1,266 Clean Blockers on rolls, others due at kick-off rally

Captains have been busy this week calling the AFRO Clean Block office and stopping by to pick up the necessary material needed for this year's campaign.

Several hundred young Blockers some new, some old workers are expected to register at the kick-off rally, this Friday morning.

Already 1,266 workers have registered for this year's summer long drive.

Special guest for the kick-off rally in the Willard Allen Auditorium of the Masonic Temple, 1307 Eutaw Pl., will be Jim Parker, all-pro lineman of the Baltimore Colts football team.

Invited guests include representatives from the Baltimore Health and Sanitation departments.

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THIS YEAR'S Clean Block Contest will offer cash prizes as well as beautiful gifts, such as a console record player, portable television, bicycles, and transistor radios at the end of the campaign.

If you haven't registered your block yet, do so now. The contest is open to Clean Blockers only.

You may register your block any day during the week at the Clean Block Office or you may mail the coupon printed on the Clean Block Page and your kit will be mailed out to you.

Captains registering their blocks this week included:

2000 block of Harlem Ave. — Sondra Stevenson, captain; Desiree Wilson, co-captain; Mrs. Linvie Ashford, advisor;

Workers are Ricky Gibson, Annie Godson, Leroy Briscoe, Anthony Stevenson, Anthony and Charmaine Robinson, Roland, Ronald Latrel, Marvin, Charles, Barbara, and Betty Stevenson Deborah Crumpler, Mark Ridgeway, Paul Fuller, Barbara Jukes, Gale Lovett, Gladys Jones.

800 block of East Chase St. — Eric Carter, captain; Gwendolyn Green, co-captain; David Carter advisor;

Workers, Cilon Ware, Maria Mobley, Sarah Thompson, Mamie Green, Shirley Miles, Monzella Carter, Alexander Mobley, Lilie Thompson, Gwendolyn Green.

Anthony Lawson, Annie Mae Carter, James Miles, Orchid Taylor, Ivy Taylor, Ernestine Taylor, Martha Paige, Glenda Carter, Jill Carter, Robert Carter, Mrs. Evelyn Block, Betty Capel, Rosemary Williams, Nora Carmichael, Kathleen Larkins, Stephanie Larkins.

2000 block of Walbrook Ave. — Joset Roberts, captain; Jacqueline Haskins co-captain; Mrs. William E. Roberts, advisor;

Workers: Charlis Wheatley, Patricia Hubbard, James Featherstone Jr., Jerome Featherstone, Linda Hubbard, Fred Coleman, Jirri Roberts, Pamela Lard, Louanda Haskins, Darell Moore, Mrs. William Johnson;

Nathan Carroll, Louise Wilson, Albert Holmes, Jayzena Haskins, Leon Wheatley, Albin Wiggins, Vernell Harris, Helna Clark, Henry Lassiter, Willie Rooks, Leroy Gantt, Dorothy Reese;

Mesdames Clarence Hargrove, Nathaniel Sudderth, Herbert Barnes, Robert Chandler, Richard Wilkerson, Freddie Jones, Clara Fox, James Fetherstone, Sarah J. Slove, Henrietha Elzey, Leola Jackson, Sam Raskin;

Harry Fleet, William Roberts, Billie Roberts, Vernon Thornton, Stephanie Roberts, and Linwood Brown.

700 block East Preston St. — Marcia Spearman, captain; Martha Lewis, co-captain, Mrs. Martha E. Vann, advisors;

Workers: Elizabeth Chambers, Emma Banks, Jessie Stevenson, Betty Cosby, Helen Sessom, Willie B. Covington, Ann Hance, Charles Lewis, Esther Sarkins, Harold White, Nellie Carrington and Earnest Harrison.

2500 block of Woodbrook Ave. — Mary Rita LeCount, captain; Jenny Jackson, co-captain; Sylvester Jefferson, advisor;

Workers: Thelma LeCount, Mrs. Wilma Winston, Mrs. Ruth Tyson, Miss Geneva Gadely, Debra Fuller, Denise Smith, Miriam Brooks, Joyce West, Odenell Holley, Mary Holley, Jenny Jackson, Margaret Jackson; Marian Brooks, Maria Gray, Denise Gray, Susan McKeldin, Cathy McClain, Lloyd Nixon, Gloria Sellers, Jacqueline Brown, Francine Brown, Charles McKeldin, Addie White, Mrs. Mary Smith, James Holly, Bernadette Stevens, and Mary Knight.

9500 block of Washington Ave. — Betty Hallitt, captain; Romaine Vance, co-captain; Irene Hallitt, advisor;

Workers: Christopher, Joseph and Paul Daniel, Patric Ingram, Mary and Romaine Vance, Beverly Carlton, Tyrone Johnson, Warren Jackson, Blanch Moore, Mrs. Catina Chambers, Ella Sheridan, and Mary McDaniels.

1900 block of Homewood Ave. — Deborah Scott, captain; Eddrena Myers, co-captain; Mrs. Sarie Wallace, advisor;

Workers: Miss Laura Frazier, Mesdames Lou Myers, Sarie Wallace, Maggie Sarie Wallace, Maggie Johnson, Sarah Currey, Catherine Maxfield, Edith Briscoe, J.C. Vick, Rosalie Dargan, Joan Ferrell, Helen Smith, Nettie Johnson, Lorraine Faulk, Cindy M. Harper;

Janet Talley, Bessie Harris, Rosalie Jordan, Nettie Scott; Vernon Seward, Glenn Faulk, Calvin Palmer, Deborah Scott, Santa Wallace, Theodore Scott, Deborah Wallace, Eddrena Myers, Gilbert Dargan, Beatrice Dargan, Betty Johnson; Jackie Johnson.

BUSY—As the official kick-off for the 21st Annual AFRO Clean Block Campaign approached (it was 9 a.m. today) the office was a bee hive of activity. Here is top photo Director Mrs. Jeannette B. Leath (left) accepts $25 contribution from Reeba Richardson to be added to the Prize Fund. Mr. Richardson is president of the Agency Club of the Southern Life Insurance Company. Mrs. Jacquelyn White, an agent, looks on. Below, Miss Muriel Brooks, assistant director, gives Floyd Carter literature and official Clean Block flag. Floyd is captain of the 800 block W. Lexington St.

Prize Fund reaches 3rd of goal

With the addition of $10 from Epsilon Omega Chapter, Alpha Kappa Alpha Sorority and $1 from Mrs. Adah K. Jenkins the Clean Block Fund rose this week to $999.-75.

The goal this year is $3,100 —100 dollars for each year the Clean Block has been established.

An appeal to individuals as well as business establishments, corporations, clubs and churches has gone out asking for support. Mrs. Jeanette B. Leath, director, Jeanette B. Leath, director, stated.

"If you haven't already mailed in your contribution, please do it now, we don't want to disappoint the hard working youngsters," Mrs. Leath said in her appeal.

Contributors to date are:

Board of Estimates' Civic Enterprises Account—$500.00.

Joe Paul — $56.00.

Carling Brewing Company —$56.00.

Suburban Club - Pepsi Cola $25.00.

Real Estate Board of Baltimore — $25.00.

Maryland Crime Investigating Committee — $25.00.

Compliment of a Friend — $25.00.

Baltimore Gas and Electric Company — $25.00.

M. Kovens Company — $25.00.

H. E. Koontz Creamery — $25.00.

Atlantic Photo Supply — $15.00.

Dr. James M. Pair — $15.00.

Sidney Hollander — $10.00

De Haven Smith — $10.00.

Goetze's Caramel Creams —$10.00.

Dr. Martin D. Jenkins — $10.00.

John C. Catlin — $10.00.

Sealtest Foods — $10.00.

Joseph Rocklin — $10.00.

John O. Rutherford — $6.50.

F. W. Haxel Company — $5.00.

Dr. I. Sborofsky — $5.00

The Pals — $5.00.

Raymond Young — $5.00.

Dunn Heuisler and Sterling —$5.00. 6

Silber Foundation — $5.00.

Congressman George H. Fallon — $5.00.

Dr. John Haines III—$5.00.

Congressman Samuel Friedel — $5.00.

Erolic Cafe — $5.00.

Caplan's Drug Store—$5.00.

Mrs. Robert P. Diggs — $5.00.

Walter Orlinsky — $5.00

Maryland Council of Churches — $3.00.

Jack Hodge — $2.00.

CLEAN BLOCK JAMBOREE CONTEST

RULES:

1. You must be a member of the Clean Block Campaign.
2. The AFRO Clean Block Jamboree starts June 26 and continues through the AFRO issue, dated August 14.
3. The contest is open to all boys and girls who are members of the Clean Block Campaign and are not over 19 years of age.
4. The Clean Block with the most votes will be the top winner and will be declared the Clean Blocker of the year. There will be five top prizes: 1st, stereo record player; 2nd, $100.00 cash; 3rd, portable TV set; 4th, boys or girls bicycle; 5th, transistor radio. In addition to these, there will be 10 consolation prizes of $10.00 each.
5. Any qualified member may enter this contest with 5 or more votes from the Tuesday or the Friday AFRO. The voting coupon will be found on page two and each coupon is worth 100 votes. It takes 500 votes to enter.
6. AFRO employees or their immediate families are not eligible to win in this contest.
7. Contestants agree to the use of their names and photos for publicity use and interpretation of these rules shall be final with the AFRO-AMERICAN.
8. Send or bring your votes to the AFRO-AMERICAN, 628 N. Eutaw Street, Baltimore, Md. 21201

BTC to take Blockers to see Birds

For the third consecutive year, the Baltimore Transit Company will furnish two buses for AFRO Clean Blockers to attend the July 3 Baltimore Oriole vs Cleveland Indians game in Memorial Stadium.

Roy Sparks, public relations representative, consented to take 125 boys and girls to the "Kiddie Day" game.

On behalf of the Clean Block's staff, many, many thanks to BTC." Mrs. Jeanette B. Leath, director, said in lauding the firm's generosity.

APPLICATION BLANK

AFRO Clean Block Campaign

I would like to be captain of my block. I pledge to help keep our block clean and beautiful.

NAME.....

AGE.....

ADDRESS.....

TEL. NO.....

SCHOOL.....

GRADE.....

TALENT.....

HOBBY.....

Cut out this blank, fill it out, print your name and mail to AFRO Clean Block Office, 628 N. Eutaw Street, Baltimore, Md. 21201.

Bell ringing

Maryland will join with the other 49 states for a simultaneous ringing of bells on the Fourth of July.

Gov. J. Millard Tawes has issued a proclamation to focus attention upon the national heritage by the ringing of bells from public buildings, churches and schools starting at 2 p.m. Eastern Daylight Time and continuing for four minutes.

South Baltimore Notes

By ALTER W. E. HILL

The Ebenettes Social Club will meet at the home of Mary Johnson, 816 S. Hanover St., where they will celebrate the birthday of Mrs. Lucy Price. The Ebenettes are also giving a bus trip to Glen Echo on June 27.

We are pleased to learn of the recuperation of the Rev. Mrs. Lillian Thompson.

The senior choir of Ebenezer AME Church is sponsoring a trip to Quebec, Canada on August 14. Mrs. Mrs. Mabel Thomas is president, Charles Bush, director. The church will celebrate its annual Youth Day on Sunday, June 27.

Sincere wishes for a speedy recovery is extended to Miss Gale Hubbard and Mrs. Mable Brown in their recent illnesses.

Mrs. Marlene Carter, sister of yours truly, now stationed in Fairbanks, Alaska send regards and best wishes to her family and friends as she and family look forward to being stationed in California in August.

Like moonlighting? Treat yourself to a whale of fun with Ebenezer AME Church as it stages its moonlight excursion on the Port Welcome on Thursday, July 22.

The meeting of the Mt. Winans Civic Interest Group will be held on July 21, at the Mt. Winans Methodist Church at 8 p.m.

Officers were elected at its June meeting in which all officers were reinstated.

Dainty Duchess members will sponsor a bus trip to the World Fair on Saturday, July 3 on a bus trip to the World Fair on Saturday, July 3 for a two day tour. Included in the fare is hotel and Fair entrance.

Get well wishes are sent to Mrs. Gloria Harrison, Mrs. Edna Meekins and Mrs. Deloris Anderson.

Birthday greetings to Mrs. Reginia Smith, Mr. Lewis Bryant; Mrs. Louise Johnson, Mrs. Elsie Garris, Miss Alveeta White, Charles Johnson, Mrs. Lucy Price, Mrs. Marie Glasco, Rorris Pinacle and Charles and Richie Braxter.

The Youth Choir of Bethany Baptist Church will journey to Oxford, N.C. to render services at the Huntsville Baptist Church on Sunday, July 4.

Fort McHenry gets snappy summer rites

Formal military ceremonies will be performed at Fort McHenry National Monument this summer for the first time in more than 50 years, it was announced today by Frederick L. Wehr, president of the Chamber of Commerce of Metropolitan Baltimore.

The ceremony will be presented throughout the summer of 1965 as a major tourist-attraction by the National Park Service and the Chamber. The ceremony is to be performed by "The Fort McHenry Guard," a hand - picked 18 - man unit of United States marines stationed at Fort George G. Meade.

Open to the public at no charge, the ceremony will be performed on the old parade ground inside the Star Fort, each Thursday evening at 5:30 p.m. beginning June 24.

Catonsville News

By SAMUEL TORSELL

The building fund drive for Crescent Lodge Elks Club scheduled for August has been cancelled.

The American Legion Post 229 of Ellicott City will give its second matinee dance July 5 at the Elks Home on Fels Lane. Music will be by the Trojans. John Hammond is commander.

Crescent Lodge Elks will hold their annual organization Aug. 1.

The Senior Missionary Society of Grace Church will sponsor July 11 a baby contest and children fashion show.

Mrs. Carolyn Hayes, director of the Youth Choir at Grace Church, will give a recital July 11.

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FUNERAL SERVICES for Mrs. Shirley A. Simpson, 220 Melvin Ave., were held Tuesday at Grace Presbyterian Church.

Mrs. Simpson, who was a member of the '44 Class of Psychiatric Aids at Spring Grove State Hospital, is survived by her husband, Melvin.

Final rites for Mrs. Emma Johnson were held Wednesday at Grace with the Rev. L. J. Johnson officiating.

Joseph Torsell marks his 60th birthday today.

Fitzgerald Hayes is convalescing at home following a stay at Mercy Hospital.

Howard County News

By BEULAH MOORE

Annual Men's Day services will be held at Unity Baptist Church, Sunday. The pastor, the Rev. Moore, will deliver the morning message and at 3:30 the Rev. Herman A. Ellis, of Jerusalem Baptist, Washington, will deliver a sermonette. Herbert Brogden is chairman.

The Union Gospel Singers of Mount Moriah Baptist, Baltimore will sing at the First Baptist Church of Guilford Sunday at 8 p.m. Mrs. Cosette Harding, sponsor.

A picnic and bar - b - que sponsored by the First Christian Community Church of Waterloo will be held Monday July 5 from 2 noon until at One Spot Park. Admission is free. Julius Warren Sr. is chairman.

A religious drama will be presented by Mrs. Rosie Barker of Immanuel Christian Church at First Christian Community Church, Waterloo, Sunday at 4 p.m., benefit of pastor and trustee aid.

First Baptist Church, Guilford, will serve at Payne's AME Sunday at 3:30 p.m.

Charles N. Perry Citizen of Year

Charles N. Perry, of 101 N. Monastery Ave., volunteer service liaison officer in the Southwestern District Civil Defense Organization has been awarded a citation and named Citizen of the Year by the Pittsburgh Plate Glass Company.

Mr. Perry, a graduate of the Federal Civil Defense College, has taken part in civil defense activities since 1942. He was selected as a contestant in the national award program for his service to the total and state civil defense program.

The recipient is executive director of the Baltimore Rescue and First Aid Squad and is active in the Inter - national Rescue and First Aid Association and the Maryland State Ambulance and Rescue Associations, Inc.

MRS. SWANN TO APPEAR IN PIANO RECITAL

Pupils of Mrs. Charlotte P. Swan will appear in piano recital on Tuesday, June 29, at 7 p.m., at St. James P. E. Church, Arlington and Lafayette Aves.

CURRY ELECTED BY LOYOLA ALUMNI

John J. Curry Jr. has been elected president of the Loyola College Alumni Association at the annual June meeting held on the Evergreen Campus. He succeeds Victor J. Norris who was elected to the board of directors.

Married to the former Jean F. Creaghan, he lives with his wife and eight children in the Loch Raven area.

RHEUMATISM

ACHES AND PAINS

Quickly Vanish With RHEUMA-NOX. Thanks to a Doctor's Prescription, you can now relieve those pains and aches that cause you so much discomfort. RHEUMA-NOX drives the uric acid out of the blood. Try Rheuma-Nox now, under a money-back guarantee from—

ROBINSON'S CUT RATE DRUG STORE 2139 Pennsylvania Ave. Baltimore, Maryland

COUGHS Due to COLDS

If you have a wheezing and your chest feels raw, get a bottle of ROBINSON'S EXPECTORANT It loosens the phlegm and takes away that chilly, achy feeling. Sold with a money back guarantee at ROBINSON'S CUT RATE DRUG STORE, 2139 Pennsylvania Ave.

Sure beats driving in this heat!

Every Trailways bus is air conditioned!

Take your first trip on Trailways —you'll never go any other way!

Trade a hot, sticky car for a cool Trailways! Travel in unwrinkled comfort. Arrive fresh and relaxed in the heart of town. Welcome aboard!

FROM BALTIMORE	1-way
BOSTON Twin Turnpike Express service	$14.50
ROANOKE Thru Express service	$ 9.25
ALLENTOWN 5 Thru trips daily	$ 5.60
SCRANTON Convenient thru service	$ 7.20

TRAILWAYS BUS TERMINAL 210 W. FAYETTE STREET, PHONE: PL. 2-3115

TRAILWAYS. Easiest travel on earth

MONEY FOR YOU NOW!

Just tell us how much you need to pay old bills, car repairs, home improvements, for all your seasonal expenses! Up to 30 months to repay!

Cash You Receive	18 Monthly Payments	24 Monthly Payments	30 Monthly Payments
$375.94	$24.00	—	—
569.68	36.00	—	—
782.56	—	$38.00	—
866.88	—	42.00	—
1095.66	—	—	$44.00
1245.00	—	—	50.00

Payments show include principal and charges if stated of schedule. Charges on loans above $300 are made under the Industrial Finance Law.

LOANS $50 • $150 • $250 UP TO $1500

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Waverly	3303 Greenmount Ave. ..... TU 8-4354
South Baltimore	1002 Light Street ..... PL 2-9090
Harford Road	2702 Harford Road ..... HO 7-6176
Hamilton	5440 Harford Road 426-5536
North Avenue	29 W. North Avenue 539-1008
Glen Burnie	111½ Crain Highway, N. ..... SO 6-6505
Essex	1 Margaret Avenue ..... MU 6-9300
Towson	15 Allegheny Avenue ..... VA 5-8620
Open Mon., Tues., Wed., Thurs. 9 to 5 • Fri. 9 to 8 • Closed Sat.	
Edmondson Village	4028 Edmondson Ave. 945-2480
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12 YEAR OLD WHISKY

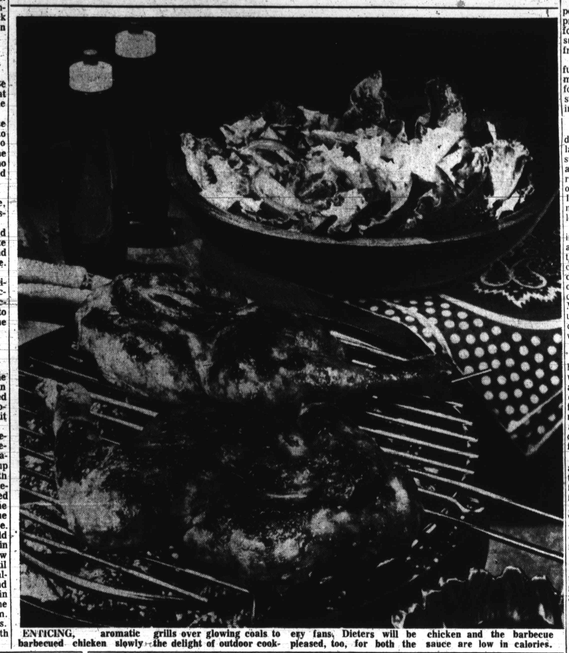
BLENDED WITH GRAIN NEUTRAL SPIRITS

Pour a little of this noble whisky in a glass and compare it with younger blends. Here is so distinguished a whisky you will serve it with pride to the most knowing connoisseur.

$4.70 a Qt.

86 PROOF, 60% STRAIGHT WHISKY TWELVE YEARS OLD OF MORE—SEE GRAIN NEUTRAL SPIRITS. ©1965, MELROSE DIST. CO., N.Y.

The AFRO AMERICAN'S food FEATURES



ENTICING, aromatic grills over glowing coals to ecy fans. Dieters will be pleased, too, for both the sauce are low in calories. barbecued chicken slowly—the delight of outdoor cook-

Barbecued chicken boasts few calories

Barbecue season has arrived again, and we head for the backyard, patio or the country for those wonderfully savory, charcoal - broiled feasts.

Appetites sharpen in the outdoor air, and the inviting array of foods can all add up to a very high - calorie meal. This needn't happen, however, for foods at a cookout can be planned with dieters in mind.

• • •

FOR INSTANCE, heading your meal with grilled chicken cooked with a spicy, low-calorie barbecue sauce. The calories in each serving will total only about 200, because the high - calorie cooking oil usually present in barbecue sauces has been eliminated. This sauce also serves as a marinade which penetrates the chicken with its perky flavor.

An important point to remember when cooking chicken on the outdoor grill (or even in your indoor broiler) is to keep the chicken 5 to 6 inches from the heat and never hurry the cooking. The coals should be covered with a light gray ash when grilling begins.

• • •

ANOTHER way to cut calories is to toss together a large garden salad, with several kinds of fresh greens, tomatoes and green pepper. Keep it in an air - tight container to preserve the crispness and do not add salad dressing.

At serving time, offer several kinds of dressing: a bottle of lemon juice for the dieters and regular dressing for the others. The lemon juice saves you 96 calories per tablespoon.

That same bottle of lemon juice can save you calories all year long in a number of ways. Sprinkle lemon juice on vegetables rather than using butter. Instead of a rich tartar sauce, poor a bit of lemon juice on fish entrees. Lemon juice can be used instead of sugar to flavor iced tea or fruits.

• • •

LOW CALORIE Barbecued Chicken requires one calf (8 ounces) seasoned tomato sauce, one - half cup Realemon bottled lemon juice, one small clove garlic, crushed, one - half teaspoon salt, one - half teaspoon thyme, one - half teaspoon poultry seasoning, one teaspoon sodium glutamate, and one or two broiling chickens.

Combine all ingredients except the chicken. Split small chickens in half, larger ones into quarters. Place chicken in a bowl or glass baking dish and pour marinade over. Cover and refrigerate overnight or for several hours, turning occasionally. Place skin side up over coals or skin side down on a broiler pan. Broil about 5 or 6 inches from the heat, about 25 minutes or until browned.

Brush with marinade. Turn and broil 15 to 20 minutes longer. The drumstick should move easily when chicken is done. 4 servings.

Rehearsal Tips

NEW YORK (UPI) —Be a mean bride and insist that all attendants arrive in time for a wedding rehearsal.

You'll feel more at ease when the moment comes to walk down the aisle and so will the bridesmaids, the bridegroom and ushers who have been known to get cold feet, too.

• • •

AND IF you're the bride, do take part in the rehearsal.

It used to be considered bad luck for the bride to take part in the practice. She had a friend stand in her place.

• • •

IT WAS a pleasant tradition, but it wasn't very practical. A bride who has practiced the ceremony is apt to be much more serene on the wedding day.

Texas Carrots

As usual, the first of the season offerings are high in price. Specials on canned peaches and pears will provide more variety in fruit at attractive prices.

Make a cheese and pineapple salad with one tablespoon (1 envelope) unflavored gelatin, one-fourth cup water (cold), three-fourth cup sugar, one-half cup pineapple syrup, one cup crushed pineapple (drained), one cup heavy cream, and one cup grated American cheese.

Soften gelatin in cold water. Dissolve sugar in pineapple syrup over low heat; add gelatin. Stir until completely dissolved; chill until partially set; add pineapple and cottage cheese; fold in whipped cream. Turn in one quart mold. Chill until firm. Makes 6 to 8 servings. Sprinkle each serving with grated American cheese.

Lay food poisoning to use of metals for fruit drinks

Results of two recent investigations of food poisonings in Baltimore City were reported today by Mr. Jacque G. Ayd, Director of the City Health Department's Bureau of Food Control.

In both incidents, in which a total of 35 persons were made ill, fruit drinks had been prepared in metal containers. The food became contaminated by metal leached off the interior of the containers by the acidity of the contents.

In one case, copper was found in lemonade stored in a silver - lined pitcher which had lost some of the interior plating.

In the other instance, zinc was found in a fruit punch made in a 20 - gallon galvanized container.

Both zinc and copper are gastro - intestinal irritants and caused acute though transitory vomiting, or upset, one who drank the contents.

MR. AYD warns that extreme care should be used in preparing foods, particularly now that the picnic season is here with its temptation to depart from usual sanitary procedures. He suggests that anyone planning food for an outing or picnic follow these ten rules to avoid gastro - intestinal troubles:

Prepare fruit juice drinks in non - metallic containers preferably glass, which is cheap, or plastic or ceramic ware with a highly glazed surface.

2. See that all perishable foods are refrigerated below 45 degrees Fahrenheit.

3. Remember salads of higher acid content are preferable to other types; German-style potato salad, sour type slaw and those salads containing vinegar and salad oils are more stable. If other types are used they should be prepared shortly before leaving on the picnic and kept in small containers to allow proper refrigeration.

4. Carry lunch meat, rolls and bread, keeping lunch meat well refrigerated, and prepare sandwiches at the scene of the picnic.

5. If sandwiches are made at home, all ingredients including bread and rolls should be refrigerated before handling, and the completed sandwiches refrigerated thereafter until consumed.

6. Less perishable - type products are preferable and safer when adequate refrigeration facilities are not available. In such cases it is best to use smoked meats as hard and soft salami or similar foods.

7. Where there is no refrigeration, use stable items such as small cans of meat, fish, vegetables and fruits, but discard leftovers immediately.

8. Avoid custard - type desserts. Substitute fresh fruit, plain cakes, cookies or candy.

9. Take along insect spray containing safer compounds such as pyrethrins, but keep even so - called safe insecticides away from food and food - contact surfaces.

10. Avoid over - exertion immediately after eating.

Light House keeping

By LULA JONES GARRETT

To run a home with charm and efficiency takes not only planning any time, but a lot of imagination and ingenuity.

A week back when Mrs. Frank Buck gave a bon voyage for Mrs. Marione Croxton at her beautiful Catonsville, Md. place, she arranged a buffet on the lawn. And, I suppose, because it was a sort of late noonday meal, the food was quite substantial as well as delicious. So, with great ingenuity, Mrs. Buck arranged an eye-taking dessert.

She arranged a number of types and colors of ice cream and sherbets on a huge silver tray, interspersed the balls with huge strawberries. Even when one had really dined, one could such a dessert, in the cool of her lovely back yard, allow one to even think of calories?

BARGAIN BIT: The time-saving and money-saving secret to modern shopping is quantity buying.

It's a wise homemaker who understands the two principles involved in successful quantity buying-price and packaging.

The first, price, is obvious. Two-for-one sales and cents off bargains are frequently used items can amount to substantial savings in a year's time.

The second principle, packaging, requires more skillful shopping. Food and non-food items you buy in quantity must be stored in your home, items which provide the most product in the least amount of space are selected by the skillful shopper, who plans her purchasing with cupboard, refrigerator, freezer and pantry shelf space in mind.

Products like concentrated fabric conditioners, soups or fruit juices, boned roasts, and cereals or tissues in space-saver boxes double or triple the storage potential of cupboards and closets.

"Don't buy air" and "don't buy water" are good rules for the thrifty shopper to remember. A habit of reading labels carefully for actual product content will pay dividends for the money-saving, space-saving homemaker.

• • •

HOMEMAKING: There's no harm in using sterling silver daily. Regular use gives it a deep mellow tone. To make sure that all pieces develop patina at the same rate, alternate their use.

This goes for the service, also. Try using the sugar bowl and cream pitcher as flower holders. If you have fountain or silver cups, a straight-line down the center of the table, or a circle in the center, each filled with small blossom flowers make delightful arrangements.

Glassware also does dual duty. Desserts look pretty in either saucer or tulip shaped champagne glasses. Also try using them as fruit compotes or sherbets.

When buying crystal, examine the bowls and stems for strength and balance. Feel the rim of the glass for smoothness. Fine crystal should have no nicked or scratched surfaces.

Check for the presence of waves or bubbles by holding the glassware to the light. The clarity and luster are determined in this manner. In quality crystal, there are relatively few waves or bubbles.

• • •

RECIPE OF THE WEEK: Popovers are a delightful addition to summer luncheon menus, and they're surprisingly easy to make, too.

For six large or 11 small popovers, first grease six custard cups or a popover pan with 11 cups. Preheat oven to 425 degrees. Blend two beaten eggs, one cup of milk, one tablespoon melted shortening or oil and a half teaspoon salt.

Blend in one cup sifted enriched flour until smooth; beat one minute in electric mixer or three minutes with rotary beater. Fill custard cups half full. Bake 40 to 45 minutes, or until brown and firm to touch.

AFRO patterns

PRINTED PATTERN! 4573 SIZES 10-18 by Anne Adams

PRINTED PATTERN 4568 SIZES 34-48 by Anne Adams

For the smoothest summer - to - fall transition, we suggest this brief sleeved casual. Its assets include curved neck collar, nicely narrowed lines.

Printed Pattern 4573: Misses' Sizes 10, 12, 14, 16, 18. Size 16 requires three and three - eighths yards 39 - inch fabric.

• • •

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

• • •

SPECIAL occasions require a special kind of flattery — supplied here by a scoop neckline and a skirt that's softly pleated at either side.

Printed Pattern 4568: Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48. Size 36 takes 3⅛ yards 39 - inch fabric.

• • •

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

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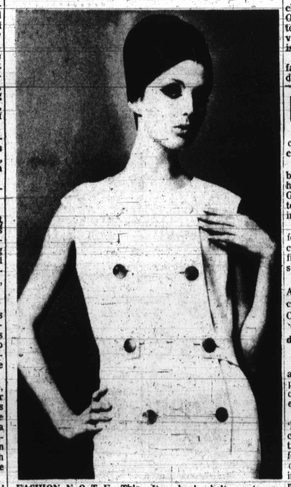
Fashion Note



FASHION NOTE: This white Moreau linen is sparked with brass buttons. Its back belt meets on either side of the double-breasted closing.

BEST BUYS

Figure meat costs by individual servings

By VIRGINIA McLUCKIE food economist

As summer arrives we expect a greater variety at produce counters and look forward to enjoying tender succulent vegetables and fruits.

Shoppers who make careful selections in produce and meats will find they can buy foods the family likes and still keep the food cost within limits.

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MORE PRODUCE is ready for harvest from Maryland farms. The cabbage supply is large, quality good and prices lower. Served raw or cooked you get a lot of food value from cabbage. It's a good source of vitamin C and the greener leaves give us Vitamin A.

Local farms are also sending beets, summer squash and the first green beans of the season to market. Sweet corn and celery from Florida are good buys; the price of lettuce has dropped as the crop from New Jersey and Maryland increased in volume. Fresh produce needs careful selection by shoppers who want value.

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THE FRUIT counters have shipped in fruits that will provide a lot of variety, although prices are not low on fruits. The best buys are found in blueberries, bananas, watermelons, lemons and limes. The best fresh citrus buy is in small California oranges.

Peaches from the south are increasing in supply as the season advances. Look for a well developed yellow flesh color as a sign of ripeness because many new varieties of peaches have very deep red blushing cheeks even when they are immature.

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THERE IS an increase in the receipts of cantaloupes in Arizona and Georgia. Some of the small fruits that are starting to arrive from California are Beauty and Formosa plums, Bing cherries and the first of the nectarines and apricots.

Two servings of fruit are recommended daily for an adequate diet.

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RELEASES from U.S.D.A. indicate meat prices will probably remain firm for some time and the wholesale meat prices are higher. Fed cattle marketings this spring and summer will continue large but somewhat below year-earlier rates.

Hog slaughter is expected to continue well below year-earlier rates this summer and fall and into 1966. For consumers this means fewer heavy weight fed beef and less pork which decreases supply and demand remains strong so prices take an upward swing. Here are two suggestions for the shopper who wants to keep this meat expenditure within limits. Watch for sales and specials and plan meals around featured meat cuts.

WHEN SHOPPING figure cost per serving of meat rather than cost per pound. A boneless cut or ground beef yielding four servings per pound may be a better buy than a cut with bone and fat that yields only two servings per pound.

In beef some of the less tender cuts may be made quick cooking and tender with the use of marinades and tenderizers.

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FRYER CHICKENS are an economy and tasty for summer meals and they can help keep your meat budget from getting out of hand.

There are many ways to fix chicken that families like any day of the week. Eggs are plentiful and reasonably priced and an excellent recommended protein to stretch the food dollar. Buy Grade A eggs for quality.

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ROLL - IN - BLANKET requires one small onion, two stalks celery, one tablesp. butter or margarine, one teasp. salt, one-eighth teasp. pepper, one pound ground meat, two-thirds cup milk, and two cups prepared biscuit mix.

Peel and chop onion fine. Wash and chop celery fine. Melt butter. Add vegetables and cook, over low heat, until vegetables are tender but not brown. Add vegetables, salt and pepper to meat and mix all together lightly with a fork. Place meat on piece of waxed paper or aluminum foil and form into a roll about 6" long.

Start oven 400 degrees F. Add milk to biscuit mix and mix vigorously with a fork until all dry particles are moistened. Place dough on lightly floured board or pastry cloth. Knead gently 10 times. Then roll into a rectangle, 6" by 8", and about one-half thick.

Place meat in center of dough and bring sides of dough up over meat and seal the edges of the dough. The sides will be open to show meat. Place roll, seam side down, on baking sheet. Cut four gashes along top.

Bake for 25 minutes or until golden brown. Makes 4 servings.

Cool advise to help humans battle heat

NEW YORK (UPI) — An air conditioning system, like a baby, needs tender loving care.

To get the most from a cooling system, you must cater to its whims.

Air must be both cool and relatively dry for comfort. Unfortunately, normal household activities can — and too often do — contribute to the heat and humidity that the conditioner is expected to eliminate.

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HERE ARE pampering suggestions from experts at Honeywell:

Keep doors and windows closed, even in mild weather. Open doors are an invitation to dust, heat, humidity, the very things the cooling unit is trying to remove.

Use the kitchen ventilating fan when cooking on a hot day. A kitchen range with all burners operating can release more heat and moisture than the average cooling unit can remove.

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VENT the automatic clothes drier to the outdoors. Many complaints of inadequate cooling can be traced to air-conditioning equipment overloaded by moisture from driers.

Don't mop floors or perform other chores requiring water on a hot day. Wait for a cool day when the cooling system is not operating at its full capacity.

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CONFINE ironing to a cool day or in the evening.

Keep Venetian blinds, light colored window shades or heavy draperies closed on east, south and west sides of the house when the sun is on them.

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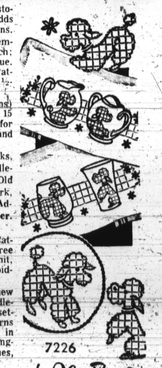

7226 by Alice Brooks