Recreation schedule

June 9 — 6th Annual Bird House Making Contest at Hopkins Plaza, sponsored by Maryland National Bank at 12 NOON.

June 12 — Ground Breaking Ceremonies for Patterson Park Recreation Center, Luzerne Ave. and Baltimore St. at 2 P.M.

June 14 — Retirement Reception for Marie Peddicord, Director, Patterson Park Recreation Center 12 NOON at St. Elizabeth's Hall, Lakewood Ave. and Baltimore St.

June 16 — Senior Municipal Track Meet starting at 11:00 A.M. at Northwestern High School.

June 18 — Opening of Summer Fun Wagon Program.

June 21 — Bowling Qualification for United States Youth Games at 1:00 P.M.

June 25 — OPENING OF SUMMER PLAYGROUNDS!!

June 25 — Camp Concern opens in Bainbridge, Maryland.

June 25 — Try-Outs Track and Field for U.S. Youth Games at Walbrook begins to continue thru Thurs., June 28 from 5-7 P.M.

June 26 — Try-Outs Basketball Tues. and Thurs. June 28 at Cahill from 5-7 P.M.

June 27 — B.N.B.L. Exhibition at Hopkins Plaza at 12 NOON.

June 28 — Bowling Finals for U.S. Youth Games at Woodlawn Fair Lanes at 1 P.M.

June 18-23 — Md. State Jr. Tennis Championships — Clifton Park.

TEETHING PAIN

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A SUMMER LARK for AFRO proofreader, Mrs. Bertha Jordan, is a relaxing visit to Baltimore's Druid Hill Park with the new Kodak pocket Instamatic 10 camera. Summer and vacation time for millions of Americans mean more family fun to be captured in black and white or color photographs that can be enjoyed (and showed off) on other occasions.

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here and there

by Inez Kaiser

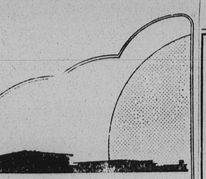
That vacation trip that my family and I took to the Ozarks last month was really a fun one. We had a ball boating, fishing and just getting out of doors. Of course, we had the usual mishaps — a few minor scrapes and cuts and many insect bites. Good thing we had along the CAMPHO-PHENIQUE®. After my many years of experience with my active son, I wouldn't think of taking any trip without including a bottle of CAMPHO-PHENIQUE.

My niece was around all day slapping and scratching until I called her aside to make a suggestion. "Why don't you look in the medicine cabinet," I advised. "and get the CAMPHO-PHENIQUE. It's simply great for soothing the sting of insect bites and you seem to have quite a few." "Won't it sting, too?" she asked. "No," was my answer, "it will just feel good."

A few minutes later, it was a very composed young lady who came back outside. "That was quick," I coached. "Yes," she replied, "the itching went away soon after I put that stuff on." "That 'stuff', as you call it, young lady, has been a household word for many years," I informed her. That CAMPHO-PHENIQUE is an effective antiseptic for use on cuts, scrapes and cold sores. It is particularly good this time of the year to soothe insect bites. The features that have kept CAMPHO-PHENIQUE in so many homes are its quick penetrating action and fast pain relief. CAMPHO-PHENIQUE goes to work relieving pain almost immediately.

"Oh, Oh," I exclaimed, "here comes your Uncle Richard looking at his elbow. It looks like CAMPHO-PHENIQUE has another job to do. I don't know what we mothers (and wives) would do without it. CAMPHO-PHENIQUE, let's get to work."

Campho-Phenique



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SOUTH BALTIMORE NOTES

Pre-schooler TV program okayed

By Walter W.E. Hill

Mrs. Mary Green, president of the V.I.P. (Parents-Teachers Association) states that the Sesame Street Station has been approved for Mt. Winans' Elementary School for the summer.

Sesame is an educational television program for preschoolers. After each program, the concepts which were conveyed on the program will be reinforced by teachers and their aides.

* * *

Congratulations are extended to Miss Darlene Renee Adams, daughter of Mrs. Mildred Adams of 2709 Salerno Place, who will graduate with the Class of 1973 of Eastern High School at the Baltimore Civic Center on Friday, June 15.

* * *

Congratulations are sent Miss Ceryse Mason, daughter of Mr. and Mrs. Charles Mason of 2309 Wayne Avenue, of the graduation class of the Forest Park High School which will be held in the Civic Center on Friday, June 8 at 8 p.m.

* * *

The Inner City Community Mental Health Center has in operation a 24 hour, seven days a week Emergency Service Unit. This unit will handle all telephone, out reach, and walk in crisis in the Inner City catchment area. The team is composed of full time paid professional and para-professional mental health personnel from a variety of disciplines - Nurses, Social Workers, Mental Health Associates, Community Workers and Psychiatrists. Twenty-four hours a day, 7 days a week, the team will work out of the William Street Mental Health Center, located at 112 E. West St. The 24-hour crisis number is 837-7676.

The program provides a full range of mental health services to residents of the catchment area, who wish help for themselves or members of their families, regardless of age, race, creed, color or national origin.

Some of the problems for which a person may get help are: Adolescent problems, Alcoholism problems, Child Behavior, Child Parent problems, Emotional problems, Family problems, Individual problems and marital problems.

* * *

Happy birthday greetings are extended to Mrs. Marlene Carter, Vernon Hill, Mrs. Regina Smith, Mrs. Louise Johnson, Miss Alverta White, Mrs. Mildred Turner, Mrs. Patricia Stewart, Mr. Morris Pinnele, Miss Gloria Nicholson and James and Edward Williams.

* * *

As an information follow-up, the Mt. Winans Civic Interest Group's "Executive Committee" met, with Tom Davis present, made recommendations and voted the C.E.B.O. (Council for Equal Business Opportunity) to be their developer for the commerical site on Hollins Ferry Road.

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YM camp scheduled for youth

The YMCA's summer resident camp, KING'S LANDING, for boys and girls between the ages of 7 and 15 is now accepting registrations for all periods.

There will be four two-week periods and two four-week periods. The shorter sessions begin July 1, July 15, July 29, and August 12. The four week sessions begin July 1 and July 29.

King's Landing is located on a secluded 235 acre site at the edge of the Patuxent River in Calvert County, four miles west of Huntingtown, Md. approximately sixty miles south of Baltimore.

Campers live in modern cabin and tent villages, according to age groups.

Activities include canoeing, horseback riding, sailing, water skiing, archery, nature and ecology study, games, swimming, arts and crafts as well as the many other sports.

The camp leadership is selected college students, teachers and former counselors graduating from KING'S LANDING, according to A. P. Moses, associate executive secretary in charge of camping.

Registration forms may be obtained by calling the resident camping office of the YMCA of Greater Baltimore Area, 539-2930. Youngsters need not be YMCA members to register for camp.

Marriage Permits

EATON-ROBERTS — Calvin C. 28, 4422 Charles; Pearl, 24, 1703 E. 31st.
RICHARDSON-VALERIE — David L. 18, 1936 Eutaw; Valerie D. 19, 573 Baker.
WHITE-TYLER — Sidney T. 26, 1719 Part; Barbara Y. 22, 1214 Eden.
COOK-COLEMAN — Eddie, 53, 117 W. Hill; Carrie F. 53.
THORNTON-LILLY — Larry C. 19, 431 E. 29th; Mary D. 19, 1426 E. Lanvale.

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Mrs. Sylvia Thomas of the 200 block of Asquith St. is the proud winner of $50.00 after winning the weight lost contest held by the Elizabeth Allen Shape Shop. David Carroll proprietor made the presentation, standing on the far right is manager Jennifer Carter, standing far left is instructress Patricia Guye.

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For Hot Summer Days

Bone up on steaks

What kind of beef steak to buy for the grill?

Here are a few tips from the U.S. Department of Agriculture's Agricultural Marketing Service. If you want to be sure of tenderness, juiciness, and flavor, pick one of the more tender cuts and make sure that it is either USDA Prime or USDA Choice grade.

The more tender cuts? Any of the loin steaks: sirloin, tenderloin, porterhouse, T-bone, or club steak. Or rib steak.

Many consumers complain that the names with which beef cuts are labeled in the grocery store are confusing—and that they wouldn't recognize any of these steaks if they saw them. Well, the loin and rib steak and roasts are more likely to be given their "standard" names than are other cuts of beef.

Cuts from the chuck are the most likely to inspire imagination on the part of the meat seller, according to surveys made by the USDA and trade groups. Some of the names given chuck steaks: His n' Hers, family steak, bread and butter steak, ranch steak—the list goes on and on.

A chuck steak can make good eating — especially if it is graded USDA Prime or Choice — but it will not be as tender as loin or rib steaks. There are several different muscles in the chuck, with varying degrees of tenderness.

A treat your family will enjoy when the temperature soars, is Ham 'N Cheese Snack Sandwiches.

Pot pourri

Hot summer days and lighter than usual appetites call for special planning at meal time. One idea your family will enjoy when the temperature soars, is Ham 'N Cheese Snack Sandwiches. These easy to eat "sandwich-snacks" may be made ahead in the cool of the morning, then wrapped in foil and reheated at serving time.

To make this quick idea, start with ready-to-use triangles of refrigerated crescent roll dough and top with a ham and cheese combo that's flavor sparked with green onion and mustard. Seal the filling inside, brush with egg and sprinkle with poppy seed, then bake until golden.

Serve warm and offer a variety of fresh garden relishes alongside. You'll find these taste-tempting snacks make great patio fare!

HAM 'N' CHEESE SNACK SANDWICHES

Three ounce package (1 cup) thinly sliced ham, three-fourth cup (3 ounce) shredded Swiss cheese, one and one-half teaspoons prepared mustard, eight-ounce can refrigerated quick crescent dinner rolls, one tablespoon water, one egg, slightly beaten, one-fourth teaspoon poppy seed.

Preheat oven to 375 degrees. Grease 8 muffin cups. In small bowl, combine four (4) ingredients. Separate crescent dough into 8 triangles. Spoon meat mixture on wide end of each triangle. Wrap dough around ham mixture; completely cover mixture and press edges of dough lightly to seal to prevent leakage during baking. Place in prepared muffin cups. Combine water with egg and brush on tops of crescents. Sprinkle with poppy seed. Bake at 375 degrees for 20 to 25 minutes until golden brown. Refrigerate any leftovers. Makes 8 snacks.

Salute summer with this frosty "Summer Sundae Pie" — peanut butter pastry shell. It's luscious!

SUMMER SUNDAE PIE

1½cups sifted all-purpose flour
½ teaspoon salt
½ cup shortening
1/4 cup crunch-style peanut butter
1½ to 2 tablespoons water
1 can (29 ounce) cling peach slices
½ cup butter or margarine
1 cup brown sugar (packed)
1 teaspoon vanilla
1 quart vanilla ice cream
1/4 cup chopped peanuts

Sift flour with salt; cut in shortening and peanut butter. Add water gradually, mixing lightly with a fork, until mixture is moist enough to shape into a ball. Roll out on a pastry board; fit into a 9-inch pie plate and flute edges to make a high rim. Pierce shell with fork.

Bake in a very hot oven (450 degrees F.) about 12 minutes. Cool. Drain peach slices thoroughly, saving 1 cup syrup. Combine butter and sugar. Cook uncovered over low heat, stirring constantly, until butter is melted and mixture is bubbling and blended — about 3 minutes. Stir in peach syrup. Cook uncovered over low heat stirring constantly, until sugar is dissolved. Insert candy thermometer and boil over medium-high heat until mixture forms a thick syrup (230 degrees F.) Remove from heat and cool. Add vanilla.

Just before serving, spoon half of ice cream into pie shell; top with half of peaches. Repeat layers. Top with caramel sauce mixture and peanuts. Cut into wedges to serve. Makes 6 servings.

• READERS ARE invited to send in their favorite recipes to this writer who will print them in this section. It's free, just type or print to: Potpourri, c/o AFRO-AMERICAN NEWSPAPERS, P.O. Box 1857, Baltimore, Md., 21203.

EASY OMELETS

"How do you want your eggs?" That's a familiar question every morning in homes across the nation.

But eggs are at home around the clock as an important part of any meal or snack. How they're served depends on the occasion. They easily adapt to many appealing and sometimes unusual dishes.

Eggs are plentiful now and the U.S. Department of Agriculture is spreading the word to encourage their use. Now may be an ideal time to try your hand at some new recipes.

Why not try making some omelets that can be as different in flavor as the various ingredients you choose to add?

Here are the main omelet ingredients:
6 eggs
3/4 teaspoon of salt
a dash of pepper
6 tablespoons of milk
3 tablespoons of margarine or butter

TO PREPARE: Mix eggs, salt, pepper, and milk until egg yolks and whites are well blended. Heat a large frypan just hot enough to sizzle a drop of water. Melt the margarine or butter in the frypan.

Pour the egg mixture into the frypan all at once. It should begin to cook at once at the outer edges. Lift the edges toward the center, and tip the pan so that the uncooked mixture flows under the cooked portion. The mixture is set when the egg no longer flows freely.

Slide the pan rapidly back and forth over the heat to keep the mixture in motion and sliding freely to avoid sticking Let the omelet cook about 1 minute longer to brown the bottom lightly. Fold one-half of the omelet over the other half. Serve at once.

And if you want to vary the flavor, on half the omelet just before folding, spread tart jelly or browned mushrooms, shredded cheese, herbs, or crumbled cooked bacon, or anything else to suit your taste.

Here's another variation: Fill the omelet before folding with canned cling peaches, then fold and sprinkle with powdered sugar. Then flambe with rum, brandy, and serve with sour cream for a super dessert.

New method studied to detect breast cancer

A new method of detecting breast cancer at a very early stage is being investigated with some success by a California surgeon. It involves examination of cells in breast fluid.

In screening done so far, Dr. Otto Sartorius found eight carcinomas (cancers). Each was under five millimeters (1/5 inch) in diameter — and each had been missed by mammography, a specialized X-ray technique which is among the latest advances in breast examination. In addition, the cancers were found in patients who had no symptoms.

Dr. Sartorius described his studies recently in the Medical News section of the **Journal of the American Medical Association.**

The surgeon began working with breast fluid about five years ago when he became director of the Cancer Detection Clinic at Santa Barbara General Hospital.

"We had been busy getting organized to do Pap smears for cervical cancer," he said. "But I felt that to do a Pap smear and ignore the rest of the body didn't make much sense. So we did a complete physical on each patient." (A Pap smear involves examination of cells from the neck of the uterus).

Dr. Sartorius found, for one thing, that not enough is known about the physiology of the breast. In a study of more than 400 women, he learned that most had five to seven breast ducts, at most nine, whereas medical textbooks mention 20 or so. It also seems obvious, he said, that the breast like other glands has to be continually regenerating itself. Old cells that are sloughed off presumably are digested by enzymes in breast fluid, so "there has to be fluid in the breast of every mature woman," even though it may not be obtainable on examination.

Using a suction device, Dr. Sartorius found fluid in the breasts of ¾ of a group of 200 women in one study. They ranged in age from 15 to 87 years, and the breasts of older women contained less fluid.

Since then, he has managed to "almost double the yield of fluid and cells" by administering oxytocin, a substance normally used to induce labor in pregnant women. "We are now getting 85 per cent to 95 per cent cell yields," Dr. Sartorius said.

The fluid examination is inexpensive, and since paramedical personnel could be trained to operate the suction device, the technique could be used in mass screening programs, the physician said. And he recommends its use in such programs now.

"Even with false negatives, you are going to pick up some cancers which cannot be found by any other means — as we did," he says. "So if you miss some you are still ahead of the game if you pick up any."

He is preparing to study fluid from 600 women — 350 of them without signs of breast disease; 100 with undetermined breast lesions; 100 at "high risk" (those who have had breast cancer or who meet other criteria); and 50 with clinical evidence of breast cancer. All of them also will undergo mammographic examination.

for and about Women

Corn can't wait

The secret of really delicious fresh corn on the cob is cooking and eating it right away — within a day or two after you buy it. If you hold it longer, the sugar in the kernels starts to turn to starch, and you lose the tenderness and sweet flavor that make fresh corn taste so good.

Now's the time to buy corn on the cob, according to the U.S. Department of Agriculture, because large supplies are now on the market. Check and see if it isn't a bargain buy in your supermarket.

When you buy fresh corn on the cob, look for these signs of quality:

Kernels that are plump, but not too large, and that cover the cob well.

Yellow corn of bright (not deep) color.

White corn that is relly white.

Husks that look fresh and are of good green color—not dried or yellow.

Silk ends free from decay of worm injury.

Keep fresh corn in the husk in the crisper of your refrigerator until you use it. And don't forget to use it right away.

June plentifuls

The U.S. Department of Agriculture's (USDA) Plentiful Foods List in June will feature products of the pasta family, which should be available at attractive consumer prices. Other foods on the June list are dry beans (navy-pintos), corn meal, grits, and eggs.

According to USDA reports, the supply situation for the June plentifuls is as follows:

Supplies of durum wheat (from which such pasta products as macaroni, spaghetti, noodles are made) are well in excess of anticipated needs for the remainder of the market year.

The 1972 crop of dry beans, one of the less expensive sources of high protein food, totaled 18 million hundredweight, 13 percent greater than the year-earlier yield. Pea and pinto beans are the varieties now most generously supplied, and are expected to be in plentiful supply in June.

Corn meal and grits are relatively inexpensive products and a boon to be the consumer seeking to restrict the rising cost of the family food requirements. Corn supplies are adequate for current needs. Production of all corn in 1972, 5.6 billion bushels was only 2 percent less than the record 1971 crop. Production of white corn, the source of grits, was large last year.

Although June 1973 egg production is expected to be below last year's level, USDA anticipates that eggs will be a relatively economical source of high protein food during June.

Beauty tip

You get a new outer skin every 27 days — the life span of your epidermal cells that are rubbed or washed away.

And that means a new chance to do something about how yours looks.

A little babying will go a long way toward helping to keep the new skin smooth and soft.

And all it really needs is moisturizing and something to replenish the natural oils that sun and soap and water take away.

A bottle of pure gentle baby oil will do it all.

Smoothed on all your skin overnight, or added to your bath water, it replenishes the natural oils that keep your skin soft and smooth.

Summer vacation tips

The traditional summer vacation trip of the American family is highly recommended by your doctor. The family needs to get away from home and office chores, forget day-to-day worries for a short time and generally get rejuvenated and ready to face another year.

Whether your vacation will be a short trip to a nearby lake, camping out in a national park, a plane trip abroad, or what have you, the American Medical Association lists a few things to keep in mind that will help avoid having the holiday spoiled by illness.

Depending on where you're going, you may need some vaccination shots. Tetanus, certainly, for anyone who expects to include some out-of-doors activities. Typhoid, if your journey includes areas where the water supply is uncertain. Possibly smallpox, if you're visiting a foreign land where the disease is still present. Ask your doctor about these, and possibly other, immunizations.

Use common sense about your vacation diet. Many a family trip has been spoiled by too many roadside hamburgers and soft drinks. A sound rule while driving cross-country is to eat lightly. Be cautious about heavy, rich meals, particularly if you're not accustomed to such fare at home.

Know what sort of climate you will encounter at your vacation spot and dress accordingly. It can get cold in the mountains or on the desert at night, even in midsummer. Good walking shoes are important to the wardrobe.

If you wear glasses, take along an extra pair. Or at least a copy of your prescription. If you're taking a regular medication, make certain of your supply before you leave.

Finally, don't overdo it. Almost no one other than a trained athlete is ready for 36 holes of golf or five sets of tennis under a broiling sun. Schedule your vacation to allow daily rest periods. Do most of the driving in the morning hours and stop for the night in early or mid-afternoon.

Your vacation should be a holiday for rest and relaxation. It should not be a grind that necessitates another vacation to rest up from the vacation.

YOU ARE NEWSWORTHY!

In an effort to serve more effectively our readers, the AFRO's Women's Editor is compiling a comprehensive listing of social and community groups and organizations. Such a listing is necessary to insure satisfactory coverage of all activities. If your group is interested in being included on this list, please fill out the form below and mail it to:

MS. MARIE P. COOKE, WOMEN'S EDITOR
c/o AFRO-AMERICAN NEWSPAPERS
P.O. BOX 1857
BALTIMORE, MARYLAND 21203

ORGANIZATION NAME _____
CONTACT PERSON _____
COMPLETE MAILING ADDRESS _____
_____
MEETING TIME, DATE _____
MEETING PLACE _____
PURPOSE OF ORGANIZATION _____
_____
(Note: Also include complete roster of officers and members of group.)

Fashionettes

One of the smartest investments you can make — a handy travel bag. Such an oversized bag is perfect for for all the things you carry to work.

* * *

According to the National Handbag Association, materials in travel bags are as diverse as silhouettes. There's glossy patent, plenty of soft leather and leather look-alikes, ostrich for dressing up, canvas and tapestries for easy casuals.

* * *

Evening clothes are easily overwhelmed by too much handbag. Best fashionmate: a small, feminine bag suspended from a shoulder chain.

* * *

What's newest way to top pants for spring and summer? Sportswear sophisticates say it's the easy-to-wear tennis look, even if you never go near the courts. The handbags that score with this look have a sporty flair. Included are the following types: compact but handy wallet with separate change purse; wood ornaments on a double-handled smooth patent sporty bag with adjustable shoulder strap, a quilted gingham patchwork rectangle bag with zipper compartment outside.

* * *

A classic shoulder bag with outside zipper pocket is a match for easy sportswear.

* * *

One of summer's special pleasures is a day at the beach. Take along a bright beachbag. The newest batch is smashingly colorful and decorated with nautical appliques.

Miss Shelia King, official representative of Mayor John V. Lindsay of the New York Convention and Visitors Bureau, is tree-watching in a tailored two-piece shirt dress that has a multi-squared print in an eye-catching black, red and yellow knit.