the little cookbook column

Hello, I'm Esther Coley, Home Economist for Hunt-Wesson Foods, Fullerton, California. Read my column every week. I'm sure you'll find something to interest you. I'll have tips and hints about buying and preparing food. And I'll answer any questions you may have about cooking. Be sure to look for my series of Little Cookbooks in Ebony Magazine. You'll love them. October's Little Cookbook is all about ground beef. How to do it to it deliciously, nutritiously and economically. Get your copy. You'll refer to it time and time again.

This week's tip,
After peeling onions, work hands in cold water, then rub them with salt—takes off odor.

Dear Esther:
I would like to surprise my family with a different tasting barbeque sauce. Can you suggest a nice spicy sauce for me?
John A. Mack, Chicago, Ill.

Mix together 2 6-oz. cans Hunt's Tomato Paste, 2 cups water, 2 Tablesp. brown sugar, 2 teasp. minced onions, 2 teasp. butter or margarine, 2 teasp. Worcestershire sauce, 2 teasp. vinegar, 1 teasp. Tabasco sauce, 4 pepper corns, 2 garlic cloves—minced.

Dear Esther:
Are higher priced cuts of meat usually more nutritious than lesser priced cuts of meat?
Mattie Florence, Dallas, Tex.

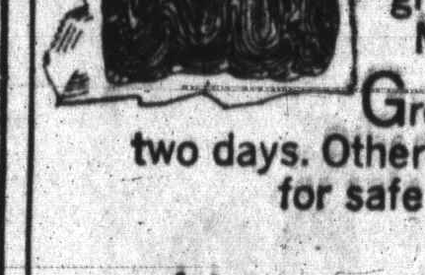
No—some of your most economical meats are the most nutritious. All meats are excellent sources of protein, rich in B vitamins, iron and niacin. This is especially true of lower cost variety meats like liver, kidney and heart.

Dear Esther:
Is there any difference in the nutritive value of white or brown eggs?
Grace Peeples, Detroit, Mich.

There is no difference in the nutritive value of eggs. White and brown eggs all have the same nutritive value.

Dear Esther:
I am very interested in methods of preserving vitamins in foods. What vitamins are lost or inactivated by cooking, and especially by overcooking.
Henrietta Smith, Houston, Tex.

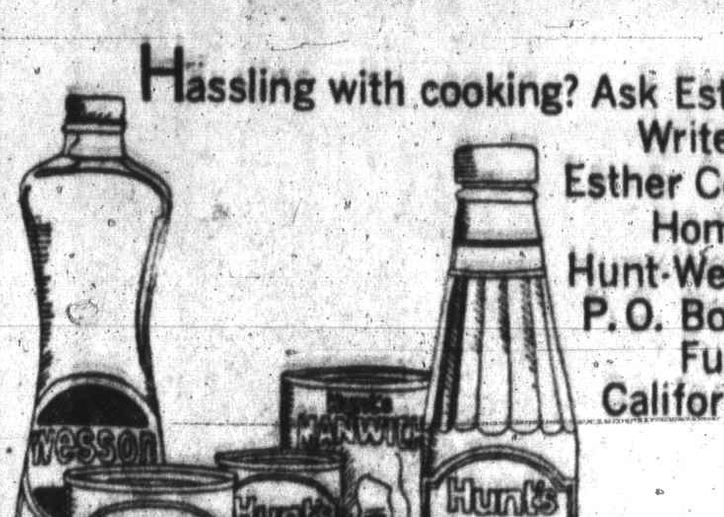
Overcooking results in the loss of vitamin C, vitamin B1 and vitamin B2. Also, overcooking some foods changes the flavor and texture.



Dear Esther:
How long is it safe to keep ground beef in the refrigerator?
Mary Valentine, Newark, N.J.

Ground beef should be used within two days. Otherwise, wrap and freeze it for safe use later.

Hassling with cooking? Ask Esther for help.
Write:
Esther Coley,
Home Economist,
Hunt-Wesson Foods,
P.O. Box 1002,
Fullerton,
California 92634.



Firefighters form black organization

Members of the Vulcan Blazers, newly organized group of local firefighters, attended the Black Professional Firefighters convention in Hartford, Conn last week.

As a result of the convention the International Association of Black Professional Fire Fighters (I.B.P.F.F.) was formed.

The members, which met Oct. 1, 2, and 3rd, listed three aims of the convention: to pool the experience of black firefighters from different sections of the country; to participate in workshops to formulate solutions to the problems of harassment of firefighters and the high rates of fires and deaths in ghetto neighborhoods; and to help implement the findings of the convention in areas where those problems exist.

The workshop panels discussed recruitment of black youth, harassment of firefighters, promotional and internal problems and fire prevention in the black community.

Other convention activities included banquets, cocktail receptions and speeches and discussions.

The firefighters were greeted by Connecticut Governor John Dempsey, Hartford Councilman Allyn Martin and Hartford Fire Chief Edward M. Curtin Jr.

Featured speaker at the formal convention banquet was Robert Oliver Lowery, Buffalo, N.Y. fire commissioner since January, 1966.

Elected officers at the convention included two Baltimore Vulcan Blazers. John O. Frayer was elected financial secretary of the international organization and Samuel Wilson is regional vice-president of the southeast region which includes states from Georgia to Conn.

Other Baltimore firefighters attending the convention were: Charles R. Thomas, president; Francis R. Handy, 2nd vice president; David Echol, Baltimore City Fire Department public relations; Calvin Brown, Maurice Moody, Anthony Gaines, Lawrence Holly, Charles Finney, Samuel Jenkins, Capt. Louis R. Harper, Lieut. Arthur Hicks, Howard Owens, George McKnight, Bernard Scott, and Robert Sisco.

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FRESH PORK SHOULDERS
lb. 35¢

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MORRELL'S READY TO EAT CANNED HAMS	2-lb. can $2.89; 5 lb. can $4.79
GOETZE'S BONELESS SMOKED NECKS	lb. 89¢
GOETZE'S FAMILY ALL MEAT FRANKS	1½-lb. pkg. $1.19
GOETZE'S SOUTHERN STYLE SCRAPPLE	2 lb. pkg. 69¢
ESSKAY'S U.S.D.A. CHOICE STANDING RIB ROAST	lb. 89¢
ESSKAY'S U.S.D.A. CHOICE CHUCK STEAKS	lb. 79¢
U.S.D.A. CHOICE BONELESS 3 COR. BEEF ROAST	lb. 99¢
ESSKAY'S BONELESS SHOULDER STEAKS	lb. 99¢
ESSKAY'S PORK LOIN ROAST WHOLE OR HALF	lb. 69¢
FRESHLY MADE GROUND BEEF IN 3-LB. PKG. OR MORE	lb. 69¢
ESSKAY'S CHICKEN LEGS	lb. 59¢
FRESH CUT TURKEY NECKS	lb. 19¢
COMBINATION PACKAGE CHICKEN LEGS & BREASTS	lb. 39¢
ESSKAY'S SWEET KORN SLICED BACON	lb. pkg. 79¢
ESSKAY'S PURE DIXIE MAID OR FARM STYLE PORK SAUSAGE	lb. roll 59¢
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VALUABLE COUPON
RINSO DETERGENT GIANT SIZE 55¢
WITH THIS COUPON ONLY GOOD ONLY AT FOOD-A-RAMA, SAVE-RITE & SELF SERVICE MARKETS OFFER EXPIRES SAT. OCT. 17, 1970. LIMIT ONE COUPON PER FAMILY.

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GORTON'S CODFISH CAKES reg. can 19¢
BOUNTY PAPER TOWELS 3 giant rolls $1
MOR VALUE STRING BEANS 6 303 cans $1
WASHINGTON CORN MUFFIN MIX reg. pkg. 10¢
PETER PAN ALASKA SALMON tall can 69¢
FRANCO-AMERICAN SPAGHETTIOs 5 reg. cans $1
3¢ OFF COMET CLEANSER 2 giant size 45¢
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DEL MONTE WHOLE GOLDEN CORN, CREAM STYLE CORN, CUT GREEN BEANS, Sweet PEAS Mix or Match—Your Choice 2 303 cans 49¢
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ALUMINUM FOIL Diamond 25 ft. roll 21¢
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CONTADINA TOMATO SAUCE 10
PILLSBURY - 3 SERVINGS INSTANT POTATOES 10
PET NON-DAIRY COFFEE CREAMER 11-oz. jar 49¢
SHENANDOAH APPLE SAUCE 6 303 cans 89¢
DOLE PINEAPPLE JUICE 12-oz. can 10
Western Carrots bag 10¢
RED YAMS CAROLINA 10¢ lb.
Carton Tomatoes 29
FLORIDA PINK SEEDLESS GRAPEFRUIT 4 for 49¢
FANCY COOKING ONIONS 3 lb. 29
RED DELICIOUS APPLES 4 lb. 49

DAIRY
Land O' Lakes - Sliced Cheese Food American 12-oz. pkg. 59¢
MEDIUM 2 doz. 79
Land O' Lakes Sharp Cheddar
FLUFF NEST GRADE 'A' EGGS SMALL 3 dozen $1
Cheese Sticks 59
Long horn Cheese Land O' Lakes 16-oz. pkg. 89¢

FROZEN FOODS
MORTON'S POT PIES BEEF CHICKEN TURKEY 8-oz. pkg. 19¢
ASSORTED VARIETIES BANQUET COOKIN' BAGS reg. pkg. 25¢
POT PIES PIE CRUST SHELLS 3 reg. pkgs. $1
DONALD DUCK ORANGE JUICE 15¢
FROSTY ACRES WAFFLES 5-oz. pkg. 10
CHEF'S CHOICE FRENCH FRIES 9-oz. pkg. 10

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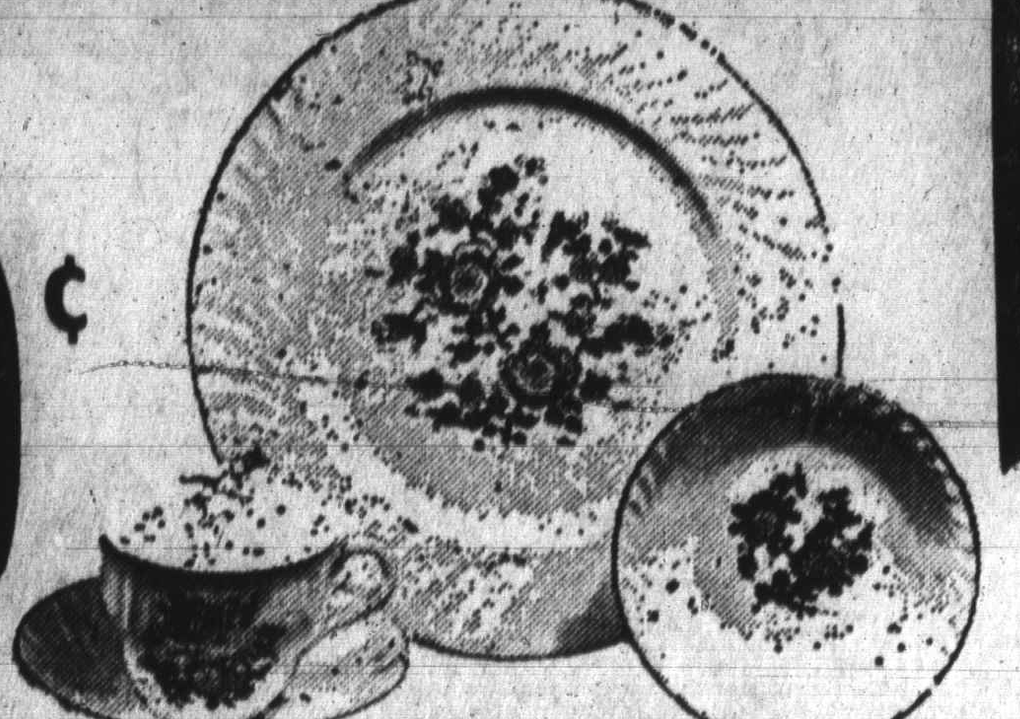

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USDA CHOICE
BONUS SPECIAL THIS WEEK ONLY!
lb. 98¢

U.S. GOV'T INSPECTED
FRESH FRYERS
SPLIT or CUT-UP lb. 29¢
WHOLE lb. 25¢

PICNIC STYLE
FRESH PORK SHOULDERS
WHOLE lb. 38¢

PANTRY PRIDE 8-
PANTRY PRIDE BISCUITS
PANTRY PRIDE COTTAGE C

Item	Price
U.S.D.A. CHOICE RIB STEAKS 7 Inch CUT	lb. 98¢
U.S.D.A. CHOICE PORTERHOUSE STEAKS	lb. $1.19
U.S.D.A. CHOICE CHUCK POT ROAST CALIFORNIA STYLE	lb. 68¢
ESSKAY'S HOT OR REGULAR PORK SAUSAGE MEAT	1-lb. Pkg. 53¢
SLICED, 9-11 CHOPS QUARTER PORK LOIN	lb. 78¢
FANCY PORK SPARE RIBS	lb. 68¢
PYNE TASTE LEAN, SLICED BACON	1-lb. Pkg. 59¢

BUFFET SUPPERS
BANQUET FROZEN 2-lb. Pkg. 89¢

YELLOW
DEL MONTE HALVES 4

Item	Price
TEA BAGS PANTRY PRIDE	Pkg. 100 69¢
SMOOTH PEANUT BUTTER PANTRY PRIDE	12-oz. Jar 38¢
FRUIT DRINK PANTRY PRIDE GRAPE or ORANGE	4 1-qt. 14-oz. Cans 95¢
TOMATO SAUCE CONTADINA	6 8-oz. Cans 63¢
BUTTER SAUCE CORN	
HORMEL SPAM QUICK FIX	
CHUNK LIGHT TUNA	
LOG CABIN SYRUP	24-oz. Bottle 73¢
KEN-L-RATION BURGERS	72-oz. Pkg. $1.59

SHRIMP
40-50 COUNT
FANCY lb. $1.19
5-lb. BOX $5.89

FRENCH FRIES
FROZEN CRINKLE CUT 5-lb. Bag 69¢

CRAB SOUP
CROSSE and BLACKWELL 3 13-oz. Cans 95¢

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CALIFORNIA MELLOW EACH 67¢
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2-6½-oz. CANS
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YOU PAY ONLY 2 for 21¢
Limit one coupon per shopping family. Void after Saturday, Oct. 17th, 1970

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7¢ CASH
5-lb. BAG
PILLSBURY FLOUR
YOU PAY ONLY 50¢
Limit one coupon per shopping family. Void after Saturday, Oct. 17th, 1970

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8¢ CASH
1-pt., 8-oz. BOTTLE
CRISCO OIL
YOU PAY ONLY 49¢
Limit one coupon per shopping family. Void after Saturday, Oct. 17th, 1970

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25¢ CASH
1-pt., 12-oz. BOTTLE
LESTOIL LIQUID CLEANER
YOU PAY ONLY 42¢
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7:00: The Interns
8:30: The Headmaster: Andy Griffith
9:00: The CBS Friday Night Movie: "Stay Away Joe" Elvis Presley, Joan Blondell
11:00: Newswatch
11:15: Weather Watch
11:30: Sports Watch
B and W 11:30: Friday's Big Movie: "Darling" Laurene Harvey, Julie Christie
B and W 1:40 Bonus Feature: "Blackwell's Island"
3:00: Late News
3:05: Bible Reading
3:10: Sign Off
WBAL-TV-11
6:15: Sign On and Devotions
6:30: Learning to Read
7:00: Today Show (C)
7:25: TV 11 News 7:25 Edition
7:30: Today Show (C)
8:25: TV-11 News: 8:25 Edition
8:30: Today Show (C)
9:00: Hazel (New Man in Town)
9:30: Danny (That Old Fling)
10:00: Dinah's Place (C)
10:30: Concentration (C)
11:00: The Galloping Gourmet (C) Apple cheesetart)
11:30: The Hollywood Squares (C)
12:00: Jeopardy (C)
12:30: Who, What or Where Game (C)
12:55: NBC News with Floyd Kalber
1:00: Lucy (Ethel and

The Dick Cavett
11:00: San Francisco Mix
9:00: Arne
(C)
(Continued on TV page)

Sam Lacy
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Jo Burkey
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WBAL NBC TV 11
OCTOBER 17, 1970