After school treats are always in demand

After school treats are always in big demand by the school set.

And what tastes better after a hard day of learning and playing than a handful of freshly baked cookies and tall glasses of cold milk?

* * *

HERE ARE two new delightful cookie recipes developed by the Meadow Gold home economists. Lemon Pecan cookies are crisp and crunchy with a special lemon flavor.

Fruited Cookies are bright and nourishing with cherries and pineapple as their flavor treats.

Your family will love these cookies as TV and bedtime snacks, and you'll want to keep an extra supply in the freezer for morning "coffee breaks."

* * *

FRUITED COOKIES are made with ¾ cup butter, ½ cup granulated sugar, ½ cup light brown sugar, firmly packed, 1 egg, 1/3 cup chopped red marashchino cherries, 1/3 cup chopped green maraschino cherries, 1/3 cup drained crushed pineapple, ½ teaspoon rum flavoring, 2 cups sifted flour, ½ teaspoon baking powder, 1 teaspoon salt, Granulated sugar and Milk!

Cream butter with the sugars. Beat in egg. Stir in fruits and flavoring. Add sifted dry ingredients. Chill for several hours.

Roll dough into 1 - inch balls. Dip top of each into sugar, then milk, then again sugar. Place sugared side up on greased cooky sheet.

Bake at 375 deree for about 15 minutes, or until lightly browned. Makes one dozen cookies.

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FRESH LEGS WHOLE lb. 45¢
FRESH BREASTS lb. 55¢
FRESH WINGS lb. 25¢
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BAR-B-QUE FRYERS each 99¢
1-lb., 6 oz. MINIMUM AVAILABLE IN MOST ACME'S

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7-INCH CUTS Rib Steaks lb. 73¢
LANCASTER BRAND Delmonico Steaks $1.39

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MACARONI DINNER KRAFT 2 7¼ oz. pkgs. 35¢
IDEAL PEANUT BUTTER 1-lb., 2 oz. jar 49¢
HOT COCOA MIX NESTLE'S 16 oz. can 49¢ 28 oz. can 79¢
PORK & BEANS VAN CAMP'S 4 21 oz. cans 75¢

NEW LOW PRICE IDEAL FROZEN ORANGE JUICE 4 75 2 69
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THIS COUPON WORTH B 30 plus GREEN STAMPS with the purchase of a LANCASTER BRAND SMOKED BONELESS BUTT Void After Feb. 6, 1965 Limit one per Family

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THIS COUPON WORTH G 30 plus GREEN STAMPS with the purchase of a PKG. OF 48 EXLAX LAXATIVES Void After Feb. 6, 1965 Limit one per Family

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FANCY CALIFORNIA NAVEL ORANGES doz. 59¢
FRESH CRISP ICEBERG LETTUCE 2 large heads 29¢
FRESH CELERY HEARTS pkg. 29¢
TROPICANA FRESH ORANGE JUICE 5 OFF Quart Btl. 44¢ 10¢ OFF ½ gal. jug 79¢

ELK OFFICIAL HONORED — Grand Daughter Ruler Nettie Smith, left, was honored in Baltimore Sunday with a banquet at the Odd Fellows Hall. Mistress of ceremonies was Sgt. Violet H. Whyte, local policewoman. The Daughter Ruler was introduced by Mrs. Susie Hilburn, Daughter of Ruler of the F. E. W. Harper Temple No. 429. To Mrs. Smith's right is Mrs. Bernard Harris, wife of the president of the Tri-State Elks Association.

Save that tag for wash day

On wash day, do you play a "guess the fabric" game because you've lost the tag that came with the garment, the one that tells what material it's made of and how to care for it?

Clothing specialists at the U. S. Department of Agriculture have several suggestions to end such confusion and avoid costly laundering errors.

Whenever you buy a new garment, they suggest that you immediately remove the tag and label it - Mother's green shift, Barbara's blue blouse, etc. Then be sure to save the tag.

IF YOU HAVE a bulletin board near the washing machine, hang it there. Or, you might use a card file for garment tags. Put dividers with the name of each member of the family. Slip the tag from Barbara's blue blouse behind the card with her name.

And you'll have no trouble finding it quickly on wash day.

If you know the fabric of a garment and how to wash it, you'll get better wear and satisfaction from it.

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BEST BUYS:

Include specials to add to savings

By VIRGINIA L. McLUCKIE
Food Economist

Keep alert to what your market is featuring. Plan your week's menus to include as many "specials" as possible.

This is one way to become a thrifty shopper.

* * *

SPECIALS on protein foods are of importance because of the large proportion of food money going into these items. There is a heavy supply of beef in the markets. The forequarter cuts are among the economy choices. It is pork time, although supplies are shorter than a year ago and more interest is being shown in beef than pork as far as consumption is concerned.

In buying meat of any kind, the cut can be judged on the cost per serving as the true measure of cost. Meat with a large amount of bone, at a lower price, will often cost more for a serving than meat with less bone that costs more per pound.

Another thrifty protein buy is in broiler - fryers which are very frequent chicken specials.

* * *

IF YOU HAVE been using eggs sparingly then you may want to take a second look at the refrigerated egg display. The rate of lay of the nation's flock is higher than a year ago.

Eggs of top quality are in liberal supply and prices are attractive. Generally when a dozen eggs cost less than a pound of lean meat, the eggs are a thrifter protein buy. Grade A Large eggs are the recommended best buy.

* * *

THIS IS THE time of year when shoppers turn to processed vegetables and fruit for variety in family meals.

Aggregate supplies of frozen vegetables are down moderately from a year ago, primarily because of considerably less sweet corn and lima beans. Supplies of most other frozen items are nearly the same as last year's heavy volume.

Specials on frozen vegetables in ten ounce boxes or family size film bags will be a good buy provided you have storage room available.

Supplies of all leading canned vegetables continue more than ample. Try to remember the regular price of canned items you use regularly to be able to spot the buy that really is a special. Check the labels before you select as they provide much useful information.

The present supply of canned fruit presents a bright picture. This season's record non - citrus canned fruit pack is running about fifteen percent larger than last year. The pack of cling peaches and applesauce is about twenty per cent larger and that of fruit cocktail is forty percent larger than a year earlier. The pack of canned pears and red sour pitted cherries is more than double that of last year.

* * *

RECENT COLD weather in Florida will be reflected in the market supplies within the next week to ten days. Salad greens and lettuce were damaged along with sweet corn, snap beans and other tender vegetables. radishes will have to be replanted.

In the meantime other growing areas will continue to supply the markets with available fresh produce. During this period of the year we usually get cucumbers from the Bahamas, peas and peppers and frequently tomatoes from Mexico. The best produce buys will be found in winter vegetables that are fairly staple, cabbage, carrots, sweet potatoes, white potatoes and turnips. Rhubarb from hot houses in Michigan is available.

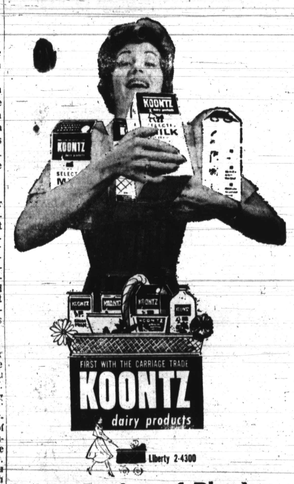
* * *

THE BEST fruit buys are Florida juice oranges, Temple oranges and apples. Most of the apples are coming from storage and the three and four pound bags are the most economical buy. Rome apples, the best baking variety, are in the markets.

PANNED CABBAGE — DELUXE

One large onion, sliced, one tblsp. fat, two c. shredded cabbage, one cup grated carrots, one tsp. salt, one-eighth tsp. pepper and one cup boiling water.

Saute onion in hot fat in heavy skillet until soft and clear. Add cabbage, carrots and seasonings. Pour water over vegetables. Cover, and simmer 12 minutes. Serve hot. Makes 6 servings.



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Liberty 2-4300
is a Basket of Plenty

Family Pot Luck

COMPILED BY HELEN HALE

Foreign Accent

Bring a Hawaiian touch to mealtime by threading on a skewer some scallops, pineapple wedges and bacon. Brush with oil dressing to which soy sauce has been added then broil.

Shrimp takes on a Southern accent when it's simmered in creole (tomato, green pepper, onion) sauce. Serve with fluffy rice.

German accent is achieved with meats, especially pot roast when vinegar and pickling spice is used as seasoning.

Add some tomato sauce and both sliced ripe and stuffed olives to pork steaks after browning.

* * *

STRIPS OF beef cooked with Chinese vegetables (bean sprouts, water chestnuts and sliced mushrooms) give it an Oriental accent. Use soy sauce for seasoning.

Helen's Favorite:

Salmon Chowder
(Serves 6)

1 (16 ounce) can salmon
1 cup cooked or canned tomatoes
1 small onion, finely sliced
2 cups water
¼ cup flour
3 cups milk
1½ teaspoons salt
1/8 teaspoon pepper

Flake salmon. Add tomatoes, onion and water. Simmer 20 minutes. Combine flour, milk and seasonings. Cook until thickened, stirring constantly. Add salmon mixture and serve immediately.

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Sixty Independent Merchants with Centuries of Experience and thousands of sources around the world, combine their KNOW-HOW to make your shopping trip here a gratifying experience . . . one that you'll look forward to every week in the year.
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THE SLAUGHTER HOUSE
135 S. WARWICK AVE.
PLENTY OF SPECIALS!

DANCE GIVEN by the Pepers and Pipers Club, Friday evening, included guests and hostess above, left to right: Mrs. Helen Odom, Mrs. William Fontaine of Philadelphia, Mrs. William Gosnell, a member; Mrs. Robert Brooks and Mrs. Rudolph Wheeler. (Photo by Clinton)

—Law and crime

(Continued from Page 1)

from the others.

To present the views of the police, the AFRO talked to officilas in the higher echelons, officers of lesser rank, and the patrolmen who pound the pavement. They usually are the ones who daily and hourly come into contact with people and the problems of the people.

Many of their comments were made candidly and confidentially with the knowledge that some of their views do not coincide with those of their superior.

Here are some of the things they desire to have the public understand:

Policemen are human just like most of us. They grew up from little children who did the same things you and I did.

They marry, have families of their own, get hungry, cold, sleepy, tired, happy, angry and almost always, like television and sports.

When the going gets rough, under pressure they can get tense and scared just like you and me. They do lots of good and right things and they make mistakes—like we all do.

There are times when a policeman must think things out. Then there are times when he must ACT—and ACT FAST.

Often a quick decision must be made and there is no room for fear about what will come if he makes a mistake.

Policemen deliver lectures, babies and bad news. They write speeches, traffic tickets and make reports of crimes and arrests.

They find criminals, little cooperation from many people and little children most in big crowds.

They own homes with mortgages and cars (often used) with notes due on them. They get wet in the rain, hot in the sun and cold feet in ice and snow.

They see more misery, heartaches, poverty, bloodshed and trouble in a month than most of us see in a lifetime.

They shell out money to feed hungry families, buy shoes for little bare feet they have never seen before and they comfort the anguished in times of pain and tragedy.

Policemen get medals for bravery, hell for mistakes and sometimes killed.

The most heartbreaking story is that of a widow and the children being left behind.

And sometimes, police tell you this happens because a citizen fails to do his part in helping to make the community a better place in which to live.

"Law enforcement can be only as good as the police and citizens want it to be," a Baltimore police official told the AFRO.

"We certainly have a right to ask the citizens to cooperate with the police—to help prevent crimes and to help solve crimes already committed.

"When you see something happening and turn you head, just remember—the next time it could be you.

"Our society is based on laws and order. If someone attacks and injures you, you have a right to defend yourself but you have no individual right to seek retribution. In the final analysis, whom can you turn to except those on whose duty it is to protect you and your rights — the policeman?

"As children we often solved our problems by going to get out 'big brother' to help out. But now we are grown and 'big brother' is your policeman — the bulwark between you and wrongs against you. He is your protection."

* * *

CAPTAIN Edwin Taylor, Department of Planning and Research; said "One of our biggest problems is that of juvenile crimes. Our youth must be taught a respect for law and order.

"At the same time we realize that, as police, we can only have the respect we earn.

"To this end, the Baltimore Police Department has set up a series of Police—Community Councils. Councils have already been established in the Eastern, Western, Northwestern, Southwestern and Southern Districts.

"Results are beginning to show and Councils will soon be extended to all districts of the city."

Through these councils the department seeks to develop a neighborhood consciousness of the need for mutual cooperation and understanding in order to improve conditions.

Police participation in these councils bring the police closer to the people and their problems, it is reasoned.

"Citizens of all groups are invited to join these Councils and work toward a safer community," Capt. Taylor explained.

* * *

ALL POLICE agree that citizens can also play a personal role in crime prevention by exercising constant vigilance in property protection and personal safety. They advise:

Don't create areas of temptation for criminals by leaving valuable articles exposed in your car.

Be sure your keys are out of the ignition and your doors are securely locked.

Drive with your doors locked to prevent someone from jumping in when you stop.

Approach your car cautiously when you have parked at night in a dark area. Watch for tell-tale shadows.

Be sure your house is locked securely at all times? Thwart burglars by notifying police when you are going to be away for a period of time. Leave some lights on in the house and remember to cut off newspaper and milk deliveries.

Don't flash large sums of money in public places and, to the ladies, don't carry large sums in your handbag.

Call police promptly when you notice suspicious characters loitering in a neighborhood or near business places.

Exercise caution when walking at night; watch out for dark alleys and, when possible, don't walk alone.

"Fear of becoming involved is one reason some people fail to report incidents and look the other way," said a lieutenant.

"Too often, a citizen will have something stolen, make a nasty recovery, then drop the matter because he got his property back. I can understand this feeling, but it is wrong. The person who is let go may get someone else or even the same one over again.

"We all are already involved by virtue of the fact that we live here and none of us know who will be the next to get hit. The community must be made safe."

[illegible] he does not want to be identified: "The courts must also play a better part in fighting crime. Too often guilty criminals go scot free on some technicality. Then, too many are given such light sentences they are soon back on the streets to do the same thing again.

"Judges must back up the police. Often you would think the police are on trial. This new Municipal Court system is worse than the old system. We do not want innocent people sentenced, but to see a guy you know is guilty walk out of the court with his lawyer is disheartening.

"This happens every day. A man charged with a crime comes up before the judge with a lawyer to lawyer speaks up and gets a light sentence or even probation. Along comes some poor guy with no money for a lawyer and gets the book thrown at him."

represent him. He may even be found guilty but his

* * *

"A DECK sergeant told us: "Every day someone comes in with a complaint that somebody beat him up. It may be a lady whose husband beat her. She may even be bleeding and bruised.

"She wants us to lock her husband up or go back home with her because she is afraid.

"But our hands are tied by laws. We can't do a thing. If a policeman does not see it happen the best we can say is, Come in tomorrow, see the judge and get a warrant. She does not understand this and accuses the police of not helping her.

"But this is the law and until someone brings about a change in the law there is nothing we can do."

As one officer put it: "We carry handcuffs to use on prisoners but so often we find the handcuffs on us. We can't act.

"Yet the public usually blames the police for failing act."

"The ministers can put on drives for everything laws and can only say: "Get a warrant".

The police department also feels that ministers and civic organizations should do much more to [illegible] community cooperation and sense of responsibility.

"The ministers can put on drives for evrything else, why can't they enter this important movement that will make a safer, better city for all to live in ?

"This is a serious matter and we need everyone" help to combat this crime."

NEXT—Another View.

Dr. Lockwood gets leave to take government job

At the meeting of the Board of Trustees of Baltimore Junior College yesterday it was announced that Dr. William V. Lockwood, assistant director of the college's evening division, will accept a post with the U. S. Department of Labor in the administration of the Neighborhood Youth Corps Program.

Granted a leave for one year from the college, Dr. Lockwood will be named manpower development specialist and be in charge of supervising the Youth Corps in the Middle Atlantic states.

A graduate of Morgan State College who earned his masters degree at Northwestern University and his doctorate at John Hopkins, Dr. Lockwood has been associated with Baltimore schools as teacher and principal for 23 years.

In announcing Dr. Lockwood's leave of absence to take the post in Washington, Dr. Harry Bard, president of Baltimore Junior College, said the college can feel it is "making a very important contribution to the nation as a whole."

During the meeting, the Board of Trustees for the college, approved a long range planning report "Design for Progress" submitted by Dr. Bard.

Detailing the philosophy and objectives of the junior college in the areas of curriculum, enrollment and community service, the report also shows that increases in students will make a second junior college in Baltimore necessary by 1970.

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KRAFT MAYONNAISE quart jar 59¢

LUZIANNE COFFEE 1-lb. can With 6¢ Off 69¢

BREAST O' CHICKEN CHUNK TUNA 3 6½-oz. cans 79¢

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Monarch Finer Apple Sauce 6 16 oz. cans 69¢
Large Tender Green Giant Peas 2 17 oz. cans 39¢
Jif Smooth or Crunch Peanut Butter 12 oz. jar 39¢
Pillsbury Light Fluffy Pancake Mix 2 lb. pkg. 35¢
Wagner's Breakfast Orange Drink 2 quart bots. 49¢

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Chuck Roast
Eddie's Triple Bond Guaranteed Tender Blade Cut
33¢ lb.

Fresh Ground Beef 3 lb. pkg. 1.29
Boneless Beef Cubes lb. 69¢
Boneless Beef Roast lb. 57¢

LOCAL DRESSED LEAN
Fresh Pork
Center Chops lb. 79¢
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