Health for all, problem No. 1 during 'silly season'

This is the time of year when teen-agers amble home from school with their coats unbuttoned, and when younger fry splash through the deepest puddles.

In northern states, the man of the house plants a few rows of peas, although he knows there's sure to be another freeze.

In southern states, people walk in a happy daze beneath the first flowering trees and are caught by sudden showers.

One mild day in the middle of March, says the Maryland TB Association, and human beings seem to take leave of their senses. The "Silly Season," the "Sneeze Season," call it what you will, it usually results in an epidemic of colds.

If you are the mother of a family and responsible for the health of a group infected with false spring fever, what can you do?

You can't follow each one around constantly with hats, raincoats, and rubbers. You can't lock them up until the true spring arrives.

Grandmother used to bring out the bottle of sulphur and molasses. She had some vague idea that the blood was sluggish after the long winter months and bodies needed toning up to meet the demands of the new season. She wasn't far wrong.

The wisest thing you can do is take for granted that your family will be especially exposed to colds at this time and build up their resistance. A cold is quite annoying enough in itself, but its worst feature is the fact that it lowers resistence to more serious infections.

Be sure that every member of the family gets plenty of rest and sound sleep. If any member of the family seems "run down" and complains of feeling constantly tired, a visit to the doctor is in order.

Too few go into the protections . . . such as law and medicine. With the high percentage of crime and the equally high death rate, women are badly needed in these fields where their adeptness at handling humans count for great good. Of course it's a long hard pull for a woman in the professions, and despite what you hear, they are still not extended too warm a welcome in such fields by their male contemporaries."

The speaker was Mrs. Lena K. Lee, of Baltimore, attorney, principal of a city school and a housewife. She is the wife of Robert Lee. She addressed the Baltimore Junior Council of the National Council of Negro Women.

FIRST in popularity because of its pure orange flavor, accurate dosage. World's Largest Selling Aspirin For Children. ST. JOSEPH ASPIRIN FOR CHILDREN

CELEBRANTS—Celebrating the 27th anniversary of Heroines of Jericho, in Washington, recently, were, left to right: Mesdames Lillian G. Moxley, Elenora Mitchell, Emma Mitchell, Essie O. Smith, Myrtle Webster and Elizabeth E. Rawlings, all of Baltimore.

FOREST PARK HANOVER, PA. COME FOR FUN FOR ALL
Ride The MERRY-GO-ROUND COASTER • SCOOTER WHIP • PRETZEL • HEYDEY FERRIS WHEEL • BOOMERANG KIDDIE RIDE
PICNIC GROUNDS ROLLER SKATING EATS and DRINKS DANCING SHOOTING GALLERY PENNY ARCADE FUN HOUSE • GAMES SKEEBALL • BASEBALL
FREE ADMISSION FREE PARKING AND CONCERT EVERY SUNDAY
ALL PICNIC FACILITIES FREE
PARK OPENS SUN. APRIL 18th
SCHOOL DAY IS SAT. JUNE 5th
Write to A. KARST Phone 3-5286 Forest Park, Hanover, Pa.

SEE

THOMAS JENKINS
YOUR NEW REPRESENTATIVE For SINGER
Free Lessons Vacuum Cleaners REPAIRS
New Singer Round Bobbin reverse stitch Portable $109.50
Brand New Singer Vacuum Cleaner $44.95
Complete with attachments
SMALL DOWN PAYMENT EASY MONTHLY TERMS
Free Home Demonstration
SINGER SEWING CENTER
5456 WARFORD RD. CL. 4-4852 or GI. 5-6855-M

Clubs ... The Lady Said:

ZETA — Alpha Zeta chapter of the sorority met at the YWCA, this week, for a panel on "High Points of a Sorority" discussed by Sorors Mary Hurtt, Mary Pitts, Dianna Brown, Carrie Scott, Jewel Rawlings and Ethel Payne.

The social hour was spent at cards.

Hostesses were Marguerite Carroll, Elizabeth Denby, Beatrice Mayo, Hazel Phillips and Katherine Johnson.

MATRONS — The social and savings club met in the home of Mrs. Jesse Kearson, 2011 W. Saratoga street.

Plans were completed for an Easter pageant for children of the neighborhood.

Officers of the club are: Mesdames Clara Porter, president; Sarah Jeters, vice president; Jesse Kearson, secretary; Camilla Wright, treasurer; Marguerite Burton, business manager;

Mesdames Mildred Parker, assistant business manager; Helen Limeberger, sargeant - at-arms; and Katie Duffy, chaplain.

ASENAITH — The art club met on Thursday in the home of Miss Edith Bayloys, 309 E. Lafayette avenue.

Plans were completed for the bingo party set for March 27 at the Cloverdale Hall.

After the business session the hostess took the group to the York Hotel for dinner.

The next meeting of the club will be with Mrs. Eva Ayers of 114 Honeysuckle Court, Day Village on April 1.

Mrs. Claudia Staton is president of the club; Mrs. Ellen Trower, vice president; Mrs. Ayers, treasurer; Mrs. Victoria Lewis, financial secretary; Mrs. Alva Jones, recording secretary;

Mrs. Sarah Manuels is chaplain; Mrs. Katie Brown, sargeant-at-arms and Mrs. Baytops, business manager.

MRS. LENA LEE

S. Baltimore Notes

By GEORGE W. E. HILL

Women's Day will be observed at the Star of Bethlehem AME church, Sunday. Mrs. Mamie Legg is general chairman and the Rev. W. R. Chew, host pastor.

The Trustee Aids of Star of Bethlehem church will hold their monthly meeting at 2613 Puget st., this week.

A group of citizens met at Ebenezer AME church to discuss plans for a permanent recreation leader in South Baltimore.

Committee Members

The committee included the Rev. Thomas B. Davis, the Rev. Shephard A. Thompson, and the Rev. Father Swift, James L. Bundy, Mrs. Edith Cooper, Mrs. Dorothy Johnson, and Mrs. Margaret Caldwell.

City Councilman Michael J. McHale was guest speaker.

A community seminar on President Eisenhower's housing program was held Tuesday at the Baltimore Federal building, Fayette and St. Paul sts.

Ernest J. Bohn, director of the Cleveland housing authority, was principal speaker. The subject of the evening was "Housing for Low Income Families."

South Baltimore Needs

Your columnist and Miss Glenda Sharp were present to tell Mr. Bohn and Oliver Winston, local housing director, of the great need in South Baltimore for such a project.

"Too many women take the line of least resistance and go into teaching and secretarial fields where they are assured of immediate financial security . . . such as law and medicine. With the high percentage of crime and the equally high death rate, women are badly needed in these fields where their adeptness at handling humans count for great good. Of course it's a long hard pull for a woman in the professions, and despite what you hear, they are still not extended too warm a welcome in such fields by their male contemporaries."

The speaker was Mrs. Lena K. Lee, of Baltimore, attorney principal of a city school and a housewife. She is the wife of Robert Lee. She addressed the Baltimore Junior Council of the National Council of Negro Women.

Iotas hold regional meet

WASHINGTON

The eastern regional conference of Iota Phi Lambda Sorority in session here over the past week end, highlighted its closing program with a speech by E. Frederic Morrow, adviser on Business Affairs, U.S. Department of Commerce.

Soror Montrosa Frazier, president of Gamma chapter, presided. Other participants were Lena J. Joyce, president of the Marketing Club, Department of Business Administration; Bode O Rhodes, president of Business Club, Department of Business Administration; Mesdames Naomi Wilkerson, Hattie Evans Jeanne S. Scott of Pittsburgh national president of the sorority; Miss Evelyn D. Wilkey, of Baltimore, Eastern regional director; and Mrs. Lillian Harrod.

Receptions

Following the Rankin Chapel program the Business Club of Howard University was host at a reception at Kelly Miller House, Howard University.

Previously, a get-acquainted party with Miss Viola Brown and Mrs. Montrosa Frazier as hostesses was held at 645 Irving st., N.W.; a reception at the home of Mrs. Helen Newberry, and a closed dinner at Baldwin Hall.

Mistress of ceremonies at the latter was Mrs. Lena Armstrong.

Eleven chapters of Iota Phi Lambda Sorority sent representatives to the Conference.

National Officers Attend

Five national officers who attended the conference were: Mesdames Jeanne S. Scott, Pittsburgh, president; Marion Jackson, first vice - president; Anna J. Steen, dean of pledgees; Fannie Downey, Montclair, N.J., journalist; and Evelyn D. Wilkey, Eastern regional director.

Other regional officers include Sorors Rosella J. Harris, Beatrice Crawford, Lois Lee Dorsey, Minetta Miller, Margaret Johnson, Leona Edwards, Pauline Elmore.

The 17th Eastern Regional Conference of Iota Phi Lambda Sorority was entertained by the Business Club of the Department of Business Administration because Gamma chapter has participated annually with the activities of this club, especially in cooperation with the business conferences held at the U.S. Department of Commerce.

Mrs. Elizabeth Manokey, corresponding secretary.

The Rev. Reginald Daniels, pastor, will be speaker.

WILSON PARK — The club met with Mrs. Sue Gurin, 4466 St. Georges avenue.

Mrs. Sarah Bonds and Mrs. Margaret Ray were reinstated in the club. The next meeting will be with Mrs. Byrle Williams of 4905 The Alameda.

Happy Is The Day When Backache Goes Away . . . .

Nagging backache, loss of pep and energy, headaches and dizziness may be due to slow down of kidney function. Doctors say good kidney function is very important to good health. When kidneys function slowly and allow acids and strain, causes this important function to slow down, many folks suffer nagging backache—feel miserable. Minor bladder irritations due to cold or wrong diet may cause getting up nights or frequent passages.

Don't neglect your kidneys if these conditions bother you. Try Doan's Pills—a mild diuretic. Used successfully by millions for over 50 years. It's amazing how many times Doan's give happy relief from these discomforts—help the 15 miles of kidney tubes and filters flush out waste. Get Doan's Pills today!

50 AFRO carriers guests of Royal at Easter show

Some 50 AFRO carriers will be guests of the Royal theatre at an Easter Monday theatre jamboree.

This special matinee at 9:30 a.m. on April 19 will be presented for school children at an admission price of 25 cents, including tax.

Features will include cartoons, comedies and Westerns. The special show is being presented through the courtesy of Jack Barton, Royal theatre manager; and Morton Gerber, president of District Theatres Inc.

New filing date on government jobs

A new date for filing applications for three government jobs declared open a week ago was announced Tuesday by U.S. Civil Service Examiners.

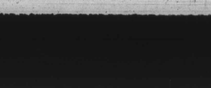
Due to the fact that a sufficient number of applications have been received for the positions, no applications will be accepted after April 12.

The new deadline was set on the following jobs: Fork lift operator, WB-4-5, fork lift operator, WB-6-7; and small animal caretaker, WB-3. The positions are open at the Army Chemical Center in Maryland.

SOCIAL EIGHT — Mrs. Evelyn Jenkins of 615 Bentalou street entertained the club, this week.

BLUE HAWAIIANS — The club met in the home of the president, Mrs. Marsha Johnson, 1732 E. Eager st. Monday evening. The group will have a supper party on Saturday night. Mrs. Emily Miller of 2100 Whitter avenue will be hostess at the next meeting.

Guaranteed Service YOUR WATCH THOROUGHLY CLEANED
Regulated Adjusted Timed & Guaranteed Electrically
ALBERT JEWELERS 105 N. EUTAW ST.
$2.95 LADIES' & MEN'S STRETCH BANDS 100 Inst.
WATCH STRAPS 59c

Which one has that MONTHLY LOOK?

EYES SHOW CRAMPS, "NERVES", MISERY
You, too, may not be able to hide that tired, nervous, jittery look each month no matter how much "make-up" you use. Keep your secret safe during "those" days—don't be the one girl in three who shows the strain from tell-tale nerves and cramps—has "that monthly look."
Take Cardui, a special medicine treated by thousands of women, girls to help insure against cramps, "nerves" and monthly misery. A little Cardui each day helps build strength so resistance may be greater each month, nervousness and suffering less and less. Look more natural—feel and sleep better. Ask your dealer for Cardui. (Say: "card-you-eye").
*Many scientists estimate that at some time during a week or two of every 4 women suffers from monthly discomfort.
CARDUI MONTHLY CRAMPS • CHANGE OF LIFE

Clubs

WILSON PARK — The club met in the home of Mrs. Byrle Williams, 4905 The Alameda, this week.

A tea will be held at the same address on the 28th. Mrs. Dora Hill is president of the club and Mrs. Williams is chairman of the tea committee.

TULIP — The savings club met in the home of Miss Otelia Brown of 2801 Rices avenue. Miss Mildred Brown is president of the club and the treasurer is Mrs. Mary Brown.

BLUE HAWAIIAN — The original savings club was entertained by Mrs. Anita Cleary, 1600 E. Biddle street, this week. Plans for a tea on April 4 were made.

CHEERFUL LADIES — Mrs. Clara Foster entertained the savings club, Thursday, at her home, 608 S. Charles street.

Attending the meeting were: Mesdames Louise Johnson, Louie Landon, Thelma Counts, Hattie Stevens, Alease Winston, Odessa Barr, Bertine Burnett, Estelle Parker and Clara Foster.

CARROLLTON AVENUE—The charity club met at 827 George street, this week and completed plans for a bus trip. Mrs. Rosie Curtis is president and Mrs. Leonora McDowney is reporter.

ECLIPSE — Mrs. Mary Smith entertained the pinochle club on Tuesday evening, when prizes were won by Mrs. Dorothy Diggs, Mrs. Mary Johnson and Mrs. Myrtle Dennis. Guest prizes went to Mrs. Goldie Gibson and Mrs. Estella McKenny.

LUCKY NIGHT — On Wednesday evening the members met with Mrs. Juanita Jenkins of 1151 Fulton avenue.

WILLING WORKERS — The club of Leadenhall Baptist church met, recently, in the home of Mr. and Mrs. Henry Roberts.

Plans for a charity benefit and a trip to Henryton Hospital were made.

BABS — Members of the pinochle club will pay a visit to The Veterans Hospital at Loch Raven Boulevard on March 28.

Officers are:

President, Mrs. Theresa Tate; secretary, Mrs. Estella Carroll; treasurer, Elwood Carroll; and club editor, Mary V. Cole.

WILLING WORKERS — The sewing club met, recently, in the home of Mrs. Martha Steigner at 542 S. Pace st.

The next meeting will be at the home of Mrs. Emma Day at 1512 N. Mount st.

Mrs. Maude Clark is president.

UNIVERSAL — Mrs. Violet Johnson, 331 Zeppin avenue entertained the club on Thursday evening.

IBW — The neighborhood club will hold it's annual sermon on March 28, at 8 p.m. at the Madison Avenue Presbyterian church, Madison Avenue near North avenue.

Mrs. James Pinn is president.

COUNCIL — The supreme council club met on Monday evening, with Clarence Bishop presiding. Honorees were Mrs. Theresa Gray and Mrs. Nora Ringgold, former officers.

REVELERS — Miss Susie Stewart entertained the group at a recent meeting at 2848 Harlem avenue.

A tea will be given at 5 p.m. Sunday at 815 N. Monroe street.

Amazing New Creme RE-COLORS HAIR IN 17 MINUTES...
New change stunned, gray, graying or dull hair to a rare, exclusive youthful looking color. Use Vitrex Creme Shampoo-Tint today. It's a new hair colouring that renders hair as lovely as it was when it was only 17 minutes old. Vitrex is the one-to-many mixing. Won't wash out. Guaranteed harmless. 17 natural appealing colors. HAIR COLORING Get Vitrex at your druggists today.

It's wonderful the way Chewing-Gum Laxative acts chiefly to REMOVE WASTE —NOT GOOD FOOD
Here's the secret millions of folks have discovered about FEEN-A-MINT. It's the chewing-gum laxative. You keep in why FEEN-A-MINT is so wonderfully different.
FEEN-A-MINT is different because you chew it. It's different, too, because it removes mostly waste—not good food!
You see, FEEN-A-MINT does not work in the stomach, where food is being digested. That's why it does not take away a lot of the good food you need for energy.
Doctors know that FEEN-A-MINT works mostly in the lower bowel, removes mostly waste, not good food!
So to feel like a million, do as millions do. Chew delicious FEEN-A-MINT, and feel full of life and energy! Get FEEN-A-MINT!
Feen-a-mint THE CHEWING-GUM LAXATIVE

KNOW THE JOY OF JET BLACK HAIR ...by tonight!

Tonight you can say goodbye to hair that is streaked, gray, dull, faded, burnt or lifeless. With the first application of BLACK STRAND Hair Colouring, your hair takes on a natural, lustrous black beauty — evenly! BLACK STRAND won't rub off. Only occasional touch-ups necessary at temples, partings and roots as hair grows out. You can have like-new hair, skinner, young-looking, this very night, in your own home. No waiting for results. No expensive beauty parlor treatments necessary. USE BLACK STRAND to have your hair look its colorful best. Satisfaction or money refunded. GET BLACK STRAND today—look like a new person tonight! At Druggists Everywhere.
BLACK STRAND
5 SHADES — Jet Black — Black — Dark Brown — Medium Brown — Light Brown
Strand Products Co., 118 S. Clinton, Chicago 6, Ill.

Say "No" To Acid Stomach say it with fast-acting TUMS
Don't let acid indigestion get the best of you. Don't suffer needlessly with heartburn and gassy pressure pains. Eat 1 or 2 Tums for top-speed relief whenever distress occurs. Tums cannot overalkalize. Can't cause acid rebound. Require no water, no mixing, no waiting. Get a handy roll of Tums to carry in pocket or purse today!
Still only 10¢ a Roll
TUMS FOR THE TUMMY

Constipation often to blame for CHILDREN'S TANTRUMS
Mothers praise laxative that sweetens upset stomach, too
When constipation sours little tummies; children milk and cry—often have tantrums—can't sleep or eat right. That's because your gassy stomach upset makes them feel irritable and miserable!
That's why thousands of mothers give Syrup of Black-Draught at first sign of coated tongue, bad breath—sluggishness. Its wonderful laxative action helps sweeten sour stomach fast! Then children smile and play happily again!
Syrup of Black-Draught—genuine pure, safe, dependable. Mild, yet thorough in action. No harsh griping! Brings comforting constipation relief overnight — this below average sour stomach. Tastes so honey-sweet children love it. Over 18,000,000 bottles sold.
Get a bottle of wonderful Syrup of Black-Draught at any druggist today!
ADULTS, TOO! Try regular Black-Draught laxative—dependable sweetener for your constipation. Famous since 1840. In familiar Powder or Granulated form . . . a 64¢ value, easy-to-take Tablets, too!

ZIPPY Liquid STARCH
. . . has that clean fresh natural pine odor all men prefer and women like to work with.
America's FIRST Liquid STARCH

Buy Easter ham large enough for post-holiday casserole

Wise are you, if you choose a big ham for your Easter dinner.

There will be ham enough for sandwiches on Sunday night, and you will still have some left to use in a flavorful casserole within the next few days.

When you buy meat, it's often timesaving to plan to have leftovers. By using the once-cooked meat in casseroles and combinations you will save meal preparation time.

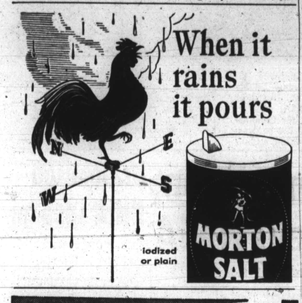
Use some of the Easter ham in this flavorful Ham Noodle Custard. The simple addition of chopped green pepper and onion peps up this easy casserole.

Ham Noodle Custard

¼ cup butter or margarine
cup chopped green pepper
½ cup chopped green pepper
1 cup cooked ham or tabe ready meat, cut in strips ¼-inch wide
4 ounces medium noodles
1 egg, beaten
1 cup milk
1 teaspoon salt
Dash pepper
1 teaspoon Worcestershire sauce

Melt butter or margarine in skillet. Add green pepper, onion and ham or table-ready meat. Brown well (about 7 minutes). While meat mixture is browning, cook noodles in boiling salted water about 4 minutes.

Drain and rinse. Combine egg, milk, salt, pepper and Worcestershire sauce. Fold in noodles. Arrange noodle mixture around edge of 1½-quart casserole. Place meat mixture in center. Bake in moderate oven (350 degrees F.) about 30 minutes. Makes 4 servings.

When it rains it pours

iodized or plain
MORTON SALT

Compare TETLEY TEA* with any other brand for FLAVOR!
*FAMOUS SINCE 1837
then Compare TETLEY TEA with any other brand for VALUE!

Acme Super Markets
Yes, Mam! Stock Up Save in this Terrific SALE
Cut out this Ad-Show it to your Friends
30 MIN. DELIVERY ANYWHERE IN TOWN
DO YOU HAVE A JOB? DO YOU HAVE $10.00?
THIS CAN BE YOUR
CHROME KITCHEN SET
PAY ONLY $3.00 PER WEEK
Full-Size Table 4 Chairs Any Color
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If You're In Doubt—What Can You Lose? CALL LE. 9-2678—You'll have a set in 30 min.
EAT AT YOUR OWN TABLE TONITE

Ideal; with Tomato Sauce PORK & BEANS	8 16-oz cans	89c
Large, Sweet FARMDALE PEAS	6 16-oz cans	89c
Farmdale Whole Kernel GOLDEN CORN	6 16-oz cans	89c
Light Meat Grated CALIF. TUNA	4 6-oz cans	89c
Ideal Red KIDNEY BEANS	8 16-oz cans	89c
Ideal Prepared; Cheese Sauce SPAGHETTI	8 cans	89c
Farmdale Cut GREEN BEANS	6 16-oz cans	89c
Ideal Fancy APPLE SAUCE	5 16-oz cans	89c
Red, Ripe TOMATOES	8 16-oz cans	89c
Ideal Regular or Hot CATSUP	5 16-oz bots	89c
Ideal CUT BEETS	8 16-oz cans	89c
Glenwood Assorted JELLIES	5 12-oz jars	89c
CAP'N Brand DOG FOOD	10 16-oz cans	89c
TOILET TISSUE COLO-SOFT	8 rolls	89c
Virginia Lee Bakery Special. Reg 19c Brown 'n Serve Rolls	pkg of 12	15c
HOT CROSS BUNS Regular or Brown 'n Serve	12 in pkg	39c
Supreme Bread	Still Only	15c

Large Enriched Loaf --- Save Up to 5c --- WHY PAY MORE?
Glasbake Cooking Dish and lb. pkg. Gold Seal Elbow Macaroni 68c Value BOTH for only 49c
A lovely baking dish for macaroni, meat loaf or other uses. Here's real value - - get yours early.
April Family Circle Magazine Now on Sale Still Only 5c

Easy Does It

Dainty, lightweight garments require special care and handling to clean them properly as well as to keep them like new even after much wear.

Do wash personal garments and accessories made of fine materials as soon after taking them off as possible. Perspiration allowed to remain on these things, especially when the material is silk or rayon will often develop difficult - to - remove stains.

RECIPE OF THE WEEK

Rolled Vanilla Wafers (Makes 30)

2 cups sifted cake flour
½ teaspoon salt
2 teaspoons baking powder
1/3 cup butter
1 cup sugar
1 egg, beaten
¼ cup milk
2 teaspoons vanilla

Sift together flour, salt and baking powder. Cream together butter and sugar. Combine egg, milk and vanilla. Add liquid and dry ingredients into creamed mixture alternately. Spread very thin on greased baking sheet and bake in a slow (325 degrees) oven until slightly browned. Cut quickly into 3-inch squares and roll around the handle of a wooden spoon.

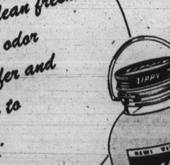
Fragile garments should never have soap or detergent suds rubbed on them. Make a bowl full of rich suds and use these instead.

Remove your hose by rolling them down, inside out. Wash after each wearing in mild suds, rinse thoroughly and stretch out the feet of the hose while they re still wet.

Foundation garments should be washed out weekly, at least. Rub soiled spots with the fingers cloth or soft brush. Avoid breaking the covering of the rubber.

In washing knitted garments, place both hands under the garment, supporting it as you lift from the water. This prevents stretching.

PARKING PROBLEMS?
Not If You Use One of Our 2 FREE LOTS!
115 W. 20th St. • 10 E. 20th St.
North Ave. Market NORTH - MARYLAND TWENTIETH CHARLES
Open Daily Till 6 — Wed. Till 1
Stores Open Every Night

Poll Parrot SHOES FOR BOYS AND GIRLS
Another Poll Parrot Style at Jacobs

Careful Fitting Checked By X-Ray
Jacobs SHOE SHOP
2105 Edmondson Ave. Opposite Bridge Theatre

BOND BREAD— representatives group together at the annual Urban League dinner held March 16 in the grand ballroom of the Waldorf-Astoria in New York city. Left to right, standing— Miles Heitzberg, George Dunning, Earl Locher, and Bill Richman; Seated —Rudy Prusser, J. Frank Weir, Art Golden, Julian Scott and Oscar Brown.

Eggs, oranges lower priced

By RUSSELL C. HAWES

Egg prices are twenty percent below a year ago or approximately twelve cents per dozen.

Other items which are retailing below mid-March of 1953, are onions, potatoes, chicken fryers, turkeys, butter and oranges. Pork products are retailing above prices which prevailed one year ago, states Russell C. Hawes, marketing specialist, University of Maryland extension service.

On the higher side we find apples, green beans, limas, beets, carrots, kale, spinach, rib roast and lard. Lard is up eighty-five percent while bacon is forty-four percent higher than a year ago.

Apple Prices Up

A comparison of mid-March 1954 prices with prices for the same week during the last nine years (1946-54) shows apples, lima beans, spinach and beets retailing at prices above the top price for the period surveyed, while potatoes and chicken fryers are selling at the lowest cost for the entire period.

However, bananas, Florida oranges, carrots, onions, peppers, white potatoes, tomatoes, sirloin steak, veal rump, chicken fryers, turkeys, all grades of eggs, butter and oleomargarine now are retailing below the average retail price of mid-March for the (1946-54) nine - year period.

Good buys in fresh vegetables include potatoes, onions, carrots, parsnips and kale. Harvesting of most vegetable crops in Florida has been retarded because of the cold, rainy weather. Prices for new cabbage and iceberg lettuce have advanced slightly. Sweet corn and peppers are moderately priced.

In fruits, Florida oranges and grapefruit continued attractively priced. Little change in Florida citrus situation, supplies are abundant. California navel oranges are higher in cost this week.

Meats listed

Chuck roast of beef, veal rump, turkey and eggs are recommended. Fillets of pickerel, perch, and fresh sea bass and rock fish are moderately priced. All types of processed fruit juices are low in cost and may be advantageously bought now for use this summer.

Hangtown fry

The Chef's Special this day is "Olive Hangtown Fry."

The strange name comes from the old California gold town once called Hangtown, now sedately known as Placerville. We especially like this version with the nutlike ripe olives, for they team so well with fried oysters and eggs.

Olive Hangtown Fry

¼ cup ripe olives
10 small oysters
Salt
Pepper
Flour
3 eggs
Fine dry bread crumbs
1 tablespoon butter or margarine
2 tablespoons milk

Cut olives into large pieces. Season oysters with salt and pepper. Roll in flour. Beat eggs lightly. Dip oysters in egg, then in bread crumbs.

Brown slowly in butter. Add milk and ½ teaspoon salt to remaining egg. Pour over oysters and cook as for French omelet, lifting cooked portion of egg to allow uncooked part to run down onto skillet.

When egg is partially cooked, sprinkle olives over top. When all of egg is set and bottom is browned lightly, fold as for omelet.

Serves 2 generously.

9061 SIZES 2—10
THIS SMART NEW TAFFETA-FINISH PLASTIC RAINCAPE
YOURS FOR ONLY 50¢ WITH ONE LABEL FROM BREAST-O'-CHICKEN HI-PROTEIN TUNA
Don't miss this exciting bonus offer, brought to you by delicious Breast-O'-Chicken Tuna—the selected top-grade tuna, rated EXCELLENT for body-building protein!
Just send 50¢ and one label to:
Important! State size: Small, Medium or Large.
• Smartly fashioned!
• Attached hood!
• Less than 5 ounces!
• Case included!
7350 by Alice Brooks
by Marion Martin
BREAST-O'-CHICKEN TUNA, Box 2-B, Hollywood, Calif.
I'm enclosing $ ____ and ____ label(s) from Breast-O'-Chicken Tuna. Please send me:
Raincape(s) SMALL (size 32-34)
Raincape(s) MEDIUM (size 36-38)
Raincape(s) LARGE (size 40 and larger)
Name ____ (PLEASE PRINT)
Address ____
City ____
Zone ____ State ____
Allow 2 to 3 weeks for delivery. Offer expires June 1, 1954.

WEEK'S SEWING BUY—It's to sew, embroider, crochet — printed right in the Alice Brooks Needlecraft Book! Plus many more patterns to send for—including gift ideas, bazaar money-makers, toys, fashions! Send 20 cents now!
Pattern 9061: Children's Sizes 2, 4, 6, 8, 10. Size 6 dress, requires 1¾ yards 35-inch; jacket, 1 yard; sun hat ½ yard. Heart applique instructions are included.
This easy-to-use pattern gives perfect fit. Complete, illustrated Sew Chart shows you every step.
Send Thirty-five cents in coins for this pattern—add 5 cents for 1st-class mailing. Send to Marian Martin, care of (AFRO-AMERICAN), 220
Pattern Dept., 232 West 18th st. New York 11, N.Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.
Whip up a pair of slippers in an evening — they're SEW-EASY! Enjoy 'em for TV-viewing, gay relaxing. Trim one pair with a pompon, the other with crisp eyelet ruffling.
Jiffy—2 parts for each slipper! Pattern 7350: small, medium, large, extra large included.
Send TWENTY-FIVE CENTS in coins for this pattern—add 5 cents for 1st-class mailing. Send to (AFRO-AMERICAN) 278 Household Arts Dept., P.O. Box 168, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, ZONE, AND PATTERN NUMBER.
TEN COMPLETE PATTERNS

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But your hair can't look right if certain conditions are wrong! Sulfur-8 can't give you a new scalp, nor make your hair grow or be longer than your scalp allows, but when used in time it usually works wonders on many conditions that may hold your hair back from looking its best.
So, watch out for the warning signs: Maybe your scalp itches or feels "tight" from dryness. Does your hair seem dull and dead-looking? Could be, the breaking off and frizzy split ends of your brittle-dry hair makes it look rough and shortened. Act fast when you see those signs!
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