WHEN ZETA PHI BETA SORRORS put it all together at a dinner dance in Baltimore, recently, among those having a high time were, from left: Mr. and Mrs. Clarence Bow of Philadelphia, Mr. and Mrs. Wilbert Jones, Mr. and Mrs. Otis Gambrell, and Mr. and Mrs. Edward Blanchard.

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TRAVEL ACCIDENT One Policy Covers Entire Group By AIR, LAND or SEA

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HAPPINESS WAS IN ORDER last week when Otis Oliver (second left) the Area Manager of the Maryland State Employment Service, was presented with a certificate of appreciation by members of the Police Department Recruiting Unit. From right are Police Agent Zander Gray, Mr. Oliver, Patrolman Eugene Tanzymore and Sgt. Ed Tilghman.

ATTENTION! TOUR WITH THE SOCIAL PLEASURE CLUB

A down payment will assure you a seat. When we depart August 8th for a 16-day tour of 16 States, all the way to California. This includes: Disneyland - Reno - Las Vegas - and many fabulous cities.

ADULTS—$345.00 CHILDREN—Half Fare

For further information call Mrs. V. Elliott 342-8979 or Mrs. McDallow 466-3973

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BEST BUY OF THE WEEK

Workshop tool group 57¢ each

All kinds! Pliers, hammers, screwdriver sets. Wrenches, saws, drills. More in the assortment.

Assorted brushes

Dusting and scrubbing brushes. Shoe shine and clothes brushes. Bath brushes, others. 67¢ each

Bath fixtures

Towel bars and rings! Wall and tub soap dishes. More. 2 for 99¢ Reg. 69¢ to 98¢ each

Extension cord set $1.27

Reg. $2.37

6-, 9- and 12-foot lengths. Heavy duty vinyl; triple outlets. In white or brown.

Self-adhesive Con-tact® 49¢ yd. 18" width

Wipe clean vinyls to decorate walls and lots more. Choose from patterns and color.

Con-tact® flocked, polished patent. 18" w., yd. 98¢

Con-tact® matching shelf liner. 13½" w. 2 yds. 98¢

Mops and brooms 99¢ ea. Reg. $1.29 to $1.79

Dry mops and wet mops. Sponge mops, plastic bristle brooms in our assortment.

SATISFACTION GUARANTEED REPLACEMENT OR MONEY REFUNDED

Booklet says how to keep car running

DETROIT — Now available from Car Care Council is a pamphlet entitled "Little Attentions Keep Your Car Running Right." Reprinted from the three-page text explains 11 components of a car which should be looked after regularly to keep a car running well.

To obtain the copy, send a stamped, self-addressed No. 10 envelope to: Car Care Council, 2130 Buhl Building, Detroit, Mich. 48226.

GRAMBLING, La. — The board of directors for the Grambling College Foundation announced today that Mrs. H. D. Burkhalter, a director of T. L. James Company, Inc., will succeed her late husband as chairman of the school's national finance committee. Harvey D. Burkhalter died Dec. 29, 1971 after introducing innovative methods and sophisticated fund-raising techniques in an intensive $300,000 annual drive for the Grambling Foundation. Mrs. Burkhalter indicated that she plans to continue the campaign using the same format and techniques.

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SUDDEN SUMMER-LIKE WEATHER with temperatures in the high 80's Wednesday brought out today's fashions. Photographed by the AFRO's I. Henry Phillips were (TOP) sisters, Misses Zorita Brooks and Brenda Taylor and (BOTTOM) CCB students, Miss Dinishea Harris and Gwendolyn McLaurin.

SCHOOL 181 FASHIONS — Among those displaying their latest creations at a fashion shown sponsored by Houston-Woods Junior-Senior High were (from left) Miss Joanne Walker, Miss Linda Johnson, Miss Christine Fullwood, and Miss Claudine Finch.

Good Parenting, topic of talk, Wed. at Towson

"Good Parenting" will be the subject of a special program to be held Wednesday, April 26 at the Lida Lee Auditorium, Towson State College from 10:15 a.m. to 1 p.m.

Mrs. Donald Woodruff, chairman of the event, announced there will be special bus service for those unable to reach Towson State College, leaving from the Martin Luther King Parent and Child Center, 560 N. Croadway and the Union Baptist Church, 1219 Druid Hill Ave. The buses will leave at 9 a.m.

Reservations can be made by calling the Maryland Committee for Day Care of Children at 367-7000. There is no fee for bus service, but there will be a $1 charge for registration for the meeting.

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PHASE 1 RATES WILL BE EFFECT UNTIL SAT. APRIL 29, 4 P.M.

HURRY! APRIL 29

3-MONTH PLAN ONLY! $7.00 A MONTH WITH THIS AD

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BALTIMORE MONDAWMIN SHOPPING CENTER 383-0200

EXCLUSIVELY FOR WOMEN HOURS: M-F 10-8:30 SAT. 10-5

Economy meals for good eating

When Shakespeare wrote, in Romeo and Juliet, the line "thy head is as full of quarrels as an egg is full of meat," he probably wasn't thinking of nutrients!

But his analogy is nutritionally apt, for an egg, like meat, is indeed high in protein.

Eggs are one of our most economical sources of nutrients, especially at this time during the exceptional rise in meat prices.

Rich in protein and many vitamins and minerals, they contain all the essential amino acids in generous quantities. Yet, even with all these nutrients, a large egg contains only 80 to 85 calories. Eggs are thus useful for people who must watch both their weight and their pocketbooks.

A meal including eggs gives you a satisfied feeling and sticks with you, but does NOT load you down with calories.

With all this going for it, the egg offers still another bonus this month. It's plentiful. The U.S. Department of Agriculture's Consumer and Marketing Service says that egg production is estimated to be maintaining last year's levels. Prices, says C and MS, are expected to average near the low level of a year ago, making them more economical than ever.

For the cook with a nine-to-five job or otherwise busy life, there's nothing like scrambled eggs to save time without skimping on nutrition. Scrambled eggs spell success for all cooks desiring easy, speedy meals for one or for many.

• • •

Regardless of how many eggs you scramble, allow one tablespoon milk and a scant 1/8 teaspoon salt for each egg. Add pepper as desired. Use only enough fat to cover the bottom of the skillet lightly.

Other foods can be added to scrambled eggs, stretching the eggs and your food dollar:

Trylightly browned sliced mushrooms; a pinch of a favorite herb, such as marjoram, chives, minced parsley, or seasoned salt; drained pineapple chunks; leftover chopped cooked meat, such as bacon, ham; or chipped beef.

Here's a plan for a day's good eating using eggs and other abundant and reasonably-priced foods:

BREAKFAST
Half Grapefruit
Wheatina
Milk
Coffee or Tea

LUNCH
Split Pea Soup
Chicken Salad Sandwich
Pear
Milk

DINNER
Baked Corn Grits and Cheese
Broccoli
Carrot-raisin salad
Milk
Coffee or Tea

Here's a recipe for a protein-packed treat using eggs and corn grits.

Baked corn grits and cheese require two cups water, one cup uncooked corn grits, one-half cup evaporated milk, (see Note), and two eggs; two tablespoons fat (margarine or butter), one and one-half cups cut-up cheese, three-fourths teaspoon salt.

To prepare, heat water to boiling. Slowly stir in corn grits. Cook and stir one or two minutes until thick. Stir milk, fat, most of cheese, and salt into grits.

Beat eggs and stir into grits. Pour grits in a greased baking pan. Sprinkle rest of cheese on top of grits.

Bake at 375 F. (moderate over) about 35 minutes until knife stuck in center comes out clean. Makes six servings, two-thirds cup each.

Note: Fluid milk made from nonfat dry milk may be used in place of evaporated milk.

Miss Young guest speaker at Morgan

Miss Jane Young, a lecturer from the University of South Florida and a television teacher for the National Instructional TV series, "Ready! Set! Go!," will be the guest clinician for the final program of the 3rd annual Elementary School Physical Education Series at Morgan State College Saturday.

Registration for the Saturday morning session on "Movement Education" will begin at 8 a.m. in Hurt Gymnasium, according to the clinic's director, Dr. Frank Langsner.

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DOUBLE KNIT NYLON SHELLS $1.99 Body beautiful, skinny ribbed tops for sunny days. Sleeveless styles with zipper front, turtle or mock turtlenecks. White, red, navy, blue, brown, lemon or lilac. S-M-L.

SHIPSHAPE SLEEVELESS SHELLS $1.99 AFTER SALE $2.99 Cool tops with nautical trims or stripes. V-necks Jewel necks Mock turtlenecks. The perfect mate for shorts pants, skirts. Navy, white, red, brown. S-M-L.

INDOOR/OUTDOOR ROOM SIZE RUGS $14.99 All-purpose rugs of polypropylene. Elegant tweeds in tones of blue, green, gold, or red. 8-ft. 6-in. x 11-ft. 6-in. Finished on all 4 sides. Stains wipe away. Won't fade or, Won't fade or mildew. Rubberized waffle back prevents slipping.

DELUXE 22-IN. 3½-H.P POWER MOWER $66 3½ H.P. Briggs & Stratton engine. 8-in. white wall wheels. Easy-pull vertical starter. Fully baffled. 6-position finger-tip height adjuster. Deluxe folding handle. AFTER SALE $74.99

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HOT SKIRTS Nifty little skirts button over attached shorts. Choose from bright combinations of solids and prints. Cotton. 8 to 16.

NOVELTY KNIT SHORTS Short shorts and Jamaicas... double knit for fit and comfort. Many styles. Solids, stripes. Jacquards! Nlyon or polyester. Bright solids. 8-18

SAVE UP TO 25% ROLL-UP Fashion Blinds 3-ft. width $2.47 AFTER SALE $2.97 8-ft. width $6.97 AFTER SALE $7.97 Choose green or woodgrain finished vinyl. Strong, durable, easy to keep clean and new-looking. ½-in. slats. Heavy-weight cord and cord lock. Great for windows, porches and patios. Six-ft. long: use indoor or out.

OUR BEST ONE COAT- INTERIOR OR EXTERIOR LATEX PAINT YOUR CHOICE 2 GALS. $9 AFTER SALE $6.95 EACH ARLANS WALL PAINT (Interior) ARLANS HOUSE PAINT (Exterior) ARLANS PORCH/FLR. ENAMEL (Exterior)

7-FOOT, 1-INCH ACTION PLAYGYM $14.88 7', 1" top bar, 6', 9" legs, 2 swings, 2-seater sky glide. Easy, trouble-free assembly. AFTER SALE $17.88

8-FOOT, 2-INCH PLAYGYM $28.88 8', 2" top bar, 7" legs, 2-swings, air glide, chin bar, 7' slide. AFTER SALE $32.88

SAVE 35% KWIK KOVER WIDE RANGE OF PATTERNS AND COLORS! 36-in. WIDE. SELF-ADHESIVE, CUT FROM FULL ROLLS. 4 YRS. FOR $1 AFTER SALE 39c. YD.

BIG YANK MEN'S FAMOUS BIG YANK JEANS $2.99 Sensational savings on famous jeans! Permanent press polyester cotton or 100% cotton with popular jean styling. Newest spring colors in patterns and solids. Sizes 28 to 38.

WOOD PICNIC TABLE $3.99 Top quality Canadian Pine, rounded and sanded edges. 30 in. table seats 4 children. Wide stanch legs prevent tipping.

ARLANS 10 W 30 SUPER PREMIUM MOTOR OIL 3 QTS. FOR $1 AFTER SALE 48¢ QT. Contains additives to prevent sludge build-up. All season oil.

6-WEB FOLDING CHAIRS $2.99 AFTER SALE $3.99 Polished aluminum tubing; polypropylene web. Comfort curve back. Folds for easy carrying and storage.

SAVE $1 MEN'S NYLON JACKETS $2.99 AFTER SALE $3.99 Assorted styles, all with contrast zippers, drawstring bottoms. Nylon cire. Assorted colors. S, M, L, XL.

Boys or Girls 20 in Hi Riser Bicycle $29.99 AFTER SALE $36.99

FOLDING PADDED CHAIR $8.88 Front legs have self-leveling glide caps. Pads are securely attached to frames.

FOLDING PADDED CHAISE $14.88 AFTER SALE $17.99 Polished aluminum tubing; tubular arms. 5-position Button tufted shredded foam mattress in print pattern.

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GIRLS NYLON TANK TOPS 2 FOR $3 AFTER SALE $1.99 EA. SIZES 7 TO 14

GIRL'S'S SLEEVELESS DRESSES $2.00 SIZES 3 TO 6X — 7 TO 14 AFTER SALE $2.99 to $4.49

Toddler Girl's Perm. Press SHORT SETS $2.44 SIZES 2 TO 4 AFTER SALE $2.99

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