Preparing yourself for shopping

Food shopping is practically regarded as an art in today's world. No longer do most of us run into the grocery store to buy whatever strikes our fancy for the next few meals. A lot of forethought is needed before making those buying trips.

The first step in preparing yourself for shopping is to decide menus or approximate menus for the period the shopping is to cover. Know the foods that are in season. Study food ads in the paper for good buys. Remember, they are not good buys unless it is food the family likes.

When buying meat, it's the price per serving that counts, not the price per pound. Cuts, such as boneless chuck, eye roast or liver, with little or no fat or bone, yield about 4 servings per pound.

* * *

Such items as spareribs or lamb breast yield only one or two servings per pound. Include a variety of foods each day.

Introduce a new food from time to time making sure a favorite food is served at the same time.

Once you know what foods you will be needing, make a list. This list is more than a helpful reminder; it is a necessity to stay within the budget. Allow the list to be flexible so you can take advantage of unadvertised specials.

Store hopping for specials is good only if the retail stores are in the same general area. You need to consider the traveling and time involved if stores are not close together.

As a general rule, shopping in a store you know that carries the food your family likes will save both money and time.

The use of coupons is not new but the past couple of years has brought about increased use. According to latest information, nine out of ten "housewives" redeem some coupons and half use them frequently.

Coupons can save you money if you use them wisely. Those offering money off or refunds for products you normally buy are ways of saving money. If you are buying the product and simply forget or don't bother with coupons, then you are costing yourself money by not redeeming them.

Friends School to open capital funds drive

The final phase of the Friends School Capital Campaign "The Fund For Tomorrow's Leaders" will begin on Oct. 1. The drive will extend until Dec. 15, with volunteer workers calling on all parents, alumni and friends who have not yet contributed. To date a total of $610,460.13 has been raised towards a goal of $1,000,000.

Funds received will be used to cover the costs of a New Middle School Building and renovated Art Studio, both of which were complete earlier this year. Of particular importance is the development of an endowment sufficient to maintain the diversity of students and quality of faculty for which Friends School has traditionally been known.

* * *

Donald E. Dowman, president of T. Rowe Price Associates, is chairman of "The Fund For Tomorrow's Leaders". The vice chairmen are Frederick W. Hearn, president of the Hearn Corporation and Irvin Gomprecht, vice president of the Joseph M. Zamoiski Company.

The chairman of the Board of Trustees is J. Henry Dasenbrock. Dr. W. Byron Forbush II has been headmaster of the School since 1960.

New, The Jumpsuit

Printed Pattern

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SIZES
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AFRO pattern

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CALVERT CO. NEWS

Mrs. Green eulogized

By Melvina Edwards
AFRO Correspondent

Funeral services for Mrs. Susan Green were held last Thursday at the Elickson Funeral Home.

Mrs. Green died Sept. 8 at Bon Secours Hospital. A former Department of Social Services employee, she was the wife of Samuel (Buss) Green Jr., a former popular musician in Baltimore.

Eulogy was by the Rev. Robert Morrison, pastor of Ever Ready Baptist Church. Evert Van Dobnam sang, music was by Edmond Mead. The Rev. William Edwards gave words of comfort.

The neighbors of the 900 block Carrollton Ave. gave a beautiful flower tribute.

Mrs. Green's in-laws were the late Rev. Mr. and Mrs. Samuel Green, formerly of Calvert County.

Burial is in Raleigh, N.C.

* * *

The St. Edmonds congregation will observe its anniversary on Saturday, at which time they will honor the Rev. Henry Chase on his 92nd birthday. He is the oldest member of the church.

The Rev. Mr. Chase says his favorite paper is the AFRO and he can read it without glasses.

The program is being arranged by his sister, Mrs. Ruby Chase and Mrs. Georgianna Jones.

The Rev. John R. White is pastor.

* * *

Send cards of cheer to Mrs. Doris Gray who is resting at home in Owings, Md. following surgery at the Calvert County Hospital.

Mrs. Ethel Brown has returned home following surgery at Johns Hopkins Hospital. Maafield Branford is a patient at Bon Secours Hospital. He is the nephew of this writer.

Catonsville Notes

(Continued from Page 26)

Rd. Many relatives, friends and neighbors showed up to honor this gracious lady.

Did you know that it was Mrs. Jones, who provided Grace Church with a parking lot and paved walkways in front of the church? For many years this Christian woman has done many things for her church and community in a very quiet way. It was because of this that she was honored before she leaves to make her home in Washington with her sister, Mrs. Vivian Tinney.

Among the guests at the head table were the Rev. Mr. and Mrs. Reginald Boston, the Rev. Mr. and Mrs. Thompson (Campbell AME Church-D.C.), Mr. Thomas Hall and Mrs. Tinney. Mrs. Jones' nephew, Harry Goodman and his family were among the guests.

* * *

Tributes were paid by Elhana Washington Sr. and Ernest Johnson who represented the church; Mrs. Hattie Smith on behalf of the Golden Age group, Mrs. Marion Smith, a neighbor, and Mrs. Gertrude Smith who has nursed Mrs. Jones during her illnesses.

Musical selections were by the Youth Choir under the direction of Mrs. Carol Hayes and by Brenda Jones.

The delicious food was prepared by Elhana Washington, Jr. and his sister, Mrs. Edith Mae Hardy. Mr Upshur Webb Sr. presided.

Godspeed, Mrs. Jones, and may your days in Washington be happy ones.

I forgot to tell you that the members of the Usher Board No. 2 were hostesses. These gals sure do know how to dress. Their gowns were out of sight.

* * *

Sermon In Song, featuring the Mass Suburban Choir will be presented at Grace AME Church, Sunday, September 21, 1975 at 6 p.m.

This choir has a membership of about 50 and the members are from the area. Director is the Rev. Maryland-Washington area.

Director is the Rev. Evora Rohinson. Featured will be the Rev. Jimmy Smith.

The concert, is being sponsored by the Women's Advisory Board of Grace Church.

* * *

The Grace Improvement Organization is sponsoring its annual trip to New York October 3-5. While in the big city the group will be staying at the New York Sheraton. They plan to see the show "Pippen" and an evening at the Riverboat. The plans sound great and a good time should be had by all.

* * *

The Men's Club at Grace is taking a bus trip to Denton, Md. around the end of September. There they will worship at Union Bethel AME Church. The Rev. Howell McFadden is the paster and is married to the former Rosemary Williams of Catonsville.

* * *

Visiting in our community for a short while was William (Bertha) Owens from Atlanta. Many of you met his step-son, Michael Blue, a student at Morehouse College who visited us at Thanksgiving.

Michael is the drum major at Morehouse and is a third year student. Billy Owens is with Housing and his wife is with the Department of Education.

* * *

Knowledge: Knowledge is a comfortable and necessary retreat and shelter for us if an advanced age; and if we do not plant it while young, it will give us no shade when we grow old.

Lord Chesterfield (Treasures-Hallmark)

United Fund exec speaks to Frontiers

Charles L. White, associate executive director of the United Fund of Central Maryland will speak to the Baltimore Frontiers Club luncheon meeting on Sept. 22, at 12:30 p.m. at the Memorial Dining Room, 301 McMechen St.

Mr. White received his master's degree from Howard University, and was the director to the Anne Arundel County Commission on Human Relations prior to going to the United Fund.

The United Fund-CICHA Campaign was kicked off Sept. 17 and encompasses the five county-city area with a goal to raise funds for 95 agencies in this area.

The meeting is open to the public. Dale G. Lee, president of the club, will preside at the luncheon.

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N. BALTIMORE 5224 York Road, Govans
E. BALTIMORE Edison H'way nr. Hoffman St.
CATONSVILLE Balto. National Pike (Rt. 40)

1st row—Dr. Fuss, Optometrist, Dr. Boskin, Optometrist, Marsha Tolson, Theresa Smith, Joanne Stewart, Devona Harris, June Horton, Cathy Hayes, Celestia Grays, Fred Champion, Willie Edwards, 2nd row — Norma Parker, Alice Oliver, Barbara Harris, Irene Butts.

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Eating Together program gets further funding

The "Eating Together in Baltimore" program, one of the City Health Department's Health Services for the Aging, was awarded supplementary Title VII federal funding this week in the amount of $272,115.

Miss Carolyn V. Watts, project director, states that this grant will not only enable the project to serve meals to more citizens over 60 years old at the present 25 luncheon sites, but will also finance the opening of some new sites in other areas of the city.

In the selection of new sites, special emphasis is being given to locating in areas where a large number of low income, elderly people are in need of the nutrition and other supportive services that "Eating Together in Baltimore" offers.

Information from the Department of Planning has pinpointed those areas where there is a high concentration of low income elderly. It is estimated that although the program now serves about 2,700 elderly people, there are approximately 27,000 elderly poor in the city who are not yet served.

* * *

"Eating Together in Baltimore," which began in August of 1973 using federal funding from Title III of the Older Americans Act and later became a Title VII program, provides a hot mid-day meal to persons over 60 at low cost.

The meal provides one-third of the daily nutritional requirements for older people, and assures better eating habits through companionship with people their own age. In addition, instructional or recreational programs are often carried on after the meals.

Since its inception when there were only three sites, "Eating Together in Baltimore" has grown to 25 sites with more to come. Furthermore, its aftermeal programs have been helpful in orienting the elderly who attend, to the services available to them in Baltimore City.

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Food clips

Processed soybean oil is light in color — has a mild flavor, and can be used as oil in any recipe. Unrefined soybean oil is dark brown and has a strong flavor and aroma. When used in recipes, it may alter the color and flavor of the final product.

Soybean curd may be used in chop suey.

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BALTIMORE RETAIL FOOD PRICE REPORT

Fresh vegetable prices rise

Food shoppers beware! The cost of fresh vegetables are on the rise now that many are going out of season. Fresh produce such as cabbage, carrots, celery, corn and tomatoes are among those items which have increased.

By referring to this report, prepared by Helen Huber at the Md. Department of Agriculture, AFRO food shoppers can get some idea as to how much money they will be paying for certain food items this week. The report is a public service to this newspaper.

(-) means prices have DECREASED; (*), INCREASED.

FRUIT	UNIT	PRICE
-Apples, Delicious	lb.	34-60
Bananas	lb.	17-25
Pineapples	each	95-99
-Oranges, Calif 88's	doz.	1.20-1.58
*Lemons	doz.	1.50-1.78
Cantaloupes	each	49-89
Peaches	lb.	39-49
Honeydews	each	69-1.39
Nectarines	lb.	59-69
Grapes, Seedless	lb.	39-69
Pears	lb.	30-40
*Plums	lb.	49-69
-Grapefruit, 40's	each	17-25

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	95-1.09
Butter, Packages	lb.	89-95
Oleomargarine	lb.	40-70
Cheddar, Mild	lb.	1.39-1.75
Cheddar, Sharp	lb.	1.49-1.85
American Process	lb. box	99-1.09
Milk, P.H., Vit. D	1/2 gal.	74-84
Sugar, Granulated	5 lbs.	1.59-1.69
Flour, White	5 lbs.	69-95
Bread, White	lb.	34-50

FROZEN FOODS	UNIT	PRICE
Orange Juice	6 oz.	20-36
Strawberries	10 oz.	45-59
Beans, Fordhook	10 oz.	35-45
Beans, Cut Green	9 oz.	34-36
Sweet Corn	10 oz.	34-40
Broccoli Spears	10 oz.	34-46
Peas	10 oz.	30-44
Spinach	10 oz.	17-31

FISH	PRICE PER POUND
Sea Bass	89-1.09
Blue Fish	49-69
-Butterfish	79-1.15
Crabmeat	3.69-4.59
Croakers	49-59
-Flounders, Whole	79-1.19
Norfolk Spots	59-85
Perch, White	79-89
Rock	1.49-1.89
Shrimp, 21-25	3.79-4.59
Shrimp, 36-42	2.79-3.99
Steakfish	69-1.29
Sea Trout	59-79
Scallops	2.99-3.89
Porgies	59-1.19
Whiting	59-69
Halibut	1.99-2.99
Fillet, Haddock Frozen	1.29-1.55
Fillet, Perch Frozen	99-1.19
Fillet, Cod Frozen	1.19-1.39

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	25-35
Apricots	30 oz.	77-89
Cherries	16 oz.	59-65
Fruit Cocktail	17 oz.	43-51
Fruit Cocktail	30 oz.	55-75
Pineapple Juice	46 oz.	61-65
Pineapple, Sliced	20 oz.	55-61
Orange Juice	46 oz.	59-65
Grapefruit Juice	46 oz.	49-63
Grapefruit and Pineapple Drink	46 oz.	45-55
Blended Juice	46 oz.	§ 59-69
Pears	29 oz.	§ 69-79
Peaches	16 oz.	§ 40-48
Peaches	29 oz.	§ 55-65
Beans, Cut Green	16 oz.	29-41
Spinach	15 oz.	28-34
Spinach	27 oz.	43-45
Beets, Sliced	16 oz.	25-35
Corn, CHK, Vac.	12 oz.	34-42
Corn, CHK	17 oz.	32-42
Corn, GCS	17 oz.	33-43
Green Peas	17 oz.	34-44
Tomatoes	16 oz.	31-43
Tomatoes	28 oz.	50-64
Tomato Juice	46 oz.	50-70

VEGETABLES	UNIT	PRICE
*Cabbage	lb.	15-17
*Carrots	lb.	29-35
*Celery	bunch	39-49
*Corn	ear	14-18
-Cucumbers	each	17-21
Eggplant	lb.	39-49
*Lettuce, Iceberg	head	49-59
*Mushrooms	lb.	1.18-1.30
Squash	lb.	39-49
*Onions, Green	bunch	24-26
*Onions, Yellow	lb.	19-29
*Onions, Spanish	lb.	39-49
*Onions, White	lb.	49-59
*Peppers, Green	each	20-34
*Potatoes, White	5 lbs.	79-99
*Potatoes, Red	10 lbs.	1.39-1.79
Potatoes, Baking	lb.	29-39
-Potatoes, Sweet	lb.	20-30
*Radishes, 6 oz.	bag	19-25
Tomatoes, Loose	lb.	49-69
*Tomatoes, Carton	12 oz.	55-59
*Cauliflower	head	89-99
-Beans, Green	lb.	39-59
Turnips	lb.	29-49
Collards	lb.	39-41
Spinach	10 oz. cello	59-69
-Broccoli	bunch	49-89
Kale	10 oz. cello	59-69

EGGS	UNIT	PRICE
*Extra Large Grade A	doz.	87-89
*Large Grade A	doz.	83-85
Medium Grade A	doz.	71-75

MEATS	PRICE PER POUND
*Rib Roast, 7-inch Cut	1.67-2.19
Chuck Roast, Bone-in	1.09-1.39
-Chuck Roast, Boneless	1.39-1.69
*Rolled Roast, Cross Cut	1.59-2.09
*Steak, Round	1.67-2.19
Steak, Porterhouse	2.69-2.99
*Steak, Sirloin, Bone-in	1.59-2.09
Beef, Ground Regular	79-1.09
Beef, Ground Chuck	1.09-1.29
Stew Beef	1.59-1.79
*Pork, Center Chops	2.15-2.39
*Pork, End Chops	1.35-1.39
*Pork, Shoulder Smoked	89-1.09
Pork, Shoulder Fresh	90-1.15
*Pork, Roast Loin End	1.39-1.49
*Pork, Roast Rib End	1.29-1.39
Spare Ribs	1.49-1.69
Ham, Fully Cooked, Whole	1.39-1.79
Ham, Smoked Shank Half	1.09-1.39
Frankfurters	89-1.49
Sausage, Fresh "Hops"	1.49-1.99
Bacon, Sliced	1.69-2.59
-Lamb, Leg	1.39-1.69
*Lamb, Rib Chops	2.59-2.99
Lamb, Loin Chops	2.79-3.39
Lamb, Shoulder Chops Bd. Bone	1.99-2.29
Lamb, Breast	49-99
Veal, Rump Roast	1.69-1.79
Veal Cutlet	3.59-4.79
Liver, Beef	69-99
Liver, Calves	1.29-1.69
Liver, Pork	49-59

Former Morgan student returns to study superintendent post

Mrs. Leenette Pennington, an outstanding educator from Dade County, Fla. and a Rockefeller Intern involved in a program which trains future school superintendents, willkwork her initial six-month internship in the Baltimore city public schools.

Of the 12 educational districts available nationally, Mrs. Pennington chose Baltimore because she attended Morgan State University as an undergraduate and has a feeling for the city and the school system.

As an intern, she will work closely with Dr. John L. Crew, interim superintendent, and Dr. Paul L. Vance, deputy superintendent for ex'cutive matters.

Mrs. Pennington states," I am both an observer and a participant. One of my major concerns is how all the pieces of a massive system fit together."

* * *

In Dade County, Mrs. Pennington worked undera a regional system similar to the one in Baltimore. Her career has taken through all educational levels.

On desegregation plans taking place this year, she says, I have strong, positive feelings that desegegation will work in Baltimore, having been through it previously in Dade County."

The mother of teenage twins and the wife of a Dade County school principal, Mrs. Pennington states, "I am a whole person because of my family. Anh I believe in family oriented education."

Towson named Centennial college

Towson State College has officially become one of six Maryland campuses designated as a Bicentennial State College by the federal government. The certificate of recognition was presented to Dr. James L. Fisher, president of the college, by Mrs. Nancy Hammond, a member of the Maryland Bicentennial Commission.

One of the major projects being undertaken by the college in fulfilling the bicentennial requirements is the restoration of the historic Auburn House built in 1790.

* * *

According to Mr. Horst, however, the real objective of the college during the bicentennial year is not to look back. "What we hope to do is to project ideas, plans, and concepts of national value, for the next 200 years," he said.

Dual degree program at Notre Dame

The College of Notre Dame of Maryland begins this month a new dual degree program in engineering in cooperation with the University of Maryland, according to Sister Mauro Manna, academic dean.

Through the program in engineering, a student will attend Notre Dame for three years and the University of Maryland for two. At the end of her fourth year, a student will receive a bachelor of arts degree in her field of concentration from the College of Notre Dame, and at the end of the fifth she will receive a bachelor of science in her selected field of engineering from the University of Maryland.

More information is available from the admissions office, 4701 N. Charles St., Baltimore, Md. 21210 or call 435-0100.

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20 SEP 20