Tips for safe winter driving

Captain Hugh I. Kavanagh, Traffic Safety Specialist of the Maryland State Police, reviewing the traffic fatalities which occurred in Maryland last week reminded motorists of other frequently forgotten winter driving facts. Such as —

1. Looser driving schedules reduce the need for fast, up-tight driving on treacherous road surfaces.

* * *

2. On clear rights highways may be bare, but overpasses frost-covered and slick.

3. Worn tires rob a driver of needed traction, just when he needs it most.

4. Mismanaged drinking can fatally impair driving judgement and ability.

5. Good visibility depends on snow-cleared car windows, dependable wipers and defrosters, all lights alive and working.

6. Closed windows deaden warning sounds.

7. Safety belts and shoulder straps can take the "hurt" out of a winter crash — only if used.

c *

8. Unnecessary trips become foolish trips if the forecast is threatening.

9. Pedestrians are hard to see at night.

10. Carbon monoxide throws the winter-summer death trend into reverse, killing more people in winter than in summer.

Persons killed through January 10, 1971-11, 1970-16.

Household Hints

Lining the oven broiler pan with aluminum foil prevents messy clean up jobs.

* * *

When washing a baby's hair, use a shampoo designed specifically for a baby.

* * *

As soon as your infant begins to eat baby food, heat the jars directly in the water still warm from heating the bottle. This way the jars will warm up while baby is taking his bottle.

* * *

If your washer does not have a permanent press cycle, follow this procedure: At the end of the wash period, let the washer drain almost completely, then slowly advance the control until the washer begins to fill for deep rinse. Allow the washer to complete the cycle automatically. Then put the washer through an additional rinse cycle. Always use hot or warm water and cold rinse temperature.

* * *

To make an attractive toss salad, tear greens into pieces large enough to give body to the salad, but small enough to eat easily. Add tomatoes at the last minute before serving as they tend to thin the salad dressing.

* * *

If you're color conscious about the shell or yolk color of your morning egg as an influence on its nutritive value, eat hardy and forget the color. Shell and yolk color has no effect on monetary value or nutrition.

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Lavoris Mouthwash 20-oz. btl. 99¢
Vaseline Jelly PETROLEUM 16-oz. jar 79¢

2nd Semester Sensations

Westab Binders "Sporting Thing" or "Going Thing" Ensembles Latest Mod Colors $1.68 EA.
Construction Paper ACADEMIE 60—Count 12"x9" Sheets 78¢
Bic Ball Point Pens 6 in pkg. 88¢
Protractor, Compass & Ruler 49¢
Composition Book 120 Sheet MARBLE BACK 9⅝"x7⅝" 52¢ EA.

Chickens U. S. Gov't Insp. Grade 'A' Broiling & Frying Whole (Cut-up 31¢ lb.) lb. 27¢
Beef Roast POT ROAST Boneless 3-Center Roast 88¢ lb. lb. 64¢
Pork Chops ¼ LOIN End & Center Cut Chops 9-11 per pkg. lb. 68¢
Batter Dip We cover Thighs & Drumsticks 1-lb., 12-oz. pkg., Breasts, 1-lb., 6-oz. Pkg. or Party Pack 1-lb., 12-oz. pkg. $1.39
Bacon LEAN SLICED 1-lb. pkg. Gay-lord 58¢ | FOOD CLUB 68¢ | ESS-KAY 78¢
Fish Sticks BEACH HAVEN 2-lb. pkg. 79¢
Hams LEAN MASH'S FULLY COOKED & SMOKED Shank Ham lb. 58¢ | Semi-Boneless Butt Ham lb. 78¢
Delicious Esskay Frankfurters 87¢

Calif. Roast LEAN U. S. CHOICE 64¢ lb.
Ground Beef LEAN Sold in 3-lb. unit Lesser Quantities Priced Higher 58¢ lb.

Roasters U. S. Govt. Insp. Grade 'A' Chicken 3-3½-lb. avg. or ½ Legs & Breasts lb. 38¢
Pork Shoulders LEAN FRESH lb. 48¢
Chuck Filet Steak or U. S. CHOICE RICH LONDON BROIL lb. 98¢
Fancy Pigs Feet or Hock, Bones or Pork Tails lb. 25¢
Liverwurst TASTY-IN-THE-PIECE lb. 49¢
Food Club Franks 1-lb. pkg. 65¢
Lunch Meats Genoa Fresh Sliced Olive or Pickle Loaf Spiced Lunch Meat Bologna Garlic Bologna, Pimo Loaf 6-oz. pkg. Potato Salad, Cole Slaw, Fruit Filled Pie 38¢
Ida Mae Salads Choc. Pudding 7-lb. cont. Feed Club Sliced Beef, Ham, Corned Beef, Parkmans 3-oz. pkg. 49¢
Smoked Meats 35¢
Center Cut Ham Slices lb. 99¢
Sausage Meat Bag or Rol 'n Sage 1-lb. roll 69¢
Sausage Meat GOETZE 2 lb. roll 89¢
American Cheese Fresh Sliced White or Colored lb. 88¢
Chicken Roll MRS. BESSLER lb.-lb. 65¢
Fancy Spots lb. 39¢
1-lb. pkg. 87¢

Finest Quality Enriched White Bread JUBILEE Buttermilk 1-lb., 6-oz. loaf 25¢
FRESH JUBILEE Blueberry Pie 1-lb., 6-oz. pkg. 39¢
100 Tea Bags ACE BRAND 49¢
Tomatoes ELNA 1-lb. can 19¢
Instant Rice FOOD CLUB 14-oz. box 35¢

Mrs. Filbert's Oleo GOLD ¼'s 2¢ off 1-lb. pkg. 31¢
Margarine ¼'s TOP SPREAD 1-lb. pkg. 20¢
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American Cheese Big Valu Sliced Yellow Ind. Wrapped 1-lb. pkg. 79¢
Sunny Delight Blended Jce. ½-gal. 59¢
Biscuits Pillsbury Buttermilk 4 8-oz. pkg. 39¢
Food Club Tomato Jce. 1-qt. 14-oz. 29¢
Grapefruit Sections GAYLORD 1-lb. can 25¢
Gaylord Vac. Pak Corn 12-oz. can 17¢
Sauer Kraut FOOD CLUB 1-lb., 11-oz. can 23¢

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CRISP APPLES JUICY STAYMAN 3-lb. bag
YOUR CHOICE 49¢ ea. bag
U. S. No. 1 Potatoes MAINE 10 lb. bag 59¢
Pan Ready Spinach 10-oz. pkg. 29¢
FLA. Bliss Potatoes 12¢
Ripe Tomatoes 29¢
Fla. Orange Jce. 100% PURE 69¢

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New Sunshine Rinse 25¢ Off 5-lb. 4-oz. Box 1.20
Wisk Liquid Quart Cont. 77¢
Lux Liquid Detergent Quart Cont. 79¢
Spry 7¢ Off 2-lb. 10-oz. Can 92¢
Joy Liquid Detergent 1-pt. 6-oz. btl. 55¢
Thrill Liquid Detergent 1-pt. 6-oz. 55¢
Ciz Pre-Soak 1-lb. 9-oz. 77¢
Tide XK 3-lb. 1-oz. Box 79¢

Crest TOOTHPASTE 6¾-oz. Tube 77¢ 1¾-oz. Tube 33¢ 3¼-oz. Tube 51¢
MOUTHWASH SCOPE 12-oz. btl. 87¢
SECRET DEODORANT Roll-on 1.5-oz. 85¢ Cream 1.5-oz. 65¢ Spray 4-oz. 79¢

25¢ OFF WITH THIS COUPON on Purchase of 1-LB. JAR CARNATION COFFEE MATE Cash Value 1/10 of 1¢ Limit 1 Coupon Per Shopping Family. Offer Expires, Jan. 23, 1971. MFC

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City health department tells how to keep healthy in 1971

In his first newsletter of the new year, Dr. Robert W. Farber, Baltimore city health commissioner issued these guidelines for young and old who want to keep healthy in the year year:

For the Over 65

1. Keep occupied in a planned program of constructive activities. You will avoid many of the pitfalls of emotional and mental health that besiege our older citizens. Some suggestions are: volunteer for a community activity on a regular basis; engage in a hobby; join a senior citizens group in or near your home; find part-time employment in a field you can enjoy.

2. Prevent falls they are a leading cause of handicapping conditions in older people.

3. Eat well-balanced meals with all the nutrients.

4. Get sufficient rest. Fatigue leads to accidents and ill health.

Ages 25-65

1. Protect your heart. Eat well balanced meals avoiding excessive fatty foods that lead to overweight and clogged arteries.

2. Protect your lungs. If you are a smoker kick the habit.

3. Avoid excessive use of alcohol.

4. Exercise regularly. Don't become an habitual armchair observer at home or elsewhere neglecting vital muscular and other body systems.

Teenagers, Young Adults

1. Determine to live moderately not recklessly. Life is too precious to give it away experimenting with drugs or alcohol or high speed on the highways.

2. Stay in school and continue as long as you can. Education is the key to better living standards.

3. Eat well-balanced meals, keep physically fit and get proper rest.

Mothers And Children

1. Supervise your child's activities. Prevent accidents and home poisonings including lead paint poisoning.

2. Be sure everyone in the family has been protected against diseases for which shots are recommended.

3. Provide your child with proper foods. Every infant and older child needs milk to get them off to a good start physically and mentally.

4. Get good prenatal care as soon as you are pregnant the earlier the better.

In addition to the above Dr. Farber recommends that each adult or family have a physician to supervise health needs. If there is no physician, check-ups and treatment may be obtained at hospital outpatient clinics or neighborhood health centers.

A fever is a sign of illness and a physician should always be consulted to determine cause and cure. Any resident desiring further information on disease prevention, drugs, alcohol or home safety may telephone 752-2000, extension 843.

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How Much Is a High School Diploma Worth?

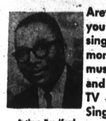
A noted educator made the surprising statement that high school graduates earn over $2000 more a year than non graduates. Asked where he got the figure, he cited a recent U.S. Department of Commerce report that shows a high school diploma is worth $130,000 extra earnings over a working lifetime.

According to Dr. Keith J. Craven, Dean of Franklin Academy, which offers accredited high school training at home, the government figure is conservative. "Students who complete our courses can go into new jobs," Dr. Craven said, "which pay them much more than $2,500 a year over their former earnings.

"But," he continued, "better-paid job opportunities are not the only goal of our students. They know a high school diploma will also open the way to more friends, a richer, fuller enjoyment of life. Our three, different, low-cost diploma courses meet all their needs. We also include special job training for those who want more than a high school diploma."

Readers of this publication who want to finish their high school educations at home and earn a nationally accepted diploma can get full details free without obligation. Just send your name, address, zip and age to Franklin Academy, Dept. 501-011, 1015 Euclid Avenue, Cleveland, Ohio 44115. No salesman will call.

GOSPEL SINGERS


Arthur Bradford

Are you a Gospel Singer? Would you like to become a gospel singer? Turn your voice into money, and your poems into music. Men, women, individuals and groups wanted for Radio, TV and other programs. Gospel Singers will be meeting Sunday, January 24th, between 9 and 1 P.M. at 25 William St. (near Broad St.) Newark, N.J. for preparation for recordings and publishing their songs. You and your friends are invited also, please call 3 or more of your friends and tell them about it. People are coming from as far South as S.C. and Ga. Daily call (212) 368-4229 & Sundays call (201) 621-2160.. Call, write or visit THE ARTHUR BRADFORD MUSIC STUDIO, 644 Riverside Drive, New York, N.Y. 10031 (PLEASE SAVE THIS AD.)

FASHION NOTE: With knit flares and skirts the ankle with a deep flounce. Added is a laced-up belt with a few divident nail-heads. The soft crepe shirt has puffed sleeves fitted down to snug cuffs. Made from McCall Pattern No. 2592. At right is a design by Frederico of Italy which softens up the pants look by putting a plaid tunic over a skinny knit jumpsuit. Made from Vogue Pattern No. 24445. Knit fabrics are by Singer.

Plans underway for Africa trip

The Third World Museum, 1767 Carswell St., has planned an educational-cultural pilgrimage to Africa Aug. 21.

Shahid Al Adi Bey, coordinator of the tour, told the AFRO, "The trip is being planned in connection with the growing interest more people are showing in the culture and fine arts of Africa.

"New things are happening there and soon Africa may well become the cradle of future civilization as it was in the past."

* * *

The 21-day pilgrimage calls for visits to five African countries with emphasis placed on meeting and living in the outlying tribal villages.

"Our aim here is to fully experience the lifestyles and culture of the people. This can only be done in the outlying areas of the countries, not the cities," Shahid explained.

Current plans include extended tours of Uganda, Kenya, Tanzania, Egypt and Morrocco.

Welcome Aboard; a black-owned travel agency, is coordinating the tour along with Third World Museum.

The pilgrimage had been scheduled for earlier this year but the date was changed to allow others to participate.

Persons wishing to learn more about the pilgrimage should contact Shahid at 235-8971.

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Columbia gets unit of 'Jack and Jill'

COLUMBIA, Md. — The Columbia Chapter of Jack and Jill of America, Inc. was installed Saturday at the Interfaith Center on the Wilde Lake Village Green, here.

The chapter was sponsored for membership in the national body by the Baltimore Chapter and founded by Mesdames Roberta Briscoe, Grace Scott, and Celonia Walden all former Baltimore members.

Originally organized in 1968 as the The Columbians the group was admitted into national membership in July 1970 at the 19th National Convention of Jack and Jill of America, Inc. in Dallas, Texas. Mesdames Roberta Briscoe and Celonia Walden attended that session.

* * *

Mrs. Euva R. Bembry of Scarsdale, N.Y., national recording secretary, was the installing officer. She was assisted by Mrs. Kathleen M. Carter of Baltimore, Md., Eastern regional director. The Columbia Scrapbook was prepared by Mrs. Elaine E. Harris, chapter journalist. Music was provided by Miss Rayner Winckler, a former Baltimore Jack and Jiller and now a teacher of music at Wilde Lake Middle School in Columbia. All national officers and members were pinned with beautiful pink and blue corsages by the chapter president.

During the inspiring chapter installation services, the National Officers urged the Columbia Chapter members to create a medium of contact for children which would stimulate their development and to provide a constructive educational, civic, cultural, recreational and social program for children.

They were also urged to aid mothers in learning more about their children by careful study; to seek for all children the same advantages which they desire for their own; to support all national legislation aimed at bettering the condition of all children; and to support the National Jack and Jill Foundation, Inc.

The Foundation carries on educational, literary, scientific, and charitable projects for underprivileged underachievers.

* * *

Charter officers are Mesdames Celonia B. Walden, president; Roberta M. Briscoe, first vice president; Joanne Tyson, second vice president; Willie Cardwell, recording secretary, Irene B. Dandridge, corresponding secretary; Albertena McGruder, financial-secretary; Pinnie L. Ross, treasurer; Grace M. Scott, parliamentarian; and Elaine E. Harris, journalist.

Other charter members are Ruteen Blake, Helen Fitzpatrick, Brenda W. Gladden, Connie Hayes, Nampeo McKenney, Ruby Polley, Mattie Simmons, and Vera Wilson.

A reception followed the installation services. Husbands and teen-age members were guests.

Teen-agers Celonia A. Walden and Carolyn Briscoe presided at the punch bowls. Delores Sykes brought a warm message of welcome and a gorgeous floral centerpiece from the Baltimore Chapter. Many cards, telegrams, and messages of congratulations were showered upon the new chapter.

Treasured will be a first edition copy of "Up the Hill" magazine presented by Mrs. Ida M. Smith, first national journalist.

The installation committee included Mesdames Nampeo McKenney, chairman; Mattie Simmons, assistant chairman; Ruteena Blake, Pinnie Ross, Joanne Tyson and Celonia Walden.

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Reg. 3.29 and 4.39
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