WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND

HAMBERGER PIE—In this savory meat pie chili powder seasons the meat so that the flavor subtly suggests chile con carne. Serve with the pie a spiced fresh vegetable sauce.

KOOKING IS FUN

Versatile hamburger base for many tasty company menus

If you will gather a few facts and figures you are likely to come up with the knowledge that ground beef, in one recipe or another, is served more often than any other food in the nation.

This is probably because ground beef, or hamburger, is not only versatile but flavorsome, and lends itself to an infinite number of recipes.

You should, of course, be well informed when shopping for your beef. Packaged hamburger, or ground beef of unspecified cut, is more often than not made from lower grades of beef and from scraps from meat cutting.

It is likely to have a high percentage of fat and shrinks more than ground chuck or ground round when cooked.

Your best buy will be hamburger from ground chuck which has excellent flavor and a balance of lean and fat. Ground round, the leanest, will shrink less during cooking, and is best for calorie-conscious and low-fat dieters.

* * *

HAMBURGER AND CHILI go together like love and marriage. One of the best of the new recipes is a Hamburger Pie, seasoned with chili powder, which gives the meat the subtle suggestion of chile con carne.

Serve the pie with a spicy fresh vegetable sauce.

The pie requires 1/3 cup chopped green pepper, ½ cup chopped celery, 1 tablespoon bacon fat, 1 pound ground lean beef, 2 tablespoons instant minced onion, 1½ teaspoon salt, ¼ teaspoon ground black pepper 2 teaspoons chili powder, 8-ounce can Spanish style tomato sauce, and pastry for a 2-crust 9-inch pie.

Saute green pepper and celery in bacon fat. Add ground beef and brown, stirring frequently. Add instant minced onion, salt, ground black pepper, chili powder and tomato sauce. Simmer 12 to 15 minutes or until mixture has thickened. Cool.

Turn into a pastry lined 9-inch pie plate. Cover with top crust or pastry wedges. Trim, turn under and flute edge. If top is completely covered with pastry, cut a vent in crust to allow for the escape of steam.

Bake in a preheated hot oven (400 degrees F.) 10 minutes. Reduce heat to moderate (350 degrees F.) and continue baking 40 minutes longer or until crust is brown. Cut in wedges and serve with Savory Vegetable Sauce.

YIELD: 4 to 5 servings.

For the savory vegetable sauce you will need 3 tablespoons butter or margarine, 3 tablespoons flour, 1½ cups beef stock or chicken broth, ¾ cups cooked peas, ¾ cup cooked sliced carrots, 2 teaspoons dried parsley flakes, 3/8 teaspoon garlic powder, 1/8 teaspoon ground black pepper, ¾ teaspoon salt.

Melt butter or margarine in a saucepan. Blend in flour. Stir in beef stock or chicken broth. Cook until medium thickness, stirring constantly. Add remaining ingredients and heat.

Serve over Chili Hamburger Pie.

Approximately 2½ cups.

* * *

A FINE MAIN COURSE recipe, featuring hamburger, is an unusual ground beef mold baked with Spanish rice in the center.

It is a dish elegant enough to serve at any guest meal.

You will need three-fourth cup rice, three tablespoons bacon drippings or butter, three-fourth cup chopped onion, a clove garlic, minced; a large green pepper, chopped; one and three-fourth cups canned tomatoes, chopped, one and half teaspoons paprika and three-fourth teaspoon salt.

Brown rice lightly in fat, stirring often. Add onion and garlic. Cook, stirring until onion is golden. Add remaining ingredients and cook in a double boiler over boiling water until rice is tender. Add additional stock to or water if needed.

For the hamburger mixture use two pounds ground beef, three slices white bread, moistened, two eggs, two teaspoons grated onion, two teaspoons salt, one-fourth teaspoon pepper, a half teaspoon basil, oregano or thyme.

After rice has cooked about 45 minutes, preheat oven to hot (400 degrees F.) Grease a two-quart mold or loaf pan.

Mix hamburger thoroughly with all other ingredients. Reserve one-fourth of the mixture for top of mold.

Press remaining meat on bottom and sides of mold, fill center with Spanish rice and cover with reserved meat. Brush top with oil or melted fat.

Bake for about 30 minutes. Serve with tomato, onion, mushroom or brown sauce.

FOR ONCOMING fall days you might try ground beef casserole with beans.

For this you may use any dried bean, soaked and cooked until tender.

The beans should be cooked with three strips of bacon, shredded and salt and pepper to taste.

Season one and a half pounds of hamburger with a small onion, grated, and salt and pepper. Handling very lightly, shape into one and one-fourth inch balls.

Add to beans. Add a half green pepper, chopped, and simmer for 10 minutes. Add a half cup tomato juice, a half teaspoon basil and a cup cut fresh corn. Simmer three minutes. Check for seasoning.

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Nearby markets provide great variety of fruits, vegetables

By VIRGINIA L. McLUCKIE
Food Economist
University of Maryland

Areas not too far from our own front door are supplying us with many of the best buys this week. Vegetable and fruit offerings are in abundance. Maryland cantaloupes are now available and their quality is good, says Virginia L. McLuckie, Food Economist, Baltimore Office, University of Maryland, Department of Markets.

From now throughout the summer you can expect local cantaloupes to reach the markets in greater volume. There are many varieties of cantaloupes which are divided into three groups according to flesh color. They are: pink meat, green meat and salmon meat. Because of popular demand, shipping and keeping qualities the salmon colored meat varieties are in prominence.

SWEETNESS, fine texture, and flavor of the flesh are factors that determine quality. You can expect to find them only in well-matured melons. The stage of maturity is indicated by the netting or veining on the surface and the condition of the scar on the stem end.

The netting should be coarse, corky, of greyish color, well developed, standing out in bold relief and covering the surface to an extent depending on the class to which the variety may belong. The dark green ground color of the rind should be developed to a lighter shade and may have either a greyish or yellow tinge.

The scar at the stem end should be sunken and calloused, a condition which indicates that the fruit was picked ripe, it separated readily and was not cut or gouged from the stem. Such cantaloupes develop the distinctive aroma which is an indication of ripeness. Cantaloupes are rich in vitamins C and A and are especially low in calories which makes a satisfying food for weight watchers.

SWEET CORN from nearby is here in abundance. The corn is superb in quality. The ears have even rows of well filled, plump, milky kernels. The husks are fresh and green looking and they fit snugly against the ear. A number of growers are icing the ears as soon as they are picked to hold the high quality until it reaches the retail stores.

Major retail stores follow the practice of keeping corn cool in storage and counters with ice or mechanical refrigeration until it is purchased. You should fall in line and refrigerate corn soon after purchasing. The sooner you serve it the sweeter and juicier it will be. If corn is not kept cool, the sugar rapidly converts to starch.

Worthy of the spot light are tomatoes. The home grown tomatoes are available at attractive prices. Because of weather conditions, some tomatoes have a sort of modled coloring, but quality is generally good. Slice them thick and serve them often in salads and enjoy them while they last.

LETTUCE, the most popular of salad vegetables, is in good supply and quality. Choose a firm head, free from blemishes that is heavy for its size. Iceberg lettuce is most abundant but there is high grade Boston lettuce and also other salad greens.

The crop of new potatoes is heavy. They make excellent potato salad. For a cooked vegetable potatoes can be prepared so many ways they are one of the most economical vegetables in cost per serving.

THE BEST BUYS in fruit continue to be peaches and watermelons. Combined with cantaloupes, these three fruits make delicious fruit cups, salads, and desserts.

Protein suggestions for quick and easy to prepare main dishes are ground beef, variety meats, eggs and broiler-fryer chickens.

To make Cantaloupe Fruit Cup mix 1½ cups each cantaloupe cubes and diced pineapple chunks with 1/3 cup pineapple juice and 1½ tablesoons lemon juice. Serve in cocktail glasses, garnish with green grapes.

4834
SIZES 2-8

by Anne Adams

THAT BIG GIRL LOOK gives your little girl a big thrill. Daughter will adore the gay flower pot pocket filled with dainty, easy-to-embroider flowers. Jiffy-to-sew style.

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Carnation and potato tricks

When you tire of serving the same old vegetables, just try a few potato tricks — with Carnation Evaporated Milk! of course!

Concentrated to the texture of cream Carnation is specially processed for better blending with potatoes or any other ingredients.

CARNATION AND POTATO TRICKS: For 6 servings, melt ¼ cup butter in heavy skillet. Add 4 cups diced cooked potatoes, ½ cup thinly sliced onion, 1 teaspoon salt and ¼ teaspoon pepper. Cook over medium heat until potatoes are brown-ed.

Add ½ cup green pepper strips and 1 cup undiluted Carnation evaporated Milk. Cook 5-10 minutes, stirring occasionally, until the potato-Carnation mixture is thickened.

Garnish with pimiento and serve at once.

* * *

CREAM THEM. For 6 servings, blend 2 tablespoons butter and 2 tablespoons flour with ½ teaspoon salt in saucepan over low heat.

Gradually add 1 2/3 cups (large can) undiluted Carnation. Stir until sauce is thickened and smooth (10-15 minutes).

Add a dash of mace and 4 cups cooked cubed potatoes. Blend well, then heat to serving temperature.

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Parents most astounded at daughter's piano prowess

Most surprised couple in Baltimore, and pleasantly so, are M/Sgt. and Mrs. Milton H. Dammond, who may turn out to be parents of not one, but two musical prodigies.

They were astounded that their 11-year old daughter, Madeline Estelle, had reached concert proficiency after a brief four years of study.

But when their son, Milton, 8, stopped playing with toys one day, to get up, go to the piano and repeat, from memory listening, the composition being played by his sister, they were more than astounded.

Last week Madeline made her concert debut in a recital at the Shiloh Baptist Church, Bennettsville, S.C. One of her final encores was a duet played with MiKon.

NEXT WEEK, Madeline will play a request audition at Peabody, here. And the Dammonds are getting themselves in a state of mind to foster two musical careers.

"This," says the father, "is more surprising because neither Mrs. Dammond nor I have the least musical talent.

* * *

BRIGHT-EYED Madeline is as serious as a senior about her music. She has no interest whatever in rock and roll. The classics are her love, and she can rattle off the history of the masters as most children her age do nursery rhymes.

And yet, she hah no yen, to become a concert artist. "I thing I would rather teach music when I grow up," she says.

She has, since babyhood, been rhythmic, say her parents. She began playing the piano at four. Later she was placed under tutelage of Mrs. Veola Coleman.

Since Mrs. Coleman retired from teaching, Madeline has been studying with Mrs. Katrine White.

At present, Milton's study is under Mrs. Sarah J. Bundy, of School No. 148:

MiSgt. Dammond is with morgan State College's R.O.T.C. Mrs. Dammond, the former Miss Essie M. Leek, is a graduate of Benedict College, Columbia, S.C.

MUSIC PRODIGY — Eleven-year-old Madeline Estelle Dammond, daughter of M/Sgt. and Mrs. Milton H. Dammond of Baltimore, who made her debut at a piano concert in Bennettsville, S. C., last-week, is being hailed as a music prodigy. She has been invited to audition at Peabody, in Baltimore.

—Gadabouting

(Continued from page 13)

John W. Woodhouse, here, over the week end.

Mr. Paxton, a native of Sparks, Md., has resided in the Ohio city since his graduation from the Law School of Ohio State University. He has served as assistant prosecutor for the city of Columbus, and at present is chairman of one of Ohio's three - man Unemployment Compensation Boards, a gubernational appointment.

Mrs. Mary Saxton, of this town, joined Mrs. Vernell Reaves of Miami, Fla., Miss Kirkland Dillard of New York, and Henry Ricky of Lutherville, Md., for a jaunt to Atlantic City and Boston, Mass., where they vacationed.

And back in Baltimore this is Mae Wright Allen, who had been summering in Europe. Last lap of her trip, including Pisa, Nice and the French Riviera, and Rome, made especially interesting because Nancy Coleman, who lives in Paris, dashed to Rome to see the Baltimore group, ere leaving on her vacation.

Also home was Mrs. J. Logan Jenkins, Sr. from a Canadian cruise on the St. Lawrence and Saguenay Rivers . . with two-day stops at Quebec's elegant Chateau—Frontenac and Montreal's Mt. Royal hotels, and brief jaunts into French Canadian towns, from Bogotville to Montreal.

Back on the home hearth also is John Hall, who motored down to Monroe, N.C., for a brief respite and to pick up Mrs. Hall and their small Philathea, who had been summering there.

Guests of Mr. and Mrs. James Brown at their summer home, Arundel on the Bay, Saturday, were Mr. and Mrs. Marshall Hanson, just in from three years in India.

Mr. Hanson, who is in the Foreign Service, and his family, have been posted in Calcutta . . . but he has Washington for the next three years. Prior to the India post they were in Switzerland for three years.

Mrs. Hanson is the former Meriel Thomas, daughter of Mr. and Mrs. Maceo Thomas and niece of Mrs. Brown, of New York City. They have two adorable daughters, Ann Marie, four, born in Switzerland; and Margaret Ann, two, born in India.

Dr. and Mrs. Houston Jackson are in town after the summer in Cape Cod.

* * *

POT-POURRI: Best news in a blue moon is that Mrs. Eliza Carpenter, who has been ill for weeks, is on the road to recovery . . in fact, expects to be about soon. Mrs. Carpenter beloved member of St. James

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MEN'S AND WOMEN'S

MR. AND MRS. ERNEST THORNTON were married in Morgan State College Center, recently. The bride is the former Miss Mary Thomas Boulware.

Miss Mary Boulware becomes bride of Ernest C. Thornton

The marriage of Miss Mary nals and William Thornton, mond Goode and Mrs. Audrey Thomas Boulware, sister of took place, recently, at the Rheubottom Wesley.

Mr. and Mrs. William Fleming Morgan College Christian Cen- The best man was Donald Lee, and Ernest Carey Thornter. Faulkner. The ushers were ton, son of Mrs. Lauretta En- Donald Goode and Octavious The Rev. Howard I. Cor- Waddy.

nish, director of the Christian * * *

Center, officiated. The recep- **THE NEW** Mrs. Thornton is tion was held immediately fol- a graduate of Morgan State lowing the ceremony. College and has done graduate

* * * work at the University of Wis-

GIVEN in marriage by her consin. she is a member of Albrother-in-law, the bride wore pha Kappa Alpha sorority. Mr a ballerina length gown of Thornton graduated from Kenchantilly lace over silk organtucky State College. He is a za. Her bouquet was of garden- member of Kappa Alpha Psi ias and orchids. fraternity.

The gown was designed and Following a wedding trip to created by Mrs. Chandler New York, Mr. and Mrs. Ricks Harmon. Thornton will live on Windsor

Miss Doris B. Ricks was the Avenue. maid of honor. The Bridesmaids were Mrs. Doris Ted-

Pratt on regular schedule Sept. 2

The fall and winter schedule of Enoch Pratt Free Libraries will go into effect Sept. 2, Robert S. Ake, assistant library director announced Tuesday.

The main building on Cathedral between Mulberry and Franklin Sts., will be open from 9 a.m. to 9 p.m. Monday through Saturday.

Fourteen branches, formerly open five days a week, from 9 a.m. to 9 p.m., will be closed on Friday this year to comply with the City's emergency ruling that staff vacancies must remain unfilled temporarily.

* * *

Ave. branches, Monday, 12:20 to 9 p.m. Tuesday and Thursday, 12:30 to 5 p.m.

Central Ave. branch, Monday and Friday, 12:30 to 5:30 p.m., Wednesday, 12:30 to 9 p.m.

Gardenville Branch, closed for remodeling.

Westport branch, Monday 12:30 to 9 p.m., Wednesday and

Young Miss Brownhas birthday party

A party was held Sunday for Bernadette Brown, daughter of Mr. and Mrs. Isaac Brown, 365 N. Calhoun St., and the granddaughter of Mrs. Lucinda Lane, on her fourth birthday.

Guests included: **Estelle, Wayne and James Watkins, Deborah Williams, Deborah Stevenson, Deborah Haby, Catherine Justice, Jeffery Porter, James Stepher, Edward Quick, Cassandra Rachaille Greene, Cindy Turner, Bishop Robinson, Charles Turner, Anthony Brown, Maxine Bryant and Derock Griffin.**

Mr. and Mrs. Floyd Johnson Mrs. Estelle Smith, Mrs. Sarah Quick, Mr. and Mrs. Edward Williams, Officer and Mrs. Joseph Porter, Mrs. Ernestine Pembrick, Miss Emma Henderson, Mr. and Mrs. William Gray, Mrs. Frances Sewell, Earl Myers, Miss Montray Aldrick.

Mrs. Estelle Bond, Mrs. I. Murphy, Mr. and Mrs. Leonard Sewell, Mrs. Francis Steptau, Mrs. Edna Welch, Mr. and Mrs. Walter Allen and Lewlyn Harvey.

ANP SECRETARY FETED

INDIANAPOLIS—Mrs. Irene Jernigan, secretary of the Associated Negro Press in Chicago, and her husband, were honored at a party at the home of Mrs. Mary J. Mosby during their recent visit here.

ON AMATEUR SHOW

COLUMBIA, S.C. — MOKLAU, harmonica virtuoso and Allen University music major from Hong Kong, appeared on the Ted Mack Amateur Hour recently. He has traveled widely and given numerous concerts and recitals.

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