BALTIMORE RETAIL FOOD PRICE REPORT

Good news for food shoppers

Food shoppers will be pleased to learn that prices for many popular grocery items have remained constant during the past seven days. In the vegetable category, cabbage is still selling for $.19—$.23 per lb. as is corn, at $.13—$.19 per ear. And iceberg lettuce and fresh carrots have decreased in price this week.

The Baltimore Retail Food Price report, compiled weekly by Helen Huber, marketing specialist, Md. Department of Agriculture, is a public service to this newspaper.

(*) means prices have increased this week; (-), decreased.

VEGETABLES	UNIT	PRICE
Cabbage	lb.	19-23
*Carrots	lb.	33-35
Collards	lb.	39-41
*Celery	bunch	39-59
Corn	ear	13-19
Cucumbers	each	20-34
*Eggplant	lb.	39-49
*Lettuce, Iceberg	head	39-49
Mushrooms	lb.	1.15-1.19
*Squash	lb.	29-59
Spinach	10 oz.	59-69
Onions, Green	bunch	20-26
Onions, Yellow	lb.	29-39
*Onions, Spanish	lb.	39-59
Peppers, Green	each	20-34
Potatoes, White	5 lbs.	79-1.29
*Potatoes, White	10 lbs.	1.39-1.49
Potatoes, Baking	lb.	25-29
Radishes, 6 oz.	bag	20-26
*Tomatoes, Lodse	lb.	79-99
*Tomatoes, Carton	12 oz.	65-69
Broccoli	bunch	75-78
*Cauliflower	head	69-99
*Beans, Green	lb.	59-69
Turnips	lb.	29-49

AFRO readers are encouraged to read this report BEFORE making grocery selections.

EGGS	UNIT	PRICE
Extra Large Grade A	doz.	69-73
*Large Grade A	doz.	67-69
*Medium Grade A	doz.	55-59

MEATS	PRICE PER POUND
Rib Roast, 7-inch Cut	1.69-2.09
*Chuck Roast, Bone-in	1.09-1.49
Chuck Roast, Boneless	1.39-1.89
Rolled Roast, Cross Cut	1.59-1.89
Steak, Round	1.89-2.19
Steak, Porterhouse	2.29-2.99
Steak, Sirloin, Bone-in	1.89-2.09
*Beef, Ground Regular	89-99
*Beef, Ground Chuck	1.19-1.29
Stew Beef	1.59-1.89
Pork, Center Chops	1.99-2.09
*Pork, End Chops	1.19-1.39
*Pork, Shoulder Smoked	88-99
Pork, Shoulder Fresh	79-99
Pork, Roast Loin End	1.09-1.49
Pork, Roast Rib End	99-1.19
Spare Ribs	1.29-1.79
-Ham, Fully Cooked, Whole	85-1.49
Ham, Smoked Shank Half	89-1.19
Frankfurters	89-1.49
-Sausage, Fresh "Hops"	1.39-1.89
*Bacon, Sliced	1.33-2.09
Lamb, Leg	1.49-1.69
*Lamb, Rib Chops	2.39-2.99
Lamb, Loin Chops	2.69-3.39
-Lamb, Shoulder Chops Rd, Bone	1.59-1.99
-Lamb, Breast	59-99
Veal, Rump Roast	1.69-1.99
Veal Cutlet	3.49-4.79
Liver, Beef	79-1.49
Liver, Calves	1.59-1.99
Liver, Pork	49-69

POULTRY	PRICE PER POUND
*Chicken, Fryers Whole	55-65
Chicken, Cut-up Breasts	1.09-1.19
Chicken, Cut-up Legs	95-99
-Chicken, Roaster Frozen	69-89

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	49-59
Apples, Bag	3 lbs.	1.09-1.39
*Bananas	lb.	15-25
Lemons	doz.	89-1.39
*Pears	lb.	49-59
Pineapples	each	69-89
Cherries	lb.	98-1.29
Grapefruit, 40's	each	25-35
Oranges, Fla. 100's	doz.	79-1.19
Coconuts	each	50-70
*Oranges, Calif. 88's	doz.	1.20-1.58
Strawberries	pint	59-79
Cantaloupes	each	69-99
Watermelons	lb.	10-16
Peaches	lb.	49-69
Blueberries	pint	59-69

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	83-93
Butter, Packages	lb.	81-83
Oleomargarine	lb.	45-83
Cheddar, Mild	lb.	1.35-1.69
Cheddar, Sharp	lb.	1.59-1.79
American Process	lb. box	85-1.09
Milk, F.H., Vit. D	1/2 gal.	74-78
Sugar, Granulated	5 lbs.	1.39-1.59
Flour, White	5 lbs.	75-99
Bread, White	lb.	34-40

FROZEN FOODS	UNIT	PRICE
Orange Juice	6 oz.	39-2[illegible]
Strawberries	10 oz.	39-49
Beans, Fordhook	10 oz.	39-45
Beans, Cut Green	9 oz.	34-38
Sweet Corn	10 oz.	31-35
Broccoli Spears	10 oz.	32-46
Peas	10 oz.	31-41
Spinach	10 oz.	20-30

FISH	PRICE PER POUND
Sea Bass	79-1.09
Bluefish	39-69
Butterfish	79-1.39
Cutlassfish	3.59-4.38
Croakers	49-79
Flounders, Whole	69-1.09
*Norfolk Spots	49-89
*Perch, White	59-89
Rock	89-1.49
-Whiting, 21-25	3.09-4.29
Shrimp, 36-42	3.09-3.59
*Steakfish	79-99
Sea Trout	39-79
Scallops	2.79-3.09
Porgies	59-85
*Whiting	53-69
Halibut, Steak Frozen	1.69-2.29
*Fillet, Haddock Frozen	1.09-1.49
*Fillet, Perch Frozen	89-1.11
Mackerel, Boston	59-69
Fillet, Cod Frozen	1.09-1.45

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	33-41
Apricots	30 oz.	75-85
Cherries, RED	16 oz.	59-73
Fruit Cocktail	17 oz.	45-49
Fruit Cocktail	30 oz.	59-75
Pineapple Juice	46 oz.	43-73
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.	69-79
Peaches	16 oz.	43-47
Peaches	29 oz.	55-65
Beans, Cut Green	16 oz.	23-29

How to examine your breasts

1 Stand with arms down. 2 Lean forward.

A Looking: Stand in front of a mirror with the upper body unclothed. Look for changes in the chape and size of the breast and for dimpling of the skin or "pulling in" of the nipples. Beware, too, of any discharge from the nipples of scaling of the skin of the nipples. Abornality in the breast may be accentuated by a change in position of the body and arms.

3 Raise Arms overhead and press hands behind your head. 4 Place hands on hips and tighten chest and arm muscles by pressing firmly inward.

Central YWCA sponsors summer fun camp for youth

The Central YMCA is organizing a summer fun camp for boys and girls ages 6 through 14 years of age. The full professional staff of the YMCA will be involved.

Activities will include gymnastics, sports, boxing, karate, judo, wrestling, trampoline, learning to swim, hiking, movies, dance, horse-back riding, the the last Friday of each period and just good old-fashioned fun.

The program is composed of four two week periods beginning June 30 through Aug. 22. The main emphasis and concern will be character development, self discipline, constructive learning experiences and genuine concern for the young camper.

The fee is only $30 for members and $35 for non-members. Most of the program will be held within the Y.M.C.A. building located at 24 W. Franklin St. Call 539-7330 for more information.

WEEK'S FOOD ECONOMIES

Chicken is one of best values

It is true we are consuming more chicken every year and enjoying it more, because of the versatility of preparation and economy, says Virginia McLuskie, Food Economist, Cooperative Extension Service, University of Maryland.

Each year the Delmarva Poultry Industry sponsors a Chicken Cooking Contest, which is a cook-off for the three states. Winners participate in the National Contest sponsored by the National Broiler Council. This week, June 13 and 14 the public is invited to attend the Chicken Festival at Easton, Md. This is a most enjoyable affair for the entire family.

Today's broilers are improved by breeding so the birds are beautifully feathered, stand taller than their ancestors and are far meatier. The diet they are fed is scientifically balanced with the correct nutrients to produce a three to three and a half pound, dressed chicken in seven to nine weeks.

There are good reasons for emphasis on the broiler-fryer chickens. We like a quick cooking meat to prepare indoors or on the outdoor grill. Chicken is in greater demand during summer months and demand usually keeps the price up except when specials are offered. Chicken is one of the best values, nutritionally. It is meat that is a high quality protein, low in fat, and contains minerals and B vitamins that are needed daily. The most economical buy is the whole bird.

All chickens are inspected for wholesomeness and for plant sanitation either under trained USDA or State inspectors. Grading is voluntary however, when the Grade is attached to the bird or package, it does indicate quality. Grade A is the top quality for poultry.

Another feature for quality is deep chilling. This involves procedures to minimize water pick-up during processing and prevents weepage by lowering and maintaining temperatures of the birds or cut-up pieces at 28 degrees F. Very often this temperature is so low that it will crust the outside, making the chicken almost frozen appearing.

Also on the market you will find Maryland strawberries, rhubarb, southern peaches, blueberries and watermelon, new cabbage, green peppers, cucumbers, cooking greens and celery.

RAY OF SUNLIGHT CHICKEN

4 chicken breasts
1 cup mayonnaise
2 tsp. prepared mustard
1 tsp. worchestershire sauce
3 tsp. orange juice

Place chicken breasts bone side down in a greased 13 x 9 inch pan. Heat oven to 400 degrees. In a bowl combine mayonnaise, mustard, worchestershire sauce and orange juice. Spread mixture over chicken. Cover pan tightly with aluminum foil. Bake chicken for 45 minutes. Remove foil and bake 15 minutes more—until chicken is like golden sunshine. Remove to platter.

Serves 4.

Miss AFRO-Pall Mall Menthols, Cee Cee Stokes, is busy making her rounds throughout Baltimore. During the past several weeks, Ms. Stokes, a professional fashional model and career woman, has been promoting Pall Mall Menthol cigarettes in a hermetically-sealed pack. For the next three weeks she will be making guest appearances in various night spots in own. Here Ms. Stokes is shown in a creation by Catherine Wooten of NAFAD . . . a honey colored evening gown of Quiana highlighted with brown and honey turkey feathers. Reflections photo by Benjamin M. Phillips)

Attention all organizations

Send for your FREE copy of "So You've Been Elected Publicyt Chairman," an easy-to-read booklet, published by the AFRO-AMERICAN NEWSPAPERS. It tells how to write and submit news releases to the mass media. Write: Booklet, P.O. Box 1857, Baltimore, Md. 21203.

LOSE LOVED ONE? — Make sure your friends and relatives have proper notice when you lose a loved one. Ask your funeral dirrector to place a death notice in AFRO Classified. Sympathetic clerks are available to handle notices, or call such death notices direct to AFRO Classified, 728-8200. Paid death notices accepted up until 10 a.m. on day of publication, Tuesday and Friday.

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Savory Olive Braised Chicken

Braised chicken flavored with a Spanish olive sauce is a savory dish for fall.

(Makes 4 servings)

3-pound frying chicken, cut up
½ teaspoon garlic salt
¼ cup butter or margarine
½ cup chopped onion
1 cup golden raisins
½ cup sliced pimiento-stuffed olives
½ teaspoon curry powder
¼ teaspoon ground cumin
1 can (10½ ounces) chicken broth
Hot cooked rice

Wash and dry chicken pieces. Sprinkle with garlic salt. Melt 2 tablespoons of the butter in a large skillet; brown chicken pieces on all sides over medium heat. Add remaining 2 tablespoons butter and the onion to skillet. Cook, stirring occasionally, until onion is tender. Reduce heat. Sprinkle raisins and olives over chicken. Mix curry powder and cumin with a little chicken broth; pour over chicken along with remaining broth. Cover and simmer 25 to 30 minutes, or until chicken is tender. Serve with rice.

FRIED CHICKEN BREASTS WITH OLIVE-ALMOND SAUCE

(Makes 4 servings)

2 medium chicken breats, boned
2 eggs, beaten
1 teaspoon salt
¼ teaspoon pepper
Fine dry bread crumbs
Deep fat for frying
2 tablespoons butter or margarine
½ cup chopped, blanched almonds
2 tablespoons flour
1¼ cups milk
Salt and pepper to taste
¼ cup chopped pimiento-stuffed olives

Cut chicken into ½-inch wide strips. Combine eggs, 1 teaspoon salt and ¼ teaspoon pepper; mix well. Dip chicken in egg mixture and coat with bread crumbs. Fry chicken in deep hot fat (375 degrees) 6-7 minutes. Drain on absorbent paper. Meanwhile, melt butter or margarine. Add almonds and cook over medium heat, until golden brown. Blend in flour. Gradually add milk and cook over low heat, stirring constantly, until thickened. Add salt and pepper to taste and olives; mix well. Serve almond-olive sauce with fried chicken.

Summer saucery adds charm to vegetables

Sauces add a special splendor to vegetables when they're used to complement or complete their flavors rather than disguising them.

Vegetables can actually take gourmet honors when they're sauced with flavorful foods like butter, dairy sour cream or milk. Just think what these ingredients, like butter and sour cream, sparkled with the tang of lemon can do to spinach or brocoli!

Every cook's repertoire should include a peerless mushroom sauce because this is a sauce that can be used with other vegetables, as well as meats, poultry, fish, eggs and even sandwiches.

Or, have you thought of highlighting asparagus, cauliflower or spinach with a Cheddar cheese sauce, pepped up with anchovy fillets?

Dairy-fresh sauces can add new notes to all your vegetables this summer, turning them into flavorful surprises.

LEMON SAUCE

2 tablespoons butter
1 tablespoon flour
2 teasoons sugar
½teaspoon salt
½ cup water
½ cup dairy sour cream
1 tablespoon lemon juice

Melt butter in saucepan; stir in flour, sugar and salt. Gradually stir in water; cook over medium heat, stirring constantly, until thickened. Fold in sour cream and lemon juice. Bring to serving temperature over low heat. Serve over hot cooked vegetables.

Makes xl cup.

MUSHROOM SAUCE

1 cup mushroom slices

SUMMER SAUCES with dairy products turn ordinary vegetables into flavor magic surprises.

OR

1 can (4 oz.) sliced mushrooms, drained
2 tablespoons butter
2 tablespoons flour
½ teaspoon paprika
¼ teaspoon salt
½ cup milk
¼ teaspoon Worcestershire sauce
½ cup dairy sour cream

Saute mushrooms in butter 3 minutes. Stir in flour and seasonings. Gradually stir in combined milk and Worcestershire sauce. Cook over medium heat, stirring constantly, until thickened. Fold in sour cream. Bring to serving temperature over low heat. Serve over hot cooked vegetables.

Makes 1 1-3 cups.

anchovy cheese sauce

2 tablespoons butter
2 tablespoons flour
1 cup milk
1 cup (4 oz.) shredded Cheddar cheese
1 can (2 oz.) anchovy fillets, drained, chopped

Make a white sauce with butter, flour and milk. Add cheese and anchovy fillets, stirring over low heat until cheese is melted. Serve over hot cooked vegetables.

Makes 1 2-3 cups.

Food clips

June is a great month for sundaes since it's celebrated as dairy month. Mix one-half cup of peanut butter with one-half cup of honey and spoon it over a scoop or two of vanilla-chocolate ripple ice cream. Top with whipped cream and a few crushed peanuts.

Are you planning to clean house for two hours? One glass of milk will provide enough energy for doing that. Or, it will give you the energy to walk a mile, dance an hour, play nine holes of golf or climb 196 stairs.

• • •

June is fruit and berry time as well as dairy month. Put the two together by baking a pie and serving it a la mode. Or, if you like a beautiful brown crust on your pies, brush the top crust lightly with milk before baking.

• • •

Wise consumers know that the highest priced items at the grocery are those at eye level. It's a smart shopper who looks above and below the high priced items, without touching the eye level item. Research shows that once a shopper picks up the item, it's likely to end up in the grocery cart.

Let the youngsters "toast" June Dairy Month with a Chocolate Orange Blossom. They can make it simply by mixing two cups of chocolate milk with one tablespoon of frozen orange juice concentrate.

Lazy summer days put the brake on elaborate fixings for food. Why not make a three-in-one by combining milk, beverage and dessert?

It's easy with a dessert cooler made by taking one cup of sliced strawberries mixed with two tablespoons of sugar and mixing with one cup of vanilla ice cream, then adding two cups of milk. Blend all together, pour into tall, chilled glasses and top with a scoop of vanilla or strawberry ice cream.

• • •

D is for dairy products, but remember the C that comes before D. It stands for clean, cool and covered, and that's what's needed to keep dairy products in top-notch condition.

• • •

J is for June, and one thing that is, is June Dairy Month. This year marks the 38th annual celebration of this event.

• • •

As summer sweeps in, and with it, high humidity, keep your cool with dairy foods. You can eat them without cooking: a slice or a wedge of cheese on a piece of bread and butter; a scoop of cottage cheese with fresh fruits or berries and fruit-flavored or sundae style yogurts as dressing; a glass of ice cold milk; a scoop or two of ice cream in an eye-boggling array of flavors. If it doesn't need cooking, it saves energy as well as food!

• • •

If your kitchen becomes as busy as an expressway during rush hour, make ice cream filled cones and wrap in heavy plastic. Keep them in the freezer for quick desserts and snacks without fuss.

When you feel creative, make some parfaits to put in the freezer for unexpected summer visitors. Layer strawberry and pistachio ice cream for one combo, top with whipped cream and a stemmed maraschino cherry. For another layer fruits with French vanilla ice cream and a lemon sauce.

• • •

What's better than melted butter with salt and freshly ground pepper as a seasoning for vegetables? Not very much. What that does for corn on the cob, it can do for other vegetables freshly cooked, from the garden.

Soup in summer? Yes, if it's a well seasoned tomato juice, zipped with grated onion, horseradish or hot pepper seasoning, then mixed in a blender with plain yogurt. Sip with sandwiches, salad or crackers as a quick pick-me-up.

Summer recipes

Macaroni Vegetable Bake

(6 servings)

1 package (7 oz.) elbow macaroni
2 tablespoons butter
1 can (2 oz.) mushrooms, drained, optional
½ cup slivered green peppers
1 cup sliced carrots
1 can (10½ oz.) condensed cream of mushroom soup
Two-thirds cup water
1 teaspoon salt
½ teaspoon pepper
1 teaspoon dry mustard
¼ cup chopped pimiento
½ cup shredded American or Cheddar cheese

Cook macaroni in boiling salted water until tender, about 10 minutes. Drain and rinse. While macaroni is cooking, melt butter in skillet. Add mushrooms, green pepper and carrots. Simmer until brown, about 10 minutes. Combine vegetables with cream of mushroom soup, water, salt, pepper, mustard and pimiento. Add macaroni. Pour into greased 2-quart casserole. Sprinkle with cheese. Bake in preheated 375 degree oven, about 25 minutes.

Shrimp Bisque

(6 servings)

¼ cup butter
Two-thirds cup chopped celery
One-third cup chopped onion
3 tablespoons enriched flour
1 teaspoon salt
Dash pepper
½ teaspoon caraway seed, optional
½ teaspoon dill, crushed
1 bay leaf, crushed
3 cups milk
1 cup water
4 ounces (2 to 2½ cups) fine noodles
2 cups cooked shrimp (2-5½ oz. cans)

Melt butter in large saucepan. Add celery and onion; brown lightly. Stir in flour, salt, pepper, caraway seed, dill and bay leaf. Add milk and water; cook until slightly thickened, stirring constantly. Add noodles. Cover, reduce heat and cook about 4 minutes or until noodles are tender. Add shrimp and heat thoroughly. Serve hot.

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