PRINTED PATTERN

Easy Sew

PRINTED PATTERN

CLASSIC CRISPNESS with new spring dash! See how princess seams curve a leaner, longer midriff line. Wear it with or without the belt.

Printed Pattern 4785: NEW Half Sizes 10½, 12½, 14½, 16½, 18½. Size 14½ (bust 37) takes 2¾ yards 45-inch fabric.

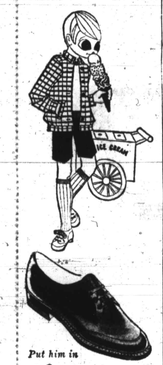
QUICKIE! One main part — no side seams! If you live in pants (most busy girls do), it makes sense and saves dollars to whip up a wardrobe.

Printed Pattern 4785: Misses' Waist Sizes 23, 24, 25½, 27, 29, 31 inches. Sizes 25½ takes 1½ yards 54-inch.

SEVENTY-FIVE CENTS for each pattern — add 25 cents for each pattern for Air Mail and Special Handling. 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

Ah Come on... Spoil Him a Little Bit



Put him in Kali-sten-iks

— the very best in children's shoes. He'll like the styling, and you'll like the long wear. Kali-sten-iks are fit with exacting care, and many have the sturdy Allenite tip and Allenite-treated sole for extra value. Kali-sten-iks are the shoes for everyday... including Sunday.

Expert fitting

HERBERT Cox

CORRECT SHOES
Downtown:
210 N. Liberty St.
SA. 7-7883
Near Gas & Electric Company

Household Hints

By United Press International

A homemaker has to be optimistic and able to plan ahead. She shouldn't think of the possibility of things breaking down. She must be able to control her emotions, not let her bad moods permeate and influence other people, Helen Becker, extension health education expert at the University of Nebraska, says so.

• • •

With small children in the family, seat belts become a must for parents to ensure better driving. They allow the driver to drive rather than hold down the youngsters.

• • •

Cross-eyes require treatment, and the earlier a doctor is consulted the better. Children do not outgrow cross-eyes.

• • •

In nature, neutral colors are snow, sand, rock and bark colors. The same cream, tans, grays and browns used so much in nature, work well inside a home. These colors are relaxing, easy to live with. They make a handsome background of ceilings, walls, floors, and woodwork for small touches of bright colors in furniture and accessories.

• • •

If surface units of an electric range do not heat, it's for one of three reasons: range plug is disconnected; range or main fuse has blown; power is off temporarily.

• • •

Clean heating elements of electric range by burning off any spilled food and brushing with a soft brush. Never scrape or use water to clean unit.

• • •

Wash an electric percolator occasionally with water to which has been added one tablespoon of vinegar or soda to six cups of water. Percolate this mixture 10 minutes to remove any stale odors. Rinse with clean water.

RHEUMATISM ACHES AND PAINS

Quickly vanish with Rheuma Nox. Thanks to a doctor's prescription you can now relieve those pains and aches that Rheuma-Nox drives the Uric Acid out of the blood. $2. plus 75c for Postage Handling.

COUGHS DUE TO COLDS

Loosens — digestion and stops wheezing with cough and cold expectorant takes away the chilly, achy feeling $1.25 plus 75c For Postage and Handling.

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Ointment to stop burning and itching. Lubricates as well as shrinks hemorrhoids.
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Miller-Dixon

ATLANTA — Mr. an' Mrs. Melvin Dixon an nounce the engagement o their daughter, Maria Antoinette Dixon, to William Eugene Miller, son of Mr Inez Waters and William I Miller of Macon.

Miss Dixon and Mr. M ler are both graduates Savannah State Colle; Miss Dixon is presently e ployed by the State Bo of Regents. Mr. Miler serving in the United Sta Army.

'Discover America' lists Preakness

The 96th running of the celebrated Preakness Stakes at Pimlico Race Course has been selected as one of the Discover America Travel Organizations from hundreds of events around the country.

Among others on the list are the Kentucky Derby at Churchill Downs, Louisville, Ky., May 1; the Indianapolis 500 auto race in Indianapolis May 29; the International Festival at Toledo, Ohio, May 7-9, in which groups from 60 nations perform; The Florida Folk Festival at Whi Springs, Fla., May 6-9, and the Jumping Frog Jubilee at Angels Camp, Calif., May 13-16.

S.A.G.A. expanding program for elderly

Project S.A.G.A., a program funded through the Model Cities and the Community Action Agencies is expanding its program due chiefly to the success of the beginning programs and increased interest.

A membership campaign is currently underway. New members are invited.

The Epsilon Omega Chapter of the Alpha Kappa Alpha Sorority designed the project to develop leadership potential of the elderly poor in the community of Baltimore in order to develop Senior Power.

One of the basic objectives of S.A.G.A. is to develop programs which foster curiosity and maintain the desire to learn among all our senior citizens.

The best proof of its success is in the words of the senior citizens themselves.

Mrs. Julia Brown says "S.A.G.A. has given me a new look on life. I get out and mix with people, and get different views of what is going on with the over 60 group."

Mrs. Irene Chisholm sees S.A.G.A. as "A new beginning of life for senior citizens. It brings new interests, a new environment, and entertainment to lonely people."

Proposed programs include a language arts op basic reading [illegible] compassing comprehension, interpretation, following directions, grammar, phonetic skills, and punctuation, and handwriting.

Also, basic mathematics program, black history, New programs initiated therapy art classes, job training and a sheltered workshop.

Physical activities extend into a special class which meets twice a week and places special emphasis on physical fitness through exercise.

HOP TO IT!

fill your Easter basket and SAVE!

BROWN'S SUPER MARKETS

Prices Shown Effective Thurs. Sun. April 1-11

EASTER PROJECT SURVIVAL HONORS CONGRESSMAN Parren J. Mitchell INTERNATIONAL STEEL WORKERS' DUNDALK

MASH Semi-Semi Boneless HAMS
HOCK END 49¢ | BUTT END 59¢ | Whole HAMS 55¢

PATRICK CUDAHY PICNICS 5 lb. CAN $3.99

MORTON POT PIES CHICKEN TURKEY BEEF 6 FOR 99¢

DEL MONTE PINEAPPLE SLICED CHUNKED CRUSHED 15½ oz. CAN 19¢

PET or CARNATION MILK 6 CANS $1.00

LIBBY SAUERKRAUT 2½ CAN 19¢

U.S. NO. ONE POTATOES 10 lb. BAG 49¢

ESSKAY "SUN-UP" SLICED BACON lb. 39¢

DOMINO SUGAR 5 lb. BAG 59¢

SUNDAY Richard Groove Holmes&Band In Person!

BANQUET DINNER OPEN BAR 5 TO 9 P.M. TICKETS $10 Per Person

BROWN'S The Stores For Easter Specials

FREE PARKING | OPEN SUNDAY TIL 1:00 P.M. | WE ACCEPT FOOD STAMPS AND COUPONS

YOUR KIND OF STORE WEST
1400 N. MONROE ST.

BROWN'S B SUPERMARKETS

WE ACCEPT FOOD STAMPS AND COUPONS | OPEN SUNDAY TIL 1:00 P.M. | FREE PARKING

Serving Community Needs Since 1950 EAST
1601 N. WASHINGTON ST.

Bananas in season all the time

Nature has made the banana a convenience food for it is ready-to-eat; pre packaged in individual portion, can be served with no preparation and is always in season says, Virginia McLuckie, Food Economist, Baltimore Office, Department of Markets, University of Maryland.

This fruit comes mostly from Honduras and Ecuador and South America. Bananas do not grow on trees but rather a plant that reaches a height of around 30 feet, produces just one bunch of bananas and is then cut down.

Rootstock shoots grow from the parent plant thus establishing another generation which in 14-18 months will produce another bunch of bananas.

• • •

At one time Baltimore was famous for its banana boats. Ship loads of stalks of bananas were unloaded and hung in ripening rooms until marketed.

Today, the hands of bananas are removed from the stalks and packed in cardboard boxes containing 40 pounds each, before leaving their native country.

This modern packaging technique prevents fruit damage in shipment and facilitates loading and unloading operations, from the ships and in wholesale warehouses.

• • •

Bananas are never allowed to ripen on the plant. They are harvested green but mature, then later ripened under carefully controlled conditions of moisture, temperatures and ventilation, even with their new modern packaging.

As bananas ripen, the peel goes through several stages of color changes. With the ripening process the starch converts to sugar producing the delicate flavor and aroma associated with the fruit.

At the beginning of the ripening process, the peel is pale yellow with green at the stem and at the tip.

This is the stage for cooking, baking, broiling, or frying or it may be held at room temperature to ripen further. The yellow peel or mid-ripe stage is when there is no green just an all over yellow color. This is the stage for use in salads for garnishes, pies, desserts and for eating out of hand.

Fully ripe bananas have a deep yellow peel with flecks of brown. These are fully digestable and ideal for feeding infants and children.

Do not place bananas in the refrigerator unless they are fully ripe as the cold retards the ripening and impars delicate flavor.

Once removed from the refrigerator the peel usually darkens quickly.

To extend freshness of fully ripe bananas they may be placed in the refrigerator for a day or two.

From one pound of bananas you usually get three medium sizes pieces of fruit, which contain 88 calories each, and a fair amount of vitamin A and C and carbohydrate.

The versatility of the banana occupies an important place in enjoyable modern eating. Bananas combine well with meats, vegetables, other fruit, with milk and ice cream, cereals, breadstuffs, cakes and pastries. It can be enjoyed at meals from appetizer, salad, accompaniment to the main course, as a vegetable or dessert or be eaten on its own.

Other selections for economy you should include are white and sweet potatoes, cooking greens, celery, cabbage and carrots; grapefruit, Temple oranges, frozen orange juice, apples and applesauce.

BAKED BANANA COMPOTE

Five medium bananas, one-half cup unpeeled diced red apples, one-third cup fresh orange juice, three tablespoons fresh lemon juice, one-fourth cup strained honey, one-fourth cup grated fresh coconut, organge slices for garnish.

Cut bananas into ½ inch thick slices. Place in a 1-quart casserole along with the apples. Combine orange and lemon juice and honey. Pour over the fruit.

Place in a preheated hot oven (400 degrees F). for 10 minutes or until fruit is tender.

Sprinkle coconut over the top and bake 5 minutes lightly browned. Garnish longer or until coconut is with orange slices. Serve warm. Yield: Makes 6 servings.

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BANANAS GOLDEN RIPE lb. 10¢

GAYLORD Ice Cream HALF GALLON 55¢

LEAN 1-LB. PKG. Sliced Bacon Gaylord 59¢ | Food Club 69¢ | Esskay 79¢
FULLY COOKED & SMOKED Mash's Hams Shank of Ham lb. 54¢ | Semi-Boneless Butt lb. 74¢
FANCY Shrimp JUMBO lb. $1.79 | LARGE lb. $1.39 | MEATY lb. $1.19
U.S. GOVT. INSP. BROILING & FRYING Chickens WHOLE (Cut-up 32¢) 28¢ lb.
U.S.D.A. CHOICE CHUCK FILET STEAKS OR London Broil JUICY lb. $1.08
NEPTUNE SHRIMP MONTE CARLO 10-oz. Pkg. OR Clams Casino 11-oz. Pkg. 69¢
FOOD CLUB 1-LB. PKG. Franks All Meat 69¢ | All Beef 77¢
TASTY—IN THE PIECE Liverwurst lb. 49¢
PARKS SCRAPPLE 1-LB. PKG. 39¢ OR Sausage Meat 1 lb. roll 69¢
WHITE OR YELLOW Amer. Cheese SLICED TO ORDER lb. 88¢
LEAN FRESH Pork Shlds. lb. 48¢
FANCY NECK BONES, PORK TAILS OR Pigs Feet FANCY lb. 29¢
FANCY Flounder fillet lb. 89¢
GOETZE FRESH SLICED Lunch Meats 6-oz. Pkg. 38¢
SLICED Center Cut Ham lb. 99¢
FARMLAND PRESSED & SLICED TO ORDER Chopped Ham lb. 99¢
ESSKAY SANDWICH SLICED TO ORDER Bologna ½ lb. 49¢
U.S.D.A. CHOICE (BONE-IN) Beef Pot Roast lb. 68¢
LEAN (lesser quantities higher) Ground Beef Sold in 1-lb. Unit lb. 65¢
U.S. GOVT. INSP. GRADE A ROASTERS 3-3½-lb. avg. or chicken Legs & Breasts 1/4's lb. 38¢
U.S.D.A. CHOICE 3-CORNER BEEF Boneless Roast lb. 98¢
FOOD CLUB CANNED Hams 3-lb. Can $2.49 | 5-lb. Can $3.99 | 8-lb. Can $5.99
MORRELL PURE PORK Sausage Meat 1-lb. roll 48¢

MASH'S FULLY COOKD-SEMI-SEMI BONELESS Whole 15-21 lbs. HAMS THIS SPECIAL TRIMMED HAM—CONSISTS OF FULL SHANK HALF & SEMI-BONELESS BUTT HALF—WITH AITCH BONE REMOVED. 54¢ lb.

GAYLORD Pancake Syrup 1-Pt., 8 oz. Btl. 45¢
TOPCO CLEAR Floor Wax 1-pt., 11-oz. btl. 55¢
FOOD CLUB GROUND Black Pepper 4-oz. Can 35¢
ELNA Sweet Peas 1-lb. can 14¢
KELLOGG'S Rice Krispies 13-oz. box 52¢
GAYLORD Shortening 3-lb Can 67¢
JUBILEE Cracker Meal 10-oz. cont. 21¢
MUSSELMANN Apple Butter 1-lb. 12-oz. jar 33¢
FOOD CLUB Grape Jelly 10 oz. jar 27¢
ALL GRINDS COFFEE Maxwell House 1-lb. can 87¢
FOOD CLUB Thick Catsup 1-lb. 10-oz. btl. 37¢
BREAST O'CHICKEN CHUNK Light Tuna 6½-oz. can 41¢
GAYLORD ALL FLAVORS Beverages 1-pint bottle 10¢
MRS. FILBERT'S SOFT CORN OIL Margarine 1-lb. Pkg. 53¢
FOOD CLUB Cream Cheese 8-oz. Pkg. 27¢
FOOD CLUB COUNTRY SLICED Swiss Cheese 8-oz. pkg. 55¢
LIGHT & LIVELY Sealtest Yogurt 8-oz. pkg. 25¢
GAYLORD FROZEN CUT Green Beans 8-oz. pkg. 17¢
GAYLORD Frozen Peas 10-oz. pkg. 16¢
GAYLORD CUT Frozen Corn 10-oz. pkg. 15¢
GAYLORD CRINKLE CUT FROZ. French Fries 2-lb. pkg. 31¢
TOP FROST FROZEN MIXED Vegetables 1-lb. 8-oz. pkg. 39¢
DENTURE ADHESIVE Poli-Grip 1¾-oz. cont. 65¢
JERIS WHITE OR FRESH Talcum Powder 11-oz. cont. 55¢
EDGE Shave Cream 6½-oz. can 79¢
VALIANT JELLY Petroleum 16-oz. jar 43¢
JUBILEE FRESH Lemon Pies 1-lb. 6-oz. pkg. 39¢
JUBILEE PINEAPPLE Cheese Pie 1-lb. 6-oz. pkg. 49¢

FINEST QUALITY ENRICHED JUBILEE Bread Buttermilk 1-lb. 6-oz. loaf 25¢
FRESH WESTERN GREEN Broccoli bunch 29¢

SHORTENING CRISCO 3 lb. can 87¢
CLEANSER COMET 14-oz. can 17¢
DETERGENT CHEER 3-lb. 1-oz. box 87¢
DETERGENT BOLD 3-lb. 1-oz. box 85¢
LARGE IVORY SOAP 10-oz. bar 18¢
25¢ OFF DETERGENT RINSO 5-lb. 4-oz. box $1.20
DETERGENT DOVE LIQUID 1-qt. cont. 79¢
DEODORANT—5-oz. bar PHASE III SOAP 24¢
A SIZE U.S. No. 1 Potatoes 10 lb. bag 59¢
CRISPY Ruby Red Radishes 6-oz. pkg. 10¢
NEW CROP FLORIDA Red Bliss Potatoes lb. 12¢
100% PURE Florida Orange Juice ½-Gallon 79¢

MFC 40¢ OFF On Purchase Of 10-oz. JAR Instant Maxwell House Coffee Limit 1 Per Shopping Family Offer expires Sat. April 3, 1971. BIG VALU
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Brach Foil Chocolate Creme Eggs 10 in pkg. 49¢
Whitman Buttercrest Fruit & Nut EGG 8-oz. 59¢
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FLANNEL BACK PLASTIC Table Covers $1.89
Morgan Jones Sheared Towels Kitchen 77¢
Asst. Colors Throw Rugs $2.99