Illustrious Women

MRS. CLARICE MONTAGUE BROOKS

By PAULA M. BROOKS

Mrs. Clarice M. Brooks is manager of St. James Terrace Apartments, 827 N. Arlington Ave., a modern, air-conditioned, gracefully terraced dwelling designed expressly for senior citizens.

Mrs. Brooks, in an interview this week said, "In order for a person to be eligible to live there, he or she must be 62-years of age. If a married couple wants to live there, one partner must be at least 62, the other partner may be younger.

There are 151 apartments in the building and there are 233 residents. The waiting list for an apartment is long and growing," she added.

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When asked if there were any difficulties in handling the problems of senior citizens she replied, "I find that I have to be very flexible and open.

The reason for that is that I'm not a senior citizen, and each age group has its own set of problems that have to be understood and solved."

Mrs. Brooks said that she would like to see the government provide larger living quarters at less money for senior residents. More recreation facilities should be included in senior citizen dwelling plans.

She added, "I feel that it's quite necessary for each apartment to be equipped with an intercom system for emergency purposes."

St. James Terrace Apartments is funded by the H.U.D 202 program. This particular program was initiated by the late John F. Kennedy.

It was built under the auspices of the St. James Episcopal Church.

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A member of the Board of Directors for Waters East Towers, another senior citizen apartment building under construction, and the Windsor Hills Improvement Association, Mrs. Brooks is an ardent traveler.

She is married to Desper D. Brooks, a building contractor. The couple have two daughters, Miss Sheila C. Brooks, (master's degree in social work) at the Department of Social Services and Paula M. Brooks, an AFRO reporter.

The family attends the First Baptist Church.

The Director of the Baltimore Veterans Administration Regional Office announced today that 80,541 Maryland veterans will receive government life insurance dividends totaling $5,847,000 in 1972. The dividends are part of a record $286 million which 4.1 million veterans throughout the country will receive during the first six months of this year.

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Another 155,000 veterans with World War I "K"-prefixed United States Government Life Insurance (USGLI) policies can expect $21 million in dividends averaging $135 per policy. All dividends will be paid by about April 15.

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Banquet BUFFET SUPPERS 2-lb. pkg. 99c

LANCASTER BRAND, BEEF
LIVER lb. 49c BABY BEEF lb. 59c
LEAN, COUNTRY STYLE SLICED
BACON lb. 67c
FIRESIDE BRAND, SKINLESS
FRANKS 2-lb. pkg. $1.29

BLADE BONE REMOVED
California Roast lb. 89c
LANCASTER BRAND BONELESS
Chuck Steaks lb. 99c
7-INCH CUT
Rib Steaks lb. $1.29
LANCASTER BRAND TENDER
Cubed Steaks lb. $1.39

LEAN, WELL TRIMMED STEAKS
Delmonico lb. $2.09
LEAN, FRESH
Ground Chuck lb. 89c
TENDER, OVEN-READY
Rib Roast lb. $1.15
LANCASTER BRAND BONELESS
Chuck Roast lb. 99c

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ORANGES

59¢ Doz.

FRESH VINE-RIPENED
Tomatoes lb. 59c
FRESH, CRISP
Carrots 2 1-lb. pkgs. 39c
FRESH, TENDER
Green Beans lb. 29c
GOLDEN RIPE CHIQUITA
Bananas lb. 10c

REFRESHING
Birds Eye Awake 3 8-oz. cans $1
10 PACK!
Roman Pizza 1-lb. 11-oz. pkg. 89¢
AUNT JEMIMA
French Toast 8-oz. pkg. 49¢
BROCCOLI SPEARS, CAULIFLOWER, BABY OR FORDHOOK LIMAS
Ideal Vegetables 4 10-oz. pkgs. $1
EXTRA LIGHT BUTTERMILK
Pillsbury Biscuits 4 8-oz. pkgs. 39¢
FLORA BRAVO
Soft Margarine 1-lb. bowl 39¢
IDEAL NATURAL
Sliced Swiss Cheese 8-oz. pkg. 59¢
TIP TOP
Citrus Punch 8 6-oz. btls. $1
ASST'D. FLAVORS, MRS. FILBERT'S
Take 'Em Tubs 4 5-oz. tubs 59¢
SAVE 9c PLAIN, SEEDED OR JEWISH STYLE
Rye Bread 2 1-lb. loaves 69¢
NEW FROM ACME!
Butter Top Bread 14-oz. loaf 39¢
SAVE 4¢ FRESH BAKED
Apple Buns pkg. of 8 49¢
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Children's Aspirin bot. of 36 29¢
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YELLOW CLING
Del Monte PEACHES 2 1-lb. 13-oz. cans 69¢

TENDER, SWEET
Del Monte PEAS 5 1-lb. 1-oz. cans $1.00

RICH RED
Del Monte CATSUP 4 14-oz. btls. $1.00

Regency Avocado or Honey Gold
IRONSTONE DINNER WARE

COMPLETER PIECES AVAILABLE DURING ENTIRE PROMOTION!

Your choice of two heart-warming colors in this charming, durable dinnerware by the famous Cannonsburg Pottery Company. Traditional in concept, its handcrafted look appeals to contemporary taste as well. Get this exciting new line of oven-to-table dinnerware at fabulous savings!

This Week's Feature Item:

7-IN. PIE-DESSERT PLATE

Only 33¢ WITH EACH $3 PURCHASE Buy 2 pieces with each $6 purchase, 3 pieces with $9 purchase, etc.

Fiesta Del Monte

DEL MONTE
Fruit Cocktail 3 1-lb. cans 89c
DEL MONTE CUT
Green Beans 3 1-lb. cans 79c
WHOLE KERNEL OR CREAM STYLE
Del Monte Corn 4 1-lb. 1-oz. cans $1
PINEAPPLE-GRAPEFRUIT
Del Monte Drink [illegible] 89c
DEL MONTE
Stewed Tomatoes 3 1-lb. cans 89c
BANQUET
Pear Pieces 3 1-lb. 13-oz. cans $1
DELICIOUS GRAPE
Welchade Drink 2 1-qt. 14-oz. btls. 69c
SUNSWEET
Prune Juice 1-qt. 6-oz. btl. 59c
RICH TOMATO FLAVOR!
Campbell's Soup 10 1/2-oz. cans 10c
EVAPORATED MILK
Carnation or Pet 13-oz. can 17c
WITH 15c COUPON BELOW
Dove Liquid 1-pt. 6-oz. btl. 45c
DISHWASHING DETERGENT
Liquid Joy DISTINCTIVE COUPON 1-qt. btl. 70c

10c OFF LABEL! GAIN DETERGENT 3-lb., 1-oz. package 85c

THIS COUPON WORTH (CO) 100 S&H GREEN STAMPS WITH YOUR $10 PURCHASE (Excluding Cigarettes & Milk Products) One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (CO) 50 S&H GREEN STAMPS with the purchase of a CROSS CUT, ARM OR RIB ROAST One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (CO) 25 S&H GREEN STAMPS with the purchase of a 1-lb. pkg. FRESIDE OR LANCASTER BRAND SLICED BACON One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (CO) 25 S&H GREEN STAMPS with the purchase of any 3-lb. FRESH GROUND BEEF One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (CO) 50 S&H GREEN STAMPS with the purchase of any two doz. IDEAL GRADE "A" FRESH EGGS One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (CO) 25 S&H GREEN STAMPS with the purchase of a 10-lb. bag WHITE POTATOES One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (CO) 50 S&H GREEN STAMPS with the purchase of a large size ANGEL FOOD CAKE One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (MFG) 15¢ CASH! toward the purchase of a 22-oz. btl. DOVE LIQUID One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (MFG) 25¢ CASH! toward the purchase of a 1-qt. btl. JOY LIQUID One Coupon per Family Please. Void After Feb. 1, 1972 ACME

THIS COUPON WORTH (MFG) 20¢ CASH! toward the purchase of a pkg. of 10 GLAD TRASH BAGS One Coupon per Family Please. Void After Feb. 1, 1972 ACME

ABOUT US TEENS

BY ANGIE THORNTON

The Spotlight of the Week has brightened its beams and it could certainly be shining on the students at Carver, but it shines on one individual. This young man in our spotlight for this week is a senior at Mergenthaler Vocational Technical High School, were he majors in industrial electronics. He is presently the short term Student Commissioner. If you haven't guessed by now I'm speaking of George Mitchell.

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George is a graduate of Pimlico Jr. High School, were he participated in the Boys' Hill Top Chorus, the Safety Patrol, and the Student Council. While he attended this school he was awarded an Outstanding Service Award.

George has moved up greatly since his days at Pimlico. He is now a very active young man at Mervo. He is the vice president of the Varsity M-Club and also vice pres. of the Student Advisory Council at his school.

George has received various awards such as Boy of the Year, awarded to him by Optimist Club, Outtanding Teenager of America 1971, the Service Above Self Award, awarded to him by the Baltimore Rotary Club. He was chosen as the Student of the Week by WEBB.

Mr. Mitchell is an all out sportsman. He was chosen as All MSA Defensive End, and he is the captain of the Varsity Football team as Mervo. George is a letterman, captain of the Championship Track team of his school where he runs the 220 relay, throws shot put and discus. But George doesn't stop with all this, he has won 3rd and 4th place in the South Atlantic Wrestling Tournament, 3rd. place in the American Federal Wrestling Tournament, and this year he will be going in these tournaments again.

GEORGE MITCHELL in the teen spotlight this week

This distinguished young man of sports and of so many other activities has a hobby that keeps him going. He enjoys cooking everything. George said, "I have no favorite dish, I just like to cook and eat. "George's words to live by are "Keep a smile on your face."

After graduation George plans to attend Penn State, where he hopes he will be able to get into profootball.

If he doesn't take on a sports career, he will go into computer programming or data processing.

When I asked George what he feels the most pressing problems are, he said, "I think the most pressing problem of today is a lack of communication People don't understand people, mainly the adults, but the youth are this way too."

As a last comment, student commissioners, George wants to see the commissioners that follow him to get a vote. He also wants to see better relationships between students. Mr. Mitchell is a concerned young Black man, who is doing and will continue to do things for and for our community.

As a last comment George said, "One thing that I feel very important is that the Black people need to stick together, if they plan to accomplish anything. We can't be against each other. We have to help each other out." I'm sure that the parents of this young man, Earlis and Henry Mitchell, along with his older sister are very proud.

Economy meals for good eating

A folk tale tells us that the early Germans burned eggshells because they believed that witches, who could not ordinarily cross water, could do so in egshell boats.

Eggs have been so important through history that they have figured in the customs and superstitions of many societies.

Some legends about eggs are no more than mistaken beliefs that can easily be disproven.

The U.S. Department of Agriculture's Consumer and Marketing Service gives the true facts to some frequent questions asked about eggs so consumer can set the record straight about this nutritious, economical and plentiful food.

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What are the stringy white pieces in egg white? These are perfectly normal components of eggs — the chalazes (ka-lay-ses). The chalazas is the thick, white rope-like material which appears on opposite sides of the yolk during formation of the egg, they anchor the yolk in the thick white.

Presence of prominent chalazas indicates high quality eggs. As eggs become poorer in quality, the chalazas tend to disappear. However, eggs may have small chalazas and still be of high quality. Some users, mistakenly thinking that chalazas are evident of fertile eggs, very diligently pick them out. This is not the egg white.

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Must egg white be white? Consumers may observe a greenish or straw color in egg whites rather than the crystal clear color they expect. So they as: "What is wrong with this egg? The answer is: "Nothing." Researchers have found that greenish or straw-colored whites are usually due to the riboflavin (vitamin B2) in the white. This essential nutrient is a desirable component.

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Is shell color important? Some users prefer brown eggs to white, or vice-versa.

Actually, the only difference is in the shell itself. The color of the shell is determined by the breed of hen. If hens have been fed the same type of ration, the eggs will be nutritionally equivalent, regardless of she color. They will also have thesame flavor, the same keeping quality, and the same whipping and cooking characteristics.

Here is a menu for a day's good eating using eggs and other plentiful and reasonably-priced foods:

BREAKFAST
Orange Juice
Apple Pancakes with Cinnamon and Sugar
Milk
Coffee or Tea
LUNCH
Tuna Salad Sandwich
Potato Salad
Fresh Pear
Milk
Coffee or Tea
DINNER
Broiled Chicken
Canned Sweet Corn
Broccoli
Chocolate Mousse
Milk
Coffee or Tea

Chocolate Mousse is an elegant dessert that belies the ease with which it can be prepared. Here are two quick and east recipes:

To serve 4, melt 6 ounches semi-sweet chocolate pieces in top of double boiler, over hot (not boiling) water. Remove from heat and cool.

When chocolate is cool, separate 3 eggs and beat the yolks one at a time into the chocolate. Add 1 teaspoon vanilla. In seperate bowl beat the egg whites until firm. Fold whites into chocolate mixture. Spoon into 4 dessert dishes and chill. Garnish with whipped cream, or chocolate sauce, or both plus a generous scattering of chopped pecans.

To serve 6: Whip 2 cups heavy cream until firm; in separate bowl beat 2 egg whites until stiff but not dry. Whip 3/4 cup chocolate syrup into egg whites and then fold this mixture into the whipped cream. Pour into serving glasses or dishes and freeze.

GRAMBLING, La. — A National Science Foundation grant of $45,862 has been announced by Grambling College President R. W. E. Jones to support an "Academic Year Institute in Mathematics for Secondary School Mathematics Teachers." The institute will be a cooperative endeavor between Grambling College and Louisiana Tech University. Classes will be taught at Louisiana Tech by faculty members from Grambling and Tech.

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3470 CLIFTON AVE

COMBINATION PACKAGE CHICKEN LEGS & BREASTS lb. 37¢

49¢

FRESHLY MADE GROUND BEEF IN 2 LB. PKG. OR MORE lb. 69¢

MASH'S FULLY COOKED SMOKED HAMS WHOLE or SHANK HALF 59¢ lb.

★VALUABLE COUPON★ JOHNSON'S PLEDGE 12-oz. can 89¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA MARKETS Offer expires Sat., Jan. 29th, 1972. LIMIT ONE COUPON PER FAMILY

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★VALUABLE COUPON★ YELLOW BUTTER COOKIES 12-oz. pkg. 29¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA MARKETS Offer expires Sat., Jan. 29th, 1972. LIMIT ONE COUPON PER FAMILY

★VALUABLE COUPON★ HORMEL'S SPAM 12-oz. can 49¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA MARKETS Offer expires Sat., Jan. 29th, 1972. LIMIT ONE COUPON PER FAMILY

★VALUABLE COUPON★ VEGETABLE STEW 24-oz. can 39¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA MARKETS Offer expires Sat., Jan. 29th, 1972. LIMIT ONE COUPON PER FAMILY

NOTE! FREE* FULL POUND PACKAGE OF LAND O' LAKES BUTTER ... GET DETAILS AT STORE!

Esskay's U.S.D.A. Choice Boneless Beef Roast 3 Corner or Cross Cut $1.29 lb.

Esskay's Breakfast Links 8-oz. pkg. 39¢

ESSKAY'S SELECT STEER BEEF LIVER 49¢ lb.

RATH'S CANNED PICNICS 5 lb. can $4.19

GOETZE'S BREAKFAST SAUSAGE 2 lb. pkg. 98¢

GOETZE'S VAC PAC LUNCH MEATS BOLOGNA, COOKED SALAMI, SPICED LUNCHEON 12-oz. pkg. 69¢

MORRELL'S PRIDE ALL MEAT FRANKS 1-lb. pkg. 69¢

SEAFOOD SPECIALS
Crab Meat lb. $1.99
FRESH SHUCKED OYSTERS
STANDARD pint $1.39
SELECT pint $1.39
Fresh Fish lb. 79¢

ESSKAY'S PURE PORK SAUSAGE 1-lb. pkg. 69¢

ESSKAY'S SWEET KORN SLICED BACON 1-lb. pkg. 79¢

GOETZE'S CLUB BOLOGNA at the piece lb. 59¢

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MORRELL'S READY TO EAT CANNED HAMS 4 lb. can $3.99

GOETZE'S CUT HAM SLICES $1.09 lb.

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GWALTNEY'S FRESH PORK SHOULDERS 6 to 8-Lbs. Avg. 49¢ LB.

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ALL MEAT FRANKS 12-oz. pkg. 79¢

COMBINATION PACKAGE Chicken Legs and Breasts 37¢ LB.

Morrell's-Smoked Neck Bones 33¢ lb.

Highland Brand-Breakfast Sausage 2 lb. pkg. $1.09

Rath's Pig Tails 29¢ lb.

★ Fresh Produce ★

YELLOW ONIONS 3 lbs. 29¢

LOUISIANA YAMS lb. 15¢

CRISP WESTERN CARROTS cello bag 15¢

DELICIOUS ANJOU PEARS 25¢ lb.

Eating Apples Fancy 3 lbs. 39¢

★ Dairy Specials ★

AMERICAN CHEESE .89¢
LONGHORN CHEESE .89¢
PILLSBURY BISCUITS 4 cans 39¢

DULANEY VALLEY FRESH MILK half gallon 54¢

TANGY SHARP CHEESE half pound 93¢

SUNANNA - PURE ORANGE JUICE half gallon 79¢

★ Frozen Foods ★

Swanson Pot Pies 4 8-oz. pkgs. 89¢

BANQUET - ASSORTED VARIETIES COOKIN' BAGS 8-oz. pkg. 25¢

GRAND DUCHESS - CHOPPED BEEF STEAKS 16-oz. pkg. 59¢

BIRDS EYE AWAKE 3 cans $1

CHIP'S CHOICE FRENCH FRIES 10¢

PACKER'S LABEL CUT CORN or SWEET PEAS Your Choice 11¢ pkg.

MAXWELL HOUSE COFFEE 1-lb. can 89¢

MIX 'EM or MATCH 'EM
CHICKEN NOODLE CAMPBELL'S SOUP 10½-oz. cans
MUSSELMAN'S APPLE SAUCE 25-oz. can
CAMPBELL'S PORK N' BEANS 16-oz. can
Your Choice 6 for $1

HUDSON PAPER TOWELS giant roll 29¢

DEL MONTE SWEET PEAS 2 303 cans 49¢

BLACK PEPPER 4-oz. can 39¢

LIQUID SWAN 43¢

LIFEBOUY SOAP 17¢

LIQUID IVORY 16-oz. OFF giant size 39¢

GAIN DETERGENT 16-oz. OFF giant size 79¢

WISK LIQUID DETERGENT 48¢
DRIVE DETERGENT 41¢
DOVE LIQUID 35¢
SILVER DUST 43¢
DOVE SOAP 2-39¢
RINSO DETERGENT 36¢
LUX LIQUID 35¢
FINAL TOUCH 41¢
BREEZE DETERGENT 43¢
LUX SOAP 2-35¢