PIE DOES have food value. In addition to the nutrients of the filling, flour also contributes three B-vitamins, thiamine, niacin and riboflavin, plus the mineral, iron. The bonus of enrichment — at no extra cost or calories — contributes to personal and family health.

Make this Orange Chiffon Pie with one half cup shaved sweet chocolate, one tablespoon grated orange rind and chocolate curls, if desired.

tablespoons cold water, Orange Chiffon Filling, one - half cup shaved sweet chocolate, one tablespoon grated orange rind and chocolate curls, if desired.

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TOP SPRED ¼-lb. prints MARGARINE lb. 18¢

TASTY WHOLE NIBLETS CORN 12-oz. can 21¢

ELNA RIPE TOMATOES 16-oz. can 16¢

FOOD CLUB TEA BAGS 100 in box 69¢

Delicious EASY HORMEL SPAM 12-oz. can 46¢

TASTY HORMEL CHILI with BEANS 15-oz. can 33¢

Refreshing 4 Varieties HAWAIIAN PUNCH 46-oz. can 29¢

REG. or DRIP LUZIANNE COFFEE 3-lb. can 1.99

SHORTENING CRISCO 1-lb. 38¢ 3-lb. can 88¢

DETERGENT IVORY LIQUID 22-oz. btl. 57¢

IVORY SNOW 30-oz. box 85¢

BOLD DETERGENT 1-lb. 4-oz. box 34¢

DETERGENT JOY LIQUID 12-oz. btl. 33¢

"Pre-Measured Detergent" SALVO TABLETS 2-lb. 14-oz. box 77¢

DETERGENT OXYDOL 1-lb. 4-oz. box 35¢

TIDE DETERGENT 1-lb. 4-oz. box 34¢

DETERGENT THRILL LIQUID 12-oz. btl. 33¢

BURHA workers fete retiring senior clerk

"Now my husband feels I have worked long enough; it's time to come home."

Mrs. Helen Nelson, 3116 Leighton Ave., was explaining her reasons for resigning after 21 years with BURHA.

A senior clerk, she started with the agency in 1944. Today (Friday) she says goodbye to her fellow workers in the office of the Perkins Homes, 1411 Gough St.

Prior to coming to the Perkins Homes in 1954, Mrs. Nelson worked at the Banneker Homes, in Fairfield, then at the Douglass Project.

"MY CO-WORKERS are jewels," she told the AFRO. "It has been a most pleasant experience working for BURHA.

"After a while you don't consider the people as just tenants. They get close to you. You become concerned with their problems.

"If Mrs. Jones breaks an arm, you feel it.

"Of course, I don't know what kind of a housewife I will be.

"I have only been a weekend housewife for years. It's hard to tell from that."

A DOUGLASS High 1944 graduate, she is married to Irvin Nelson, a self-employed trucker.

The Nelsons have one daughter, Shelley, 6, a third grader at Edgewood Elementary School.

They are members of St. John Alpha and Omega Pentecostal Church.

Last Friday night more than 300 persons crowded into the Gough St. combination recreation center-office building to give a send-off to Mrs. Nelson.

Tenants of the Perkins Homes, fellow office workers, and BURHA employees from other offices paid tribute to her.

Gifts, flowers and cakes-plenty of cakes were baked and presented her.

Among the cakes was a special one, nearly the size of a card table.

The whole affair was taped. Some tenants were overwhelmed at the thought of Mrs. Nelson's leaving.

"My daughter needs me home with her," Mrs. Nelson said.

"Gee, I didn't know the people cared so much. I'm just happy."

TAKING A PEEP—Mrs. Helen Nelson appears eager to find out what is in gift box. Resigning after 22 years with BURHA she was showered with presents from fellow workers found it hard to wait until farewell party to open packages.

SOUTH BALTIMORE NOTES

CIG accepts new members

By WALTER W. E. HILL Sr.

We invite everyone in the community to attend the World Day of Prayer Service to be held at Bethany Baptist Church, Mt. Winans, in which churches from Lakeland and Landsdowne will be present.

All community church choirs including the above mentioned churches, will join in presenting the music for the evening.

For rehearsal time, call Mrs. Sadie Blocker at VE. 7-3854 or Mrs. Catherine Johnson at 752-5963.

The Mt. Winans Civic Interest Group added new members at the last meeting. Your interest and membership will do a lot to get you what YOU want in the community.

Plans for annual Women's Day celebrations have begun at the Star of Bethlehem AME Church in which Mrs. Mable Fletcher was chosen chairman and Mrs. Ernestine Christian, co-chairman.

The happiest of birthday greetings are sent to Mrs. Mable Thomas, Mrs. Birdella Hill, Joseph Funn, William Polk, Mrs. Charlotte F. Hill, Roslyn Wilson, Theador Chase, Paul Thomas and Mrs. Gladys Gantt.

Happy wedding anniversary to Mr. and Mrs. Glenford (Amie) Price.

Congratulations to Mr. and Mrs. Buster (Vonita) Jones on their first wedding anniversary.

Lambdas told to use conflict to advantage

Learn how to use conflict to your advantage, Mrs. Cenporia D. Johnson told members of Lambda Kappa Mu Sorority, here, Saturday.

Mrs. Johnson, director of the Washington Bureau of the National Urban League, and an honorary member of the sorority, was speaker for the Founder's Day celebration held by the sorority.

• • •

THERE ARE times, said Mrs. Johnson, when social conditions and problems of the poor are overwhelming.

There are times when disharmony and confusion are almost unbearable, said she. There are times when one considers that $90 billion are spent for war and a mere $11 billion to keep body and soul together for 26 billion people, and discouragement sets in.

• • •

THERE, SAID Mrs. Johnson, are not the times for despair, but for action. Remember, said Mrs. Johnson, that decisions can be changed, and that citizens influence the decision makers.

Mrs. Johnson told the sorors that in this confused world where little is coming through clear, it is their duty to become informed, to help provide a forum and to utilize the intelligence of experts.

• • •

THE SORORS meeting for luncheon in the Sheraton-Belvedere Hotel, marked the 20th anniversary of the national organization, and the 20th anniversary of the local chapter.

At the same time they cited three women: Delegates Victorine Adams and Lena K. Lee, and Senator Verda F. Welcome, all recently elected to State seats.

• • •

LAMBDA KAPPA Mu is composed of business and professional women. Their program is mainly concerned with interesting high school girls in business careers and in providing scholarships for business training.

Soror Olivia Bates presided at the Saturday program.

• • •

PROGRAM participants included Soror Josephine Maxwell, who discussed the history of the sorority, Aruthor D. Weddington, of the Baltimore Urban League, Soror Kathleen B. Newsome, who introduced the speaker; and Soror Imogene B. Douglas, basileus of Iota chapter.

Following the program, Mitchell provided a fashion show of furs.

MUSIC FOR the occasion was provided by the Haithcock Ensemble. The Rev. Reginald Boston, minister of Mt. Calvary A.M.E. Church, gave the invocation and the benediction.

Soror Doris J. White was chairman of the Founder's Day Committee.

Also on the committee were:

Sorors Olivia Bates, Gladys Baird, Naomi Johnson, Myrtle Jones, Della Majette, Esther Morris,

Sorors Susie Myles, Kathleen Newsome, Arabella Ross, Bertha Semby, Iona Smith, Almarie Wedley and Marguerite Wilkins.

AMONG THOSE attending the luncheon were:

Mesdames Doris C. Wiggins, Nancy C. Wiggins, Fannie Mahias, Elenore Ryles, Amy Dawis, Beatrice Robinson, Robena Harper, Dorothy McMamas, Mesdames Marie E. Jackson, James T. Smith Sr., Lila O. Dashields, Lila M. Frazier, Viola B. Moore, Lillian B. Johnson, Mary T. Sprow,

Mesdames Gwendolyn Evans, Vivian Greene, Gertie Carter, Edna Parker, Frances Patterson, Esther Bagley, Doris F. Reese,

Mesdames Ruth Gore, Garrie Dean, Addie Williams, Gloria Hutchins, Margaret Sinkfield, Caroline Adams, Alberta Fisher, Rena Wormley,

Mesdames Margaret Yates, Myrtle Jones, Mattie Manning, Jeanette Cotton, Evelyn Van Hook, Adrienne Murray, Joy A. Tarter, Adrienne Vaney, Marguerite Wilkins,

Mesdames Frankie Hinchen, Nannie Bass, Ovella Queen, Grace Dainey, Viola Planter, Victoria Tyler, Marie Dowell, Doris Wilkins,

Mesdames Genevieve Fields, Rena Brown, Louise Henderson, Theresa Bailey, Burnetta Murray, Ethel Covington, Gladys Bentley, Gladys Tomes,

Mesdames Landon Jackson, Hilda Adams, Dorothy Hall, Madge Cannon, Fannie Ewell, Reggie Ray, Nellie Edmonds, Samuel Allen, Della Majette,

Mesdames Betty Shelton, Maude Jenkins, Edna Johnson, Zadye Williams, Esther Morris, Ann McAllister, Victoria Jones, Ruth M. Johnson, Rosa Gaskins,

Mesdames Almarie Wedley, Bernice Beaird, Louise Turks, Veta Greig, Marie Thomas, Dorothy Pollard,

Mesdames Rachel Garris, Lillian Stubbs, Alice Powers, Sadie Sadler, Enna Gardner, Marie Johnson, Lena Smith, Odessa Williams, Ethel Garrett;

Misses Philena Strappelli, Gladys C. Baird, Pattie Railoway, Farah Bates, E. Louise Anderson, Glynnis Hill, Catherine Beard, Anita Turks, Sharon Phillips,

Misses Barbara Bollin, Annie Betson, Johnnye Mae Stevenson, Frances Dorsey, Esther R. Roberts, Mabel C. Fields, Eileen Turner, Audrey Pollard, Brexfenia Garrett,

Misses Jarvia Tembly, Deborah Robinson, Yvonne Clements, Carmen Marshall, Marthann Warner, Cathy Russell, Fannie B. Harvey, Juanita Young,

Misses Louise Scott, Beatrice Kennedy, Mary Silva, Eva Hubbard, Ethel Johnson, Hattie Tilghman, Etta R. Williams, Janet Barger, Darlene Davis, Alice Bradley, Joyce Blyther;

Messrs. and Mesdames Nelson Warner and John L. Berry; William Dudredge, Rudolph Morris and Gilbert Church.

Commercial Credit promotes Willard

LeBaron S. Willard Jr., executive vice president and chief financial officer of the Commercial Credit Company was elected a director of the Provident Savings Bank of Baltimore at a recent meeting of its Board of Directors.

Mr. Willard is a graduate of Harvard College, and joined Commercial Credit Company in 1941 as a financial representative in their Boston Office.

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COSTS OF EDUCATION ARE HIGH! Have you a plan for financing your child's education? W. Llewellyn Wilson, Jr. Metropolitan Insurance Consultant 732-7500 664-7804 Metropolitan Life INSURANCE COMPANY 700 MAPLETON AVE.

GIRLS, JOIN OUR CLUB! Have Fun — Work In Clean Black, Pinks, Greens, etc. THE SOUL BROTHERS AND SOUL SISTERS V.I.P.'s VERY IMPORTANT PEOPLE Are asking for young ladies between the ages of 17-18 to join our club and be counsel young children. Ages 5 to 12 years old. We Will Be Glad To Give Details Meetings are held: Tues. 7:00 p.m.—Fri. 7:30-8 p.m. Write Mr. Joseph Mason, Founder or Mr. Melvin Jacobs, Founder 1116 Whaleroad Rd. or 3129 Penna. Ave. 523-3659 WANTED — 15 GIRLS FOR ROYALETTES All girls, Majorettes and All Girl's Flag Line 1515 Myrtle Avenue 669-6536, Sheila Ennis Sponsored by Miss Sheila Ennis, Miss Majorette and Freestman and Sullivan Underbakers COUPON NAME ..... ADDRESS ..... TEL. NO. ..... Mail to Joseph Mason, Founder 1116 Whaleroad Rd. or Founder 3129 Penn. Ave., 1116 Whaleroad

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Sooner or later, that day comes, the day when a woman feels she's changing. It's not a good feeling either. And she could use a good old-fashioned medicine then.

Could be you feel a little edgy, or maybe cross. You might even have what we call hot flashes and feel sad and slightly off-balance.

Whatever you feel, we have something for the day you need a little comforting. Lydia E. Pinkham Tablets. They're made with gentle, natural ingredients that work to give you a better sense of well-being. A sense of well-being you might lose when you start changing. And, you don't run any chance of the kind of unpleasant side effects you can get from some of the newer drugs.

With an old-fashioned problem like this, couldn't you use an old-fashioned medicine?

Lydia E. Pinkham Tablets and Liquid Compound

Nash lauds hospital plan

WASHINGTON (UPI) — The chief of the Equal Health Opportunity Office said today Virginia officials deserve praise for their desegregation plan for Virginia mental institutions.

"The Virginia Department of Mental Hygiene and Hospitals deserves commendation for developing a plan which assures all eligible individuals with equal opportunity for treatment," said Robert M. Nash.

The Public Health Service announced late Tuesday it accepted the desegregation plan. Earlier it had turned down a "Freedom of Choice" plan Virginia officials proposed.

The accepted plan creates geographical zones in the state with mental patients being admitted without regard to race to the hospital nearest them in their zone

"The plan will help provide superior care for all patients committed to Virginia institutions and for assignments to hospitals or training centers as close to homes and farms as possible," Nash said.

The plan's acceptance qualifies Virginia's institutions for federal aid.

PRIMARILY the plan affects mental patients at predominantly - colored Petersburg Mental Hospital and predominantly - white Williamsburg mental hospital.

Many of those patients will be transferred.

Two Western State Hospitals, at Staunton and Marion, will be largely unaffected since colored population in those areas is relatively small.

MRS. PARK TO GIVE PIANO RECITAL

Mrs. In-Joo Park, wife of Dr. In-Joo Park, will give a piano recital at the Franklin Square Hospital's nurses' Valentine party arranged by the Woman's Auxiliary for them on Friday, Feb. 10, at 1 p.m.

MIX OR MATCH DOLLAR SALE Eddie's Super Markets LOW PRICES ALL THE TIME

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DOLLAR: Fruit Cocktail .. Del Monte 17 oz. can; Cling Peaches .. Del Monte Halves or Slices 17 oz. can; Apple Juice Musselman's quart bot.; Libby's Kraut 29 oz. can; Del Monte Catsup 14 oz. bot.; Hershey Syrup 16 oz. can — 5 for $1. LESSER QUANTITIES SOLD AT REGULAR PRICE

Prices Effective Thru Sat., Feb. 4th 1967

DOLLAR: River Rice 1 lb. pkg.; Shoe Peg Corn Kounty Kist 12 oz. can; Kounty Kist Peas 17 oz. can; Stewed Tomatoes Hunt's 15 oz. can; Gravy Mix Franco-American Assorted Flavors 15 oz. can; Facial Tissue .. Patrician Assorted Colors 200's pack — 6 for $1. LESSER QUANTITIES SOLD AT REGULAR PRICE

McCormick Black Pepper 4 oz. can 29¢

Family Pack Assorted Colors Hudson Napkins pkg. of 200 29¢

Colgate Disposable Towels Handi-Wipes pkg. 39¢

Nestle's Quik Milk Shake Mix 4 oz. pkg. 39¢

Mama's Assorted Ring Cookies 4 9 oz. pkgs. 1.00

Sliced Fruits Candies Baronet 3 10 oz. pkgs. 1.00

Reisman Logs, Rods or Pretzel Sticks 3 11 oz. pkgs. 1.00

DOLLAR: Libby's Cut Beets 16 oz. can; Cut Green Beans .. Maryland Chief 16 oz. can; Manning's Hominy 20 oz. can; Leaf Spinach .. Maryland Chief 16 oz. can; Red Ripe Tomatoes .. Big Value 16 oz. can; Spaghetti .... Franco-American With Cheese 15½ oz. can — 7 for $1. LESSER QUANTITIES SOLD AT REGULAR PRICE

DOLLAR: Kidney Beans .... Hanover Redskin 16 oz. can; Mixed Vegetables .. Big Value 16 oz. can; White Potatoes .... Big Value Whole 16 oz. can; Pork & Beans .... Campbell's 16 oz. can; Campbell's Soup .. Vegetable or Vegetarian 10½ oz. can; Apple Sauce .... Musselman's 17 oz. can — 8 for $1. LESSER QUANTITIES SOLD AT REGULAR PRICE

Eddie's Liquid Bleach ½ gal. bottle 25¢

Eddie's Creamy Peanut Butter 18 oz. jar 45¢

Eddie's Instant Spray Starch 2 15 oz. cans 49¢

EDDIE'S SUPER MARKET FREE! WITH THIS COUPON 100 UNITED STAMPS WITH YOUR PURCHASE OF $10 OR MORE Excluding Fair Trade Items & Cigarettes Limit One Coupon Per Family COUPON EXPIRES SAT., FEB. 4, 1967

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Mealtime Maid Steaks .. BEEF-VEAL OR CHUCKWAGON 1 lb. pkg. 69¢

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PREPARED WITH PRIDE MASH'S HAMS FULLY COOKED-SEMI-BONELESS Whole or Half 69¢

LAND O' LAKES Butter ¼ lb. prints 79¢ lb.

LEAN FRESH Pork Shoulders 6 To 8 Pounds Whole Only 29¢ lb.

READY TO SERVE Dubuque Hams 5 lb. can 4.49

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FRESH Spare Ribs lb. 45¢

"Beef Beyond Belief" Swift Premium Proten Chuck Steaks .. lb. 49¢

Fresh Ground Chuck .... lb. 69¢

Boneless Chuck Roasts lb. 59¢

Boneless Beef Cubes lb. 79¢

ESSKAY CHICKEN PARTS Legs 2½ lb. pkg. 1.39 Breasts 2½ lb. pkg. 1.49

Eddie's Eggs .... Grade A Large 2 doz. 89¢

FRESH FRUITS AND VEGETABLES Temple Oranges Florida Juicy Large 80 Size doz. 45¢

LUSCIOUS SWEET Strawberries .. pint box 39¢

Cauliflower Sno-White large head 39¢

Western Carrots .. 2 cello. pkgs. 19¢

Anjou Pears .... 2 lbs. 35¢