FAMILY FARE

SHOW SHOW for 1 for three military nurses who visite visitelina Celina College, last week, to discuss career career the se the services with students in the colleg collegent olent of nursing. From left are Miss Miss ard, Card, Capt. Ruth Lemire of the Army Nurse Corps. Miss Jessie Taylor, Mrs. Helen S. Miller, chairman NCC Department of Nursing; Miss Louise Toyster, Capt. Bertha Coombs of the Air Force Nurse Corps, and Lt. Cdr. Theresa M. Proto, Navy Nurse Corps.

CHILDHILD

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Says marriage is a business; love is its only decent basis

DENMARK, S. C. —"The only decent basis on which to get married is love," Dr. J. S. Himes said in his keynote address to the Family Life Institute at Voorhees College.

Dr. Himes, chairman, Sociology Department, North Carolina College, Durham, was one of 13 consultants for the sixth annual institute.

More than 500 persons attended the first evening session Wednesday, February 24. Dr. Himes addressed the session on the institute's general theme, "Family Living After the Mid - Twentieth Century."

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..'MARRIAGE IS a business. The relationship must be worked out. Time must be taken to establish the husband - wife adjustment." Dr. Stanley Smith said. He is chairman of the Social Science Division, Tuskegee Institute.

Dr. Smith asserted, "The important thing in any marriage is to make major decisions together so that the decision will become joint property."

He said further in answer to a question, "These questions should be answered: the role of the wife and mother, and the role of the husband and father." In reference to another question, Dr. Smith made this comment, "It is not the amount of time spent with the child when both parents are working; but it is the quality of the relationship when the mother and father are with the child."

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OTHER SPEAKERS for the general sessions were Miss Frances Welsh, R. N., State Health Department, and Mr. George Bennett, health educator, Columbia.

After each general evening session, group discussions were held in a number of interest groups. In one of the group discussions, Dr. Smith said, "With the changing attitudes of the roles of man and wife, society is not moving to the reverse of woman over man. Instead of who's boss, it becomes a partnership. It is not my money or his money, but our money. We are moving toward involvement of both in decision making."

BEST BUYS:

Time to stock salmon, peas

Traditional holiday foods for Easter and Passover festive needs will distinguish the plentiful foods list for April issued by the U. S. Department of Agriculture's Consumer and Marketing Service.

Eggs, the major item on the holiday shoppers' lists, will take the spotlight, sharing the honors with dried prunes, another favorite for snacks and feasts.

Be extra generous with your egg estimates when planning for holiday needs and take into account, too, other pre-holiday and post - holiday needs that can put the current bounty of eggs to good use. Supplies in the weeks ahead will be well above a year ago, spelling attractive prices for consumers.

DRIED PRUNES for holiday fruit cakes, for stuffed prune buffet treats, for stewed fruit desserts and breakfast dishes, and for combinations with other foods in salads, casseroles, and other tasty dishes will help round out a pleasing menu for family and company entertaining. Reasonable price tags on the grocery shelf are forecast.

A bevy of birds for a sumptous feast? By all means, especially since broiler - fryers rate as the outstanding poultry item for the month.

It's a good time to stock up the freezer with a few extra chickens for budget - wise meals to serve at will.

CANNED PEARS will continue a star attraction at the markets, as supplies from this year's record 11-½-million case pack remain bountiful. This delicately flavored sert and appetizer convenient fruit makes a refreshing dessert and appetizer conveniently served as is or in ice cream preparations, tarts, pies, salads and other tempting dishes.

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DRY PEAS again appear o the plentifuls list. The familiar staple, ever popular for soups and purees particularly, will remain among the good buys for some time to come.

FASHION NOTE — The pretty look, happily in vogue this spring, is defined in this costume, starting with the flattery of the scarf turban, deft copy of a Paris original; and unbelieveably priced at $6. The silky, lightly shaped suit, with interest centered on the narrowed collar of its double-breasted jacket, carries out the soft feminine feeling. About $17 at Sears.

Keep poisons out of reach of children

WASHINGTON (NPA) — Parents have been cautioned by the American National Red Cross to use all possible means to keep poisonous substances out of the reach of small children.

Alfred W. Cantwell, director of ARC safety services, said a half - million children are accidentally poisoned each year. Of these, about 500 die and many others are left permanently affected.

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A RECENT American Academy of Pediatrics survey showed that 51 per cent of all childhood accidents were related to poisoning. About 90 per cent of poisoning accidents involve children under 5 and of these 56 per cent are boys.

Most poisoning accidents among this age group occur in the kitchen with the bedroom ranking second. Three and four-year-old children tend to swallow medications more frequently than children in the other age groups. Roughtly 50 per cent of all accidental poisonings involve medications, and about half of these involve aspirins.

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CANTWELL NOTED that many articles in common household use, which are poisonous when taken internally, are frequently on low shelves or under the kitchen sink.

The Red Cross is one of 20 organizations sponsoring National Poison Prevention Week which begins March 14.

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THESE precautionary measures against poisoning were listed by Cantwell:

1. Lock up drugs, pesticides, detergents, and cleaning materials or store them beyond children's reach. Children learn to climb long before they learn to distinguish between edible and harmful substances.
2. Return dangerous items to their customary storage places immediately after using.
3. Keep harmful household items in their original containers. Do not transfer them to jars, milk or soft drink bottles.
4. Children are imitative — do not take medicine in their presence.
5. In administering medicines to children, refer to them as "medicines," not as "candy." Always take or give medicines in well-lighted rooms. Always read the label first.
6. When the illness for which a medicine was prescribed is over, dispose of the remaining medicine by pouring it down the drain. Rinse the container thoroughly before discarding.

Light Housekeeping

By LULA PATTERSON

March, as you probably know by this time, is "Egg Month." In Baltimore, last week, both the Governor of the State and the Mayor of the City issued proclamations as the Maryland State Poultry Council held forth with its annual luncheon.

The fact of the matter is that egg prices are at a many-year low, egg men are concerned, and the Federal Government has been doing its bit toward encouraging egg consumption for weeks, now.

At the risk of being considered callous, I'm tempted to say that it is an ill wind that blows no one good ... and that you can beef up your budget with the judicious use of eggs. At current prices you can purchase about a pound of protein for 38 cents. Compare this with the cost of meats. Moreover you have the Lenten incentive.

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RECIPE OF THE WEEK: At the luncheon, on Wednesday, The Council served this year's prize-winning "Eggs A La Maryland," which I think you should try.

Eggs A La Maryland is made with a fourth cup of butter, a cup of light cream, a half teaspoon salt, a dash of pepper, a cup flaked fresh crabmeat, a dozen eggs, beaten, two tablespoons finely chopped parsley and paprika.

Melt the butter in a skillet. Add cream, salt and pepper. Add crab meat, and allow to heat through. Pour eggs into skillet and stir gently until thickened. Do not overcook. Mixture should be soft, moist and creamy. Sprinkle with parsley and paprika.

The eggs were served on wedges of toast, centering a plate. They were flanked on one side by green beans, and on the other by a broiled half of tomato ... making both a tasty and eye-appealing dish. The recipe here yields from four to six servings.

Incidentally, simply for the asking you may have scores of recipes featuring eggs from the University of Maryland College of Agriculture, Extension Service, and from the U.S. Department of Agriculture, Marketing service.

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WHAT'S NEW: Remember those "stand-off" glasses we (those of us too far-sighted or too-sight-shorted) tried, finding that with glasses off it is practically impossible to get our make-up on straight? How were we to get at our eye make-up on with glasses on?

Leave it to those better-mouse-trap-makers. One has come up with a new mirror containing a hand-ground prescription lens which helps far-sighted women to see when they take off their glasses to apply cosmetics.

Through computing various prescriptions, a reserach ophthalmologist was able to come up with two basic prescriptions that by slight movement back and forth would correct the vision of more than 90 per cent of the persons who are farsighted.

He calls them plus-1 and plus-2 mirrors. The first is most efficient for the under 50 age group; the latter for women 50 and over.

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ON THE HOMEFRONT: When you're doing your spring housecleaning, don't forget to vacuum the television set.

The heat of the set pulls dust in among the tubes, and this can become a fire hazard, say safety technicians of the U.S. Department of Agriculture.

Unplug the T-V before you start to work. Ask your husband to take the back off the set. Then vacuum lightly among the tubes. Or, if you have an old-fashioned feather duster, use that to whisk out unwanted dust balls.

It's a good idea to clean the T-V once or twice a year. All of those cowboys and Indians kick up a lot of dust.

FASHION HIT: The millinery industry's new gimmick is to aim much of its styling and promotion of headwear with the young in mind. Some of the designers have reached the conclusion that it is the young who now set the fashion, anyway.

Phi Deltas hold Session in D.C.

WASHINGTON — The Executive Council of the National Sorority of Phi Delta Kappa met here, recently, with Mrs. Mabel S. Bouldin of Chicago, Ill., supreme basileus, presiding.

In addition to Mrs. Bouldin, the meeting was attended by:

Advisors: Helen W. Maxwell of Brooklyn, N.Y., executive advisor; Hilda G. Bryant of Nyack, N.Y., Eastern regional director; Dr. Aurelia Harris of Fort Worth, Texas, Southern regional director; Mrs. Frances M. Scheumacher of Indianapolis, Ind., Midwestern regional director;

Members: Bertha H. Jones of Gary, Ind., supreme grammateus; Naomi Y. Tassell of Philadelphia, Pa., treasurer; Emma D. Anderson of Chester, Pa., supreme historian; Julia W. Harris of Durham, N. C., supreme lamplighter.

Members: Vashti Rinehart of Chicago, Ill, editor of the Kriseo; Elizabeth H. Henry of East Orange, N.J., national program director; Helen V. Green of Trenton, N.J., national director of public relations;

Members: Ella M. Butler, Mae A. Barnes, Gladys C. Kearney and Frances L. Hunter, all of Jersey City, N.J., all founders; Miss Eden Dawes of New York City, Eastern member-at-large; Mrs. S. Hinton Brooks of Jamaica, Pa., Southern member-at-large;

Mrs. Billie Jackson of Dayton, Ohio, Midwestern member-at-large; Mrs. Doris E. Kerfoot of Kansas City, Mo., national membership chairman; Mrs. Marion E. Shultz of Washington, D.C., conclave chairman; Mrs. Gladys Walker of Baltimore, Eastern Xious-Youth Guidance; Mrs. Doris Calchaugs of Detroit Mich. Midwestern Xious-Youth Guidance; and Mrs. Ernest B. Tillman of New Orleans, La., Southern Xious-Youth Guidance.

Needle craft

Look glamorous! Knit a lacy shell quickly to team with skirts, slacks.

Jiffy-knit shell of mohair—popcorn design against lacy background. Crocheted edging adds smart finish. Pattern 7083: sizes 32-34; 36-38 inclusively.

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FLARES out from yoke so easy to fit, such fun to wear on sizzling days.

Sew this charmer of 7-to-inch checked gingham; and color with cross-stitch flowers. Pattern 7296: chart; printed pattern sizes 2, 4, 6. State size.

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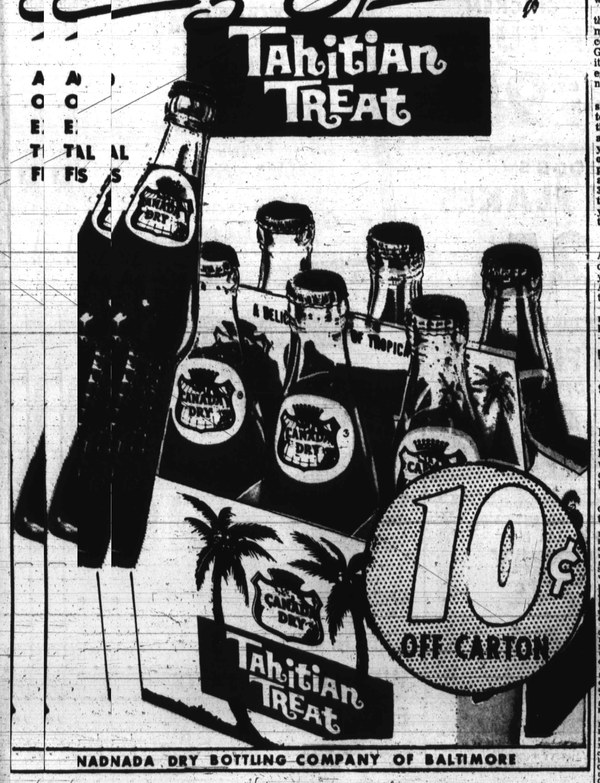
THIRTY-FIVE CENTS (coins) for this pattern — add 15 cents for each pattern for first-class mailing and special handling. Send to Alice Brooks, AFRO-AMERICAN Needlecraft Dept., Box 183, Old Chelsea Station, New York, N.Y. 10011. Print Name, Address, Zip, Pattern Number.

1965 NEEDLECRAFT CATALOG — 200 designs, 2 free patterns! Newest knit, crochet fashions, embroidery. 25 cents.

• • •

NOW! Send for elegant, new "Decorate with Needlecraft" 5 beautiful room settings, 25 complete patterns for decorative accessories in one book! Pillows, wall hangings, curtains, appliques, more! 50 cents.

Value! Deluxe Quilt Book—16 complete patterns. 50



CITED FOR SERVICE—The Richmond Chapter of Links was cited at the recent Eastern Area Conference of Links Inc. in Williamsburg for outstanding work in the national pprojject "Service to Youth." Members include (seated, left to right) Mesdames Lorine B. Carter, president; Alice Spraggins, Georgia Williams, Lauura Bright, Beresenia Hill project chairman; Mildred Tynes, treasurer; (standing) Mesdames Kathryn Reid, vice-president; Evelyn Kindle, secretary; Kate Henderson, Evalyn Shaed, Alma Jackson, Marian Davis, Julia Thornton and Mary Wilson. Other members are Mesdames Mae Coleman, Emily Chambers and Pearl Wood.

THE MODERN MAIDENS CLUB, members shown above, entertained at a dance in the Blue Crest Fordleigh, Friday evening. The hostesses are, front, left to right: Mesdames Iva Jeter, Catherine Bonaparte, Mary Jefferson, Doris Batten, Bessie Caldwell; back: Mesdames Fannie Wicks, Dora Hardee, Mildred Dennis and Ruth Wilson.

"Not as onlookers, but as neighbors"

BALTIMORE, Md. — Dr. Jeanne L. Noble, associate professor, Center for Human Relations Studies, New York University, was the speaker at the 9th Annual Women's Dinner held at Morgan State College, Friday, March 12.

Dr. Noble, former National president of Delta Sigma Theta Sorority, spoke on the topic "Duty Whispers Low Thou Must."

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DR. NOBLE stated that with the technological changes life will be different in every decade. Education is a journey unknown. She said, "We cannot prepare for a specific occupation, but the ultimate end of education is human fulfillment."

She reminded the students and their mothers that they have a role as "neighbors", not as onlookers. "Self Help" and "self sharing" are both important.

"There's something about Selma that is sad —something also that makes us know that better times are coming ...If you make a blow for freedom, you will soon have allies," Dr. Noble said.

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AT THE DINNER which climaxed Women's Week on the campus gifts were presented to Miss Beulah Davis, who retires in June after 39 years at the college; to Dean of Women Thelma Bando, and Mrs. Mary J. Spellman, assistant Dean of Women.

Parents honored for coming the greatest distance were Mrs. Mildred Ford of Blackville, S. C. Mrs. Nichols from Charlotte, N.C., and Mrs. Dorothy B. Stanley from New York.

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DR. NOBLE was introduced by Mrs. Martin Jenkins, the president's wife. Dr. Jenkins in his remarks noted that he had taught Dr. Noble at Howard University. Miss Lurline Jackson, president, Women's Dormitory Council, presided. Music waw by the Morgan State College String Trio.

A freshman trio composed of Misses Betty Martin, Eleanor Warren, and Carolyn Anderson sang.

Earlier in the week Dr. Helen Edmonds, dean of the graduate school, N. C. College, spoke at the All College Assembly. Other events were a fashion show, senior mentor rededication ceremony, a Bulah M. Davis Day and a Housemother's Day.

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Miss Williams will address NAACP session

Miss Anita W111i a m s, prominent social worker in Catholic charities, will report her recent trip to Rome at the NAACP membership meeting, Tuesday night, March 23 at 7:30, at 1234 Druid Hill Ave.

Miss Williams was the guest of His Eminence Lawrence Cardinal Shehan to the ceremonies incident to his elevation to Cardinal, at the Baltimore Branch NAACP.

Features of this week's membership meeting consisted of:

A report given by Mrs. Edith Allen, 713 N. Fulton Ave., on the hearing on Civil Rights Bills in Annapolis March 3.

Theodore Eaton reported on the progress of his attempt to get redress regarding what he claimed to be evidence of discrimination in the current practice of failing to upgrade prison guards in state penal system.

CAP unit honors 30 at awards program

Miss Vashti M. Smith, AFRO Teen columnist, was honored by the Academy Composite Squadron, of the Maryland Civil Air Patrol, at an induction and awards ceremony Monday night.

The unit cited Miss Smith for "making outstanding achievements in journalism." In addition Miss Smith was inducted as a member of the Squadron.

Highlight of the program was the awarding of 15 Gen. J. F. Curry Achievement Awards, 10 Cadet Recruiter Ribbons, and 4 Senior Recruiter Ribbons, to members of the Squadron.

The Gen. Curry Award is received by members of the unit who complete the CAP "Phase One Program" by passing a written test.

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THOSE WHO received the award were:

Beecher Gatewood, Hulbert Collins, Bruce Pittman, John Huff, Waymon Richard, Joseph White, Miss Brenda Collins and Miss Dorea White.

Miss Debra Robinson, Miss Donna Chriscoe, Miss Faye Washington, Miss Cynthia Outlaw, Miss Sylvia Patterson, Miss Cynthia Thomas and Thomas Sullivan.

Several of the above people were also recipients of the Cadet Recruiter Ribbon, which is awarded to members of the unit who recruit at least two additional members.

The following persons were given the Senior Recruiter Ribbon:

William M. Bulbert, Mrs. Willete White, Miss Mignon Oliver and Paul Baytop.

Master of Ceremonies for the affair was 2nd Lt. Maurice (Hot Rod) Hulbert, local deejay.

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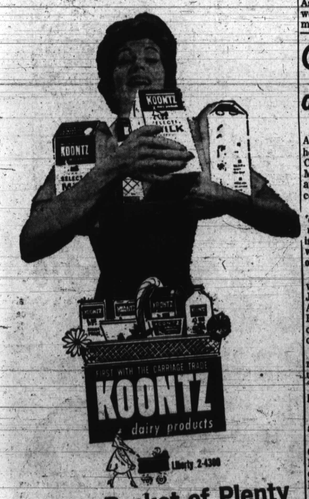
COMMANDER of the Squadron is 1st. Lt. Robert Atkins.

Second Lt. John Booker, is the executive officer, and 2nd Lt. Linwood Ivey, the operations officer.

The mission of the Civil Air Patrol is providing assistance in search and rescue operations and in any local or national emergency.

Col. William M. Patterson, is the Commander of the Maryland CAP Wing.

Youngsters or adults interested in learning more about the organization may write to 1st. Lt. Robert Atkins, 3108 Leighton Ave.



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Prices Effective Thru Sat., March 20, 1965. We Reserve The Right To Limit Quantities.

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PINEAPPLE JUICE DOLE 2 46-oz. cans 59¢
YELLOW CLING PEACHES FYNE-TASTE 3 29-oz. cans 79¢
FRUIT COCKTAIL PRE-MAR 3 29-oz. cans 95¢
CREAM GOLDEN CORN GREEN GIANT 2¢ OFF 4 16-oz. cans 69¢
CUT GREEN BEANS FYNE-TASTE 4 16-oz. cans 59¢
MORTON DINNERS ALL VARIETIES EXCEPT SHRIMP-FROZEN 3 8-oz. 95¢

FULLY COOKED SMOKED HAMS
SHANK PORTION lb. 29¢
BUTT PORTION lb. 39¢

P&O BRAND & U.S.D.A. CHOICE QUALITY
STEAKS SIRLOIN : T-BONE : PORTERHOUSE lb. 79¢
MILK FED LEG OR RUMP VEAL ROAST lb. 58¢
SWIFT'S FAMOUS (18 to 22 lb. AVG.) BUTTERBALL TURKEYS lb. 39¢

FRESH SNO-WHITE CAULIFLOWER head 29¢
CALIF. SUNKIST ORANGES 10 39¢
FRESH RIPE PINEAPPLES 29¢

MAYFAIR FANCY CREAMERY BUTTER lb. ROLL 68¢ lb. qtrs. 70¢
ALL MEAT (IN THE PIECE) BOLOGNA OR LIVERWURST lb. 37¢
ALASKAN (SOLD IN 3½ lb. BLOCK ONLY) SHRIMP MEAT lb. 54¢

OPEN TONIGHT TIL 10pm SAT. TIL 9pm