AFRO Patterns

Look forward to a fashionable future with this sleek, quarter — jacket, pants, monogramed blouse, skirt.

Printed Pattern 4623: NEW Half Sizes 10½, 12½, 14½, 16½, 18½, 20½, 22½. Size 14½ (bust 37) pants, jacket 3¼ yds. 45-in. Transfer included.

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Viva La Shirtwaist — it's glamorous, it's versatile, it's a wardrobe! Team any of 3 lengths (tunic, regular, long) with pants or skirt.

Printed Pattern 4796: NEW Misses' Sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) day length 2¾ yards 39-inch.

Seventy-five cents for each pattern — add 25 cents for each pattern for Air Mail and Special Handling.

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Send to The AFRO-AMERICAN Pattern Dept., 243 West 17th St., New York, N.Y. 10011. Print NAME, ADDRESS with ZIP, SIZE and STYLE NUMBER.

New Fashion-packed Spring-Summer Catalog — separates, jumpsuits, styles galore. Free pattern coupon. 50 cents Instant Sewing Book — cut, fit, sew modern way. $1.00 Instant Fashion Book — what-to-wear answers. $1.00.

Boy Scouts annual meet on Monday

The annual business meeting for the election of officers of the Baltimore Area Council, Boy Scouts of America will be held on Monday evening February 1 at the Emerald Gardens.

Mr. L. Robert Kilmer, Scout Executive, said there is a special emphasis on securing the attendance of the voting Council Membership, which includes Council Executive Board, Council Members-at-large and the representative of each sponsoring scout unit, Kilmer stated.

Galen Fromme will be on hand to present citations for the Silver Beaver Awards to five recipients from the Executive Board.

Household Hints

Bitterness in coffee may be caused by allowing coffee to stand in the percolator, using stale coffee, or allowing coffee to percolate too long.

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Never put pins through a heating pad or blanket. Pins can short circuit the heating coils or break them.

• • •

Irons will sometimes stick to clothing. This is particularly true if too much starch has been used. A small amount of salt in the starch will help to keep the iron from sticking. The iron may stick to rayon or synthetic fabrics because the iron is too hot.

• • •

Avoid leaving food standing in an aluminum vessel longer than necessary. Minerals in foods cause pitting of aluminum.

G and E increase will up sick bills

Hospital bills in Maryland will be raised by $700,000 annually if proposed rate increases for the Baltimore Gas and Electric Company are approved, it was revealed this week.

Sherburne B. Walker, president of the 55-member Maryland Hospital Association, cited the figure in a recent letter to William O. Doub, chairman of the Maryland Public Service Commission, which is now studying the Gas and Electric Company's request.

In calling attention to the effect of the proposed increase on hospital costs, Mr. Walker emphasized that the Association "in no way wishes to either encourage or discourage appeal survey of members of the Maryland Hospital Association. Mr. Walker said that hospitals face an average 16 per cent increase in their gas and electric bills undre the proposed rate changes.

He added that 42 hospitals participated in the surproval of the proposed rate increases."

He said, however, that hospitals feel obligated to inform the public, and those commissions acting in the public's behalf, about those "influences which tend to increase (hospital) costs," especially those "outside events over which the industry has no control whatsoever."

The $700,000 figure was obtained through an inforvey and he noted that some Maryland hospitals are not located within the Baltimore Gas and Electric Company's district.

Hospitals now pay $4,350,000 annually for products and services of the Gas and Electric Company, Mr. Walker said.

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BEST BUYS:

Apples lend variety to low-cost menues

By VIRGINIA McLUCKIE, food economist

Apples, the King of fall fruits are available fresh and in a variety of forms.

Now may be the time to buy and use some of the many fresh and processed apple products that are in plentiful supply.

It is estimated that over 40 percent of the apple crop is grown for processing into applesauce, pie slices, juice and other items. At harvest time there was 985,000 actual cases of applesauce on hand. With this record carryover and new pack this season, applesauce and juice are plentiful. Watch for specials of processed apple products and stock up if you have storage space and funds for the purchase.

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Applesauce is available plain, sweetened or unsweetened, combined with other fruits or spices. The best quality plain applesauce should be light in color, bright appearing, free of hard lumps, fine grained and have a pleasing aroma and flavor. Applesauce may be a blend of one to five different varieties of apples. Each brand is processed by the particular formula of the company which offers consumer preference choices.

One big plus that canned applesauce can provide to good nutrition is that it goes with and makes many other good foods more appetizing. The second plus is that an average size serving of one half cup contains approximately 88 calories. Applesauce may be used to add flavor and zest when served along with meat, particularly pork and ham.

Serve it hot or cold and spiced or flavored to suit your taste. Try topping each browned sausage pattie with a spoonful of hot applesauce for variation.

Crumbled peppermint candy mixed with cold applesauce makes a delicious simple dessert.

Canned or bottled juice may make a breakfast drink that is a change for the menu.

Serve it cold or make it a hot drink flavored with cinnamon and grated orange rind. The clear amber apple juice may be used as liquid in making pancakes, quick breads, or when cooking meats. Add a half cup of apple juice to a can of sauerkraut as you cook it and note the delightful flavor it imparts.

Apple pie slices are available to consumers in apple pie filling. The big users of apple pie slices are institutions who use quantity packs. Most of the frozen apple pies, apple turnovers and strudle are made from processed apple slices.

Fresh apples are in good supply with the apples from storage supplying most of the available fruit. The film bags of three or four pounds are good buys since cost per pound is lower than loose apples by the pound. Red Delicious apples have the edge on the market for out of hand and raw use of the fruit.

There are also Winesap, Rome Beauty, an old eGn Rome Beauty and Golden Delicious varieties in good supply. Apples from storage need to be kent cool or if ripe in the refrigerator.

Be sure refrigerated apples are in film bags to contain the aroma they give off because the apple will flavor other foods such as milk, butter and cheeses. Keep apples handy for munching as well as for mealtime fruit.

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Recipe for this week is for Apple Whip.

Apple Whip is made with three cups applesauce, six tablespoons sugar, two tablespoons unflavored gelatin, two tablespoons cold water, one tablespoon lemon juice, one-half tablespoon vanilla, one-half tablespoon almond extract and two egg whites.

Add sugar, lemon juice, vanilla and almond extract to applesauce. Soak gelatin in cold water 5 min. Melt over hot water; stir in o applesauce mixture; fold in stiffly beaten egg whites. Cover and chill in refrigerator. Serve with custard made from the 2 egg yolks.

For a variation use 1 cup of apple butter in place of one cup of applesauce.

BROWN'S SUPER MARKETS

MC CORMICK'S BROWN GRAVY MIX REG. 19¢ PKG. EA. 10¢
WEEK'S BEST BUYS SOUPS CHIX NOODLE · CHIX RICE CAMPBELL 8-OZ. 10¢ SPAGHETTI OR SPAGHETTINI MULLER ½-LB. BOX 10¢
SOUTHERN BELLE MARGARINE OLEO ½-LB. EA. 10¢
FEATURE OF THE WEEK CHEER SOAP POWDER TRIAL SIZE 10¢
KRAFTS ORANGE JUICE ½ GAL. 59¢ GIBB'S PORK & BEANS LGE. 2½ CAN 3 FOR 69¢
O AND C POTATO STICKS 11-OZ. CAN 10¢
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GLASS TUMBLER 9-OZ. SIZE EA. 10¢
SOAP POWDER FAB LARGE BOX 5¢ OFF 29¢
FRESH PRODUCE SPECIALS FLA. TANGALOS SWEET & JUICE 100 SIZE DOZ. 39¢ POTATOES FANCY SWEET LB. 10¢
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