Week's food economies

Virginia McLuckie, Food Economist

Served hot or cold, corned beef can be a tasty as well as an economical meat to serve your family. St. Patrick's Day has become corned beef and cabbage day as well as for the wearing of the green, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

Corned beef is a cut that has been cured with salt, spices and herbs. Today's corning process offers a uniform product as well as milder more agreeable flavor than ever before. Some cures are spicy with garlic and others are very mild. This information is usually found on the film wrapper.

Brisket is most commonly used for corning because of its fine proportion of fat from kettle. To broth, add juiciness. Select a piece that has a red pinkish look, the meat firm but not hard and one with about one quarter as much fat as lean. In some markets you will find cuts of the round which have been corned, but the cost is moderately higher than that of the brisket.

In purchasing corned Best buys at the fruit counter brisket there will be a three to five pound portion of the whole brisket which may weigh as much as eight to sixteen pounds. The thinner end of the brisket cooks tender in less time than the thicker end portion. Simmer, do not boil corned beef. It will be tender and juicy, perfect for slicing, hot or cold.

It takes approximately one hour per pound to simmer the meat to a fork tender state. If it is cooled in the juice, the meat will be more moist. Save the juice to use later for a boiled dinner or for corned beef and cabbage. The meat may be reheated in the juice to serve hot with vegetables or for hot sandwiches. Count on four to five servings per pound.

If you do not wish to cook a corned brisket, you can always purchase the canned corned beef, jellied corned beef loaf, canned corned beef hash or purchase sliced corned beef at the delicatessen section. This is the most expensive way to purchase your corned beef.

Vegetables on the best buy list are cabbage, white potatoes, onions, carrots, cooking greens and broccoli, are apples in film bags, bananas, pears, grapefruit and oranges. Look for increase supplies of rhubarb, strawberries and fresh pineapple as we near the spring period.

How to cook

Wash a 4 to 5 pound piece of corned beef.

Put in large kettle, and cover with cold water.

Add 1 onion, 1 bay leaf, 2 cloves garlic, and a few whole black peppers.

Bring to a boil, cover, and simmer 4 to 4½ hours, or until tender.

New England Dinner, Served with Vegetables

Remove cooked corned beef from Kettle. To broth, add peeled potatoes, carrots, and small whole onions. Simmer about 20 minutes. Add quartered cabbage, and cook 15 minutes longer, or until all vegetables are tender.

Remove vegetables, and keep hot. Put meat back in broth for a few minutes to reheat. If desired, beets can be cooked separately in some of the broth from the meat while the other vegetables are cooking; or heat canned beets in some of the broth.

X-CELL program to help drug abusers

X-CELL, Inc., a drug-free residential community dedicated to the treatment of drug abusers, is launching a drug prevention program in the Baltimore area.

The outreach center, when it opens, will be located in the Northwest Baltimore area.

Some of its projects include homework sessions after class hours, seminars and courses on drug prevention, a system of patrolling the area by the youthful participants of X-CELL, rap sessions and much more.

Children may register in any YMCA center to become members of the X-CELL.

BIG VALU FOOD CENTERS

SUNDAY — 9-4
MON.-TUES.-WED.
9 A.M.-9 P.M.
THURS.-FRI.-SAT.
8 A.M.-10 P.M.

Save up to $1.96 on $10.00 Order (or more)

Coupon Bonus!

Coupon Savings in every Department

• Redeem any coupon with a purchase of $2.50
• Redeem all 6 coupons with a purchase of $10.00 or more

All prices valid Wed., Mar. 12th thru Sat., Mar. 15th 1975—Quantity Rights Reserved

SAVE 6¢
1-Lb. 10 Oz. Bonus Bottle Heinz Ketchup 49¢ (INCLUDE 6-OZ. FREE)
YOUR CHOICE 10-oz. PKG. GAYLORD Frozen Peas or Corn (cut) 25¢
10 oz. CAN GAYLORD SLICED Froz. Strawberries 39¢
HALF GAL. PKG. — ASST. FLAVORS Sealtest Ice Cream $1.29
4 bars Ivory Soap (5-OZ. BARS) 59¢
FOOD CLUB Apple Sauce 1-lb. can 29¢
ELNA HALVES Bartlett Pears 1-lb., 13-oz. can 65¢
Chicken of the Sea Tuna 6½ oz. can CHUNKY LIGHT MEAT 49¢
1-LB. JAR-SLICED Food Club Beets 35¢
15-OZ. CAN Franco-American Spag. 19¢
12 OZ. PKG.—IND. WRAPPED SLICES—PROCESSED—WHITE OR YELLOW Borden American Cheese 99¢

SAVE! Fresh Caught TROUT lb. 49¢
TURBOT FILLETS lb. 89¢
(At All Stores) Peeled and Deveined Brilliant Shrimp 6 oz. pkg. 99¢
(At All Stores) HIGH LINER Haddock Fillets 12 oz. pkg. 1.25
4-Varieties Esskay Franks 1-lb. pkg. $1.19
FOOD CLUB SKINLESS MEAT Frankfurter 2-lb. pkg. $1.97

Fresh Sliced Meats!
Esskay — Head Cheese, LARGE BOLOGNA, COOKED SALAMI, LIVERWURST ½ lb. 59¢
(Only at Service Counter Stores) Sliced-to-order—Domestic Swiss Cheese lb. 85¢
1-lb. Pkg. — Hygrade Meat or Beef Franks Ball Park 1.29
Crown Cube Veal Steaks 4 lbs. 1.59
1-LB., 4-OZ. LOAF—JUBILEE FRESH— SAVE 11¢ Bread 3 FOR $1
JUBILEE COCONUT CUSTARD OR Fresh Apple Pies 1-lb. 4-oz. pkg. Your Choice 99¢

Campbell's Tomato Free Soup 10¾ oz. Can. Save 20¢ — Price with coupon and purchase of $2.50 or more
ALL VARIETIES Spag. Sauce Ragu 15½ oz. Jar Save 26¢ 37¢ — Price with coupon and purchase of $2.50 or more
Topco Gallon Jug Plastic Container Bleach 39¢ Save 20¢ — Price with coupon and purchase of $2.50 or more
Fried Chicken 11½ oz. pkg. Swanson Frozen Dinner 49¢ Save 40¢ — Price with coupon and purchase of $2.50 or more
5-lb. Bag Grapefruit U.S. No. 1 Indian River 69¢ Save 30¢ — Price with coupon and purchase of $2.50 or more
1-lb. Pkg. Sliced Food Club Quality Bacon 89¢ Save 60¢ — Price with coupon and purchase of $2.50 or more

Bonus Coupon — 10¾ oz. Can Tomato Campbells Soup—Free! Save 20¢ — Price with coupon and purchase of $2.50 or more. Limit 1 per Shopping Family. Coupon Valid thru Mar. 15, 1975. BIG VALU
Bonus Coupon — All Varieties Ragu Spag. Sauce 15½ oz. Jar 37¢ Save 26¢ — Price with coupon and purchase of $2.50 or more. Limit 1 per Shopping Family. Coupon Valid thru Mar. 15, 1975. BIG VALU
Bonus Coupon — Plastic Container Topco 1-Gal. Bleach 39¢ Save 20¢ — Price with coupon and purchase of $2.50 or more. Limit 1 per Shopping Family. Coupon Valid thru Mar. 15, 1975. BIG VALU
Bonus Coupon — FRIED CHICKEN Swanson Dinner 11½-oz. Froz. Pkg. 49¢ Save 40¢ — Price with coupon and purchase of $2.50 or more. Limit 1 per Shopping Family. Coupon Valid thru Mar. 15, 1975. BIG VALU
Bonus Coupon — U.S. #1 Indian River 5 lbs. Grapefruit 69¢ Save 30¢ — Price with coupon and purchase of $2.50 or more. Limit 1 per shopping family. Coupon Valid thru Mar. 15, 1975. BIG VALU
Bonus Coupon — 1-lb. Pkg. Sliced Food Club Bacon 89¢ Save 60¢ — Price with coupon and purchase of $2.50 or more. Limit 1 per Shopping Family. Coupon Valid thru Mar. 15, 1975. BIG VALU

'Master Butcher' U.S. GRADED CHOICE Meat Sale!
Rib Steak or Roast Rib Large End $1.19 lb.
Boneless Brisket Cry-O-Vac Corned Beef Columbia Brand-Reg. or Spicy Cure $1.19 lb.
Master Butcher Tender and Juicy Blade Cut Chuck Roast (Bone-in) 79¢ lb.

Crisp Celery STALK U.S. No. 1 29¢
Sunkist Large Lemons U.S. NO. 1 EACH 10¢
Crisp Red Radishes SIX-OUNCE BAG 10¢
Yellow Turnips U.S. NUMBER ONE lb. 10¢
5-lb. bag Grapefruit U.S. NO. 1 - INDIAN RIVER (WITH COUPON ABOVE AND PURCHASE OF $2.50) 69¢
U.S. NO. 1, FRESH Broccoli each bunch 49¢
IMPORTED FROM ISRAEL LARGE SIZE Jaffa Navel Oranges 6 for 89¢

GLEN BURNIE • Gov. Ritchie Hwy., Glen Burnie
MONDAWMIN • Mondawmin Shopping Center
HIGHLANDTOWN • 3801 Eastern Avenue
MERRITT • Merritt Blvd. and Wise Ave.
YALE • Yale and Beechfield Aves.
ERDMAN • Erdman Ave. and Sinclair La.

Black senators vote solidly against death penalty bill

—BULLETIN—

The House of Delegates is expected early today (Friday) to vote in favor of the Death Penalty Bill. According to Gov. Mandel's office, if the House follows the approval the Senate has already given, he will sign. The unprecedented action, if finally passed, will restore the gas chamber.

By Angela Chatman (AFRO Bureau)

Annapolis — "I can under no circumstances morally support Senate Bill 292," said Sen. Robert L. Douglass, (D-45), as he spoke out against the restoration of the death penalty.

Douglass was among 16 senators who sought unsuccessfully to defeat the administration bill which reinstates capital punishment for eight kinds of first degree murder.

The 26-21 vote came at 5:30 p.m. Tuesday, following a 3-hour debate in which 23 senators participated.

All of the Senate's black members voted against the bill. Besides Sen. Douglass, they were, Clarence W. Blount (D-41); Clarence M. Mitchell, III, (D-38); Verda F. Welcome (D-46) and Tommie Broadwater Jr., Prince Georges County.

Meantime, the proposal moves to the House of Delegates which has generally favored the death penalty. It is expected to pass in that chamber and since it is his administration bill, Gov. Mandel is expected to sign it into law.

Because the U.S. Supreme Court outlawed capital punishment in 1972, there is some likelihood

(Continued on Page 8)

THIS WEEK'S NUMBERS
LOTTERY—637060
MILLIONAIRE—02492

Baltimore Afro American
THIS IS OUR 83rd YEAR — PUBLISHED TWICE WEEKLY — LATE CITY EDITION

14 TO 1 GAME
6 digit 533269
5 digit 32528
4 digit 8029
3 digit 154

83rd Year, No. 62

Copyright 1975 by the AFRO-AMERICAN Co. for all material previously printed in the current National Edition
BALTIMORE, MD., MARCH 22, 1975 — 25 CENTS — ONE YEAR $12.00

INNER CITY PROJECTS, SERVICES GET PRIORITY

City gets $32.7 million shot in arm

Two share mayor's duties today

Two Girl Scouts from Baltimore City are sharing the duties of mayor with Mayor Schaefer today (Friday), including an extended inspection and tour of the West Baltimore neighborhoods.

The honorary mayors of the day are Karen Margolis, 14, daughter of Dr. and Mrs. Simeon Margolis, of 6200 block Pinehurst Ave., and Robin Jamison, 14, daughter of Mrs. Helen Jamison Harris of 300 block West Mosher St.

Mayor Schaefer is honorary co-chairman for the gift for girls campaign. The Girl Scouts annual fund raising campaign will be conducted from April 1-10. The mayor decided that the mayor for the day theme was the fitting way in which to demonstrate his support for the girl scout movement.

* * *

The two selected were chosen by the Girl Scouts of Central Maryland.

Miss Margolis and Miss Jamison would be arriving at City Hall at noon today (Friday) where their first official ceremony would be to receive souvenir books from Mayor Schaefer.

Next on the day's agenda would be walking inspection of the Ashburton-Presbury neighborhood, at 2 p.m.

Miss Margolis is a member of Girl Scouts' Troop No. 740, which meets at Grace Methodist Church. She is a 9th grader at Western High School.

(Continued on Page 2)

AFRO 1974 Honor Roll nominations

AFRO readers are invited to send in nominations for the 1974 Honor Roll. Let us hear from you. Write to us and tell us who you feel in 1974 made contributions beyond the call of duty, without thought of personal gain in advancing his fellow man.

Deadline is midnight April 20.

Nominees may be from all walks of life but not previously elected to the Honor Roll. Service without thought of personal gain is the criteria.

WRITE, AFRO Honor Roll, City Desk, P.O. Box 1857, Baltimore, 21203.

Koger: Hold it

Earl Koger Sr., widely known, alert and active "watchdog of the community" wants the $32,749,000 government funds held up until he is sure the sum will get to the right people, in the right way, for the right things.

Citing incidents of past criminal misuse of funds and lack of participation and planning by grass roots persons, Mr. Koger is pressing for assurances that what happened to untold sums before in the 1960's and early '70's won't happen again.

IVEY REPLIES

Admitting that Mr. Koger's assertions and letters to the government in the past, helped expose misuse of funds and produced indictments, Lenwood Ivey, head of Urban Services, assures this time the money will get to where it is supposed to go and will benefit all citizens.

Since his appointment to the Mayor's Urban Services Division, Mr. Ivey says audits have brought indictments and by May, this year, when audits are complete, all corrections of the past will have been made.

FINE TOOTH COMB

The $32.7 million is the first granted to a major U.S. city and he feels his proposal along with that of HUD would not have been accepted had it not been a good one. The government went over it with a "fine tooth comb," he assures.

In addition, in a coming

(Continued on Page 2)

Embry: Ready to go

Baltimore has become the first major city in the nation to receive a bloc grant under the new Federal Community Development Revenue Sharing Program adopted by Congress last year.

In announcing the grant of $32,749,000, Mayor Schaefer says the development funds will enable Baltimore to continue extensive programs it has initiated over the years.

Robert C. Embry Jr., the Housing and Community Development Commission director, told the AFRO work on the various housing developments will start immediately, as soon as bids are let.

UPTON

Work will start on the Upton, Reservoir, Park Heights, Oliver, Oldtown, Gay St., Poppleton, Orchard-Biddle and Rosemont developments.

Invitations to bids will be placed in the AFRO. HCD has John Burleigh, Equal Opportunity Division, will assist black contractors in placing bids.

Mr. Embry says the major share of the $32.7 million will be used for upgrading the black community and be spent in various social service programs, rehabilitation of vacant housing, assisting homeowners in fixing up their homes, providing parks, recreation areas and increasing of job opportunities.

BLACK CONTRACTORS

Embry told the AFRO

(Continued on Page 2)

WAITING FOR YOU — This scene, waiting at the altar for the faithful to receive the blessed palms, will be duplicated in Christian churches across the land Sunday. In AFRO staff photo are the Rev. Russell Matthews (left) and Brother Earl Kent of St. Francis Xavier Catholic Church.

Palm Sunday opens highest Christian holiday season

Palm Sunday, March 23, is the last Sunday before Easter. The occasion marks the beginning of Holy Week at sundown.

Holy Week plunges Christian believers into mourning and sorrow as they recall the suffering of Jesus on the Cross.

Good Friday ends this period. After 12 noon services, the preparation begins for Easter Sunday, March 30, the highest holy Christian holiday, which joyously recalls the Resurrection.

The 1,975th Palm Sunday finds Baltimore Christians celebrating the day as a joyous occasion as they recall Jesus' Triumphal Entry into Jerusalem.

* * *

According to the Scriptures, John 12:12-15, the Savior rode into the city on an ass and was greeted by thousands of believers who spread palms and flowers in His path.

History claims Palm Sunday first became a Christian ritual in the 300's AD. The Roman Catholic Church celebration became a solemn processional and a Holy Mass which foretold the Gospel story of the Crucifixion.

* * *

Protestant churches generally have very simple Palm Sunday services and may or may not give out the blessed palms as a symbol of the day.

In Baltimore this year, most Baptist and Methodist churches will distribute palms at the morning services.

An unusual departure is being taken by All Saints Catholic Church, Liberty Heights and Eldorado Ave., as the distribution of palms begins Saturday at 4 p.m. Mass and is repeated at 7:30 p.m. Mass. Sunday distribution is at 7:30, 9 and 11 a.m. and 12:30 p.m

* * *

St. Peter Claver's Catholic Church, 1524 N. Fremont Ave., will distribute palms outside in the school yard, Sunday at 7:30 a.m. and 12:30 p.m

Each giving of the palms will be followed by a solemn procession into the church. Palms will also be given at the 10 a.m. and 11:15 a.m Masses.

'Tis Spring

Spring, the most delightful season of the year, arrived officially this morning Friday, March 21 at 5:57 a.m. Called the Vernal Equinox, the advent marks day and night the same length. From this date on, the days will become longer.

EASTER LILIES blooming in Druid Hill Park Plant House forecast the dawn of Holy Week and the reality of Spring. Miss Janice Moses, Calverton Hi art teacher, ponders the end of Winter in AFRO staff photo by Robert M. Matthews IV.

Phone tapped?

If you think your phone is tapped, call George Brown, community relations manager, C. and P. Telephone Co. — 393-2136, or the public affairs division, 539-9900.

C. and P does not tap telephone service in any manner, Mr. Brown notes. He states that requirements for the connection with telephone facilities which are considered to be "tappings" must be required through an order of the court.

Heart attack fells NW Hi teen

Funeral services for Frank Faust IV, 17, who died of a heart attack while playing with a fellow student, March 17, will be held 8 o'clock tonight (Friday) at the Monroe Street Church of God, 301 N. Monroe St.

He is to be buried 8:30 a.m. Saturday in the Arbutus Memorial Park.

Young Faust, the son of Frank and Mrs. Ruby Faust III was a junior at the Northwestern High School.

His mother told the AFRO, "My son died of

(Continued on Page 2)

Baptists gather at banquet to raise $21,000 for aged home

By Elizabeth M. Oliver

The colorful group of the town's Baptists, friends and leading citizens kept arriving in droves to the Wednesday night banquet until, before the evening ended after 11 p.m., no one could estimate the actual number.

A maitre dee said as the second-helping of the menu went around "There's got to be way over 1,000, 1,200 to be safe."

The 4th Annual Benefit Banquet for the Maryland Baptist Home for the Aged with the Rev. and Mrs. Spencer Dobson and official reporters, announced the total sum of $21,000 gained from the splendid affair.

The event termed the "FRED Banquet" is sponsored by the Fire, Renovation and Expansion Drive Committee and yearly attracts the largest gathering of Baptists who bring physicians, civic, community, business and educational leaders by the score.

Highlight of the five-and-a-half hour gala was the march of over 100 ministers and "Friends of the Baptist Family of Maryland". Each gave $100 or more for the drive to improve and add 16 beds to the Baptist Aged Home on Raynor Ave. A "quickie" way to get a "fast" $10,000 or more, one speaker said.

* * *

The highly successful campaign began four years ago to meet city standards and restore areas of the home damaged by fire.

As one minister remarked, "A dream realized of a first-class place for the elderly."

Citations came from Gov. Mandel through Del. Troy Brailley. Mayor Schaefer remained through the evening to present the proclamation and give an honorary citizenship award.

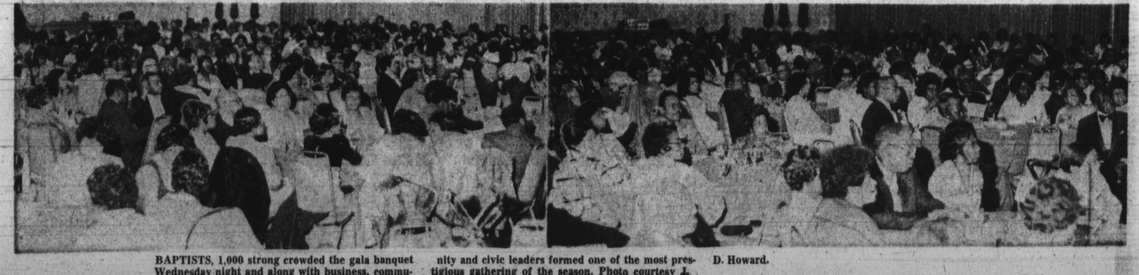
The guest speaker, Dr. Wyatt Tee Walker, pastor, Canaan Baptist Church, New York.

The event was made lively by the spirited singing of Mrs. Mary L. Brown and what one speaker termed "X-rated jokes" of program participants.

The Rev. Mr. Walker chided the participants on the "X-rated jokes". Later in his talk charged the Baptists with the duty to raise enough money for 10 or 12 aged homes, "instead of the "5-and-dime-Amos-and-Andy deal of Women's Day, Men's Day and just Any Old Kind of Day."

Calling attention to ex-

(Continued on Page 2)



BAPTISTS, 1,000 strong crowded the gala banquet Wednesday night and along with business, community and civic leaders formed one of the most prestigious gathering of the season. Photo courtesy J. D. Howard.