Pork Shows Slight Drop In Cost

Most meat prices hold to last week's levels. Fresh pork regis tered a slight drop in cost.

Smoked hams, picnics and smoked bacon are also less expensive this week.

Lower grades of beef are a trifle lower in price. Grade A small eggs are the best value in eggs, since the large and medium sizes have advanced more rapidly in price.

Get Lucky!

Get This 9" Dinner Plate. Beautiful semi-vitreous china in fine American ware. Decorated in lovely Rose & Poppy Pattern on ivory background.

Yours for only 50 coupons.

Get Lucky!

GET QUALITY PREMIUMS

Free For Coupons

Get Lucky!

Get This Pudding Pan. 2½-qt. size. Smooth, durable enamel—moss-green color. Can be used for cooking, baking, storing —many other uses.

Yours for only 75 coupons.

Get Lucky!

New, Creamy-White OCTAGON TOILET SOAP The soap with the fragrance of flowers. Get Lucky—get a coupon on every wrapper.

NEW OCTAGON CLEANSER Instant Suds: Action cuts grease fast, polishes as it cleans. Has so many uses. Get Lucky—get a coupon on every can.

OCTAGON BAR LAUNDRY SOAP Leaves everything clean and sweet-smelling. Ideal for getting out "extra-dirty" spots. Get Lucky—get a coupon on every wrapper.

Get Lucky!

Stop WITHOUT CASH! the Coupon from all These Octagon Products!

Beautiful, useful premiums FREE for coupons, at any of these Octagon Premium Stores or Distributors.

OCTAGON PREMIUM STORES

521 No. Eutaw St., near Franklin, Baltimore, Maryland

1205 "I" Street, N. W., Washington, D. C.

Bring coupons to local Octagon Premium Store or Premium Distributor in your town. No mail orders, please.

Good With A Light Luncheon

Cheese, chopped dates and nuts make these muffins special. Rich and sweet, they can take the place of dessert.

Hot Muffins

Even if they're not regular bread eaters, your family will like muffins made from these General Electric Consumers Institute recipes.

Easy to mix in a jiffy, they can be frozen if you like. And you'll be surprised at how fast they disappear, once they're on the table.

Corn Meal Muffins

1 egg, unbeaten
1 cup milk
¼ cup melted shortening
1 cup sifted all-purpose flour
1 cup yellow corn meal
2 tablespoons sugar
3 teaspoons baking powder
½ teaspoon salt

Place egg, milk and melted shortening in medium - sized mixing bowl. Beat with a kitchen fork until thoroughly blended (about 100 strokes).

Sift flour, cornmeal, sugar, baking powder and salt together over surface of liquid ingredients. Using gentle strokes, carefully mix until ingredients are just blended (about 25 strokes).

Bake in greased 2½ x 1¼-inch muffin pans at 425 degrees F for 20-25 minutes. Makes 12 muffins.

Date Cheese Muffins

1 egg, unbeaten
1 cup milk
2 cups sifted all-purpose flour
3 teaspoons baking powder
¼ cup melted shortening
2 tablespoons sugar
½ teaspoon salt
¼ cup grated American cheese
¼ cup chopped dates

Place egg, milk and melted shortening into medium-sized mixing bowl. Beat with a kitchen fork until thoroughly blended (about 100 strokes).

Sift flour, baking powder, sugar and salt evenly over surface of liquid ingredients. Add cheese and dates. Using gentle strokes, carefully mix until ingredients are just blended (about 25 strokes).

Bake in greased 2½ x 1¼-inch muffin pans at 425 degrees F for 20-25 minutes. Makes 12 muffins.

BESSIE'S SOUTHERN COOKED BAR-B-QUE & SEA FOOD HOUSE

911 N. Gay Street

ALL VARIETIES OF FOOD

Mrs. Bessie Fitts, Prop.

Use Utmost Care In Buying Overshoes

Outfitting the family with overshoes for wet cold weathers costs enough to make it pay to choose and care for them so they will last for several seasons.

In women's overshoes, the fit of the heel is important. A small shoe heel can cut into the rubber of a wide overshoe heel, and a wide shoe heel can crush an overshoe heel too small for it.

Instead of buying two pairs of overshoes, to suit high and low-heeled shoes, it may pay to investigate the various types of boots now made for women and teen-agers, that fit any type of heel. Some plastic boots have this advantage.

Fire Prevention Week is being observed Oct. 5 to 11. Take special care to prevent fires.

Turkey Squares Are Ideal For 'Something Special'

These quick baking rice and turkey squares might well appear at any meal during the day and that means breakfast, too.

Turkey squares are ideal for making breakfast "something special," but for that matter any meal will be special when delicious rice and turkey squares are served.

Served with a sauce of meat or mushrooms these squares will stop the conversation until the last one is eaten.

Ingredients

2 eggs separated
1½ cups cooked rice
½ cup fresh bread crumbs
1 cup cooked turkey (canned turkey may be used)
½ cup celery
1 cup milk
¼ teaspoon ginger
¼ teaspoon black pepper
1 teaspoon salt
2 tablespoons diced pimiento

Preparing White Rice

Put 1 cup of white rice, 1 teaspoon salt and 2 cups of cold water in a two - quart saucepan. Cover with a tight fitting lid. Bring to a vigorous boil.

Then reduce the heat as low as possible and steam for 14 minutes or until all the water is absorbed, leaving the separate rice grains with their full nutritional value. This makes very firm rice grains.

If you prefer more tender rice grains, add 1/3 cup more water and increase the slow cooking time 4 or 5 minutes. Remove the lid, permit the rice to steam dry to the desired consistency and the grains will be separate and fluffy. Never stir rice; lift gently with a fork. Keep left-over rice in a covered bowl in the refrigerator. Makes 3 generous cups fluffy rice.

Four To Six Servings

Method—Beat the egg yolks and add the cooked rice, bread crumbs turkey, celery, milk, ginger, pepper, salt, pimiento. Fold in the egg whites which have been beaten until stiff. Pour the mixture into a greased pan 7 inches by 11 inches. Bake in a moderate oven (350 degrees F.) for about ½ hour or until a knife inserted in the center comes out clean. Cut into squares and serve with a meal or a mushroom sauce.

This recipe will make four to six servings depending upon how large the squares are cut.

A Refreshing Lift

Looking for a refreshing lift for meals? Here is a special orange consomme, airy light, delightful and nourishing. It's a fruit and nourishing, too. It's a fruit soup, quick to make, full of flavor, wonderful to serve piping hot or icy cold. Top with dabs of fluffy meringue, it's a good meal starter.

Orange Consomme Easy To Prepare

Orange Consomme
(Serves 6)

2 tablespoons quick - cooking tapioca
½ cup sugar
Dash of salt
1 egg, separated
1 No. 2 can sweetened orange juice
2 tablespoons sugar (for meringue)

Combine tapioca, sugar, salt, egg yolk, orange juice, water and lemon juice in medium-sized saucepan; beat until well blended. Bring to boiling; simmer 5 minutes, stirring occasionally.

Beat egg white until stiff but not dry; gradually beat in sugar (for meringue). Serve consomme hot or cold, with spoonfuls of meringue on top.

NOTE: If unsweetened orange juice is used, stir additional two tablespoons sugar into orange juice mixture. Or use 1 6-ounce can frozen concentrated orange juice, 2¼ cups additional water and 2 more tablespoons sugar.

Oven Meals Are Season Time-Savers

Fall is the housewife's busy season, and if she is short on time, it should be her oven meal season, too, says home economist Jessie Cartwright.

Mrs. Cartwright, director of the Norge Home Institute, added that oven meals need little watching, and enable the housewife to keep her meals on schedule and still attend club and community project meetings.

Delicious meals consisting of variety of foods cooked at the same time and same temperature, can be prepared easily in modern gas and electric ranges.

Of course, large roasts will have to go into the oven in advance of vegetables or desserts. For some foods, such as pot roast, it is permissible to have a variation of 25 degrees. A few vegetables may be adapted to several temperatures by decreasing or increasing the cooking time.

The Institute suggested a general rule for choosing your oven meal menu. You can bake meat and vegetables in a covered pan, and puddings and fresh fruits for the same length of time in a 300 to 350 degree F oven.

Place the food on oven racks so that there is a good circulation of heat around each dish. Uncovered utensils should be used for roasting or browning meat, and covered pans for steaming vegetables, or baking highly seasoned foods.

Plastic Containers Cut Food Waste

Budget-wise couples can enjoy large cuts of meat and economy-size packages of food without losing left-overs through spoilage.

Anne Bates, home making advisor to the Tri-State Plastic Molding Co., advises young couples that storing foods in rigid plastic containers for later use will stretch food-dollars.

Plastic containers, she explains, keep foods fresh and moist longer because they are air-tight, and do not absorb food tastes and odors.

For instance, put the left-over part of your Sunday dinner of roast beef, potatoes, peas, and soup into separate plastic containers in the refrigerator, and you can serve the same meal the following Sunday—and with a lot less work than shopping for and cooking a new meal.

Almost all foods are less perishable if stored properly.

Fresh Vegetables To Need Longer Cooking

With the coming of cooler weather, more fresh vegetables which require longer cooking become abundant and popular.

New Jersey, New York and Michigan are shipping heavy supplies of yellow onions this week. These onions are delicious in combination dishes and casseroles.

The sweet Spanish onions, ideal for stuffing, are also more plentiful. Maryland, New York and Pennsylvania cabbage is another "best buy" this week. Liberal supplies of good quality cabbages are available.

Maryland snap beans, Maryland and Virginia sweet potatoes, Maryland, New Jersey and Virginia sweet peppers and cauliflower from New York complete the vegetable economies.

Roadside Invitation To Drive Refreshed

BOTTLED UNDER AUTHORITY OF THE COCA-COLA COMPANY BY

COCA-COLA BOTTLING CO. OF BALTIMORE, MD.

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"They keep drinks COLD for hours!"

NEW! DIFFERENT! Will not sweat!

THERMOWARE INSULATED TUMBLERS

filled with delicious Sealtest TRADE-MARK CREAMED COTTAGE CHEESE

a real buy at only 59¢ each

These sensational Tumblers keep drinks cold hours longer . . can't sweat and mark your furniture! Why? Because their exclusive double wall construction leaves an insulating vacuum between the contents of the tumbler and the outside wall.

Tall and graceful, they're made of lustrous plastic . . come in eight striking colors. And they're a real bargain—filled to the brim with delicious, nourishing Sealtest Creamed Cottage Cheese—at only 59c each! Just think! You'd pay as much as $1.25 for each tumbler *alone* in gift shops or variety stores.

Treat yourself to a set of beautiful, useful Thermoware Tumblers now . . and treat your family to that smoother, creamier, fastier Sealtest Creamed Cottage Cheese.

Order Thermoware Insulated Tumblers from your Western Maryland Dairy Milkman, or buy them at your neighborhood grocer or supermarket.

WESTERN MARYLAND DAIRY

Division of National Dairy Products Corp.

Sealtest TRADE MARK DAIRY PRODUCTS

Maryland's oldest and largest dairy . . with over 80 years of "know how"

special—for a limited time only!

Save 10¢

on the regular price of a 5-pound bag

AND SEE FOR YOURSELF —"THERE IS NO FINER FLOUR AT ANY PRICE!"

Look for the Gold Certificates Entitling You to These Savings:

5¢ off on the 2-lb. bag
10¢ off on the 5-lb. bag
15¢ off on the 10-lb. bag
25¢ off on the 25-lb. bag

money-back guarantee on every bag!

Washington All-Purpose Flour has been made right here in old Georgetown for the past half-century. We mill it from our own special blend of finest hard and soft wheats. It's wonderful for all kinds of bakings—especially good for yeast breads. We say there's no better Flour at any price. Thousands of housewives agree. To invite you to try this fine Flour, we're offering you these worthwhile savings on any size bag. Buy some Washington All-Purpose Flour in the red-and-green package. Bake with it. You'll want to keep on using it. Look for the Gold Certificate . . . buy a bag soon.

FREE RECIPE BOOK Write today for Washington Flour Recipe Book. Contains 100 recipes for all kinds of bakings plus frostings, icings, sauces . . . wonderfully good things to eat!

WILKINS-ROGERS MILLING CO., INC. • WASHINGTON, D. C.

Two New Yorkers Spend Vacation In Federalsburg

FEDERALSBURG, Md.—Calvin Thomas, former teacher here, and friends of Philadelphia were the Sunday guests of Miss Helen Prattis, Mrs. Myrtle Turner and friends.

Mr. and Mrs. Joseph Jackson of New York City are spending their vacation with Mrs. Myrtle Turner and Miss Helen Prattis. Mrs. Jackson is the sister of Mrs. Turner and Miss Prattis. Mrs. Turner, Miss Prattis, Willie Stanley and Mr. and Mrs. Ellsworth Ricketts motored to Chincoteague, Va. recently.

Miss Ida Dickerson of Atlantic City, N.J., is visiting Miss Virginia Brummell and her mother.

Dinner Guests

Crayton Adams of Chester, Pa., and Mrs. L. Blanche Jolley of Cambridge, Md., were the Saturday dinner guests of Mr. and Mrs. Webster Jolley.

Mr. and Mrs. William Shephard of Philadelphia, were the Sunday guests of their mother, Mrs. Rebecca Cephas.

Executive Board Meets

The Caroline County NAACP Board met at the residence of Mr. and Mrs. Lewis Johnson, president Kenneth Horner of Preston presided.

Towns represented were Denton, Preston, Greensboro and Federalsburg. Plans were formulated for activities for the fall and winter seasons.

Mrs. Adams Entertains At Tea For Houseguest

Mrs. Elizabeth C. Adams of 1124 N. Stockton st. entertained at a tea for her houseguest, Mrs. Lorraine C. Arthur, last Saturday. Mrs. Arthur, sister-in-law of Mrs. Adams, is principal of the Guilford School at Howard County, Md.

Present were Miss Viola Cooper, Mrs. Adams's daughter; Mr. and Mrs. Elwood Cooper, son and daughter-in-law of Mrs. Adams; Mr. and Mrs. John C. Woods, Miss Geneva Johnson and Ellsworth Parker.

Had Birthday Party In School

Lennel Mosley, 1B pupil at school No. 113 and son of Mr. and Mrs. Lennel Mosley Sr., celebrated his sixth birthday with a party with his classmates. He is shown at the cake with his brother, Kenneth. Mrs. Betty Shelton is teacher.

Fire Prevention Week is being observed Oct. 5 to 11. Take special care to prevent fires.

Employees Entertained At Party

Mr. and Mrs. Max D. Schleider, caterers, entertained at their annual employees party at the Odd Fellows Hall last Thursday evening. Among the guests were, left to right, standing, Robert Utley, Leon Lincoln, Meadames Hilda Green and Edith Chatman, Thomas Curtis and Mrs. Mildred Hale. Seated, left to right, Huber Burlin, Mrs. Ida Portney, Mr. and Mrs. Schleider.

Zeta-Sigmas Hold Meeting

The Zeta-Sigma Council held its first fall meeting last week. The group, which is composed of representatives of the graduate and undergraduate chapters of Zeta Phi Beta Sorority and Phi Beta Sigma Fraternity, elected officers and made plans for the year.

Elected to head the group was Doris Howell of Alpha Zeta Chapter. Other officers elected were Gertrude Johnson, Vice Chairman; Delores Johnson, Secretary; and Mary Taylor, Treasurer. Officers were installed by George S. Whyte.

Other members present at the meeting were Alma Leverette, Magdalene I. Barber, Allen Powell, Frank Collins, and Philip Braxton.

MRS. CLARA MAYO

This offer is good to Mrs. Clara Mayo of 1106 N. Central ave. and to all our customers, and to you and you who have never been in our store before.

Don't blame us if you forget to get your free $12.95 shoes. Just come in; purchase one of our gorgeous new fall coats, and Get a pair of $12.95 nationally advertised Saks New York Shoes FREE! Remember this offer is good to everyone.

Low, Low Down Payment Easy Terms

LINCOLN

Friendly Credit Store

Shoes & Clothing

880 N. Gay St. PR. 8229

"Open A Charge Account"

Andrew B. Watsons Have Dinner Party

CATONSVILLE, Md.—Mr. and Mrs. Andrew B. Watson entertained recently at a dinner party.

Guests were Mr. and Mrs. Norman Brown, Dr. and Mrs. J. Imes and Mrs. Rachelle E. Hatcher, wife of the late Dr. Bernard Hatcher.

'I'm One Year Old'

That's what baby Vashti Butler seemed to be saying last Tuesday when this photo was taken. She is the daughter of Mr. and Mrs. Clarence Butler of 1224 E. Federal st.

SEE the Newest in modern GLASSES

complete 10.50 Why Pay More?

49 styles to choose from

eyes examined

Single Vision or Bifocals

NEW DEAL OPTICAL

28 N. LIBERTY • 846 N. HOWARD 3703 EASTERN AVE

Open 9 A.M. to 5:30 P.M. Open 9 A.M. to 5:30 P.M. Open 9 A.M. to 8:30 P.M.

New Norge Upright Home Freezers Shown

A space-saving upright home freezer, styled for efficient and economical service in the home or apartment is now being shown by appliance dealers and appliance departments of department stores throughout the city.

Upright design keeps all stored food within immediate and easy reach, according to the manufacturer. It eliminates bending, heavy basket lifting, and reshuffling of foods to find the item needed.

Look at all the ways . . .

Today's DUZ does a better job in your washer than any "detergent"!

Duz does a better job in your washer . . .

Today's Duz is made especially for your washer! Read these facts, proved under typical home washing conditions, comparing Duz with all leading washday "detergents"!

Duz gets out more grimy dirt, box for box. That means Duz gets the greatest, grimiest dirt out of more clothes! Duz washes clothes whiter than new!

Duz washes more loads of clothes! Yes, every box of Duz washes more loads of clothes than any "detergent."

Duz cleans more safely! Today's Duz cleans more colored washables with *greater safety!* Nice cotton prints are safer from fading. Woolens are fluffier, safer from shrinkage. And Duz gives you almost toilet-soap mildness for your hands!

DUZ DOES EVERYTHING

Clubs

SIVE — Members of the group met at 3726 Terra Firma rd., the home of Mrs. G. Marshall, recording secretary last week. Mrs. Thelma Kelham, 429 E. Lafayette ave., will be hostess at the Oct. 2 meeting.

Mrs. Louise Carter heads the group. Mrs. Carrie Weems is editor.

LES CALLAHOF — The club met at the home of Mrs. Sara Jones, 2111 Presbury st. Plans were made for a bingo party.

Prizes at card party went to Meadames Charlotte Dickson, Florence Tibbs and Lillian Briggs.

PINK RIBBON — Members of the club met at 524 Hoffman st. last Wednesday evening. Present were Meadames Hazel and Lillian Watkins, Mildred Chisley, Delia Clinton, Catherine Curry, Bertha Thomas and Nellie Miles.

MONDAY MUSTER — The pleasure club was entertained by Mrs. Anitha Harrison at 1805 Pennsylvania ave. on Monday.

Members of the group include Meadames Mabel Knox, president; Anitha Harrison, Stella Hall, Ernestine Williams, Corrine Parker, Bessie Dorsey, Elsie Bolden, Susie Thomas, Mabel Smith, Mary Flemmings, Mary Hiter, Lottie Logan;

Hannah Holmes, Alverta Taylor and Georgine Johnson.

The club meets every Monday evening at the home of Mrs. Williams, 2416 Harlem ave.

FLOWER CIRCLE — The group met at the home of Mrs. Blanche Webb, 423 E. 22nd st. The next meeting will be held at the same address with Mrs. Mattie Robinson presiding.

RIPE OLIVES POPULAR WITH KIDS OF ALL AGES

Ripe olives are popular with children of all ages. Modern mothers with very young children prefer to use the pitted ripe olives. Then they never have to worry about their children swallowing the pits.

When you are out on the Avenue, don't bother going home to cook—have your meals and deserts at Snow White Dining, Fountain or Take-Out Service.

SNO-WHITE BAKE SHOP

1418 Penna. Avenue, near Mosher

Letbetters Given Welcome Party

Mrs. Betty Boyd of 1617 Monroe st. held forth with a welcome home party last Friday evening for the Letbetter children who spent two and one-half years in Honolula, Hawaii.

They are: Lois E., Wilhemina, Samuel Jr. and Mable S. Letbetter.

Guests Listed

Guests included Lilly Clayborne, Delores Cousins, Shirley Diver, James Waddy, Leverne Waddy, Gloria Harrison, Julia Russell, Nicholas Wadey, Tony Harrison, Emory Williams Jr. and Mrs. Ruby Harris.

Outsells all others

IN WASHINGTON ★ DON'T BE SWITCHED

ALWAYS ASK FOR

BOND'S AMERICAN Wines!

★ SHERRY
★ MUSCATEL
★ PORT

SOLD ALL OVER TOWN

THE GLOBE DISTRIBUTING COMPANY WASHINGTON, D. C.

A VITAL MESSAGE TO MOTHERS OF GROWING CHILDREN

Most of us take it for granted that our children are well nourished . . . we give them enough food to fill their stomachs and *assume they are getting enough nourishment as well.*

But recent studies of child nutrition have come up with facts that challenge all our complacency about our family diet.

Children in all income groups partially undernourished

Over the past several years many nutrition studies have been made by private, state and federal agencies . . . including medical examinations of thousands of school children.

These studies showed that—even with the world's finest food supply—more than half our children are not getting all the nourishment they need for peak health. Serious nationwide nutritional deficiencies occur regardless of family income . . . largely because of our poor eating habits.

Bone weakness and tooth decay prevalent

Two of the most widespread problems are bone weakness and tooth decay.

Skeleton X-rays showed that a high percentage of the children had bones that were not as hard or strong as they should be—many even had some bone malformation. In thorough dental examinations *most* of the children were found to have tooth decay.

U. S. diet needs more calcium

These findings indicate that large percentages of our children are not getting enough of the calcium they need to build strong bones, and teeth that resist decay. Calcium, as you probably know, is found chiefly in milk and milk products . . . it is absolutely essential to growing children.

Yet nutritionists report the American diet is more lacking in calcium than in any other food element.

Bread research finds help for problem

As bakers of bread, our most universal food, the makers of Enriched Tip-Top Bread were in a natural position to help supplement the American diet with needed calcium. And that is exactly what they have done—after a series of careful experiments and consultations with health authorities.

Bone-building element doubled

The bakers of Enriched Tip-Top Bread have now doubled the bone and tooth building calcium in every loaf of New Tip-Top.

From now on when your children eat the New Tip-Top Bread they will get twice as much as before of this element so vital to the nourishment of strong bones and teeth.

New bread helps build up daily quota

Good whole milk, of course, is the first and foremost source of bone and tooth building material—children need at least a quart daily. But the fact is that many children do not drink that much.

Now—by serving the New Tip-Top Bread—you have a pleasing, effective way of reinforcing the essential element, calcium, in your child's diet. Eight slices of this new bread contain bone and tooth building calcium equal to a full glass of milk.

Most children eat that much bread daily as a matter of course. If you make sure your children eat the New Tip-Top Bread, you will automatically help them build up their quota of bone-building, tooth-building nourishment.

ESPECIALLY IMPORTANT TO CHILDREN—ADULTS PROFIT, TOO

The added calcium in the New Tip-Top Bread is of benefit to *everyone. For children* it increases the supply of bone- and tooth-building material while they are still growing and developing and is an *insurance* for later years.

For adults, both men and women, the New Tip-Top Bread provides additional calcium to help keep the bone structure strong.

Expectant mothers must have sufficient calcium to protect both themselves and the child.

Extra calcium is conducive to a feeling of well-being at all ages.

In addition to calcium . . .

New Tip-Top Bread brings you added milk nourishment with important minerals and high-quality protein essential to *tissue building* in the young and *tissue repair* in the adult. The new loaf not only gives you increased nourishment but even more delicious, home-baked flavor.