairman of tea; Edgar Allen, director of dietetics at Provident; Mrs. Willia Bland, head of publicity and fashion show; Mrs. Martha Holmes, president of hospital auxiliary and Not shown are Henry Whyte, Mrs. Hicks, committee member and Mrs. Mae Thomas, chairman of door prizes. Virginia Brown and Mrs. Mary Moody.

Leakin Park Little League to enroll

Registration of youngsters desirous of playing in the Leakin Park Little League this summer, will be held tomorrow (Saturday) from noon to 5:30 p.m.

Boys between the ages of 8 and 12, may enroll during that period at the Edmondson Village Hall. Candidates are urged to bring birth certificates to avoid any delay or questions in regard to eligibility for registering.

Two Guys TODAY THRU SAT.

STOCK-UP WEEK

PLUS YOUR MOST VALUABLE TRADING STAMPS FREE

WE CARRY ONLY TOP QUALITY BEEF FOR YOUR SATISFACTION

FRESH — CITY CUT HAM FULL CUT — SHANK HALF lb. 39¢

CHUCK STEAK WELL TRIMMED FIRST CUTS lb. 39¢

CHICKEN LEGS or BREASTS QUARTERS lb. 39¢

CALIF. STYLE CHUCK POT ROAST lb. 59¢
WELL TRIMMED SIRLOIN STEAKS lb. 88¢
WELL TRIMMED STEAKS PORTERHOUSE lb. 98¢

CORNED BEEF BONELESS BRISKET THICK CUT THIN CUTS lb. 69¢ lb. 49¢

SHORT CUT RIB STEAKS lb. 79¢
CUBE STEAKS lb. 89¢
BEEF FOR BRAISING SHORT RIBS lb. 45¢
LIBERTY BELL SLICED BACON lb. 49¢
FRESH LEAN CITY PORK HAM STEAKS lb. 59¢

PROCTER & GAMBLE SALE! CHEER DETERGENT GIANT SIZE — 10c OFF LABEL DOWNY FABRIC SOFTENER — 10c OFF LABEL THRILL for DISHES 32-oz. SIZE — 13c OFF LABEL 58¢ EA.

ALL BEEF GROUND BEEF lb. 39¢
BONELESS — FOR POT or OVEN CROSSRIB ROAST lb. 79¢
ITALIAN STYLE SAUSAGE HOT or SWEET lb. 69¢
STER. SLICED BEEF LIVER lb. 39¢
FRESH — BY PIECE PORK BUTT lb. 39¢

COFFEE MAXWELL HOUSE NEW GIANT SIZE 1-lb. 2-oz. jar 1.58

COFFEE CHASE & SANBORN ALL GRINDS 2 lb. 1.48

BETTY CROCKER CAKE MIXES 6¢ OFF LABEL 4 19-oz. boxes 98¢

APPETIZING DEPT.

PASTRAMI LEAN WHOLE, HALF or CHUNK — SLICED FREE lb. 69¢

FRESHLY SLICED BOILED HAM lb. 98¢

BOLOGNA or LIVERWURST or SPICED HAM MIX & MATCH SALE lb. 59¢

JELL-O DESSERTS ALL FLAVORS 10 3-oz. pkgs. 88¢

CLING PEACHES TWO GUYS YELLOW Sliced or Halves 4 1-lb. 12-oz. cans 98¢

PENN DUTCH EGG NOODLES FINE, MEDIUM, WIDE 3 1-lb. pkgs. 88¢
TWO GUYS FRUIT DRINKS ALL FLAVORS 3 1-qt. 16-oz. cans 85¢
HERSHEY CHOCOLATE FLAVORED SYRUP 16-oz. can 18¢

PRODUCE DEPT.

GRAPEFRUIT FLORIDA SEEDLESS 6 for 39¢
U. S. No. 1 YELLOW GLOBE ONIONS lb. 6¢
STAYMAN WINESAP APPLES 4 lbs. 35¢
SWEET TENDER CARROTS 1-lb. Cello Bag 10¢
RUSSET BAKING POTATOES 5 lbs. 49¢

HEINZ TOMATO KETCHUP 1½ oz. btl. 18¢
SOAP PADS BRILLO box of 10 18¢
BITTIN ALL GREEN CUT SPEARS ASPARAGUS 4 15-oz. cans 88¢

DAIRY DEPT.

LAND O' LAKE BUTTER QUARTERS GRADE AA 93 SCORE lb. 68¢
BLUEBIRD FRESH — GLASS CONTAINER ORANGE JUICE qt. 29¢

FROZEN FOOD DEPT.

SEABROOK VEGETABLES with BUTTER SAUCE CUT CORN 10-oz. GREEN PEAS 10-oz. CUT BEANS 9-oz. 4 for 98¢

MAYFLOWER WAFFLES PKG. OF 6 5-oz. 8¢

Cheer 5¢ off Label large 25¢ | Dash 25-oz. 38¢ | Spic & Span reg. 27¢ | Comet 2 reg. for 28¢ | Mr. Clean quart 65¢ | Downy 17-oz. 39¢

WEEKLY BONUS SPECIAL
NEW! OVENGARD By DRACKETT LARGER 12½-OZ. SIZE
47¢ REG. 99¢
WITH A FOOD PURCHASE OF $2.00 OR MORE
HOUSEWARES DEPT.

LIMITED QUANTITY COUPON
AQUA NET HAIR SPRAY
Professional size. The all weather hair spray.
VALUE 1.50
YOU PAY 38¢ plus tax With This Coupon
One coupon per customer. Good thru Sat., Feb. 6.
TOILETRIES DEPT.

TWO GUYS TRADING STAMP ONE BOOK SPECIAL
YOUR BOOK WORTH 3.97 TOWARD THE PURCHASE OF
FINE CRYSTAL STEMWARE
Hand cut pattern, choice of cordial, wine, champagne, cocktail, goblet. Set of 6 glasses.
LIST 5.92 REG. 3.97 YOURS FOR 1 FILLED TWO GUYS TRADING STAMP BOOK
JEWELRY DEPT.

Two Guys BALTIMORE, 2401 BELAIR RD.-GLEN BURNIE, 6th AVE. & RITCHIE HWY. BOTH STORES OPEN 9:30 A.M. TO 10 P.M. AND CLOSED ON SUNDAYS

We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Saturday, February 6, 1965.

Ethiopian Position For British Doctor

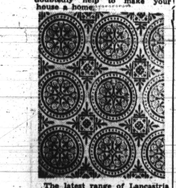
LONDON — (NNPA) —Dr. Alan Critchley, senior medical officer for the British Army in the Defense Department, has accepted an appointment in Ethiopia as professor of public health in the newly formed faculty of medicine at the First University of Addis Ababa.

WALLPAPERS BECOMING A FASHION TREND

by
DEBBYE G. EDLOW
Interior Decorator
Plymouth Wallpaper Co.

Wallpapers and Wallcoverings are rapidly becoming a fashion trend for the American home. The glamour, warmth, charm and durability are reasons for the popularity of wallpaper. They help to create an artistic feeling at low cost, thus enabling the home owner to make beauty a part of everybody life.

Whether heavily embossed imported papers or the latest prepasted vinyls, the effect will undoubtedly help to make your house a home.



The latest range of Lancastria Sculptured Wall Coverings continues the exciting trend in modern three - dimensional decor effects. In this range you'll discover more decorating ideas than you ever believed possible. The 3-D look subtly coordinating texture and color gives you something extra to plan with, adds originality and effectiveness to your schemes. The whole Lancastria range is excitingly designed but it is also highly practical. A special manufacturing method, involving the use of heavyweight two-ply paper processed while the adhesive between the two sheets is still wet, ensures that the embossed surface is really permanent. Lancastria Sculptured wall coverings come to you waterfast and ready trimmed.

PLYMOUTH WALLPAPER & PAINT CO.
725 W. BALTIMORE ST.
PHONE PL. 2-1978
FREE PARKING IN REAR
Open Sat. 'til 5:30 p.m. Mon. 'til 8

100,000 GREEN STAMPS — A LOT OF LICKING — Winner at the Food Fair Merchants Green Stamp exhibit at the Civic Center recently was Arthur Stone, 801 Cliffedger Rd. Left is Mrs. Susie Strother, Food Fair's Home Economist, who demonstrated outdoor cooking during the week of Jan. 12-17. Ready to help paste stamps is Mrs. Jean Wieman, Merchants Green Stamp Group Savings Counselor.

1/3 OFF! Round-Trip Weekend Fare NEW YORK $11.70
Also bargain fares from Baltimore to Philadelphia & Trenton. See flyer or phone MU 5-8100.
PENNSYLVANIA RAILROAD
Most direct way to World's Fair!

BAKE LIKE A PRO!
Baking powder and salt already added
Perfect biscuits every time. Light, fluffy cakes. Tender muffins. Because Washington Self-Rising Flour is blended from soft winter wheats. We add the baking powder and salt to save you time and money!
WASHINGTON self-rising FLOUR
NO FINER FLOUR AT ANY PRICE

Franklin Uniform Co.
235 PARK AVE. MU. 5-7222
"THE SOUTH'S LARGEST UNIFORM HOUSE"
MEN'S and WOMEN'S Choir Robes
SPECIAL
Many Colors and Fabrics in Stock
$8.99
$10.99 VALUE
Choir Caps $1.35 & up — Stoles $1.85 & up
Tassels 25c each — Choir Collars 49c
Cassocks $5.95 up — WE RENT ROBES
SPECIAL QUANTITY DISCOUNTS! TO CHURCHES & INSTITUTIONS!
FREE SERVICE
Our Representatives will call day or night to measure you for your choiral needs. MAIL, PHONE and C.O.D. ORDERS FILLED.
OPEN MONDAY AND THURSDAY 9 TIL 9
2-6-65

KEVIN MARCUS BAILEY

Kevin M. Bailey, age 2, wins national contest

A local 2-year-old, Kevin Marcus Bailey of 1024 Bradish Ave., has won a $25 savings Bond and the title of "Charming Child" in a national magazine contest.

The youngster, only son of Bethelhem Steel worker Charles Bailey and his wife, Mrs. Julia Bailey, a Reads Drug Store clerk, was among children winners from the states of Maryland, Michigan, Pennsylvania, Washington, North Carolina, Massachusetts and New Jersey.

All are eligible for the second round of the contest, a chance to win a $300 U.S. Savings Bond.

Household Hints

Cook green vegetables quickly for best quality.

Store canned fruits and vegetables in a cool dry spot. Dampness can corrode tin cans and metal lids of glass jars.

Remove crumbs from toaster with a soft brush and wipe the crumb tray with a sudsy sponge.

Drain fat and drippings from fryers and cookers, fill with water, add soap or detergent, and heat to boiling. Then drain, rinse and dry.

Water house plants plentifully every few days, rather than with a small amount every day.

Bathe nylon hose in borax to keep them from becoming limp. Use a level tablespoons of borax in a basin of warm water. Gently dip hose and dirt will float away.

North Avenue Market...
You will find
SERVICE Friendly personal courteous
QUALITY Famous for over 25 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 9 — Wed. till 1
North-Maryland-20th-Charles

Peachy hot Hors d'Oeuvres

When it's party - time at your house, entice the guests with "Peachy Hot Hors Oeuvres." Sliced vienna sausage, chopped pickle and canned cling peach slices are placed on split burger buns and sprinkled with grated cheese and instant minced onion then broil just long enough to melt the cheese.

Cut the hot bun halves into strips or quarters for a truly different hors d'oeuvre. Canned cling peach slices and halves are a colorful and tasty ingredient in a host of appetizers, salads and desserts.

PEACHY HOT HORS D'OEUVRES are made with one can (1 lb.) cling peach slices, four burger buns, softened butter, one can (4 oz.) Vienna sausages, one - fourth cup chopped dill pickle, one cup grated Cheddar cheese, and two teaspoons instant mince onion.

Drain peaches. Slice buns into halves and remove a little of the soft center from each; spread with butter. Cut sausages into thin diagonal slices. Cover buns with sausage and pickle.

FOOD FAIR Merchants Green Stamps

TUNE IN SUSIE STROTHER "Phone A Friend" RADIO SHOW ON STATION WEBB MON. thru FRI. at 11:25 am

WHY PAY MORE? SHOP FOOD FAIR and SAVE

100 M Merchants GREEN STAMPS FREE EXTRA MERCHANTS GREEN STAMPS WITH THIS COUPON AND PURCHASE OF $10.00 OR MORE EXCLUDING MILK, MILK PRODUCTS CIGARETTES AND FAIR TRADE ITEMS Limit One Coupon Per Shopping Family IN ADDITION TO THE STAMPS YOU RECEIVE WITH YOUR PURCHASE VOID AFTER SAT., FEB. 6, 1965

100 FREE EXTRA BONUS Merchant Green STAMPS WITH $10.00 PURCHASE OR MORE

Prices Effective thru Sat., Feb., 6, 1965. We Reserve the Right To Limit Quantities.

Libby's TOMATO JUICE 3 46-oz. cans 85¢
Libby's BEEF STEW 2 24-oz. cans 89¢
WELCH GRAPE JUICE 24-oz. bot. 35¢
KRAFT MAYONNAISE quart jar 57¢
KELLOGG CORN FLAKES 12-oz. pkg. 27¢
FRUIT COCKTAIL DEL MONTE 3 30-oz. cans 1.00
CAMPBELL'S SOUP WITHOUT MEAT 7 10½-oz. cans 95¢

STEAKS
• SIRLOIN
• T-BONE
• PORTERHOUSE lb. 79¢
PSG BRAND AND U.S.D.A. CHOICE QUALITY

BLADE IN SHL'D. LAMB CHOPS lb. 59¢
MILK FED VEAL ROAST LEG or RUMP lb. 53¢
FRESH GROUND BEEF 10-lb. pkg. $3.99

EXTRA FANCY APPLES GOLDEN DELICIOUS 3 lb. bag 39¢
SLICING TOMATOES SOLID RIPE cello bag 19¢
KALE or COLLARDS NEARBY FRESH 2 lbs. 29¢

MEDIUM GRADE "A" FRESH EGGS 2 doz. 69¢
ARMOUR STAR READY-TO-EAT CANNED HAMS 3-lb. can $2.19
SUPER COLOSSAL JUMBO SHRIMP 5-lb. BOX $6.19 lb. $1.25

OPEN TONIGHT TIL 10 pm SAT. TIL 9 pm