Food Economies for the Week

When asked which vegetable you need and use most often, no doubt your answer would be the potato.

That's true! It is fortunate that potatoes are generally plentiful and low in cost, for hardly a day goes by that most of us do not eat them at least once. This week the potato shopper will find potatoes in plentiful supply with low price tags attached, according to Virginia C. Sherburne, Food Economist for the Baltimore Office of the State Department of Markets. Heaviest shipments are arriving in Baltimore from Maine and Pennsylvania.

In addition, the large "Idaho bakers" are in good supply, though prices are higher. To supplement these old crop storage potatoes, the Red Bliss variety from Florida, the first of the new crop now being harvested, is available at fairly high prices. The prices are expected to show a downward trend as supplies increase, however.

Handle Carefully

Choose firm, smooth shallow-eyed potatoes, free from spots, bruises, cracks, cuts and sprouting. Medium sizes are usually preferable. When selecting the new potatoes, remember that they are tender and delicate and require careful handling. Be sure that these potatoes are plump and firm.

The potato is often called the backbone of our diet, because it is used so often in so many different ways. Nutritionally, it is an excellent choice since it contains food energy, minerals and vitamins. It has an alkaline reaction in the human body which is very desirable since many of our important foods are acid forming and must be neutralized if we are to maintain good health.

In order to preserve more food value, cook potatoes with the jackets on. Another interesting fact about potatoes is that they are not fattening! They have no more calories than a large apple. It is the gravy or butter that is the culprit.

Turnips Plentiful

Other economies this week include tomatoes, celery, lettuce, cabbage and turnips. New cabbage from Florida is exceptionally low in cost, and supplies are very plentiful. The heavy supply of tomatoes, celery and lettuce immediately suggests a number of salads or hearty winter casserole dishes.

Fruit counters still boast a large variety of juicy red apples at low prices. The large Western apples are higher in price, but the Eastern Rome Beautys, Yorkimperials, Staymans and Delicious are all very reasonable and of excellent quality. The citrus bargain is again the tangerine. Supplies of this tart fruit are heavy and prices are reasonable. Lemons have shown a considerable price drop but still are not a choice buy. Pineapples are becoming more plentiful now, as are strawberries.

Grade A large eggs are really the "buy of the week." Supplies are very heavy, due to the nation's 6 per cent increase in layers since last year. The largest increase is in the North Atlantic region, too, which helps to explain the very abundant local egg offerings. Housewives are urged to take advantage of the supply and price now.

Poultry Prices Down

Pultry, too, is a low cost item this week. Chicken fryegs are very economical and abundant. So now is the time to get out those special recipes and delight the family with chicken, not only every Sunday, but anytime! Pork prices are up slightly with heavy hams offering a good value. Chuck roast is the best beef choice. Other prices hold about steady.

ESCALLOPED POTATOES AND EGGS

6 cooked potatoes
3 hard cooked eggs
½ cup bread crumbs
cup sour cream, or
1 cup medium white sauce

Dust the sides and bottom of the greased baking dish with bread crumbs. Add alternate layers of sliced potatoes and sliced egg. Cover with sour cream or white sauce. Bake in a moderate oven (350° F.) for 30 minutes.

POTATO DROP COOKIES

To make 5 dozen cookies, you'll need 1 cup shortening, 1 cup sugar, 1½ cups mashed potatoes, 1¾ cups sifted flour, 2 teaspoons baking powder, 1 teaspoon salt, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon nutmeg, ½ cup raisins, ¾ cup chopped nuts. Combine the shortening, sugar, and potato and mix thoroughly. Sift together the flour, baking powder, salt, and spices, and add to the first mixture. Add the raisins and nuts and mix well. Drop the batter by teaspoonfuls onto a baking sheet and bake in a hot oven, 375° F. for 15 minutes.

Mr., Mrs. Chase Hosts at Dinner

Mr. and Mrs. William H. Chase of 1216 W. North Avenue entertained at cocktails and dinner, Sunday.

Their guests were:

Messrs. and Mesdames Raymond Chase, Robert Boyd, James T. Perry, James Barnes, Leroy Mills, Wilson Lucas;

Mesdames Anna Selby, Pearl Chase, Bertha Ruth, Hannah Baptist, and Cora Hampton of Washington;

Misses Lucille Camp, Marie Moore, Martha Willis, Mary Chase;

Welford Montague, Stacy McLean, John Arnold.

Miss Mary Miller, John Pridgen Wed

Miss Mary Miller, formerly of Baltimore, was married in Brooklyn, N.Y., recently to Mr. John Pridgen.

The ceremony was performed by the Rev. Paul Earl Jones of Mt. Sinai Baptist Church of Brooklyn. Mrs. Pridgen is a former resident of 2454 Brentwood Ave. Mr. Pridgen is a native of Brooklyn.

Fashions Displayed by Carson Models

Sixteen Carson Models participated in a fashion show last Sunday at the Astoria Club sponsored by the Colored Models Guild.

Miss Mildred Dewes was narrator. Music was furnished by Bebop and his Be-boppers; and the Junior Red Caps, a local quartet.

The affair was planned and directed by Clarence L. Carter, AFRO advertising man who is president of the guild.

LOOK!
YOUR HAIR MUST GROW IF YOU COME TO
KENNEY'S BEAUTY SALON
1659 W. North Ave. LA. 3191

"Mom used QUAKER CORN MEAL -I can tell by that sunny flavor"

Fix a pan of hot crisp corn bread made from Quaker Corn Meal . . . and watch the children smile! They'll love its fresh, clean sunny-flavor. *You'll* love its texture. Quaker corn bread is light *and* smooth, too.

You can *trust* Quaker Corn Meal. Every grain is washed *clean*. Every grain is spoil-proofed! That means Quaker removes most of those oils that make ordinary corn meals taste unpleasant and bitter.

Serve it today! Hot, fresh sunny-tasting corn bread made from Quaker Corn Meal.

You can taste the quality in Quaker Corn Meal *and* Quaker Grits

"New Spring Hats" at Fields
"STYLE" and "QUALITY" AT MODERATE PRICE
A Large Selection of Charming Straws and Felts. New Spring Shades. All Head Sizes.
$3.98 up
OUR POPULAR "HAT BAR"
Features HATS ..... $1.99 up
CHILDREN'S HATS $2.98
A Fine Selection of Hand Bags—$2.00-$3.00
NYLON HOSIERY, New Spring Shades, 99c
FIELD'S Millinery, 24 W. Lexington St.

distinctive trophies Since 1882
LAMPS • LIGHTERS • ASH TRAYS • PEN SETS • MEDALS • CLOCKS
LAMPS . . . from $14.50
THE John Trockenbrot CO.
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Reconditioned by Clean-Rite
ELECTROLUX
The Cleaner of 101 Uses!
Complete with Attachments
Guaranteed 1 Year
ONLY 9.95 FULL CASH PRICE
for FREE HOME DEMONSTRATION
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16 NORTH HOWARD ST.
CLEAN-RITE VACUUM STORES
Ask About The 3 Reasons Why You Should Buy Your Vacuum Cleaner From Vacuum Cleaner Specialists.
VACUUM CLEANER SPECIALISTS

This is one of the Potatoes made famous by Beckers Potato Chips — you know "the chips that made potatoes famous"

SPECIAL NOTICE!
A NEW RADIO PROGRAM
Sunday:
• 12 Noon till 1 P.M. on Station W-A-N-N, 1190 on Your Dial.
• 7:45 A. M.—W-I-T-H.
• 11:15 P. M.—W-F-B-R.

COME SEE US AT THE
Food Show
Metropolitan Church Auditorium
Lanvale St. & Carrollton Ave.
March 14, 15, and 16

The Famous
BECKER'S POTATO CHIPS
WILL BE DEMONSTRATED AND SAMPLED AT THE
AFRO-AMERICAN COOKING SCHOOL
MARCH 14th, 15th and 16th

Folks sure go for the tantalizing flavor of Esskay's NEW DIXIE MAID
Real Southern Style Highly Seasoned Pure Pork Sausage

Pure Pork, highly seasoned... the flavor favored in the Deep South. At your dealers NOW!
THE WM. SCHLUDERBERG-T. J. KURDLE CO.

Thirst, Too, Seeks Quality

Ask for it either way . . . both trade-marks mean the same thing.
BOTTLED UNDER AUTHORITY OF THE COCA-COLA COMPANY BY
COCA-COLA BOTTLING CO. OF BALTIMORE

SAVE $20.00 ON YOUR GLASSES

ACTUAL $18 TO $25 VALUES
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WHY PAY MORE?
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EXAMINATION INCLUDED!
UNIVERSAL OPTICAL
106 N. LIBERTY ST. Hours 9-5:30 P.M. Thurs. 9-9 P.M.
Returns: Lexington and Fayette Orlando Gas and Electric Bldg.
3419 EASTERN AVE. Hours 9-9 P.M. Wed. 9-6 P.M.

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WE ARE AGAIN MAKING PING PONGS
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E. VICTOR Wright Studio
MAdison 1600
1629 Druid Hill Ave.

IT'S HERE!
NEW WHITE OXYDOL
washes clothes WHITER than ever before!
"I DIDN'T THINK OXYDOL COULD BE IMPROVED—BUT NEW WHITE OXYDOL WASHES MY CLOTHES THE WHITEST WHITE I'VE EVER SEEN!"

SOLD MRS. MELVINA JACKSON 1620 N. Monroe St., Baltimore, Md.

Whitest, brightest Oxydol washes ever—Even when dried inside!
• It's a new *whiter* wash—that you can see with your own eyes—instantly! Yes, with this new white Oxydol you can wash your clothes any day—dry them *anywhere*, even *inside*—and you'll get the *whitest* Oxydol wash you've ever had!
And new white Oxydol is truly safe...washable colors actually come out brighter!
What's more—as long as you use new white Oxydol your clothes will keep this new whiteness for the life of your clothes! Try it—today!

Honeymoon in Newport

Mr. and Mrs. Romeo G. Branson left for a wedding trip to Newport, R. I., following their marriage in Baltimore, recently. The bride is the former Miss Anne Macklin, daughter of Mr. and Mrs. Thomas L. Macklin.

LES FEMMES— The social club met last meeting with Mrs. Lottie McCay at 1613 Lauren St.

New officers are Mrs. Jeanette Harris, president; Mrs. Joananna Rickerson, vice-president; Mrs. Elnora Dunlap, secretary; and Mrs. Inez Daye, reporter.

Surprise Party for James Miles

James Miles of Back River Neck Road, Essex, was surprised on his Birthday Wednesday by a number of his friends.

Mr. Miles is an employee of the State Roads of Baltimore County.

Attending the party were:

Messrs. and Mesdames Charles Brittingham, James Cheatham, Robert R. Dennis;

Mesdames Christine Brooks, Mary E. Cross, Mary E. Dennis, Alverta Jordan, Bertha Lee, Mozella Miles;

John E. Brown, Eugene King, Eugene Hughes, Leroy Pullum;

Misses beatrice Brown, Louise Brown, Alfreda Miles, Elizabeth Miles, and Rosetta Miles.

AFRO TURF MAN HAS BIRTHDAY

Arthur R. Walton, 1009 Brantley Ave., writer of the AFRO racing column, "Seth Sez," observed his 40th birthday on Monday.

HAMPTON INSTITUTE BOUND:

Many Tasks Occupy Bethel's Secretary

Among the youngest church secretaries in Baltimore is Miss Alice E. Howell, who greets callers over the telephone in a pleasant voice with: "Good afternoon, Bethel AME Church."

ALICE E. HOWELL

Miss Howell, the daughter of Mrs. Mary T. and Loreno D. Howell of 506 McMechen St. was graduated from Carver Vocational School in February, where she took the business course. She will receive her diploma in June because Carver does not have a mid-year commencement.

Now that she is out of school, Miss Howell divides her time between Bethel and School No. 135, where she is a volunteer secretary. In September she plans to attend Hampton Institute, Va.

Teaches at Sunday School

At Bethel, Miss Howell works in the "finance room where she helps to count collections, keeps the records, takes dictation and answers the telephone from 4:40 to 7:30 p.m., Monday through Friday and from 9 a.m. to 12 on Saturday.

On Sunday she teaches the intermediate Sunday school class.

Among her other activities are Junior Red Cross secretary; Big Brothers and Sisters Christian Youth Council, Junior Choir president; vice-president of the Debutantes Club, vice-president of the Co-Eds Club and a member of the Teen Canteen of the YMCA.

Accidental Wound Troublesome

Six years ago Miss Howell caught a stray bullet in the right leg, while returning from market on Pennsylvania Ave.

The leg is still giving her trouble, and recently she spent two weeks at Johns Hopkins Hospital as a cast from her hip down to her toes.

She hopes this injury won't keep her from attending Hampton in the fall.

The energetic young church secretary lists her hobbies as reading and dancing. She has one sister, Martha Howell.

Philomathians Hear Mrs. Scott

Mrs. Vera Scott, of the Federal Council of Churches, spoke on "The Church and Human Relations," when the Philomathian Club was entertained by Mrs. William Wright on Saturday evening.

Mrs. Wright had as guests Mesdames William White, Julius White, Genevieve Harris, G. Lake Imes, W. A. C. Hughes Jr., William McAbee, Mae Downs, Carl Murphy, T. I. Brown, Martin Jenkins, Frank Phillips, Ralph Cook, Elmer Burgess, Frederick Dedmond, John Hampton;

Misses Kate Shepherd, Sarah Sampson, A. Dukye Wood, Marguerite Woode and Carol Blanton.

ROMANIA— met with Mrs. Alice Hall of 1713 W. Franklin St., this week and made plans for a variety supper on the 24th at the Cloverdale Club.

Prizes at pokena went to Mrs. Annie Jones, first; Mrs. Kathleen Henson, second, and Mrs. Pauline Palmer, third. Miss Mary Ransom won the booby. The next meeting will be with Mrs. Henson at 1933

LES PETITE FEMME— met at the home of Mas Annie Walters, 640 N. Fulton Ave.

Plans were made for their first anniversary celebration. at page 13

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A NEW RADIO PROGRAM
Sunday:
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• 7:45 A. M.—W-I-T-H.
• 11:15 P. M.—W-F-B-R.

A SPENCER Will
Make Your Work E-A-S-I-E-R
It will be designed especially for you to support abdomen and back—give you healthful posture and fine figure lines!
MRS. ANNIE HARCUM
SPENCER CORSETIERE
1603 MADISON AVENUE
MAdison 10603

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27 N. CAREY ST., BALTO. 23, MD.
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This is a private hospital catering to the needs of the sick regardless of color or creed. Vacancies for colored patients (colored).
RATES $3.00 PER DAY
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AMERICA'S LARGEST SCHOOL OF PRACTICAL NURSING

OFFERS TRAINING TO QUALIFIED WOMEN AND GIRLS 17 to 50
Choice of Day or Night Classes
NO INTERFERENCE WITH PRESENT DUTIES
High School Education Not Necessary
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Dear Sally, Don't forget to see the Dixie Maid Sausage at the Esskay Booth- Inez

VISIT THE ESSKAY BOOTH
When you visit the Baltimore Afro-American's Mid-Century FOOD SHOW at the Metropolitan Church Auditorium, March 14, 15 and 16, be sure to visit the ESSKAY Booth.
See ESSKAY's Mid-Century display of fine quality meat products.
If you have a taste for quality, always look for this label . . .
ESSKAY QUALITY
THE WM. SCHLUDERBERG-T. J. KURDLE CO.

MARYLAND CHIEF
TRADE MARK REG. 1878
Gritless Spinach
Mustard Greens
Turnip Greens
Kale Peas
Tomatoes
Pork & Beans In Tomato Sauce
Stringless Beans—Cut & French Style
VISIT MARYLAND CHIEF'S BOOTH AT THE FOOD SHOW
METROPOLITAN CHURCH AUDITORIUM
Tuesday — Wednesday — Thursday
March 14-16-16
Special Matinee Thursday Afternoon
J. LANGRALL & BROS., Inc.
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Quality Canners for Over Seventy Years

Thousands Of Friends

75 years Of Baking Fine Bread For Fine Tables

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512 - 14 N. GAY STREET
½ block above Bel Air Market

OUR MEAT PRICES Are BALTO.'S LOWEST PRICES!
A trial will convince you that your $$$ will go a lot further here. We handle only QUALITY MEATS!

FRESHLY GROUND BEEF lb. 25c
Sugar-Cured — Lean SLAB BACON lb. 35c
Pork Liver Special lb. 21c
Pure S. K. LARD lb. 13c
Milk Fed Veal Shoulders only lb. 33c
Milk Fed Veal RUMPS lb. 39c
Ready-to-Eat HAMS Whole or Shank Half Special lb. 53c
ALL MEAT FRANKS or BOLOGNA Special lb. 31c
Lean BEEF For Boiling or Stewing Special lb. 22c
ARMOUR Star Smoked HAMS Tenderized—Whole or Shank Half only lb. 49c
SPECIAL! While It Lasts! SPECIAL!
SPRING LAMB Shoulders lb. 39c

We carry a full line ALL KINDS of CHEESE!
Yellow American CHEESE lb. 35c
Sweitzer CHEESE ¼ lb. 17c
Medium Sharp CHEESE lb. 45c
Very Sharp CHEESE lb. 69c
PROCESS BUTTER EXTRA RICH! In ¼ lb. prints NEW LOW PRICE lb. 59c
Special! "AMOCO" "Best Quality Self-Polishing" FLOOR WAX "Best Ever Tried"
NEW LOW PRICE Qt. Can reg. price 59c Sale 29c
Gal. Can reg. price $2.75 Sale 98c
"SALAD KING" MAYONNAISE Made by the Best Recipe Half-Pint 19c Pint 33c

Date and Nut BREAD only 10c
"Phillip's Delicious" SPAGHETTI tall can 10c
Sweet Mixed PICKLES 2 jars 25c
Shoe Peg CORN 3 cans 25c
Whole Golden CORN lg. can 15c
lb. pkg. SEMOLINO Spaghetti or Macaroni 15c
Jams & Jellies Special 15c
Potted MEAT 3 cans 25c
Sweet PEAS 3 cans 25c
California Raisins lg. pkg. only 17c

LENTEN SPECIALS
CODFISH loose per lb. 29c
Alaska SALMON tall can 35c ½ lb. can—only 25c
Solid Pack TUNA FISH White and Dark Meat 2 cans 49c
SARDINES lb. oval can in tomato sauce 2 cans only 35c
SLAUGHTER'S FISH FRY 2 tall cans only 25c

DRIED FRUIT SALE! COFFEE SALE!
Large PRUNES 2 lbs. 39c
Evaporated APPLES per pkg. 21c
Large Evaporated PEACHES lb. pkg. 31c
WHITE HOUSE Best there is! lb. 67c
Maxwell House or Chase & Sanborn lb. 79c
Kenny's "730" lb. 67c

LAUNDRY SOAP 3 lg. bars only 10c
Conte Luna Spaghetti or Macaroni 16c
Spaghetti SAUCE Full lb. pkg. 9c
Grated CHEESE can 8c
Pure Egg NOODLES pkg. 15c
Mrs. Filbert's OLEO (plain) lb. 27c
MRS. FILBERT'S OLEO lb. GOLDEN QUARTERS 41c
Mrs. Filbert's MAYONNAISE Hostess Jar only 11c Pint only 39c
Md. Chief TOMATOES, SPINACH or STRING BEANS 2 No. 2 cans only 29c
Md. Chief Pork & Beans Special can 10c
Save Money by Shopping Here!
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