Just in case you haven't heard!

The Insured Savings News

Baltimore Federal Continues Increased Dividend

NOTICE

OPEN your insured savings account or add to your present account by the 12th of July and you will earn this increased dividend for the whole month.

6 OFFICES:
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Eastpoint
Reisterstown Road Plaza
Towson, 7 Alleghany Ave.
Carney, 9609 Harford Road
Westminster, 6 E. Main St.

BALTIMORE FEDERAL
Savings & Loan Association

The AFRO food AMERICAN'S FEATURES

BEST BUYS

Broiler-fryers head economy meats list

Weekend food shoppers will generally find that broiler - fryer chickens, eggs, and dairy products continue to rate the best buy labels, along with seasonal harvests of fresh fruits and vegetables.

At produce counters there will be plenty of fresh green beans, cabbage, celery, corn, cucumbers, greens, onions, radishes, and tomatoes, according to market reports of the Agriculture Department's consumer and marketing service. Among fresh fruit selections are plenty of oranges, peaches, strawberries and watermelons.

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WITH FEWER red meat specials in prospect, chicken remains the leading main - dish buy. Eggs and such dairy products as cheese, milk, ice cream, butter, and cream also are in generous supply.

Now for a closer look at foods in good supply in this area: Northeast: (Delaware, District of Columbia, New England, New York, New Jersey, Pennsylvania, Maryland, West Virginia):

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Best vegetable buys will include beans, cucumbers, beets, cabbage, celery, eggplant, dandelion, endive - escarole, green onions, kale, Boston and Romaine lettuce, mustard greens, parsley, radishes, spinach, and watercress.

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IN FRUIT, there'll be plentiful supplies of limes, strawberries, watermelons, and tomatoes.

Food shoppers in the Northeast will also find plenty of king crab, halibut, swordfish fillets, scallops, and lobsters.

Southeast: (Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, Virginia):

South Carolina, Tennessee, Virginia):

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SOUTHEASTERN meal planners will find attractive red meat buys limited mostly to ground beef, round steak, and other lower - priced cuts of beef this weekend.

Some food stores also offer attractive price tags on broiler - fryer parts.

Produce counters have good supplies of sweet corn, green cabbage, tomatoes, radishes, green onions, cucumbers, celery, and snap beans.

Milk and dairy products continue plentiful.

Cantaloupes, watermelons strawberries, and lemons are also in good supply.

Food shoppers in the Southeast will also find plenty of crabmeat, spanish mackerel whiting, shrimp, and mullet.

Ice Cream boat sails to party

Making party plans?

Of course you'll serve ice cream. But how about giving it a festive air with some brand - new recipes? Here's one that brings all the color and excitement of the circus to the table for a children's party.

Children love boats, whether it's a toy boat to sail in the bathtub or an edible one filled with ice cream.

Trim the tables in ship-shape fashion, and set sail with luscious Chocolate Eclair Boats. You can make the boat-shaped eclairs as you would cream puffs, except that the pastry is shaped into long, slender rectangles instead of rounds.

Remember the two keys to success in making eclairs. One is in the cooking: be sure to have the water mixture boiling when the flour is added. Then stir well until the flour - water mixture forms a ball.

The other trick is in the beating. Add the eggs one at a time and beat well after each addition. Be certain each egg is beaten completely before adding another. Proper beating incorporates enough air in the batter, you see.

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THIS RECIPE makes 12 eclairs, each one to be cut in half lengthwise to make 2 boats. Extras can be frozen and kept for future family desserts. For the party, fill with chocolate ice cream and add peppermint candy wheels and smokestacks.

To complete a successful summer party, you need something cool to drink. Youngsters love anything chocolate, so how about making Quick Chocolate Chiller? It's a bubbly, frosty - beverage made from vanilla ice cream, milk, chocolate syrup and cream soda. This recipe makes 8 servings and can be doubled for a party crowd.

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QUICK CHOCOLATE CHILLER is made with one cup milk, one pint vanilla ice cream, three cups cream soda beverage, chilled, and one pint vanilla ice cream.

and milk; divide evenly into glasses. Divide 1 pint ice cream into six glasses. Fill glass with cream soda. Stir to blend. Top each soda remaining pint. Serve immediately. Makes six 8-

HERE'S A PARTY dessert youngsters will love. Boat-shaped eclairs filled with luscious chocolate ice cream, crowned with peppermint candy smokestacks. For extra goodness, pour on chocolate

Light Hous[image] keeping

By LULA JONES GARRETT

July is the month to begin thinking about your fall wardrobe . . . not buying, perhaps, but exploring, researching and studying the fashion sources.

Come August, of course, and the fall fashions will be on display. If you have some previous knowledge you will be better prepared to sort the stable from the fads and to be not only better dressed, but more economically clothed.

One of the designers to check will be Bonnie Cashin, New York, who will continue her highly practical theory of "layered" dressing in her fall and winter collection.

The idea is a sort of improvement on the mix and match theory, but far more practical, because any two or the whole shebang of the "layered ensemble" may be worn at one time.

For instance, a Cashin plot may start with a skinny jersey sheath to insulate the body, add a big, gold full skirt, then a shell or vest of leather. To these are added a cape or coat.

In another mood, Miss Cashin may begin with breeches, add a skrit then shell or jacket and over all, a poncho or coat. The coat is likely to be three-quarter length this fall.

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COOKING CAPER: Guess who's going high hat. The good old spud. I had been thinking it was pretty ritzy baked and embellished with sour cream and sprinkled with chives. But now the baked potato sports caviar, so less.

When Muriel Downes of the London Cordon Bleu School of Cookery gave a series of lessons under sponsorship of the Walters Art Gallery, in Baltimore, recently, she advised scrubbing the potato to be baked and then rolling it in coarse salt. I had been oiling the skins of my potatoes, but the salt is really better. You should try it.

And try your baked potato with the dab of caviar in its smoking hot center, with lamb, perfectly cooked in all of its pink glory. Add French bread made with a couple of cans of refrigerated buttermilk biscuits, as egg white, slightly beaten, and sesame seed.

You open the can of biscuits as label directs, but do not separate them, instead, place them end to end on a lightly greased cookie sheet, and press them together lightly so that they will have the shape of a long loaf. Now brush with the egg white and sprinkle with sesame seed.

Bake 30 minutes in a 350 degree oven (pre - heated) until a golden brown. Serve hot with butter.

Your gourmet meal will take a simple tossed salad, lightly dressed with lemon juice, to be absolutely perfect.

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WHAT'S NEW Any day that you are on the prowl in a housewares department, you might take a look at a new pet fountain, a device that assures a thirsty cat or dog a constant supply of water.

The water dish is connected to a standard water outlet by a hose and an adjustable water level control which allows a mechanism to be set so that the dish is always full for large dogs, or say, half full for small pets.

There's a new 30 - inch electric range that will do about everything except the marketing. It will automatically tenderize a roast, hold it warm for later serving and even clean its own oven. The range also sports an appliance outlet timer that starts breakfast coffee perking or turns on a radio.

WOMAN'S WORLD

More than half sales persons are women

(NNPA) — Women account for about 2 of every 5 workers in sales occupations and are employed mainly in retail stores.

In insurance, real estate, and other sales work outside retail stores, the great majority of employes are men.

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SALES OCCUPATIONS afford job opportunities for people with widely differing backgrounds and abilities. Thousands of salespersons have routine jobs, selling standardized merchandise such as magazines, candy, cigarettes, and cosmetics stocked by many drug stores.

Similarly, the salesgirl behind the counter of a variety store needs to do little more than "wait on" people who have already made their selections from the stock which is on display.

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SALESPEOPLE IN such jobs are seldom required by their employes to have specialized training. They usually learn their duties on the job as they work with experienced sales clerks or—in some large stores—they may attend brief training courses.

Even in the most routine kinds of selling, however, a high school diploma is an asset to a beginner seeking a job. High school courses in business subjects, as well as the specialized courses in distributive education offered in some city school systems, are regarded by most employers as particularly good preparation for sales work.

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THE SALESWOMAN who sells complex products or services — electronic equipment or liability insurance for example — has a job which is altogether different from that of most retail sales clerks. Beginners on jobs of this kind sometimes receive training which lasts many months. For some positions they must be college graduates who have specialized in some field.

Other saleswomen dealing in specialized services and products may acquire the necessary technical knowledge by taking courses offered at universities or by manufacturers.

In any type of selling, however, the successful saleswoman or salesman must be a person with a pleasing personality who is poised, at ease in dealing with strangers, and prompt to be of assistance to customers.

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SKILL IN dealing with people, self - confidence, imagination, and the ability to express one's self clearly are very important in some kinds of sales jobs. In almost all sales work outside retail stores, the saleswoman must have the initiative to locate her own prospective purchasers.

According to the U.S. Labor Department, the number of people in sales occupations is expected to increase by about a million during the rest of the 1960's. By 1975, sales employment will probably rise another half million.

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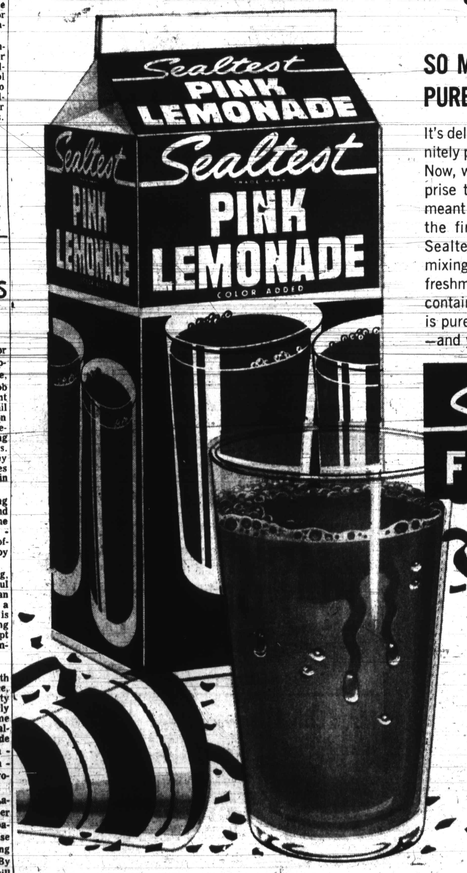

SO MUCH FUN TO DRINK! PURE-FRUIT GOOD!

It's delightful! Decidedly delicious! Definitely party-ish! Sealtest Pink Lemonade! Now, whenever you please, you can surprise the children with the drink that's meant fun, excitement, gaiety ever since the first circus came to town. With Sealtest Pink Lemonade, there's no mixing . . . no fussing . . . just instant refreshment ready to pour right from the container. This non-carbonated refresher is pure-fruit good . . . a treat the children —and you—will love. Get some soon.

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Sealtest Orange Beverage . . . with more real orange goodness.

Sealtest Grape Beverage . . . with that true grape flavor.

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