TV Notes

"Death Carrier" — The S.W.A.T. squad, led by Lt. Hondo Harrelson, searches for an unknown sniper whose carefully selected victims had but one thing in common — each was romantically involved with the same young woman. Heading the guest cast are Ronne Troup as Janet, David Scheiner as Eric, Joanna Barnes as Andrea and Patrick Culliton as Ed Jamison. Harry Falk directed the teleplay by Robert Hammer, Monday, June 9, 9 p.m

Following are encoure presentations in the month of June for the ABC Television Network series, "Caribe," which airs on Mondays (10:00-11:00 p.m., EDT) June 9 — "The Mercenary" — Lt. Logan and Sgt. Walters capure drug peddler, who then falls victim to a sniper's bullet, thus posing a double mystery. Guests starring are Rudy Solaro as Forsano, Marilyn Mason as Gina, Eric Braeden as Capt. Al Slayden and Thalmus Rasulala as General Misulu, a former Congo chief.

Continued from Page 27

R.S.V.P. with Marie

Miss Mary Jane Smith a longtime resident of Towson, Md. celebrated her 100th birthday, Monday, June 2 at the Key Circle Nursing, 1300 Eutaw Place where she has been a resident for the past several years.

Prior to this she made her home with her brother and sister-in-law, Mr. and Mrs. Charles Smith of Lennox Ave. She is the oldest of 11 children born of Mr. and Mrs. Albert Smith of Cuba, Md. located in Baltimore County.

Miss Smith is the mother of one son, Matthew Smith Sr. She has one sister and two brothers, Mrs. Angline Williams, Charles and Sherman Smith of Towson, Md. She also has grandchildren, great-grandchildren, nieces, nephews, great-great-great cousins.

Seen around town over the Memorial Day weekend were Toni Porter, left, and Arnetta Thomas and her two-year-old, Carla at the Village of Cross Keys.

(Reflections photo by Benjamin M. Phillips)

CATONSVILLE NOTES

Sympathy to Perkins family

By Liz Williams
AFRO Correspondent

Sympathy cards to the family of Richard Perkins. His widow is Thelma, the daughter of Mrs. Ada Webb.

Mr. Perkins died suddenly last Saturday while playing with his children in his yard. He loved his family, home, church, and community.

Grace AME Church was crowded Tuesday night by friends and neighbors who had come to pay their last respects to this fine man. His presence and voice will be sorely missed by the choir and his fellow church members.

In addition to his widow, Mr. Perkins is survived by four sons, five daughters, four grandchildren, his mother, two sisters, two brothers, and many other relatives and friends.

Thelma Webb Perkins is the only girl in her family. She has eight brothers and they all live within a stone's throw of each other here in this community. Richard Perkins certainly helped to make this community a better place in which to live and he was loved by all who knew him.

* * *

Congratulations to Charles Hardy who has recently retired from Pantry Pride after 30 years of service. During those 30 years he worked faithfully in six different stores in the chain. He has also been a member of Crescent Lodge Elks No. 350 since 1946. He is the treasurer of the Lodge and House Chairman.

Enjoy your retirement Mr. Hardy.

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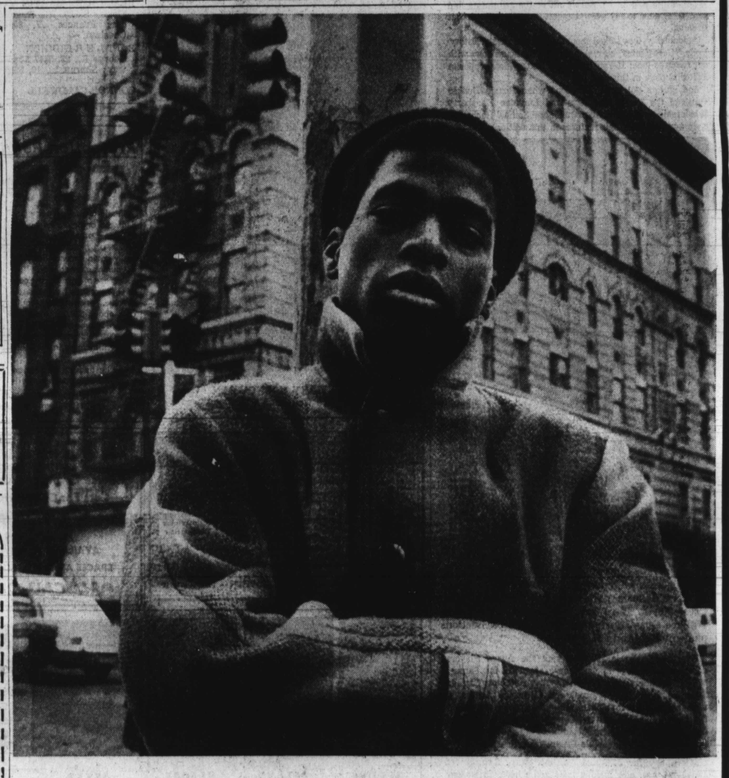

If you just got out of jail, with no education, no job, no food, no prospects and just $1 in your pocket, what would you do?

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But now, instead, you might be fortunate enough to go to Independence House.

Independence House is in New York, and is a voluntary residence for young (17-21) ex-offenders. And as the name suggests, it teaches them independence.

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Independence with their own bank account.

Independence with the help of specially trained social workers and counselors—many are ex-offenders themselves. So they relate to the new ex-offenders especially well.

And Independence House really works: 8 out of every 10 who complete the program stay straight. It's a much better prospect than having no prospects at all.

We think Independence House is a great idea. And that's why we're helping it by giving our financial support.

The best ideas are the ideas that help people. ITT

International Telephone and Telegraph Corporation, 320 Park Avenue, New York, N.Y. 10022

MANY TYPES, SYMPTOMS: ONLY DOCTOR CAN ACCURATELY DETECT

V.D., the lovers' disease

There are more than 20 types of venereal diseases, however, gonorrhea and syphilis are the most common in this country. Many of these diseases have overlapping symptoms. Therefore, one may experience one symptom that is connon to three types of venereal diseases.

Only a doctor can accurately diagnose and prescribe. But, it is just as important that one be familiar with the most common manifestations so as not to neglect treatment.

Take heed: Don't try to diagnose your own maladies. The type can only be detected by a physician's knowledge and instruments.

* * *

In Part III of this six-part series on venereal disease, the AFRO-AMERICAN answered your questions pertaining to the detection of gonorrhea and syphilis. Again, John Bruce, Baltimore City Health Department's Venereal Disease Division answered the following:

Q: How long in terms of days and weeks after sexual intercourse will the syphilis rash appear?

A: It can be somewhere between six weeks to six months. The majority get them in about three months. If you do get them they can be so slight that you don't notice them.

Q: Might it be mistaken for a heat rash?

A: It could very easily be mistaken for any other kind of rash.

Q: Will it cover the body?

A: It can be anywhere on the body . . . arms, legs, chest, back. It's usually bilateral meaning if you have it on one arm, you'll have it on the other.

Q: Are sore throat and fever common to syphilis detection?

A: They can be associated with it, but that's not usually a classical sign. That tired feeling is fairly common.

Q: Does syphilis affect the heart, spinal cord and brain?

A: Yes, it does in all cases because the germ is carried by the blood to all organs.

Q: What is detected in a blood test?

A: What you're actually looking for is antibodies that have developed.

Q: Can the syphilis germ be detected under a microscope?

A: The rashes and sores are scraped and the germ can be detected in a dark field test.

Q: How often should one have a blood test?

A: Every six months if a person is sexually active . . . not any less.

Q: Can gonorrhea germs be detected under a microscope?

A: Yes. They can be dyed and then examined under a microscope. Most doctors can do this in their offices. If that test is negative, it doesn't necessarily mean the person does not have gonorrhea.

Q: How many days and/or weeks after intercourse will gonorrhea appear?

A: In a male, its usually between one day and two weeks. In a female, it's hard to tell because they don't know whether they have it or not.

Q: What is a V.D. culture?

A: It is the artificial way of growing the germ. It is implanted on an artificial growth medium, then incubated from 24-48 hours and it will grow.

Q: How is it taken?

A: In the case of a male, it would simply be obtained on a cotton swab. If it's a female, it requires a pelvic examination which is like a standard gynecological test. The cervix is the best singular site to obtain a specimen. Specimen can also be obtained from the rectum and the pharynx.

Q: Is it a painful procedure?

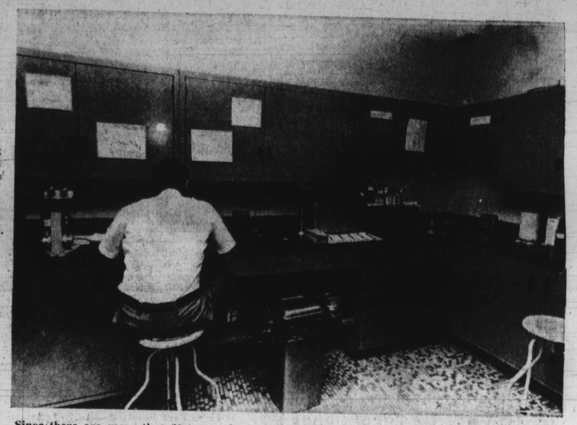
A: No.

Q: Can a person who has a venereal disease feel fine and look healthy?

A: Yes.

Your questions answered

Reflections readers may send in their questions regarding V.D. to be answered in this article. All letters will be kept confidential. No names will be printed or given out. Write: V.D., AFRO-AMERICAN Newspapers, P.O. Box 1857, Baltimore, Md., 21203.



Since there are more than 20 types of venereal diseases, each specimen must be viewed under a microscope so that an accurate diagnosis can be made. This is how the research lab located at 1515 W. North Ave. looks.

Free treatment clinics

Maceo Building: 1515 W. North Ave., phone, 396-0176; Mon., Tues., Wed. — 4-5:30 p.m.; Wed. — 9:30-11 a.m.; Thurs. — 1:30-5:30 p.m.

Western Building: 700 W. Lombard St., phone, 396-4578; Mon., Wed., Thurs., 4-5:30 p.m.; Wed.—12 noon-1 p.m.

Eastern Clinic: 620 N. Caroline St., phone, 396-8111; Mon., Wed., Fri. — 4-5:30 p.m.; Thurs. — noon-1 p.m.

. . . Fashions, Consumer guides, Food, Beauty, Home decorating, Travel

BALTIMORE RETAIL FOOD PRICE REPORT

Grocery price continue to rise

According to Helen M. Huber, marketing specialist, Department of Agriculture and this week's Baltimore Retail Food Price Report, shoppers will continue to pay more for what they purchase.

Jumping into the high price range this week are cabbage, carrots, cucumbers, onions, potatoes, tomatoes, grapefruit and butter. Be sure to shop around for the week's best buys and plan everyday meals economically.

(*) Prices have increased; (—) decreased.

VEGETABLES	UNIT	PRICE
*Cabbage	lb.	19-21
*Carrots	lb.	34-36
Collards	lb.	35-41
*Celery	bunch	35-59
*Corn	ear	13-19
*Cucumbers	each	29-34
*Eggplant	lb.	45-69
Lettuce, Iceberg	head	45-49
Mushrooms	lb.	1.15-1.19
Okra	lb.	35-49
Spinach	10 oz.	59-69
*Onions, Green	bunch	20-26
*Onions, Yellow	lb.	29-39
*Onions, Spanish	lb.	35-39
Onions, White	lb.	59-69
Peppers, Green	each	20-34
Potatoes, Sweet	lb.	39-43
Potatoes, White	5 lbs.	79-95
*Potatoes, White	10 lbs.	1.26-1.79
*Potatoes, Baking	lb.	25-29
*Radishes, 6 oz.	bag	20-26
*Tomatoes, Loose	lb.	65-89
*Tomatoes, Carton	12 oz.	59-69
*Broccoli	bunch	75-79
Cauliflower	head	85-99
Brussel Sprouts	cup	65-69
*Beans, Green	lb.	45-59
*Asparagus	lb.	65-79
Rhubarb	lb.	29-49
Turnips	lb.	29-39

EGGS	UNIT	PRICE
*Extra Large Grade A	doz.	69-73
*Large Grade A	doz.	65-69
*Medium Grade A	doz.	49-57
Small Grade A	doz.	39-49

MEATS	PRICE PER POUND
Rib Roast, 7-inch Cut	1.69-1.89
*Chuck Roast, Boneless	1.39-1.79
*Chuck Roast, Bone-in	1.39-1.69
*Rolled Roast, Cross Cut	1.59-1.89
*Steak, Round	1.89-2.09
Steak, Porterhouse	2.29-2.89
Steak, Sirloin, Bone-in	1.89-1.99
Beef, Ground Regular	85-99
*Beef, Ground Chuck	1.15-1.19
*Stew Beef, Boneless	1.39-1.89
*Pork, Center Chops	1.59-2.09
*Pork, End Chops	1.09-1.19
Pork, Shoulder Smoked	79-89
Pork, Shoulder Fresh	79-89
Pork, Roast Loin End	1.09-1.49
Pork, Roast Rib End	99-1.19
Pork, Spare Ribs	1.29-1.59
Ham, Fully Cooked, Whole	1.39-1.79
Ham, Smoked Shank Half	89-1.19
Frankfurters	89-1.49
Sausage, Fresh "Rope"	1.49-1.89
*Bacon, Sliced	1.39-2.09
Lamb, Leg	2.49-1.79
Lamb, Rib Chops	2.29-2.99
Lamb, Loin Chops	2.69-2.39
Lamb, Shoulder Chops Bd. Bone	2.89-2.19
Lamb, Breast	49-99
*Veal, Rump Roast	1.69-1.89
Veal, Cutlet	3.49-4.49
Liver, Beef	69-1.09
*Liver, Calves	1.39-1.99
Liver, Pork	49-69

POULTRY	PRICE PER POUND
*Chicken, Fryers Whole	49-53
Chicken, Cut-up Breasts	2.09-1.19
Chicken, Cut-up Legs	95-99
Chicken, Roaster Frozen	89-99
Chicken, Stewers Frozen	65-69
Capons, Frozen	2.09-1.39
*Ducks, Frozen	89-1.09
Turkeys, Frozen under 16#	65-87
*Turkeys, Frozen over 16#	55-73

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	49-59
Apples, Reg	3 lbs.	1.09-1.29
Bananas	lb.	25-29
Lemons	doz.	69-1.39
Pears	lb.	39-59
Pineapples	each	69-99
*Avocados	each	39-49
*Grapefruit, 48's	each	25-35
Oranges, Fla. 100's	doz.	79-89
*Coconuts	each	50-79
Oranges, Calif. 88's	doz.	1.09-1.49
*Strawberries	pint	59-79
*Cantaloupes	each	89-99
Watermelons	lb.	10-14
Peaches	lb.	49-69

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	83-93
*Butter, Packages	lb.	81-83
Oleomargarine	lb.	45-89
*Cheddar, Bulk	lb.	1.39-1.69
*Cheddar, Sliced	lb.	1.89-2.79
Jewish Rounds	lb. pkg.	65-1.49
Milk, 2% Lo Fat	1/2 gal.	1.09-1.19
*Eggs, Large Grade A	1 doz.	1.39-1.59
Flour, Bulk	5 lbs.	79-89
Bread, White	lb.	34-40

FROZEN FOODS	UNIT	PRICE
*Orange Juice	6 oz.	35-41
*Strawberries	10 oz.	39-49
*Beans, Fordhook	10 oz.	39-49
Beans, Cut Green	9 oz.	26-38
Sweet Corn	10 oz.	39-59
Broccoli Spears	10 oz.	39-49
Peas	10 oz.	31-41
*Spinach	10 oz.	29-39

FISH	PRICE PER POUND
*Bay Scallops	99-69
Whiting	59-69
Butterfish	79-1.19
*Crabmeat	1.39-4.69
*Crackers	49-79
*Flounders, Whole	69-1.29
*Norfolk Spots	45-89
*Perch, White	49-99
Rock	89-1.19
*Shrimp, 21-25	4.29-4.59
*Shrimp, 36-42	3.09-3.99
*Steakfish	59-89
*Sea Trout	39-79
Scallops	2.79-3.09
Porgies	59-89
Whiting, Frozen	49-65
Halibut, Steak Frozen	1.69-2.79
Fillet, Haddock Frozen	1.39-1.55
Fillet, Perch Frozen	89-1.09
Buck Shad	39-75
Roe Shad	89-1.29
Mackerel, Boston	59-69

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	31-41
Apricots	30 oz.	75-85
Cherries, RSP	16 oz.	59-73
Fruit Cocktail	17 oz.	45-49
Fruit Cocktail	30 oz.	59-75
Pineapple Juice	46 oz.	61-73
Pineapple, Sliced	20 oz.	55-59
Orange Juice	46 oz.	55-63
Grapefruit Juice	46 oz.	55-65
Grapefruit and Pineapple Drink	46 oz.	49-63
Blended Juice	46 oz.	53-69
Pears	29 oz.	49-79
Peaches	16 oz.	43-47
Peaches	29 oz.	55-65
Beans, Cut Green	16 oz.	32-40
Spinach	15 oz.	25-35
Spinach	27 oz.	39-45
Beets, Sliced	16 oz.	26-36
Corn, CKK Wac.	12 oz.	34-40
Corn, CKK	17 oz.	34-40
Corn, GGS	17 oz.	34-44
Green Peas	17 oz.	34-46
Tomatoes	16 oz.	31-45
Mushrooms	4 oz.	69-84

What is caciocavallo cheese? It has a somewhat salty flavor. It's similar to Provolone but not smoked; has a smooth, very firm texture, light or white interior, and a clay colored tan surface.

Always store dried vegetables in tightly closed containers in a cool, dry, place.

Karen Green, daughter of Mrs. Virginia Green, enjoyed everything about the festival especially the modern dance and eating strawberries.

Vanessa Jones, daughter of Mr. and Mrs. Charles Jones, was glad to pose for AFRO Reflections photographer, Benjamin Philips IV.

Food clips

Don't dig into potatoes — make parings thin. The dark green outer leaves of cabbage, lettuce, and other leafy green vegetables are high in nutrieuts — occording to U.S. Department of Agriculture specialists. Don't discard those leaves unless they are wilted or tough.

* * *

But — on kale— remove woody midribs from the kale leaves — there is little loss of nutritive value and the kale will taste better.

* * *

If you're "french frying" — do not overload the fry basket because if too much food is put into the basket at one time, the temperature of the fat drops excessively, cooking slows down, and the vegetable absorbs more fat.

STRAWBERRY FESTIVAL

Festival of fun and information

By Cynthia K. Grandison
Reflections Staff Writer

Residents of the Lafayette Courts held a successful Sixth Annual Strawberry Festival which provided many social services agencies an opportunity to display and discuss services offered.

Among the representatives were: Jonathan Edges, community education specialist, East Baltimore Drug Abuse Center; Frank Hanna Jr. of the Johns Hopkins Hospital and Mrs. Bertha Smith of the Lafayette Senior Citizens.

"Get dope out of the veins and hope in the brains," said Mr. Edges. He spoke to the adults and children about the destructive efforts of drugs on the black community.

The audience asked Mr. Hanna, who spoke on alcoholism, questions pertaining to hospital services and abuse. He felt that there should be more of this type interacting so that more people become aware of available services.

Ceramics and shawls were among the many arts and crafts sold by the Lafayette Senior Citizens. Individual sales were made and some of the money will be put in the club treasury for future activities.

Nathan Irby, councilman of the second district was the keynote speaker.

Of course, this was like children's day for the youngsters. They enjoyed the drug film, the fried chicken and potato salad, strawberries and most of all, getting out of school early for the festival.

Because the students of that region are out half the day on Wednesdays, some of the young girls had the chance to present a modern dance.

Monies raised will benefit the purchase of food baskets for the elderly. Mrs. Bessie Whitley, chairperson; co-chairpersons, Hazel Carter and Adelle Scott.

Toward the close of the festivities, Reginald McKean, 8 and Edward Bowles, 7 viewed the film on drug abuse.

MILK GOOD BUY

Week's food economies

In the past few months stocks of non-fat dry milk have increased to levels 100 per cent higher than last year, so it is on the plentiful food list making it a best buy, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

Milk is the best source of calcium for building and keeping healthy bones and teeth. It also contains important amounts of other minerals, high quality protein, riboflavin and smaller amounts of other vitamins. When you use the non-fat dry milk you get all the nutrients of milk except the fat which is removed and the water. Most manufacturers fortify the non-fat dry milk with Vitamin A and D. Read the label to see if these two vitamins are enriching the purchase you make. In processing, pasteurized whole milk is used and the drying operation is under continuous inspection for quality and sanitation. If USDA inspectors are employed, the product will carry the U.S. Extra Grade shield.

It is a good buy to help stretch food dollars because it can be used in cooking, baking, for beverages and even a low calorie whipped topping. It is easy to store in the cupboard so you never run out of milk. Stored in a sealed package or airtight jar in a cool dark place it can be kept up to 6 months.

Add up to one third more dry milk to the specified amount of water when reconstituting and you have a more nutritious product because of the additional milk solids. The dry milk has the ability to absorb water so it may be used in ground meat mixtures as an extender. Put the dry milk granuals in with dry ingredients when making quick breads and then add water for the liquid. Use the proportion of four tablespoons non fat dry milk to one cup of water. When you mash potatoes add one fourth cup to each cup of potatoes. Use either the water the potatoes were cooked in or whole milk to give the right consistency. If water is used you may whip butter into the mixture or use it to garnish the potatoes. These are ways to get milk into diets, especially for people who do not drink the recommended daily quota of milk.

Since confections are sort of off limits with high costs and if you have some honey on hand try this easy nourishing candy recipe.

Peanut Butter Kisses

One-half cup honey one-third cup peanut butter, two-third cup instant non-fat dry milk.

Mix together honey and peanut butter. Gradually stir in non-fat dry milk. Shape in a roll about ¾ inch across.

Cut into 1 inch pieces.

Chill. Makes one half pound candy.

Cheese Stuffed Green Peppers

6 Medium green peppers
6 slices bacon
One third cup chopped onion
2 cups cooked regular rice
2 cups (8 oz.) shredded Cheddar cheese
2 tablespoons chopped pimiento
½ teaspoon salt

Bacon Curls for garnish (optional)

Cut off tops of green peppers; remove seeds and membrane. Parboil 5 minutes in boiling salted water; drain. Cut bacon into small pieces. In a small skillet cook bacon with onion until bacon is crisp and brown; drain on absorbent toweling. In mixing bowl combine bacon and onion, rice, cheese, pimiento, salt; toss to blend with a fork. (Yield: 4 cups). Spoon rice into green pepper cups, packing down. Place upright in baking dish. Bake in preheated 350 degree oven, 25-30 minutes or until hot. Garnish each with bacon curl, if desired. 6 servings.

Cream Pineapple Slaw

1 tablespoon white vinegar
2 teaspoons fresh lemon juice
1 teaspoon sugar
¼ teaspoon prepared mustard
Dash of salt
1 can (8 oz.) crushed pineapple in unsweetened juice, drained
¾ cup dairy sour cream or yogurt
3 cups shredded cabbage
¼ cup grated carrot
3 tablespoons finely chopped celery

Blend vinegar, lemon juice, sugar, mustard and salt; add pineapple. Fold in sour cream. Cover and chill. When ready to serve, toss cabbage, carrot and celery together; add dressing and toss. Yield: approx. 2 cups.

JUN