Week's best buys

It is the season to enjoy produce that is only available fresh, in quantity, during spring. during spring. Shop carefully for the best quality and give it proper care, advises Marylist, Cooperative Extension Service, University of Maryland.

At one time, asparagus was not available until late May and June, but with California Shipments early in the year, the season has become extended. It is now time for N.J. asparagus to come in greater volume even though the crop yield is sub-normal.

When buying, look at the stems and the base of the spears so you get bright, green, plump, crisp stalks with tightly closed tips. Each spear of asparagus will snap at the place where the very tender portion ends. If the end pieces are green, they may still be used. Cut the stalk in small pieces, stew it until tender, and use it for cream of asparagus soup or in a casserole wher appearance or shape is not important. Normally, you can can count on four servings per pound.

Asparagus is a good source of vitamin A and it is low in calories, only 2 in six stalks, unless you add a rich dressing or sauce.

• • •

Anothe dark green vegetable recommended is broccoli. The Calif. crop yield is up thirty per cent because of very favorable growing conditions. While broccoli belongs to the cabbage family, it is usually considered a more elegant vegetable, fit for company or every day meals.

When selecting broccoli, watch for flower buds that have started to pen to a purple or yellow, which indicates over maturity or stalks having been cut and held too long before sale.

If stalk ends are thick and heavy, split them vertically before cooking so the tender buds are not overcooked.

To keep broccoli bright green, do not put the lid on the pot for the first two minutes of cooking. This allows volatal gases to escape and avoids the drab olive color which often develops.

• • •

Florida sweet corn is arriving in greater volumne. Select on the same quality points you use for on local corn. Other recommendations are Maryland spinach and green onions, carrots and cabbage.

Spring is when we import the greatest amount of fresh pineapples from Hawaii, Puerto Rico, and Mexico. Fresh pineapple is a treat and can be used in many ways. Heat it throughly and cool if you if you plan to use in gelatin salads because it has a ripening enzyme that will keep the gelatin salads because it has a ripening enzyme that will keep the gelatin from setting or becoming firm.If you have an electric knife, it will be helpful if you wish to peel the pineapple. Otherwise, slice it in sections lengthwise and cut the flesh from the rind, then cut into chunks or wedges.

Strawberries are in season, with the late California crop and the nearby and local berries at their peak before the end of the month. Look only for shiny red berries with fresh tiny fitting green caps. Do not wash strawberries or remove their caps until used. Washing removes a natural protective outer layer and the cap helps preserve flavor, texture and nutrients. Strawberries are a good source of viatmin C, a nice supplement for citrus.

• • •

It is also the season for rhubarb. While we use this vegetable most often as a fruit, it can be used as a side dish with meat. The rhubarb and strawberries combine for an excellent pie filling. Use the stalks only, never the leaves, as they containoxalic acid which is harmful. Sweeten cooked rhubarb while it is still warm so the sugar dissolves and you use less sugar.

• • •

Watermelons are more plentiful, as well as Florida limes. Banas are still one of the lowest cost fruits on the market.

Asparagus and Ham

Cooke aparagus and, for each serving, roll 5 or 6 stalks in a thin slice of cooked ham. Arrange in a baking dish; pour a che sauce over; slip under the broiler until the cheese is bubbly brown.

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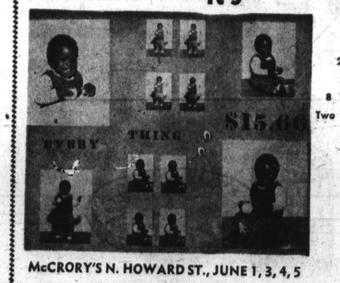

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14 Morganites inducted into honor society

By Marie P. Cooke
AFRO Women's Editor

Pi Sigma Alpha, the national political science honor society, inducted 14 chapter members at Morgan State College as it was officially inaugurated on the Northeast Baltimore campus recently.

The establishment of the Zeta Psi chapter at Morgan State is only the third one in the State of Maryland, the others being at the Johns Hopkins University and the University of Maryland at College Park. Pi Sigma Alpha is the 14th national honor society on the Morgan campus.

Student inductees were: Andrew Arenson, Monroe Brown, Linwood Jones, Gloria Morgan, and Roderick Tate, all from Baltimore and Allyne Plummer from Gaithersburg, Md.

Faculty inductees were: Augustus Adair, Dr. Robert Gill, Dr. C. Vernon Gray, Joseph L. Overton, Miss Deborah Parks, Dr. Thomas Quaynor, Clifton Vincent, Dr. Alexander J. Walker.

Established at the University of Texas in 1920, Pi Sigma Alpha was organized to promote knowledge of and interest in political science. There are approximately 14,139 chapters and 35,000 individual members in the U.S.

WHITE FOR A SPECIAL OCCASION — David Hughes, left and Charles Knight, right, shook hands on Sunday when they arrived at their graduation exercises from [illegible] High School, at the Cathedral of Mary Our Queen. For commencement, all the young sters were dressed in white tuxedo coats and shirts with complementing black bowties and trousers.

AFRO Staff photo by Benjamin Murphy Phillips IV

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1 cup elbow macaroni; 1 teaspoon salt; 1½ cups diced sharp Cheddar cheese; 1 egg, beaten; 2 tablespoons butter, melted; 1 cup heavy cream; ½ cup milk; Salt and pepper to taste.

Preheat oven to 400 degrees F. Cover macaroni with water. Add salt. Boil for 5 minutes. Drain.

Mix with 1 cup cheese and the remaining ingredients. Blend well. Pour into a greased 2 quart ovenproof casserole. Top with the remaining cheese. If desired, sprinkle with paprika for the lively color it gives.

Bake for 35 minutes or until brown on top.

(Serves 6-8)

SMOTHERED CABBAGE

1 (4-5 pound) head of cabbage; ½ cup bacon fat; 1 large onion, chopped; 1 teaspoon salt; ½ teaspoon black pepper.

Melt the fat in a frying pan which has a cover. Add vegetables and seasonings.

Cover and cook over low heat for 1 hour. Stir frequently to prevent vegetables from sticking to the pan. The vegetables are done when they are tender, medium brown in color, and have been reduced to half their original volume.

(Serves 4-6)

MARIE'S CANDIED YAMS . . .

2 large yams or sweet potatoes; ½ teaspoon nutmeg; 1 teaspoon cinnamon; ½ cup white sugar;

2 tablespoons margarine or butter; 2/3 (two thirds) cup evaporated milk; 1-3 (one-third) cup water.

Heat oven to 350 degrees F.

Peel and slice raw potatoes. Place one layer in a greased ovenproof casserole.

Mix nutmeg, cinnamon, and sugar. Sprinkle half of the mixture over the potatoes.

Dot potatoes with one half of the butter. Add another layer of potatoes. Sprinkle with the remaining sugar mixture and butter.

TURNIPS and GREENS

3 pounds fresh turnip greens; 1 pound white turnips; 1 quart water; ¼ (pound) salt pork, sliced; 1 teaspoon salt; ¼ teaspoon black pepper.

Wash greens carefully, to remove sand and dirt. Discard any yellow leaves and heavy stems. Cut the greens into small pieces. Peel and dice turnips. Place both vegetables in a large pot. Add water. Cover pot. Simmer over low heat.

Meanwhile, fry salt pork until brown. Pour meat and its fat onto the vegetables. Add salt and pepper.

Cover pot. Simmer over low heat for 2 hours. Correct seasoning. Serve vegetables with plenty of the stock or pot "liker."

(Serves 4-6)

Send your favorite recipes to:

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MT. WINANS NEWS

Area co-eds earn degrees

By Gertrude M. Parker

The Annual Women's Day will be held at the Bethany Baptist Church on Sunday, June 12. Services will be held at 11 a.m. and 5 p.m. Mrs. Edna B. Parker is chairman; Mrs. Dorothy Shanks, co-chairman. The Rev. Mr. James H. Reynolds, pastor.

Among the recent Morgan State College graduates was Miss Harrietta Wallace of Huron St. who received a M.S. degree and Mrs. Laura V. Townes of Huron St. and Mrs. Betty Burley Simms of West Port St. earned degrees from Coppin State.

• • •

Among those who attended the 25th Anniversary of the Extension Homemaker's Council of Baltimore City from the Mt. Winans and Westport areas were Mrs. Francis Sigal, Mrs. Saide Blocker, Mrs. Mabel Brown, Mrs. Elizabeth Wallace.

• • •

Mrs. Elizabeth Fletcher of 2505 Ridgely St. celebrated her 85th birthday on May 3 at a party given for her at the Cherry Hill Center by Mrs. Gwen Johnson and her staff. She was given an expense paid trip to Canada in September with all expenses paid by her church, St. Veronica's located in Cherry Hill.

Mrs. Mable Fletcher was honored by her church, The Star of Bethlehem AME last Sunday in a "This Is Your Life" program. She has served on the senior choir and on various boards for a number of years. Sharing with her was daughter, Edna and her granddaughter, Romonia and her family and a sister, Mrs. Edna Kess Mitchell.

Mrs. Charlotte Hill was chairman of the affair. The Rev. Mr. Roland Howard is pastor.

Calvert County News

Funerals held here

By Melvina Edwards

Funeral services for Ellsworth Spriggs were held on Wednesday at Peters Church in Dunkirk. Mr. Spriggs was pronounced dead on arrival at Calvert County Hospital last week.

• • •

Gill Purvey of Huntington on Breezy Point Rd. died recently. He was the son of Mrs. Ethel Purvis.

• • •

John Wesley Brantfield died Tuesday at Maryland General Hospital. Funeral arrangements were not complete at AFRO press time.

Pageant preliminaries June 1

The preliminaries for the Fifth Annual Miss Black America of Md. pageant will be held on Saturday, June 1 in the auditorium of the Helene Fuld School of Nursing located in the Provident Hospital complex.

Some 19 young women from the area will compete in the three-segment program. They will be judged on talent, swimsuit and evening gown appearance.

The contestants are: Constance Blake, Carolyn Campbell, Denise Dobson, Ellen Evans, Nancy French, Vanessa Gibson, Yenetta Hill, Robert Ann McCormick and Virginia Miller;

Florella Mitchell, Linda Ann Moultire, Claudia P. Silver, Zethray Smith, Elizabeth Spriggs, Katrinka Stringfield, Romaine N. Taylor, Bernessa Weems, Roberta West and Diana R. Wharton.

The final phase of the contest will be held on Saturday, June 8 at the Langsdale Auditorium at the University of Baltimore.

The winner of the pageant will receive $500 cash. In addition, she will compete for the national title in Indianapolis on July 27.

Pageant producer is Mrs. Diane Kane. Ed Terry is the director.

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