DINNER GUEST — Vice President Spiro T. Agnew (L), chats with Emperor Haile Selassie of Ethiopia before dinner at the Imperial Palace in Addis Ababa, last week. During his visit, Agnew stated that "The U. S. shares with Ethiopia a deep respect for national sovereignty and territorial integrity of states." (UPI Telephoto.)

## Economy meals for good eating

What is non-fat dry milk? It's the dairy product that results from the removal of fat and water from pasteurized fluid milk. Most of the protein, minerals, and vitamins of the fluid milk are retained, and the dry product is much more economical.

Instant non-fat dry milk is made by a process which results in larger particles or "flakes" than regular nonfat dry milk. These larger flakes dissolve more easily in water.

It's not only nutritious but economical as well. A family of four might use 21 quarts of milk delivered to the home per week; by buying the dried product and adding the required amount of water, this family can save more than $3.00 a week.

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Another major advantage of nonfat dry milk is that it contains only half the calories of fresh, whole milk, yet provides almost as much nutritive value.

Nonfat dry milk needs no refrigeration, requires small storage space, and mixes and measures easily.

It can be used as a beverage or in cooking when the recipe calls for milk. To reconstitute, simply follow the simple directions on the package and refrigerate several hours before serving if you're using it as a beverage.

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Here's a menu for a day's good eating using nonfat dry milk and other plentiful and reasonably priced foods:

BREAKFAST
Cottage Cheese
Orange
Bran Muffin
Coffee or Tea
Milk

LUNCH
Chicken Salad Sandwich
Cole Slaw
Fresh Pineapple Slices
Milk

DINNER
Macaroni, Cheese, and Eggs
Tossed Salad
Strawberry Ice Cream
Coffee or Tea
Milk

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An ideal entree for busy homemakers, Macaroni Cheese and Eggs is easy to prepare and makes use of dry milk, along with other plentiful foods.

You will need ½ cup macaroni, broken into pieces, 1-½ cups water or fluid milk, 2/3 cup dry milk, 1-½ tablespoons flour, ½ teaspoon salt, 1-½ tablespoons fat, 1½ cups grated cheese, 4 hard-cooked eggs, sliced, and crumbs mixed with melted fat.

Cook macaroni in boiling salted water until tender. Drain; discard cooking water. Put the 1-½ cups water or fluid milk into a pan; add dry milk, flour, and salt. Beat until smooth.

Add fat and cook over very low heat or boiling water until thickened, stirring, as necessary, to prevent sticking and lumping. Remove from heat and stir in the cheese. Place macaroni in a greased baking dish, cover with the eggs, and add the cheese sauce. Sprinkle crumbs over top. Brown in moderate oven (350 degree F.) about 20 minutes.

Makes 6 servings.

MT. WINANS NEWS

## Malloys are hosts to son from Africa

By GERTRUDE M. PARKER

Mr. and Mrs. John F. Malloy Sr. entertained family and friends in their new Jessups, Md. home recently. Here on leave from Africa their son, Mjor John F. Malloy Jr. and wife, Glenda and two sons, Mr. and Mrs. Alphonse Smith and family of Winston Salem, N.C.

Also Mr. and Mrs. Charles Glenn and three sons of Washington, D.C. Mrs. Groves, Mr. and Mrs. Odell Anderson and Mrs. Lenord Moore.

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Best wishes to the recent graduate Gwendolyn E. Jones, Community Collge. Lillie M. Johnson and Willie M. Johnson, Jane Addams, General Vocational School.

They are twin daughters of Mr. and Mrs. Clarence Johnson fo West Port. Gregory A. Shannon, Michelle Shannon, of Morgan State College.

Gregory received the president award for creative achievement. They are the grandson and granddaughter of Mrs. Sadie Bocker of Puget St.

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Mt. Winans United Methodist Church welcomed its new pastor recently.He is the Rev. Clarence Govans of Jarrettsville, Md.

Albert Beard was the lay delegate to the Baltimore Conference held in Washington, D.C. recently.

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Recent guests of Mr. and Mrs. Charles Tyson of Huron St., were his mother Mrs. Mattie Lee Tyson. his brother, the Rev. Mack Tyson of Ocala, Ga., a sister Mrs. Mattie Menzie of Indiana and a sister from Florida. Mrs. Tyson, 82 years young, was motored here to see her son who had been ill.

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Mt. Winans, West Port extension Home Makers Club held a birthday party and fashion show recently at Mt. Winans School No. 156.

Fashions were designed and modeled by the members of the club. Mrs. Sadie Blocker is president of the club.


GOOD GRIEF! RAID ANNOUNCES NEW DEAL

BAD NEWS FOR BUGS

Save 10¢ on any one of the full line of Raid bug killers.

To the Dealer: For each coupon you accept as our authorized agent, we will pay you face value plus 3¢ handling charges, provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Your customer must pay any sales tax. Cash value 1/20 of 1¢. Void where prohibited by law. Redeem by mail to: S. C. Johnson & Son, Inc., P.O. Box 1130, Clinton, Iowa 52732. Offer good only in U.S.A. and expires Oct. 1, 1971. —71-244

But good news for you. Now you can save 10¢ on the nation's number one bug killer. Raid hunts bugs down and kills them dead—flying bugs, crawling bugs, indoors or out. Just clip the money saving coupon, take it to your favorite retail store and save on any Raid product. Then break the bad news to whatever's been bugging you.

Raid House & Garden. The indoor-outdoor bug killer. Won't leave oil stains on draperies or furniture, won't harm plants or shrubs. Raid Ant and Roach Killer. Penetrating Raid vapor goes through wall cracks and crevices—kills bugs where they hide. Outside walls, continuing action keeps killing bugs even after it dries. Raid Flying Insect Killer. Patented non-oily formula has a fresh, clean odor. It smells so nice but it kills bugs so dead. Raid Yard Guard. Jungle tested formula kills flying insects up to 20 feet away. Clears out flies, mosquitoes, gnats and ants. Perfect for your back yard, patio or picnic area.

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READY FOR THE PAN ! !
BROILERS or FRYERS
[WHOLE ONLY!] lb. 29¢ [SPLIT OR CUT-UP] lb. 35¢
FRYING CHICKENS LEG OR BREAST QUARTERS lb. 39¢
ONE PRICE—NONE PRICED HIGHER!!

SUPER-RIGHT FULLY COOKED SMOKED HAMS [WHOLE ONLY!] lb. 49¢

we care A&P
IF UNABLE TO PURCHASE ANY ITEM IN THIS ADVERTISEMENT—PLEASE REQUEST A RAIN CHECK!!
Prices in this advertisement effective thru Sat., July 24, 1971. We Reserve The Right To Limit Quantities!

SUPER-RIGHT Franks ALL MEAT SKINLESS 2-lb. pkg. 1.29
ALLGOOD BRAND Sliced Bacon 2-lb. pkg. 1.39
A&P (6 VARIETIES) Lunch Meats 8-oz. pkg. 49¢
SUPER-RIGHT QUALITY Chopped Chuck lb. 85¢
MEDIUM (3½-4½ OT.) 5-lb. box @ 8.89
Fancy Shrimp lb. 1.79

QUALITY FROZEN FOODS!!
MRS. PAUL'S FRENCH FRIED ONION RINGS [SPECIAL PRICE!] 16-oz. pkg. 79¢
KRAFT'S CHOCOLATE VELVET NUT PIE 16½-oz. pkg. 79¢
HAWAIIAN FRUIT PUNCH 3 12-oz. cans 1.00
DEVIL FUDGE & YELLOW CUP CAKES 10-oz. pkg. @ 59¢
STOUFFER'S French Crumb Cakes 10-oz. pkg. 59¢
CHUN-KING CHOW MEIN Chicken or Shrimp 15-oz. pkg. 69¢
DOWNYFLAKE BUTTERMILK ROUND WAFFLES 3 12-oz. pkgs. 1.00

GARDEN FRESH PRODUCE!!
NORTHWESTERN CHERRIES [FANCY 'BING'] lb. 39¢
LEMONS CALIFORNIA (SIZE 165's) 6 for 39¢
CABBAGE NEW GREEN lb. 10¢
ONIONS JUMBO SWEET 2 lbs. 29¢
POTATOES NEW CROP RED BLISS 5-lb. bag 59¢
GREEN ONIONS 3 bchs. 29¢

JANE PARKER ENRICHED WHITE BREAD MADE WITH BUTTERMILK 5 1-lb. loaves 1.00
ANN PAGE MAYONNAISE [SPECIAL PRICE!] 1½-qt. jar 88¢

Preserves ANN PAGE Strawberry Pineapple 3 12-oz. jars 1.00
Marvel Jellies Apple Base (4 Varieties) 2 2-lb. jars 1.00
Peter Pan PEANUT BUTTER 18-oz. jar 71¢
Krispy Crackers Sunshine 16-oz. box 41¢
Aunt Jemima Complete Pancake Mix 32-oz. box 63¢
Bisquick FOR BAKING 40-oz. box 67¢
Bread Mix Betty Crocker Homemade 20-oz. pkg. 39¢
Syrup ANN PAGE 12-oz. btl. 39¢ 24-oz. btl. 69¢
Mint Toothpaste A&P 7.25-oz. tube 49¢
Listerine Mouthwash 14-oz. btl. 99¢
Right Guard SPRAY DEODORANT 4-oz. can 89¢
Alka Seltzer TABLETS btl. of 25's 65¢
Noxzema SKIN CREAM 4-oz. jar 77¢
Shampoo A&P 8-oz. btl. 59¢ 16-oz. btl. 69¢
Breck Hair Mist 7-oz. can 1.19
Coppertone SUNTAN LOTION 4-oz. pl. btl. 1.65

ANN PAGE RED BEANS 3 37-oz. cans 95¢
OUR OWN TEA BAGS [BOX OF 64's] 59¢ 16 BAGS FREE!!

Green Beans IONA CUT 5 15½-oz. cans 89¢
Golden Corn A&P Grade 'A' Whole Kernel 4 17-oz. cans 89¢
Iona Sweet Peas 5 17-oz. cans 95¢
Pineapple Geisha Brand Sliced Crushed & Tidbits 4 20-oz. cans 99¢
Iona Peaches Slices or Halves 3 29-oz. cans 1.00
Applesauce A&P Grade 'A' 5 16-oz. cans 89¢
Fruit Drinks MARVEL (3 Flavors) 3 46-oz. cans 79¢
Yukon Club Beverages Asst'd Flavors 10 12-oz. cans 89¢
Stokely Gatorade Thirst Quencher 32-oz. btl. 43¢
Sparkle Gelatin All Flavors 4 3-oz. pkgs. 39¢
Dressing SULTANA SALAD 1-qt. jar 45¢
Hunt's Ketchup Tomato 2 14-oz. btls. 57¢
Open Pit BBQ SAUCE 28-oz. btl. 59¢
Tomato Sauce A&P 6 8-oz. cans 67¢
Macaroni Elbow Ann Page 6-oz. box 10¢
Spaghetti Elbow Ann Page 3 2-lb. pkgs. 1.00
Minute Rice 14-oz. pkg. 57¢ 28-oz. pkg. 93¢
Morton Salt Plain or Iodized 2 26-oz. ctns. 25¢
Dexola Oil Vegetable 38-oz. btl. 87¢
Mrs. Filbert's Golden Quarters Margarine 3 1-lb. pkgs. 1.00




## U.M. professorship for Mrs. Rosetta Sands, R.N.

Mrs. Rosetta Sands, R.N., has been promoted to the rank of assistant professor at the University of Maryland School of Nursing.

Since joining the faculty in 1970, Mrs. Sands has been actively involved in efforts to recruit and retain more black students in the School of Nursing.

An active member on the local and national committees of Chi Eta Phi Sorority, Mrs. Sands is a graduate of Douglass High School. She received a diploma in nursing from the Harlem Hospital School of Nursing, New York, and a master of science degree from the University of Maryland.

Before joining the faculty at the University of Maryland she taught nursing at Sinai Hospital School of Nursing and the Baltimore City Hospitals School of Nursing.

**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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BIG VALU FOOD CENTERS Shop Any Day Save Every Day

ONE DRY PINT — NEW CROP, JERSEY Blueberries 39¢

Specials Effective July 19th. thru July 24th. — Quantities Rights Reserved.

GAYLORD ICE CREAM half gallon 49¢

U.S. GOVT. WHOLE BROILING OR (CUT-UP 35¢ lb.) FRYING CHICKENS 29¢ lb.

LEAN, 1-LB. PKG. Sliced Bacon FOOD CLUB 1-lb., pkg. 74¢ ESSKAY 1-lb. 88¢
1/4 Legs & Breasts U.S. INSP. GRADE "A" lb. 39¢
3-Corner Roast (FROM CHUCK) U.S. CHOICE BONELESS lb. $1.08
Gaylord Sliced Bacon 1-lb. pkg. 68¢
Pork Shoulders LEAN AND FRESH lb. 48¢
Chuck Filet U.S. CHOICE OR LONDON BROIL STEAKS lb. $1.08

Kraft Velveeta 2-lb. pkg. $1.09
Cream Cheese FOOD CLUB 3-oz., pkg. 10¢
Margarine TOP SPRED 1-lb., qrs. 20¢
Mrs. Filbert's Oleo SOFT WHIPPED 1-lb. pkg. 43¢
French Cut Beans REG. OR GAYLORD FROZ. 8-oz., pkg. 17¢
Corn or Peas GAYLORD FROZ. 10-oz., pkg. 15¢

U.S. CHOICE BEEF POT (FROM CHUCK) BONE-IN Roasts lb. 78¢

ASST. GAYLA REG., OR DIET Sodas 1-PT., BTL. 10¢

1-LB., PKG. Franks FOOD CLUB 68¢ FOOD CLUB ALL BEEF OR ARMOUR MEAT 74¢ GOETZE ESSKAY ALL MEAT 84¢
ALL BEEF Goetze Franks GOETZE BIG DADDY FRANKS HYGRADE KNOCKWURST OR OSCAR MAYER WIENERS 1-lb. pkg. 89¢
Semi-Boneless Hams RIEGEL or ROESSLER PCS. lb. 79¢
Lunch Meats GOETZE OLIVE, OR PICKLE LOAF, LUNCHEON MEAT, BOLOGNA OR PLAIN LOAF 6-oz., pkg. 1-lb. pkg. 39¢
Fancy Pigs Feet OR NECK BONE PORK TAILS lb. 29¢
Tasty Liverwurst IN THE PIECE lb. 55¢
Crown Chip Steaks 2-lb. pkg. $2.99
Carnation Fish Cakes 12-oz. pkg. 49¢
SLICED TO ORDER American Cheese WHITE OR YELLOW lb. 88¢

Banquet Dinners 11-OZ. ALL VAR. FROZEN 39¢
Topco Bleach 1-gallon 35¢
Dog Club Meal 5-POUND BAG 55¢
Gaylord Pk. & Beans 15½-oz. can 10¢
Elna Cut Green Beans 15½-oz. can 15¢
Grapefruit Juice FOOD CLUB 1-qt., 14 oz. can 45¢
Food Club Pop Tarts all var. 11-oz. pkg. 35¢
Lemon Crumb Pies 1-lb., 6-oz. pkg. 39¢
Jubilee Cherry Pies FRESH 1-lb., 6-oz. 49¢

FRESHLY GROUND Beef 100% LEAN SOLD IN 3-LB. UNIT (LESSER QUANTITY HIGHER) 68¢ lb.

JUBILEE JUMBO WHITE BREAD 1-LB., 6-OZ. LOAF OR Rolls Hamburg or Hot Dog 8 in. 10-oz. pkg. 25¢

12¢ OFF—DETERGENT WHISK LIQUID gal. $1.47
10¢ OFF DRIVE DETERGENT 3-lb. 1-oz. box 79¢

GOLDEN RIDE BANANAS lb. 12¢
NEW GREEN CABBAGE lb. 10¢
FLA. JUICY LIMES FRESH EACH 7¢
CHERRY TOMATOES NEW CROP JERSEY PINT BOX 49¢

SHORTENING CRISCO 3 lb. can 89¢

MFC $1.00 OFF On Purchase of any SUMMER FURNITURE Limit 1 per shopping family. Offer expires Sat., July 24th, 1971 CUSTOMER

MFC 10¢ OFF On Purchase of 54X72" BEDGINGHAM SOFTCEL DELUXE TABLE CLOTH Limit 1 per shopping family. Offer expires Sat. July 24th, 1971. CUSTOMER

MFC 10¢ OFF LABEL 15¢ OFF On Purchase of 3-LB., 1-OZ., BOX GIANT DRIVE WITH OXYGEN BLEACH Limit 1 per shopping family. Offer expires Sat. July 24th, 1971. CUSTOMER

MFC 22¢ OFF on Purchase of 6-PKGS. ASST. CAKE MIXES PILLSBURY CAKE MIXES Limit 1 per shopping family. Offer expires Sat. July 24th, 1971. CUSTOMER

MFC 10¢ OFF on Purchase of 1-POUND BOX KEEBLER GRAHAM CRACKERS Limit 1 per shopping family. Offer expires Sat. July 24th, 1971. CUSTOMER

MISS MARY LOUISE MCCLINTON has been awarded a scholarship renewal for her sophomore year at Duke University College for Women by Kappa Chapter of Iota Phi Lambda Sorority. Miss McClinton maintained honor grades during the past year at the college.

## Watch out for decals on plates

The Food and Drug Administration has reported that decals used to decorate ceramic dinnerware can be a source of leachable lead and cadmium which may be absorbed by foods and beverages.

The decal presents a special, newly-recognized problem, affecting all types of dinnerware on which it is used.

The agency emphasized that under normal conditions of use, such dinnerware presents no health hazard, but it advised consumers, as a reasonable precaution, not to store acidic foods or beverages in dinnerware.

FDA said products such as fruit juice, carbonated beverages, wines, cider, all foods containing vinegar, sauerkraut, cooked fruits and fruit products are just some examples of acidic foods which should not be stored in dinnerware.

Although only one injury attributed to decal-decorated dinnerware has been reported, several alleged injuries involving other types of ceramic pottery have occurred.

## Madison YW to sponsor culture week

A teen week program, open to all teens, will include workshops on black culture in the United States and an overnight trip to Atlantic City. At the Madison Ave. YWCA, the Afro-American Cultural workshop from July 26 to July 28 will be led by Dialo Sekou and Agdul Shabaka, Americans who have taken African names.

Discussions will deal primarily with black actors, playwrights, singers and dancers. Paul Robeson, actor; Langston Hughes, playwright; James Brown, singer; and Bill Robinson, dancer, are some performers who will be studied.

The teen age participants will listen to music and be taught dance steps. They will also read short plays and perform a one act musical tragedy, "The King of Soul," by Ben Caldwell, centered on a famous black singer.

In poetry sessions the teenagers will study famous black poets; Leroi Jones, Paul Lawrence Dunbar and James Weldon Johnson. Individual students will create their own poems.

Participation in the workshops costs $6 for three days, and is open to all whether or not they are YWCA members. A performance of examples of all these art experiences will be presented on July 28 at 2 p.m. Everyone is welcome to attend.

The following day, teens will leave for Atlantic City. Buses will leave 1912 Madison Ave. at 8 a.m., July 29 and return at 6:30 p.m., July 30.

The group, chaperoned by Miss Virginia Williams, Mrs. Gertrude Finney and Miss Deborah Rucker, will stay at the Jefferson Hotel. Swimming, dancing on the Steel Pier, and shopping are among the activities planned.

Cost of the trip is $19.50 which includes bus fare and hotel room. Reservations should be made soon. For information, call the YWCA, 1912 Madison Ave., 669-1681.