Columbia Capers

By Pinnie L. Ross
AFRO Columnist

The Youth Center of Oakland Mills (Columbia) will sponsor a fund-raising activity to benefit the Oakland Mills Teen Center on March 29.

Special guests will be Julia Bond, member of Georgia House of Representatives, Dick Gregory, and singer Viki Fords. for tickets call 730-8879.

Monumental Auxiliary

The Women's Auxiliary to the Monumental City Medical Society met in Columbia last week at the home of Celonia C. Walden.

The meeting brought gaiety and plenty of excitement to the 55 ladies in attendance.

Robbie E. Chissell, president of the organization opened the meeting, after which the Minutes were read by Mrs. Ruth Hunt in the absence of the secretary.

The 1975 calendar of events wes discussed. The first among four activities planned by the auxiliary is the Arena Players Benefit, which will be held March 15 at 7 p.m. at the Arena Playhouse. All proceeds will benefit the Arena Playhouse Kay Carter, Catherine Adoms, Irma Holmes are the chairpeople.

Mildred Campbell is the chairperson for the Doctors' Day Dinner, according to Jeanne Cooper, vice president and chairperson for membership. The dinner will be a "getting to know" kind of dinner and will be held at the 3000 Restaurant.

Invitations will go into the mail soon to guests of the Auxiliary for their Spring Dinner Dance. The affair will be held on May 17 at the Baltimore Hilton Inn. It will be the group's fund-raiser. A black tie affair, all proceeds will benefit Provident Hospital. Jackie Chambers is the chairperson.

Mrs. Chissell introduced the regional director for Region III, WA-NAM. She was lovely Mrs. Celveland Smith, who gave information concerning the regional conference to be held in Baltimore, April 11, 12, and 13.

It was my pleasure to chat with Mrs. Smith while the members enjoyed the extended hospitality of Columbia hostesses, Mrs. Walden and Ms Reginald Crosley, Emmanuel Francois, James Gilliam, Anthony Jean Jacques, Vincent Blake, George C. Page, David Reagin, William Rice, Hubert Skinner, Philip Webster, and Richard Tyson.

The members talked while sipping a variety of wines and ate from decorated tables of fruits, cheeses, and crackers.

Mrs. Smith has been regional director for two years. She said that her present position will be an elected one this year and that she was reappointed by two presidents.

Mrs. Smith is in charge of six regions and eight states, which certainly keeps her quite busy. It's strictly a volunteer job with only $200 reimbursed, which I am sure does not cover her traveling expenses.

She said, "I like it, I enjoy it, I am out about two nights a week. I was going to graduate school, but I had to curtail it because of my travel."

The pleasant Mrs. Smith, dressed in a peach, long-sleeved jersey dress is quite proud of the Maryland Auxiliary. She said that one of their criteria is membership and that the Md. membership is up about 20 per cent, and with that kind of membership, the Baltimore group will be up for an award. She said that the number of physicians in an area makes a difference.

According to Mrs. Smith, the Baltimore group will have competition from the Nashville, Tennessee, group — membership competition that is.

Mrs. Jeanne Cooper, set her goal for 99 members and has reached the one hundred mark. With one hundred paid in full, she said, it is a possibility that the group will receive the outstanding and expanding awards at the convention in Miami.

Mrs. Smith is wife of Dr. Cleveland Smith and mother of three children. They live in Washington, D.C.

After the tasty repast, the women prepared themselves for the Chinese auction. Each member brought a beautifully wrapped gift to be auctioned off. Gifts went to the person having the highest bid. They collected $38.58, which went into their treasury.

The Chesapeake Club recently elected new officers. From L to R: Hermon Jones, assistant financial secretary; Vernon Thornton, board member; Dr. A. V. Forte, first vice president; the Rev. Jerry Williams, parliamentarian and advisor; Daniel Matthews, president; Leroy Flanagan, recording secretary. Back front: Francis Bennett, board member; Ulysses Holmes, board member; Melvin Roy, financial secretary; Franklin Samuels, assistant financial secretary; William Dorsey, treasurer; Thomas Taylor, corresponding secretary; Jackson Truehart, tird vice president; Andrew C[illegible], board member.
(Photo by William Bailey)

Dick Gregory is among those national figures scheduled to appear at the Oakland Mills Teen Center, Columbia, March 29. Others are Rep. Julian Bond (Ga.), and singer Viki Forde.

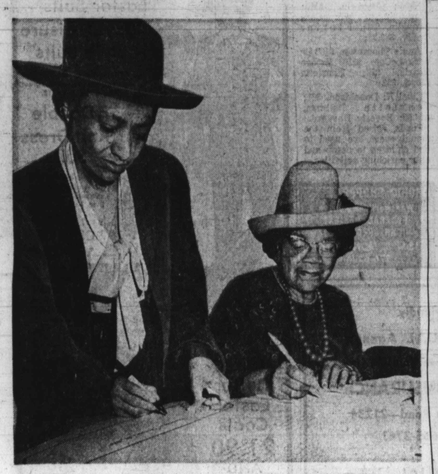
Drop-in center at YWCA

A teen drop-in center, opening at the YWCA, 1912 Madison Ave., which opened on March 11 offers bowling, card playing, games and ping pong on Tuesdays and Fridays from 3:30 to 6:30 p.m.

Also, guest speakers will be invited to discuss drugs, sex, politics, personal identity, African culture and other subjects of interest to teens.

Teens of the Baltimore area are cordially invited to make the YWCA a gathering place. There is no admission charge; only fee is the YWCA junior yearly membership, costing $2 per year. The YWCA is a member agency of the United Fund.

For information, call: 669-1881

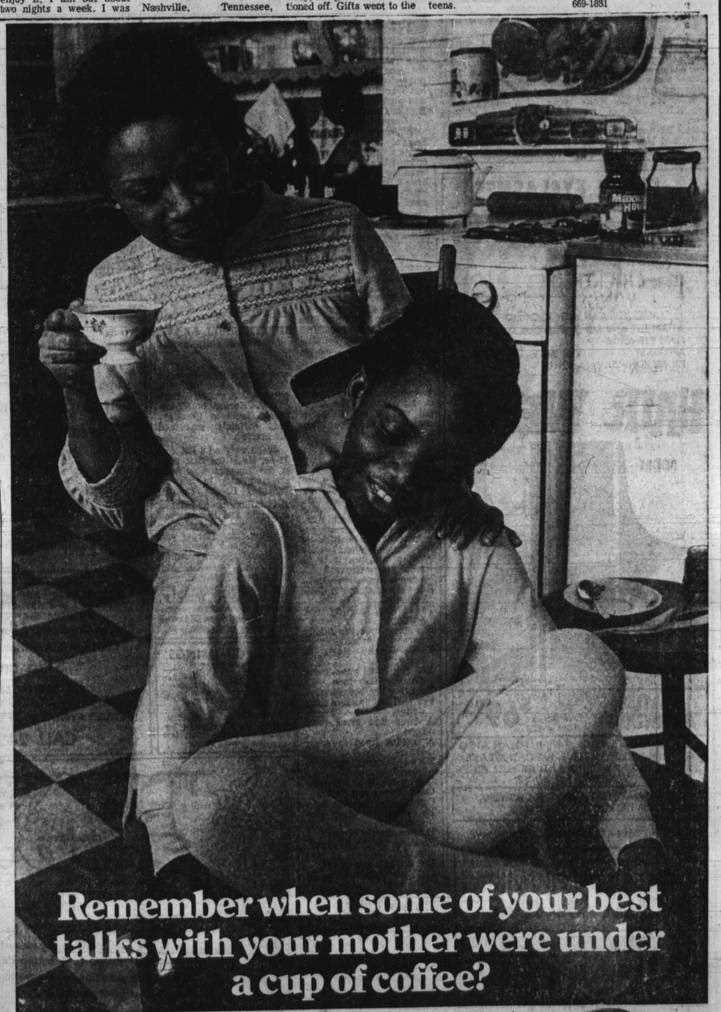


"An Afternoon with Woman Power" drew some 300 members and their friends to Enon Baptist Church recently. Here, the executive director, Vera R. LaCato and Ruby Anderson, membership chairperson, check names of those who joined the group that day. See More Local Club Notes for details.
(Reflections photo by Benjamin M. Phillips)

GUS JOHNSON AND BILLY ECKSTINE SAY . . .

"DO AS THE CELEBRITIES DO"
BRING US YOUR DOCTOR'S PRESCRIPTION TO BE ACCURATELY FILLED BY US!

ALLEN LEE OPTICAL FASHION CENTER
HOURS DAILY: MONDAY THRU FRIDAY 9-5:30 THURSDAY UNTIL 8 P.M. SATURDAY TIL 1 P.M.
ALL MAJOR CREDIT CARDS HONORED
MEDICADE • 486-2400 • MEDICARE
• EMERGENCY SERVICE
1422 REISTERSTOWN RD. • PIKESVILLE, MD.
JUST SECONDS FROM BELTWAY EXIT 20
FREE PARKING!



Remember when some of your best talks with your mother were under a cup of coffee?

One of the best times to get next to your mother was when she was doing your hair.

She'd talk to you then, and drink coffee. You'd listen. And sometimes she'd let you make her another cup, because you made it just right.

Now you drink coffee the same way she did then. Because, like your mother, you like that special cup of coffee. So you make sure you use the same coffee she used then. Instant Maxwell House.

Instant Maxwell House. More than a good cup of coffee.

Oysters can be frozen in shell or shucked

ANNAPOLIS — Oysters, in the shell or fresh shucked, can be frozen without losing the quality of the Chesapeake Bay's finest morsel, according to Beverly Waters, home economist with the Seafood Marketing Authority, a division of the state's Department of Economic and Community Development.

Mrs. Waters also offers these helpful hints to the consumers:

Oysters in the shell will normally have a shelf-life of two or three weeks if stored on ice or refrigerated at 35 degrees F. Shells should be tightly closed or, if open slightly, should close tight when touched, indicating the oyster is alive when used or prepared for the freezer.

The quality of oysters is better if frozen after shucking, but if you must freeze oysters in the shell, put the live oysters in freezer poly-bags, seal tightly and freeze. Storage time at 0 degrees F. is about three months.

Thaw frozen oysters in the refrigerator; use immediately after thawing.

Fresh shucked oysters have a shelf-life of ten days to two weeks when stored on ice or refrigerated at about 35 degrees F. If you wish to freeze shucked oysters, put oysters with juice into a rigid plastic container with tight fitting lid; be sure to allow ½-inch head space at top of container. Storage time at 0 degrees F. is six months.

Frozen oysters should be thawed in the refrigerator and used immediately. Cooking methods are the same as for fresh.

It is also a good idea to purchase oysters in the gallon containers which are often considerably less expensive to buy than the eight or 12-ounce containers. Take these oysters and freeze the amount you wish to use in half-pints, pints or quart containers. Freezing can be an economic plus for the consumer and enable one to serve oysters more often.

Freeze oysters often turn a pink or red color. This is usually the result of what the oyster has eaten and a combination of weather conditions from hot to cold. Oysters so colored are considered completely safe for consumption, raw or cooked.

Freezing oysters, breaded and blanched, or in other cooked dishes also results in quality products. Products should be frozen in air-tight packaging and stored at 0 degrees F. Storage life is about three months. These products should not be thawed, but cooked right from the frozen state.

Frozen breaded oysters purchased in local retail stores have a shelf-life of six months or more. These products should also be cooked in the frozen state.

For a free brochure on oyster recipes write: Oyster Recipes, 2525 Riva Road, Annapolis, Md. 21401.

Goodyear manager Investment

William "Bill" Allen is the new store manager for the Goodyear Service Store at 1201 Mt. Royal Ave. (at Oliver St.). He replaces Bob Nevin who has been promoted.

Bill Allen managed this store from 1954 to 1959.

While he was manager he participated in the AFRO-Cooking Schools at the Monroe Street Coliseum.

Granulated sugar, small eggs, rock fish show decrease this week

The Baltimore Retail Food Price Report is an itemized list of food products compiled by Helen M. Huber, marketing specialist, Maryland Department of Agriculture, marketing office. Its purpose is to inform consumers as to the price of items for sale in area supermarkets during the week. A new report is made every seven days and appears in each Friday edition of the AFRO.

The figures show the price range in stores surveyed. (*) Higher (-) Lower.

VEGETABLES	UNIT	PRICE
-Cabbage	lb.	10-20
-Carrots	lb.	25-35
Collards	lb.	39-41
-Celery	bunch	29-39
Corn	ear	17-21
-Cucumbers	each	35-59
Eggplant	each	45-49
Lettuce, Iceberg	head	33-49
Mushrooms	lb.	99-1.19
Squash	lb.	29-59
Spinach	10 oz.	59-69
Kale	10 oz.	35-59
Onions, Green	bunch	17-25
Onions, Yellow	lb.	12-20
*Onions, Spanish	lb.	23-39
Onions, White	lb.	29-59
Peppers, Green	each	25-35
Potatoes, Sweet	lb.	25-29
-Potatoes, White	5 lbs.	49-59
-Potatoes, White	10 lbs.	69-1.09
Potatoes, Baking	lb.	17-23
Radishes, 6 oz.	bag	13-21
Turnips, White	lb.	29-49
Tomatoes, Loose	lb.	49-79
-Tomatoes, Carton	12 oz.	43-59
Broccoli	bunch	75-79
-Cauliflower	head	49-99
Parsnips	lb.	59-69
Brussel Sprouts	cup	65-69
*Beans, Green	lb.	49-59
Asparagus	lb.	79-99

EGGS	UNIT	PRICE
Extra Large Grade A	doz.	79-85
Large Grade A	doz.	75-79
Medium Grade A	doz.	67-69
-Small Grade A	doz.	50-60

MEATS	PRICE PER POUND
*Rib Roast, 7-inch Cut	1.35-1.69
Chuck Roast, Bone-in	99-1.39
Chuck Roast, Boneless	1.29-1.69
Rolled Roast, Cross Cut	1.39-1.89
-Steak, Round	1.89-2.09
*Steak, Porterhouse	1.29-1.59
Steak, Sirloin, Bone-in	79-99
Beef, Ground Regular	99-1.19
*Beef, Ground Chuck	1.39-1.59
-Stew Beef, Boneless	1.69-1.89
Pork, Center Chops	95-1.19
Pork, End Chops	59-79
-Pork, Shoulder Smoked	59-79
-Pork, Shoulder Fresh	95-1.25
Pork, Roast Loin End	85-1.15
Pork, Roast Rib End	89-1.19
-Spare Ribs	1.29-1.79
Ham, Fully Cooked, Whole	89-1.19
Ham, Smoked Shank Half	89-1.29
Frankfurters	1.39-1.85
Sausage, Fresh "Rope"	1.19-1.79
Bacon, Sliced	1.49-1.59
Lamb, Leg	2.29-2.79
Lamb, Rib Chops	2.49-2.89
Lamb, Loin Chops	1.79-1.99
Lamb, Shoulder Chops	99-89
Lamb, Breast	1.69-1.79
Veal, Rump Roast	3.49-4.29
Veal Cutlet	69-1.09
Liver, Beef	1.69-1.99
Liver, Calves	49-69
Liver, Pork	

POULTRY	PRICE PER POUND
*Chicken, Fryers Whole	45-59
Chicken, Cut-up Breasts	99-1.15
Chicken, Cut-up Legs	79-99
Chicken, Roaster Frozen	79-89
Chicken, Stewers Frozen	69-79
Capons, Frozen	1.09-1.39
Ducks, Frozen	99-1.19
Turkeys, Frozen under 16#	59-75
Turkeys, Frozen over 16#	55-69

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	39-49
Apples, bag	3 lbs.	69-99
Bananas	lb.	23-25
Lemons	doz.	1.18-1.88
Grapes	lb.	39-79
Pears	lb.	33-59
Pineapples	each	79-99
Avocados	each	34-70
Grapefruits, 40's	each	14-20
Oranges, Fla. 100's	doz.	59-79
Coconuts	each	59-69
Tangerines	doz.	79-1.19
Oranges, Calif. 88's	doz.	1.08-1.38
Temple Oranges	doz.	1.08-1.56
Strawberries	pint	49-79

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	83-89
Butter, Packages	lb.	80-82
Oleomargarine	lb.	57-81
Cheddar, Mild	lb.	1.39-1.65
Cheddar, Sharp	lb.	1.55-1.79
American Process	lb. Box	95-1.05
Milk, F.M., Vit. D	1/2 gal.	74-84
-Sugar, Granulated	5 lbs.	2.29-2.59
Flour, White	5 lbs.	79-1.05
Bread, White	lb.	34-44

FROZEN FOODS	UNIT	PRICE
Orange Juice	6 oz.	20-36
Strawberries	10 oz.	45-49
Beans, Fordhook	10 oz.	39-45
Beans, Cut Green	9 oz.	34-42
Sweet Corn	10 oz.	32-38
Broccoli Spears	10 oz.	32-46
Peas	10 oz.	33-43
Spinach	10 oz.	20-76

FISH	PRICE PER POUND
Sea Bass	69-1.25
*Bluefish	59-89
Butterfish	79-1.29
*Crabmeat, Regular	3.89-4.49
Croakers	59-1.05
Flounders, Whole	79-1.39
-Norfolk Spots	59-1.09
*Perch, White	79-89
-Rock	99-1.29
Shrimp, 21-25	2.49-3.59
Shrimp, 36-42	1.99-2.79
-Steakfish	89-1.25
-Sea Trout	49-69
Sea Scallops	2.35-3.19
*Oysters	50-89
-Oysters, Select, 12 oz.	1.79-2.09
-Oysters, Standard, 12 oz.	1.69-1.95
Whiting, Frozen	45-69
*Halibut, Steak, Frozen	1.69-2.79
Fillet, Cod, Frozen	1.39-1.49
-Fillet, Haddock, Frozen	1.29-1.55
Fillet, Perch, Frozen	79-1.09
Rockfish	65-95

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	31-41
Apricots	30 oz.	75-89
*Cherries, Sour Pitted	16 oz.	65-69
*Fruit Cocktail	17 oz.	45-51
Fruit Cocktail	30 oz.	65-75
*Pineapple Juice	46 oz.	61-65
Orange Juice	46 oz.	55-61
*Grapefruit Juice	46 oz.	53-65
*Grapefruit and Pineapple Drink	46 oz.	48-56
*Blended Juice	46 oz.	53-59
Pears	29 oz.	65-85
Peaches	16 oz.	40-48
Peaches	29 oz.	59-65
Beans, Cut Green	16 oz.	30-44
Spinach	15 oz.	29-35
-Spinach	27 oz.	39-45
*Beets, Sliced	16 oz.	29-37
Corn, CWK Vac.	12 oz.	33-41
Corn, CWK	17 oz.	30-40
Corn, GCS	17 oz.	30-44
-Green Peas	17 oz.	33-45
-Tomatoes	16 oz.	34-46
-Tomatoes	28 oz.	45-59
*Tomato Juice	46 oz.	57-69
Tomato Juice	18 oz.	28-34

A NOTE TO CONSUMERS

Poisonous household products

It's attractive. Perhaps it's brightly colored. Or maybe it looks like food. It's within reach. And it's poison.

An 18-month-old boy died after drinking floor cleaner containing petroleum distillates. An 8-year-old grabbed a bottle of liniment that he thought was cough syrup and drank it down. A 1-year-old girl spent nine days in the hospital after swallowing charcoal lighter fluid from a can left in the yard after a family picnic.

Every year thousands of children are poisoned by hazardous household substances. Medicines, furniture polishes, lighter fluid, turpentine.

They're only a few of the numerous potentially dangerous products commonly found in the home.

Yet most household poisonings can be avoided — if adults take proper precautions with hazardous products. Do you? If you're not sure, the U.S. Consumer Product Safety Commission has a few suggestions to help you poison-proof your home:

— No matter how attractive a hazardous product may be, children usually can't be poisoned by something they can't get their hands on. Therefore, one key to poison labels on hazardous products. These labels will tell you the seriousness of the danger and prevention in the home is keeping all medicines and other hazardous products locked up when not in use.

— Don't depend solely on close supervision. It's impossible to watch a child every minute and children can move very quickly.

— Always read the warning list all hazardous ingredients. If your child is accidentally poisoned, the first thing a doctor needs to know is the identity of the poison. The label will also tell you what immediate first aid you can give.

— Avoid taking medicines in a child's presence. Children imitate adults, particularly their parents.

— Keep all hazardous products in their original containers. Never store them in cups, soda bottles, or other containers that would normally contain food or drink.

— Call any medicine by its proper name. Never suggest that medicine is "candy."

— Do not store any other hazardous products with medicines that are to be taken internally. There are many look-alike containers on the market. You or your child could make a tragic mistake.

— Promptly dispose of prescription drugs by flushing them down the toilet once the illness for which they were prescribed is over.

— Be careful when using a hazardous product. Always keep it out of children's reach. If you are interrupted while using the product, take it with you.

A wide variety of drugs and hazardous household products are now required to be packaged in containers with safety closures that are very difficult for most children to open. Other hazardous products will soon be added to the list.

Child-resistant packaging has the potential to reduce dramatically the number of youngsters poisoned, but only if it is purchased and then properly used. Be sure to:

— Keep the product in its safety packaging.

— Close the container properly after use, resecuring the safety feature.

— Remember that poison prevention packaging is only an additional safeguard. Safety closures can help but they can't do the whole job of protecting your children. Most children cannot open poison-prevention packages, but some can.

REGISTER now so you can vote for the next mayor and city councilpersons. Do so today at Supervisors of Elections, People's Court Building, Fayette and Gay Sts. ext election is Sept. 1975 Get prepared NOW.

LOWER PRICES HIGHER QUALITY

CIVIC FOOD CENTER "THE DISCOUNT STORE THAT SAVES YOU MORE"
DOWNTOWN CORNER PACA and LEXINGTON STS.
LOWER! PRICES HIGHER QUALITY

CHICKEN WINGS SUPER SAVINGS 3 lbs. $1.49
GOETZE LOOSE ROCKET FRANKS SAVE SAVE SAVE lbs 59¢
MARGARINE SOLIDS 2 lbs. 89¢
ESSKAY'S ALL MEAT BOLOGNA SLICED SUPER SAVINGS lbs 99¢
GRADE 'A' MARYLAND FRESH MEDIUM EGGS FOR EASTER DOZ. 59¢
CONTADINA Tomato Paste 5 6-oz CANS $1.00

SALES EFFECTIVE FRI. MAR. 14th - WED. MARCH 19, 1975

manger's SLAUGHTER HOUSE
124 S. FRANKLINTOWN RD. 233-0126
Fine Sausage & Lunch Meats made Freshly in our own Plant
Friday, 10 A.M. to 5 P.M.
Saturday, 6 A.M. to 2 P.M.

CHICKENS GRADE 'A' WHOLE 49¢ LB.
SHOULDERS FRESH PORK 49¢ LB.
PORK SAUSAGE 2 LB. BAG $1.69
Free Quart of Orange Juice with each 2 LB. Bag
CHITTERLINGS & HOG MAWS LB. 39¢
LARGE EGGS Grade 'A' DOZ. 69¢
U.S.D.A. CHOICE HIND QUARTERS YIELD GARDE NO. 3 ORDERS TAKEN 89¢

FOOD-A-RAMA
2701 W. COLDSPRING LANE 3420 CLIFTON 20 S HILTON
5447 REISTERSTOWN ROAD (HILLTOP SHOP. CNTR.)
3805 LIBERTY HEIGHTS 2040 HARFORD RD. 6318 WINDSOR MILL R
WE ACCEPT USDA FOOD COUPONS
WE HAVE THE BEST FOOD VALUES IN TOWN
OPEN SUNDAYS PLENTY OF FREE PARKING

more buys, more often

CALIFORNIA POT ROAST 89¢
SHOULDER STEAKS BONELESS $1.39
GOLDEN PLUMP ROASTING CHICKENS 59¢
ESSKAY'S USDA CHOICE RIB STEAKS 7-BONE CUT $1.39
CLUB STEAKS $1.79
RIB OF THE EYE STEAKS $1.89
ESSKAY'S PORK LOINS WHOLE or HALF 99¢
USDA CHOICE CHUCK STEAKS BLADE CUT 69¢
ESSKAY'S EARLY JOY SLICED BACON 1-lb. pkg. 99¢
MORRELL'S GENUINE SPRING LAMB
LAMB CHOPS $1.49
LAMB CHOPS $1.59
LAMB PATTIES $1.39
GOETZE'S LUNCH MEATS 99¢
GOETZE'S CLUB BOLOGNA 79¢
Heinz Ketchup 75¢
CLICK ROOT BEER 69¢
CAMPBELL'S CHICKEN NOODLE SOUP 5 10½-oz. cans $1
FINAL TOUCH $1.39
FRANK'S SODAS 3 $1
PET MILK 2 65¢
SOLID GLADE 3 $1
PACKER LABEL CHOPPED KALE 5 lbs. cans $1
MARYLAND CHIEF CUT GREEN BEANS 4 lbs. cans $1
COCONUT PAPER TOWELS Jumbo roll 45¢
KRAFT Macaroni & Cheese DINNERS 3 7½-oz. pkgs. $1
IVORY SOAP 4 bath size 69¢
NIBLETS VAC PAC WHOLE GOLDEN CORN 12-oz. can 39¢
PETER PAN CHUNK LIGHT TUNA 6½-oz. can 59¢
FRANCO-AMERICAN SPAGHETTI 4 15-oz. cans 89¢
BOLD DETERGENT $1.19 giant size
RIPPLE CHIPS POTATO CHIPS or PAK-O-CHIPS YOUR CHOICE 3 $1 9-oz. pkgs.
MISSMELLS Shoe Peg Corn 3 303 cans 99¢
DOVE LIQUID 22-oz. bottle FOR DISHES 69¢
DUNCAN HINES YELLOW CAKE MIX 18½-oz. pkg. 69¢
CRISCO OIL $1.15 24-oz. btl.
NEW VALUE PORK n' BEANS 16-oz. can 59¢
CAMPBELL'S PORK n' BEANS 3 16-oz. cans 89¢