Feature cherries during February

By VIRGINIA McLUCKIE, Food Economist

February is a month for the young in heart, of any chronological age. There are several holidays which afford an opportunity to entertain family and friends.

Cherries are the fruit to feature especially in February. Their cherry red color is just right for making festive treats to honor St. Valentine and George Washington. Cherry pie tops the list of favorite desserts but there many other uses for cherries.

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Basically there are two kinds of cherries on the market, the sweet cherries and tart cherries. The 1968 sweet cherry crop was light due to a sharp drop in production caused by freezes in the Northwestern States. California and other states produced larger crops but with a short supply of carry over stock canned sweet cherries may be in smaller supply than a year ago.

Supply accounts for the higher prices of canned dark sweet cherries and Royal Anne light sweet cherries. Sweet cherries offer lots of variety in fruit cups, salads or gelatin molds. Flaming sweet cherries served over ice cream makes a glamorous dessert. Soak a sugar cube in lemon extract then light it to make the flame.

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Maraschino Cherries are cherries that are bleached and hardened in a brine solution. They are then soaked in sugar syrup to which red or green color is added.

About three fourths of the maraschino cherries produced are used in ice cream, the remainder are bottled or glazed. Maraschino cherries may be used in upside down cakes, chopped in dressing for fruit salad, in frozen or fresh fruit salads and for food decoration.

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The red sour pitted cherries or tart cherries are in greater supply than the very short 1967 crop production. The total supply available is still below the levels of the early 1960's.

Shoppers will note an increase in price of ten to twenty cents for a one pound can of red sour pitted cherries. Most of the tart cherry sales are made to processors for canning and freezing.

The bakery industry uses frozen cherries in making the convenience food frozen pies, strudle, turnovers and ready baked cherry goods like cherry buns, pies and cakes. In comparing cost it may be more economical to use the frozen pies than to prepare a pie from scratch.

Quality of the frozen pie should determine the brand and size pie to purchase.

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Get out your recipe book and make a pink or red dessert, salad, drink or sauce for meat to make February cherry eating month for family treats.

Spicy Cherry Sauce is made with one cup sugar, one-fourth teaspoon salt, one No. 2 can cherries, one-half teaspoon lemon rind, one-fourth teaspoon red food coloring, one-fourth cup cornstarch, one cup water, one-eighth teaspoon ground cloves, one-eighth teaspoon cinnamon, and two tablespoon lemon juice.

Mix cornstarch, sugar and salt. Add remaining ingredients. Blend. Cook, stirring constantly until it boils and is transparent. Serve hot or cold with ham, poultry, cold cuts, fish or as a topping for cake, ice cream or other deserts.

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BEN L. HOOKS, president, and Robert B. Hooks, 3rd, training supervisor, present certificates to management training graduates of the Mahalia Jackson School in Memphis, Tenn. From left are Messrs Hooks, David Fondren, Sumner Bell, James Shead and Roscoe Parlee. Trained for leadership in the fast food industry, the managers will take charge of the Mahalia Jackson System of operation across the country, under an absentee franchise investor program.

Army to train youths in Civil Service Fields

Project VALUE, a Defense Department program to place unemployed city youth in Civil Service jobs, gets underway in Baltimore this month.

The starting date wil depend upon how soon the 65 participants are selected by Baltimore community agencies, under the supervision of the Mayor's Community Action Agency.

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Selecting organizations include the Neighborhood Youth Corps and the Concentrated Employment Program.

Those chosen will undergo nine months of training at nearby Defense installations—Fort Holabird, Fort Meade and the Baltimore Engineer District—in preparation for permanent civil service jobs.

The successful trainees will work at the installation where they trained.

Ages range from 16 to 25, with requirements of minima schooling, limited skills and low famiy income. The weekly schedue is three days on the job training and two days of academic instruction.

Trainees wil be paid during this period $1.40 to $1.60 per hour.

The job skills taught are clerk typists, computer card-punch operators, draftsmen and positions in such fields as warehousing, plumbing, printing, and mechanical repair.

New rules on food stamps

WASHINGTON — The United States Department of Agriculture has authorized, as of February 1, 1969, a reduction in the amount of money low-income families must spend for Food Stamps, and has increased the number of bonus stamps they receive.

The modifications apply to one and two member households with net incomes less than $60.00 per month, and households of three or more persons with net incomes of less than $70.00 per month.

Zoning Ordinance hearing set Tues.

The City Council's Zoning Committee will commence public hearings at 7:30 p.m. Tuesday on the proposed overall Zoning Ordinance in the Council chamber, third floor, City Hall.

The second such hearing is scheduled at the same time on Thursday.

Public hearings on the land use maps will be scheduled at a later date, and the committee proposes to hold at least one public hearing for each councilmanic district.

The public will be notified of the dates and times of these hearings, according to Frank X. Gallagher (3rd D.)

FEBRUARY 13 Family and Children's Society annual luncheon meeting, 12:15 p.m., Sheraton Belvedere. Mrs. Mary Ella Robertson, dean, Howard University School of Social Work, is speaker.

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EDDIE'S MAYONNAISE qt. jar 49¢
MAXWELL HOUSE Coffee All Grinds 1 lb. can 73¢
Maryland Chief Tomatoes 5 16 oz. cans $1.00
Maryland Chief Cut Green Beans 4 16 oz. cans 59¢
Maryland Chief Spinach 4 16 oz. cans 59¢
Libby's Sauer Kraut 4 27 oz. cans 85¢
With 10c Off Axion 2 qt. 2 oz. pkg. 55¢
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