Economy meals for good eating

Swing into spring with nutritious canned tomatoes and tomato products. Economical tomato products make for good eating any time of the day, says the U.S. Department of Agriculture's Consumer and Marketing Service.

Start your day off with a glass of tomato juice. As a special treat, serve hot buttered tomato juice. Add two teaspoons of butter or margarine and a dash of Worcestershire sauce to a cup of tomato juice. Bring to a boil. It's a nutritious lift for appetites at mealtime or in-between.

Or mix sharply seasone tomato juice and unflavored gelatin. They team up well in molded aspic salad.

Also enjoy tomato products by serving tomato soup, stewed tomatoes and tomato sauce, which is a superb topper for meat, fish and poultry dishes. Add mushroom caps for elegance.

Canned tomatoes are tasty served hot, with a bit of sugar and salt to taste. Top with garlic croutons, or cheesy buttered crumbs. For variety add chopped cooked okra or whole kernel corn.

Plentiful tomatoes have a great food value. They're rich in vitamin C which your body needs every day to keep your body tissues in firm and healthy repair.

Here's a menu for a day's good eating using foods that are plentiful and reasonably priced:

BREAKFAST
Prune Juice
Scrambled Eggs
Toast with Jelly
Milk
Cofee or Tea
LUNCH
Fish Potato
Roll Ups
Tossed Salad
Grapefruit Sections
Milk
DINNER
Stuffed Pork
Chops
Corn
Applesauce
Peanut Butter
Cookies
Milk
Coffee or Tea

This recipe for Fish Potato Roll Ups is for the main dish of the luncheon meal.

To prepare use individual portions of fish fillets. Sprinkle with dried parsley flakes, salt and pepper. Roll fillets around small bundles of frozen French fries. Melt butter in baking pan. Place fish-potato bundles upright in pans and ladle tomato sauce over them. Bake at 350 degrees for 1 hour.

Here's how to select steaks

Does the large variety of steaks available in the store confuse you?

This refresher course might be helpful. Cuts from the rib and loin sections of the animal will always be more tender than those from the active muscles such as the shoulder (chuck), flank and round.

The most tender cuts of steak, according to the Consumer and Marketing Service of the U.S. Department of Agriculture, are tenderloin (filet mignon), porterhouse, T-bone, strip loin, club, sirloin and rib steaks. Sirloin tip, top round and blade chuck steaks are moderately tender. Bottom round, arm chuck, and flank steaks are the least tender cuts.

For any given cut, the higher the USDA grade, the more tender, juicy and flavorful the steak will be. So for that company steak dinner, pick one of the more tender cuts, graded USDA Prime of USDA Choice.

MT. WINANS NEWS

Sunrise services

By GERTRUDE M. PARKER

Easter Sunrise Services will be held at the Mt. Winans United Methodist Church, at 6:30 a.m.

Breakfast will be served immediately after services.

Church School Easter program is at 1:00 p.m.

The Rev. William E. Brown, minister.

Anniversary services of the Reuben Johnson Chorus of Bethany Baptist Church will be held Easter Sunday at 3:30 p.m. The Rev. Roland Johnson minister.

Mrs. Gladys Burkett of Huron Street, will leave on Thursday for Fort Bragg, N.C., to visit her son, Clifton John Burkett.

Accompanying her are Mrs. Katherine Shorts, Mr. and Mrs. Hayward Bennett and Mrs. Abbie Bennett.

Greetings to Mrs. Veneta Butler of 2600 Huron Street. Her birthday is April 12.

• • •

A chicken and seafood dinner will be served at the home of Mrs. Sadie Blocker, 2407 Puget Street, Friday, April 11 beginning at 11 a.m. to benefit Women's Day.

Mr. and Mrs. Buster Jones of Foerster Avenue are the parents of a son, Jemal David, born March 19. Grandparents are Mr. and Mrs. Roland Christian and Mr. and Mrs. Lemos Jones.

Remember the sick: Mrs. Martha Watkins, Alaska St.; Mrs. Edna Mae Johnson, University Hospital; Mrs. Mabel Patterson, Maisel St.; and Albert Casey, Paca St.

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U.S. GOV'T INSPECTED TURKEY LEG QUARTERS OR WINGS lb. 39¢
VIRGINIA COUNTRY CURED HAMS WHOLE OR SHANK HALF lb. 89¢

FARMER GRAY BRAND POULTRY SALE
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CHICKEN ROAST BONELESS ALL WHITE MEAT 2-lb. PAN $2.59
TURKEY BREAST WHOLE lb. 89¢

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FRYING RABBITS PEL-FREEZE BRAND ALL WHITE MEAT lb. 99¢
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SWEET POTATOES MARYLAND GROWN 2 lb. 29¢
TENDER ASPARAGUS GARDEN FRESH lb. 59¢
IMPORTED PINEAPPLES TOP QUALITY EACH. 39¢
BRUSSEL SPROUTS GARDEN FRESH TENDER PT. 39¢
HONEY DEW MELONS IMPORTED EACH 69¢
CRISP CUCUMBERS GARDEN FRESH 2 FOR 29¢
RED RADISHES GARDEN FRESH CRISP 2 CELLO BAG 29¢
FLORIDA MULLETS FANCY lb. 29¢
ROCK FISH FRESH PAN lb. 29¢
SOFT MARGARINE MRS. FILBERT'S GOLDEN OR WHIPPED lb. 39¢
CORN OIL lb. 43¢
COOKED CANNED HAMS CUDAHY BAR-S 3-lb. CAN $2.79
AMERICAN CHEESE WISCONSIN SLICED lb. 79¢
CHEESE SPREAD CHEF DELIGHT 2-lb. LOAF 69¢
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Lawmakers Condemn Mandel 'Judge Scheme'

Blocking Of Airport Sale Victory—Julian (Story On Back Page)

Baltimore Afro-American

BMI Hails Apartment House Case Ruling (Story On Back Page)

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More Medicaid Arrests To Come

GO! GO! ORIOLES!—It was a beautiful day for baseball Tuesday when the Baltimore Orioles, predicted American League pennant winners, opened their regular season at Memorial Stadium. On the left Thomas Sprattey is caught by an AFRO photographer obviously pleased with the action. Fans cheering in the middle photo, which shows Curtis C. Bomar, in the right hand close-up, were pushing hard for the home team at this point. All were disappointed later, however, when the Orioles finally lost the opener to the Boston Red Sox. AFRO Photos by I. Henry Phillips.

Nine doctors, two pharmacists indicted in plot

Thirteen persons, including the president of the Monumental City Medical Association and the owner of a large Baltimore pharmacy, were indicted Thursday on charges of defrauding the state out of "thousands of dollars" through the Medicaid Program.

The 13 are accused of fraud, false pretense, and conspiracy in the handling of prescriptions supposedly falsified at the Sav-On Pharmacy, No. 1, from July 5 through Aug. 20, 1968.

The indictments involve nine physicians, a dentist, two pharmacists and an accountant who is an official of the Sav-On Pharmacy No. 2, 1300 block of W. Lafayette Ave.

The accused are both white and colored.

The two pharmacists, both of the Sav-On No. 1 Pharmacy, 2600 block of Liberty Heights Ave., and the accountant are charged with obtaining $88,063.50 through forged and counterfeited prescriptions and invoices.

Under the Medicaid Program needy persons are able to get medical attention and prescriptions free of charge and the Federal government pays the doctors and pharmacists for their services.

According to the States Attorney's Office, several more indictments are expected to be handed down against other physicians soon.

The additional arrests are expected to result from the intensive investigations still being conducted by the Federal government, the FBI and the state's attorney.

Among many states' witnesses who are alleged to have helped "split the fraud wide open" are two persons described by the states attorney's office as "two beautiful women," identified as former pharmacy employes.

The physicians who are

(Continued on Page 2)

DIES

DR. BERNARD HARRIS SR. Dies in his office

Dr. Harris Sr. dies suddenly

"He had been sick and said he felt better; he went back to work just two weeks ago."

These were the words of Dr. Bernard Harris Jr., when he learned of the sudden death of his father, Dr. Bernard Harris Sr., 71, prominent physician, civic worker and one of East Baltimore's favorite sons.

Dr. Harris Sr. had suffered a heart attack about 1 p.m. Thursday at his desk.

"He was on the phone making a long distance call," his son informed the AFRO.

Death came during office hours while six patients were in the waiting room.

Funeral services are 11 a.m., Tuesday at Centennial Methodist Church.

When the AFRO arrived on the scene shortly after his death, the doctor's office was occupied by three mournful patients, the nurse and the doctor's brother.

None of the patients could manage a statment, but their reactions were all too clear. The three women present were all crying hysterically.

"It's just so sudden!" one voice wailed.

"Oh, Lord, you've taken a wonderful man," another moaned.

People coming off the streets who had just heard the news, stood quietly for awhile with tears welling in their eyes. Then, they just as quietly went back out the door.

An hour before his death, Dr. Harris was at Shiloh Baptist Church for a friend's wake.

Dr. Harris was noted as an active and energetic member of numerous civic and fraternal groups.

(Continued on Page 3)

"I FORGOT TO BUY THE AFRO ON MY WAY HOME"

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Lawmakers hit Gov. Mandel's 'judge scheme'

An AFRO survey of the eleven black representatives in the State Legislature reveals overwhelming opposition to proposed judiciary amendments to the Constitution on the November 4 ballot.

The two amendments, proposed by Governor Marvin Mandel and approved by the General Assembly would eliminate judicial elections, leaving the appointment of a judge to be confirmed by the State Senate.

As it is now, judges are required to run for election after their official nominations.

At least eight of the black lawmakers said they will work against the amendments even though many of them supported the proposal when it came before the assembly.

An omen of things to come issues from Judge Joseph C. Howard's appeal for the defeat of the amendments, which he called "a sham, a subterfuge," and detrimental to blacks.

• • •

In the AFRO survey, Fourth District Senator Verda F. Welcome and Del. Arthur A. King from Prince Georges County were the only black legislators to support the bills.

Senator Welcome told the AFRO she believes that Judge Howard won with white as well as black votes, and that blacks may have a difficult time if they have to depend on the polls for judgeships.

"Buying a judge is possible! And he who has the money could very well become a judge in a public election. I think that screening by the bar association, the governor and the senate allow for a good judge," said Mr. King.

He added that through an Annapolis appointment, he expects to see a black judge in his county in 1970, pointing out that he would have no such hopes if the choice were up to the voters, overwhelmingly white in that county.

• • •

Baltimore city's second black State Senator, Clarence M. Mitchel, II, (D., 4th) opposes the bills, as do eight of the nine black State Legislators.

Senator Mitchell explained: "this smacks of defying the opportunity to black citizens to elect judges. I intend to work very vigorously in opposition to what is falsely labeled 'court reform'.

"Also, I predict it will be defeated because at a special election like this one, the anti-vote is usually the big share of the turn-out," the Senator went on to say.

With the two noted exceptions, Prince Georges County Del. Tommie Broadwater said he will support the measures because "I believe in the principle of judicial appointments."

(Continued on Page 3)

See Dr. Fleming Backs Judgeship Scheme In This Issue On Page 17

AFRO CONTEST

Carverite now in lead

Danniella Brooks, Carver Vocational High School student, is back in the lead in the AFRO's Student of the Year Contest. She entered the race with the top total vote count of 8,100. Her total today is 66,000 votes.

At the end of the contest, 18 students will share the total of $1,500.

First place winner gets $500.

Audrey Pendleton, Clifton Park Junior High is second place with 52,500 votes. She moved down from the lead position.

In the third place, Charlie Boone, Forest Park, second last week, now has a total of 50,300 votes.

The AFRO's Student of the Year Contest is open to all students from the 7th through the 12th grades of any accredited high school in the State of Maryland.

Any qualified student

(Continued on Page 2)

Alexander resigns, assails Nixon weakness on EEOC

WASHINGTON (UPI) — Clifford L. Alexander Jr. resigned Wednesday as chairman of the Federal Employment Opportunity Commission, accusing the Nixon Administration of failure to vigorously enforce laws against job discrimination.

Alexander told a news conference he had written President Nixon submitting his resignation as chairman but retaining his seat on the commission for the remainder of his five-year term, which runs to July 1, 1972.

The White House said March 28 that Alexander, a Democrat and a black man, would be replaced as chairman of the commission.

Only the day before, at a Senate hearing, Senate Republican Leader Everett M. Dirksen accused Alexander of harassing businessmen and threatened to get "somebody" fired if the alleged harassment did not cease.

Alexander, formerly a White House aide to both Presidents John F. Kennedy and Lyndon B. Johnson, recalled the sequence of events in his letter to Nixon.

"People who are hurt by discrimination and those working to eliminate it

(Continued on Page 6)

Young Army officer shot down in Vietnam

"I'm deeply hurt . . . it's pretty hard on us, this is the second death in the family since Feb. 27.

"First, my mother, Mrs. Nettie Deaver, died on Feb. 27, now my son."

These words spoken by the mother of 1st/Lt. Eric V. Pulliam who died in Vietnam on March 28.

Mrs. Agnes Pulliam said of her son: — "He left the States for Vietnam, Feb. 23, and several days later my mother died.

"The Red Cross contacted him, and he telephoned us a day or two after he arrived in Vietnam to convey his sympathy."

• • •

The 23-year-old helicopter pilot was shot down and killed in the fiery crash of his airship last Friday, the De-

(Continued on Page 6)

CAA CO-WORKER SAYS:

'People Who Hang Out On Corner Were Wet-Eyed'

"Cleo was one of the sweetest persons . . . she was very easy going and warm hearted . . .

"Even the people who hang on the corners were wet-eyed when they heard about her death."

Mrs. Armela Thomas of the 500 block Washington St., was quietly talking about her life long friend Mrs. Cleopatra Mills, 35, who was shot and killed Wednesday afternoon in her office at the Jefferson St. Community Action Center in the 1900 block Jefferson St.

Mrs. Mills, of the 2800 block The Alameda, a CAA aide, was pronounced dead at the Johns Hopkins Hospital at 1:58 from a bullet wound in the left chest.

Police arrested and charged her estranged husband, Harry L. Mills, 38, of the 1800 block Port St., with homicide. He is being held without bail.

Mr. Mills was apprehened just a few yards from the scene of the slaying, a .38-caliber revolver, was found on the sidewalk.

The couple had been separated for more than two months, police were told.

They have four children, age four to 20. The oldest son, Alfred, is living in South Boston. Another son, Jimmy and two daughters, Mary and Tammy, lived at home with their mother.

Shortly before her death Mrs. Mills had lunch with her friend, Mrs. Thomas.

"Cleo was here about 12:30. We had lunch and talked. She made no mention of a threat to her life." said Mrs. Thomas.

Mrs. Thomas told the AFRO that after lunch she had "a funny feeling" as her friend was leaving the house.

"I felt that I should follow her," said Mrs. Thomas without explaining her feeling.

Mrs. Thomas and Mrs. Mills grew up together in Montgomery, W. Va., and attended the same schools.

"She was like a sister to me," Mrs. Thomas added.

"She told me that sometimes she was afraid to go to work, but she went because the welfare of her children came first."

Wednesday was to have been Mrs. Mills' last day of work at the Jefferson St. center. The office was closed Thursday as part of the anti-poverty agencies' reorganization plan.

• • •

Witnesses told police that a man entered the center shortly before 1:30 and asked to speak to Mrs. Mills privately.

When the man followed Mrs. Mills into her office, one of the workers noticed he was carrying a pistol in his hand police said.

The workers called police, but before they arrived shots rang out.

MURDER SCENE — Community Action Agency in 1900 block Jefferson St. in East Baltimore, was scene of daytime murder Wednesday. In inset, Mrs. Cleopatra Mills, mother of four and member of the CAA staff, who was shot dead in her office. Her estranged husband Harry L. Mills, has been charged with homicide.

44

That's right, there are 44 pages of news, features and shopping bargains in this edition of your AFRO, including a 12 page food section, in this edition.

Here is where to find . . .

Churches ..... Page 14
Classified ..... Pages 22-30
Editorials ..... Page 4
Sports ..... Pages 18-19
Theatres ..... Pages 20-21
Social ..... Pages 9-13
Food Bargains ..... Food Section

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chuckle

"I guess I've lost another pupil," sighed the professor as his glass eye slid down the drain.