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AT YOUR DRUGIST

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.

vote
GENERAL ELECTION
NOV. 3, 1970

76 licensed practical nurses to graduate in rites on Friday

Maryland's Commissioner of Mental Health, Dr. James E. Carson, announces graduation plans for 76 students from the Department of Mental Hygiene's Schools of Nursing, will be held at Crownsville State Hospital today (Friday), at 8 p.m.

Separate ceremony was held last month for 8 graduates from the School of Nursing, Eastern Shore State Hospital in Cambridge.

Dr. Nell Solomon, Secretary of Health and Mental Hygiene, praised the forthcoming graduates for their dedication in helping fill pressing needs for nursing personnel in the state's health facilities.

Thirty licensed practical nurses completed their training at the Springfield State Hospital; 17 psychiatric aides attended classes at Rosewood State Hospital; 10 at Spring Grove State Hospital; 5 at Eastern Shore State Hospital in Cambridge and 1 at Crownsville State Hospital.

Crownsville grads: Mrs. Jacqueline Boone Allsup, Annapolis; Mrs. Letitia Diana Brown, Upper Marlboro; Mrs. Martha Dara Caskey, Crownsville; Mrs. Catherine Rosetta Galloway, Severna Park; Mrs. Hilda Arbutus Howard, Glen Burnie; Mrs. Geraldine Fuqua Jones, Annapolis; Mrs. Laura Ricks Leach, Baltimore; Mrs. Geneva Theresa Mamms, Severna Park; Miss Argo Lillie Mason, Annapolis; Miss Carman Lee McBroom, Baltimore; Mrs. Mary Ann Mc Cauley, Shadyside; Mrs. Rose Mc. McGaughey, Millersville; Miss Sandra Randall, Annapolis; Mrs. Annie Patricia Richmond, Baltimore; Mrs. Shirley Jean Smith, Baltimore; Mrs. Nellie Marie Thomas, Baltimore; Mrs. Juanita L. Wallace, Millersville; Mrs. Jessie S. Ward, Baltimore; Mrs. Joyce Vonzetta Wilson, Annapolis.

Eastern Shore State Hospital: Mrs. Frances Louise Adams, Cambridge; Mrs. Edith M. Banks, Cambridge; Cleveland L. Carroll, Vienna; Robert H. Forrester, Jr., Cambridge; Mrs. Clara Pryor Givans, Salisbury; Mrs. Carolyn T. Parks, Cambridge; Mrs. Mabel Tafi Riggons, Fishing Creek; Mrs. Nadine Irving Skelton, Salisbury.

* * *

Rosewood State Hospital: Mrs. Rosa L. Austin, Baltimore; Mrs. Dorothy L. Baisey, Baltimore; Mrs. Clara Ball, Baltimore; Mrs. Cypress Ruth V. Fox, Reisterstown; Mrs. Ruth Johnson, Baltimore; Mrs. Lydia M. Lee, Baltimore; Mrs. Kathryn McLaurin, Baltimore; Evelyn C. Marcelle, Baltimore; Mrs. Mary A. Newman, Baltimore; Mrs. Shirley A. Smith, Baltimore; Mrs. Pernice Smothers, Baltimore; Mrs. Shirley A. Talbot, Baltimore; Mrs. Peggy O. Taylor, Baltimore; Miss Aisnetta M. Williams, Reisterstown; Mrs. Constine K. Williams, Baltimore; Miss Gaye L. Williams, Cumberland; Mrs. Inez V. Williams, Baltimore.

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.

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.

CCB Players to present 'Exit the King'

Eugene Ionesco's Exit the King will be presented by the CCB Players at the Community College of Baltimore today (Friday) through Sunday at 8:15 p.m. in The Little Theatre, located on the campus of the college at 2901 Liberty Heights Ave.

Exit the King was written after its author had suffered a heart attack and the play's action becomes a bration of the impending most liturgical in its celedeath of the King.

Although Ionesco is considered a leader in the Avante-Garde style and many of his plays are alwildly "absurd," Exit the King becomes conservative in comparison.

The play deals with the death of King Berenger I, played by William B. Santoro, who, as a member of the Pickwick Players Children's Theater Company, has appeared in many of their productions, including "Heidi" and "Pinocchio."

Berenger is continually warned of his impending death by Queen Marguerite, played by Jacquelin Thompson, a graduate of Forest Park High School. Watching his kingdom literally disintegrate he grows defiant and proclaims his reluctance to accept death.

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Tagless Tea Bags	pkg. of 100	49¢
Apple Sauce FARMDALE	6 1-lb. cans	95¢
Bartlett Pear Halves FARMDALE	2 1-lb. 13-oz. cans	89¢
Campbell's Tomato Soup	2 10½-oz. cans	19¢
Ideal Tomato Soup	2 10½-oz. cans	17¢
Sunmaid Seedless Raisins	15-oz. pkg.	39¢
Musselman Apple Sauce	2-lb. 3-oz. jar	49¢

Prices Effective Thru Sat., Oct. 17, 1970. Quantity Rights Reserved.

LANCASTER BRAND, FULLY COOKED, DRY CURE Semi-Boneless Hams WHOLE or HALF	lb. 85¢
SLICED Quartered Pork Loins, 9-11 CHOPS AVG.	lb. 79¢
LANCASTER BRAND (BABY BEEF LIVER lb. 89¢) Sliced Beef Liver	49¢
FRESHSIDE BRAND, Lean Sliced Bacon 1-lb. pkg.	79¢
LANCASTER BRAND, Shoulder Veal Roast, SQUARE CUT	lb. 79¢
ANOTHER ACME VALUE Shoulder Veal Chops	lb. 89¢
AN ACME EXTRA MEASURE Boneless Veal Roast	lb. 99¢
ESSKAY ROPE, Pure Pork Sausage	lb. 69¢
FRESHLY SHUCKED Standard Oysters 12-oz. can	$1.29

SAVE 10¢
SUPREME OLD FASHIONED HOMESTYLE BREAD 3 1-lb., 4-oz. loaves 95¢

FAMOUS KRAFT'S CHEESE! CRACKER BARREL MELLOW 10-oz. stick 65¢ SHARP 10-oz. stick 75¢

MINUTE MAID (2 12-oz. cans 88¢) Orange Juice 4 6-oz. cans 89¢

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Grapefruit	FLORIDA SEEDLESS PINK or WHITE	4 for 45¢
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TV-VIEWING

YOU KNOW BECAUSE YOU READ THE AFRO

Friday, October 16

6:30: Sunrise Semester: "Early Renaissance Art in Italy" (C)
7:00: CBS News with John Hart
7:15: Newswatch
7:30: CBS Newswatch
7:45: CBS News with John Hart
8:00: Captain Kangaroo
9:00: Romper Room
9:30: Let's Make Dollars
10:00: Peyton Place
10:30: Beverly Hillbillies
11:00: Family Affair
11:30: Dick Van Dyke
12:00: Where the Heart Is
12:30: Search for Tomorrow
1:00: The Woman's Angle: Sylvia Scott
1:30: As the Word Turns
2:00: Love of Life
2:30: The Guiding Light
3:00: The Secret Storm
3:30: The Edge of Night
4:00: Dark Shadows
4:30: Gilligan's Island
5:00: Big Valley: "Target"
5:30: CBS Evening News with Walter Cronkite
6:00: Newswatch
6:15: Newswatch Weather: Perry Andrews
6:30: Newswatch Sports: Jerry Thomas
6:35: Today Interns
6:50: The Headmaster: Andy Griffith
7:00: The Mod Squad
8:00: Monday Night Movie: "Stay Hungry" Joe": Elvis Presley, Jean Bloodell
11:00: Newswatch
11:10: Sports Watch
12:30: Sports Watch
B and W 11:30: Friday's Big Movie: "Darling" Laurence Harvey, Julie Christie
B and W 1:40 Bonus Feature: "Blackwell's Island"
2:30: Bible Reading
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)
8:25: TV 11 News 7:25 Edition
8:30: Today Show (C)
9:00: Hazel (New Man in Town)
9:30: Danny (That Old Jy (ABC) (C)
10:00: Dinah's Place (C)
10:30: Concentration (C)
11:00: The Doctors (C)
11:30: Family Affair (C)
12:00: Another World (C)
12:30: Bright Promise (C)
1:00: Another World Sam-
1:30: Another World (watery Witness)
2:00: Days of Our Lives
2:30: Inspiration
3:00-3:30: General Hospital (ABC, 21-day delay)
3:30-4:00: Dating Game (ABC, 14-day delay)
4:00-4:30: Newlywed Game (ABC, 14-day delay)
4:30-5:00: Afternoon Report
5:00-6:30: Afternoon Movie: "Billy the Kid's Fighting Pals" (Trans-
6:30: NBC Nightly News (C)
7:00: TV 11 News: Sven Erik Holmes (C)
7:30: Tr's High Chaparral (C)
8:30: Th Neame of the
9:30: Th Woman's Guide: Bracken's World
10:00: Bracken's World
11:00: TV 11 News: Eleven O'Clock Edition (C)
11:20: Sports Edition (C)
1:00: News Headlines
1:03: Devotions
1:15: Sign Off
WMAR-TV 13
6:10: International Zone
6:15: Sermonette
6:45: Consumer Checkout
6:55: Eyewitness News
7:00: Loremo's Cartoon Festival (C)
8:30: Leave It to Beaver
9:00: The Arnold Zenker
10:00: Baltimore Movietime Shoebreed (1949) Cornel Wilde, Patricia Knight
11:30: That Girl (ABC)
12:00: Eyewitness News
12:30: A World Apart
1:00: All My Children (ABC) (C)
2:00: The Mike Douglas
3:00: The Bold Beacon
4:00: Bugs Bunny-Road Runner
4:30: Sabrina and the Groovie Goolies
5:00: Professor Kool
5:30: Harlem Globe Trotters
6:00: The Archie Fun House, Featuring the Giant Jukebox
6:30: Scooby Doo, Where Are You?
7:00: The Monkees
7:30: The Partridge Family
8:00: Bewitched (ABC, 21-day delay)
8:30: Jim Dale Revolves (C) Art, music, theatre events discussed by Jim Dale.
9:00: Flick Out A Nice Time Movie: "Where Angels Go Trouble Follows" (1968) Rosalind Russell, Stella Stevens
11:00: Classroom Television
11:30: Developing Communication Patterns
12:00: Sesame Street (C)
1:00: Developing Communication Patterns
2:00: Sesame Street (C)
3:00: Misterneger's Neighborhood (C)
4:00: Sesame Street (C)
5:00: Mister Rogers' Neighborhood (C)
5:30: Lancelot Link and His Secret Chimps (C, *)
6:00: Making Things Grow No. 5, Easy Bulbs: Tulips and Daffodils and paper-white narcissus
6:30: USA: Theatre No. 4
Regional Theatre — The Light of New Hope. A documentary approach to trends in theatre in the past quarter-century.
7:30: Headlines Follow the Late Movie
8:00: Washington Week in Review (C) Washington events of the week discussed by Jim Dale.
8:30: Developing Communication Patterns
9:00: Square Street (C)
10:00: Sesame Street (C)
11:00: Classroom Television
11:30: Developing Communication Patterns
12:00: Sesame Street (C)
1:00: Misterneger's Neighborhood (C)