New Jaycees to host first banquet

The Triple C Jaycees, Maryland's newest Jaycee Chapter will hold their Charter Night and Installation Banquet this Wednesday, from 10 p.m. at the Maryland Correctional Camp Center.

Guest speakers for the occasion will be William "Bill" Greene, the Maryland Jaycees president, and Deputy Commissioners of Corrections James Jordan.

Maryland Jaycees and their wives are most cordially invited to attend and to be reminded that there is a capacity of two hundred guests allowed in the institution for the banquet, reservations will be honored as will RSVP's.

The Triple C Jaycees will bring to a total of seven penal chapters in the Maryland Jaycees. There is also a Jaycees Chapter at the Maryland Training School for Boys.

Officers elected for the Charter Chapter are:

Arthur "Duke" Middleton, President; Johann Pasquale, 1st vice president; Stanley McCloud, 2nd vice president; James Jefferson, state director; George Redd, treasurer; Jack Blevins, secretary; Clayvon Jones, Ways and Means director; William J. Messler, public relations director.

Harmonica contest

Can you play a HARMONICA? The Baltimore City Bureau of Recreation is planning a City-Wide Harmonica Contest. All those interesting in entering should contact Miss Virginia Baker at MU 5-5826.

BEST BUYS:

Freshness factor in vegetable economy

By VIRGINIA McLUCKIE
Food Economist

During summer we enjoy the meals that include vegetables and fruits that are in seasonal peak because flavor is usually superior and prices are most attractive.

The quality of most fresh vegetables and fruits can be judged reasonably well by their external apparance. Except for those products sold inclosed consumer-size packages, you can make a good selection of fresh vegetables from retail display counters in supermarkets or roadside stands.

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Smart shoppers do have a set of buying guides that can be used for each individual commodity. The first basic rule for any perishable food is to demand freshness. You get the best quality when the product is bright, lively in color for the variety and shows signs of careful handling.

There are a number of items in seasonally heavy or peak supply in July. Let us list a few with selection pointers so you can get the best buy.

Cabbage from local or nearby areas is just passing the early crop peak season. It is an economical vegetable. Look for heads that are fairly solid, heavy for their size with crisp dark green outside leaves.

Cucumbers are in good supply. To preserve quality many cucumbers are washed waxed and graded. Look for cumcumbers which are firm over their entire length. They should be well shaped but not too large in diameter. Good cumcumbers typically have many small lumps on their surfaces. Some greenish-white color will not deter quality but yellow color indicates over malure cucumbers.

Snapbeans are available fresh much of the summer. Look for immature bean pods that have small beans inside. A bright appearance with good color and a pod that is crisp so it snaps when broken is most desirable. Select bean pods near the same size that all cook in about the same period of time. Cowpeas today are stringless.

Three other vegetables are coming to market in increasing amounts, sweet corn, tomatoes and yellow and zucchini squash.

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Blueberris are the leading small fruit with July's peak production coming from New Jersey. These berris will keep up to ten days in their original containers in the refrigerator. Look for berries with a light blue powdery bloom indicating freshly harvested and packed fruit. Avoid boxes of berries showing stain from crushed fruit.

Early season berries usually are larger in size than end of season harvested berries. Blueberries freeze well.

Nectarines appear like fuzzless peaches. Select well colored plump, firm but not ... deep yellow ground color indicates ripeness just as in peaches.

Plums, are difficult to select in "ready to eat" stage.

The outside flesh will feel soft when given gentle pressure. Plums are clingstone in nature when fully ripe. Select good color for the varetly.

Other suggested buys are watermelons, ... eggs, fresh and frozen salmon steaks, cranberry ...

Recipe for the week is for Nectarine Waldorf Salad.

Cut 3 fresh nectarines off the pit in thick slices. Cut slices into chunks. Toss with ¼ cup raisins, ½ cup chopped celery and enough mayonnaise dressing to coat, for a different summer salad.

WINNER — Miss Renee Whittaker, 14, daughter of Mr. and Mrs. Yancey L. Whittaker, recently won the Miss "Black Maryland" pageant which was held at the Civic Center, staged and directed by Maurice "Hot Rod" Hubert, Jr. Miss Whittaker will be going to Atlanta, Ga. on Saturday to compete in the national contest. She is an AFRO news carrier in the Hillsdale - Forest Pk. Ave. area where she lives.

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MR. AND MRS. JAMES H. WARD have announced the engagement of her sister, Miss Cathrina Bryant, to Gregory Saddler. The wedding is scheduled for August 7.

Be a Clean Blocker. AFRO Clean Block Campaign is now on. Enroll your block today. Call 728-8200, Ext. 77, for details.

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