Number of needy dwindles thanks to town Continentals

The Baltimore Continentals chalked up another success last Friday night when they filled the Emerald Gardens to capacity for their annual fund raiser.

Proceeds went to their projects to aid needy children like those at Children's Institute at Rosewood State Hospital for whom they gave a Halloween party just the week before, and those at the Winterrode School at Crownsville who needed audio visual aides.

Many shoeless kids will no longer have to be that way — thanks to the Continentals, and youngsters who need a friendly boost to enter college or go to camp, will also receive aid.

* * *

Continental bid guests to their "Continental Cabaret," told them to dress as they pleased and came up with a flock of the most fashionably attired folks we've seen since the advant of the mini.

Jumpsuits and pants were in the forefront. For instance, statuesque Catherine Howard came in a green velvet long sleeves jumpsuit over which she wore a full length green brocade sleeveless coat.

Corinne Coleman was striking in a midnight blue velvet jumpsuit, the bodice of which was rhinestone encrusted.

And Delores Sykes, one of the newest Continentals, who pulled her tresses to each side, oriental style, to compliment her grey metallic pants set.

Softspoken Margaret Beaman was in a beautiful autumn colored silk pants number under a matching skirt.

LaFrance Muldrow's jumper effect black velvet pants were offset by a white crepe longsleeved blouse.

Sue King, dance chairman, and Frances Pennington chided each other for their good taste when they appeared in identical culotte frocks.

Millie Hall chose the gaucho pants with boots.

* * *

The Continentals culminated the week end with their annual worship services with members and their families on Sunday at the Church of the Holy Nativity. Club president, Mae Chamberlain, held forth afterwards at her home with brunch for them and the several out-of-town Continentals who still lingered on.

Members and their husbands are:

Messrs. and Mesdames Norman (Lil) Branch, George (Sevilla) Carroll, Malcolm (Mae) Chamberlain, Donald (Corinne) Coleman, Leonard (Thelma) Cox, Clarence (Odessa) Dyson, Cliff (Helen) Gattis, Clarence (Katherine) Gross,

Messrs. and Mesdames Charles (Catherine) Howard, Dr. and Mrs. Jon (Susan) King, Dr. and Mrs. John (Serena) Holmes, Charles (Priscilla) Marshall, Ackniel (LaFrance) Muldrow, William (Mattie) Murphy, Dr. and Mrs. Vernon (Frances) Pennington.

Messrs. and Mesdames Robert (Helen) Quarles, Donald (Vivian) Rigby, Franklin (Doris) Smith, William (Delores) Sykes, William (Delores) Young.

Also Mesdames Margaret Beaman, Frances Branch, Audrey Harden, Ellen Howard, Phyllis Thompson, Sue Miles, Misses Daisy King and Emily Peck.

Dance guests included:

Drs. and Mesdames Louis Harmon, William Hall, Charles Venter, Ulysses Bourne, Bruce Alleyne, Lionel Desbordes, Bruce Russell, Shirley Clinton, Samuel Owings,

Drs. and Mesdames Edward McDaniel, [illegible] and McConnell, Joel Carrington, Curtis A. [illegible] Hawkins, Frederick Peck, Earl Embree, Vincent Blake, Joshua Mitchell, Bernard Christmas.

Drs. and Mesdames Edward E. Holt, Tracy M. Walton Jr., Earlie H. Francis, William R. Birt, Otis D. Froe, James A. Priest, Donald Stewart, Ernest O. Brown, Judge and Mrs. Harry A. Cole.

Messrs. and Mesdames Hubert Lane, Clarence Coleman, Roland Wright, Ernest Gambrill, Efra Murdock, Jasper Tyler, Owen Lee, Lee Gould, E. Ray Staggers, George Gilbert, Irving Green, Walthall Berry.

Messrs. and Mesdames Earl Hayes, William Dorsey, Larry Butler, John Edmondson, Frederick Anderson, Julius R. Govan, Orbia L. Swayne, William C. West, J. C. Reaves, Leroy Durham, Emory A. Springs, Russell Young, Ernest Custis.

Messrs. and Medames Wallace Baden, Roy Sampson, Robert L. Johnson II, Elsworth Diamon, Gilbert Payton, Arnold Green, Lewis Henderson, John Duvall, Sherman Polley, Albert Cooper, Walter Mayo.

Messrs. and Mesdames James Williams, Jerry Perkins, Donald Smith, Vernon Kelly, Edgar Smith, Leo Middlebrook, Hezekiah Williamson, Hammond Briscoe, Joseph Cassidy, James Nichols, Howard Neale, George Jones, Charles Williams.

Messrs. and Mesdames Clarence Bryant, Benjamin Felder, William L. Wilson, Alphonso Parks, Glenn DeBeal, Laurence Willis, Richard Turner, Lynn Jones, Joseph Patterson, Donald Wallace, Bernard Hall, Irvin Hall, Norman Edwards, Norman Ross.

Messrs. and Mesdames Hartz Browne, Antoine Ellis, Monroe Elliott, Charles Gaskins, Nonn Everett, George Mann, Stacey Spearman, Robert Brown, Richard Mitchell, Ralph Williams, Dewey Williams, Raymond Tilghman.

Mr. and Mrs. Melvin Johnson, Joseph Edwards, Clarence Hillen, Earl Hagan, John Hagan, William Conlee, Otis Oliver, Wesley Stubbs, Samuel May, Marshall Payne, Willard Gross, David Johnson, A. Eugene Chase.

Messrs. and Mesdames Daniel Brewington, Malcolm Dates, Robert Hawkins, Joseph Smith, Vernon Johnson, Merton Keyser, Wendell Patterson, John Reddick, Glascoe Baker, Arthur Lewis, Howard Patterson.

Messrs. and Mesdames Argin Hutchins, George White, Warren Parker, E. V. Stokes, Calvin Carrington, Randolph Edwards, Gerald Davis, Kalman Hettleman, Carlton Speights, John Mohamed, Wendell Wright, Michael Russell, Henry Lewis.

Messrs. and Mesdames Reginald Combs, Osborne B. Dixon, Paul M. Johnson, Clarence D. Abrams, Leon B. Brown, C. W. Marshall, Walace Blackwell, John Ward, John Welker, Cleoth Grant, John Faulkner, Thaddeus Quarles, R. L. Johnson.

Messrs. and Mesdames Alderon M. Jackson, George Fenwick, Raymond Carpenter, Kenneth Thomas, William Nash, Warren Nixon, Samuel Hicks, Herbert F. Armstrong, Leonard Ford, Donald Smith, Raymond L. Scott, William A. Bevans, J. Earl Fitzpatrick Jr., William Rucker.

Messrs. and Mesdames Walter Dyson, John Gloster, Jackson Glaze, Earl Bundara, John Murphy, Luther Jackson, Charles Bush, Milton Hill, James Cooper, George Jude, A. Leroy Jackson, Wilfred Seaborne.

Messrs. and Mesdames Arthur E. Peterson, H. Matthews, Raymond Pinderhughes, Leroy Dyett, Ernest Smith, Walter Smith, Theodore Jackson, Milton Credle, Elbe C. Bettis, Lindbergh Parker, Donald Makel, Dewey Robinson,

Messrs. and Mesdames Vernon Proctor, Earl Johnson, A. Paul Moss, E. Gaine Lansey, Reginald Matthews, Fred Bailey, Elmer H. Travis, William Johnson, Thomas Sterrett, Samuel Blackwell,

Messrs. and Mesdames George Barrick, Henry Higgs, H. M. Zachary, Odel Lindsey, Stuart O. Douglass, Charles Downes, Dennis Gaither, Richard Butler, George Colona, Leander Simms, John Marshall, Hubert Simmons, Bernard Thomas.

Messrs. and Mesdames Warren Harvey, Irvin Thomas, Robert Marshall, S. B. Marshall, Lester Hudgins, Roland C. Haywood, Calvin C. Campbell, Otto Silva.

M. BROWN.

Fred

Mesdames Lois Lewis, Barbara Beasley, Berneita Freeman, Hazel Bryant, Grace Chambers, Vivan Scott, Lena McCormick, Harriett Cox, Phyllis Doresette, Catherine Evans, Delores Galloway, Stephanie Howard, Betty Glascoe, Ernestine Holmes, Rebecca Jackson.

Mesdames Estelle Pinkett, Josephine Williams, Ruth Brooks, Margaret Ball, Vivian L. Scott, Ann Wongus, Geraldine Jones, Archa Dogan, Charles M. Jackson, Beverly Bayton, Lella W. Powell.

Mesdames Thelma Davis, Olivia Mayers, Jacqueline Ross, LaRetta Matthews, Louis Robinson, Rogers Sanders, Marcella Valentine, Arabele Gray, Frances Carr, Helen Lawson.

Misses Hazel Simms, Olice Caulk, Gladys Orgbon, Betty McGowan, Joyce Patterson, Lois Joyner, Thomasina Jones, Velma Branch, Yvonne Wiley, Margaret Gassaway, Ethel Beaman, Myrtle Thompson, Almeta Dabyrns, Mary B. James.

Drs. Marcus Moore, Evan Gilkes, Babalola Coles, Messrs. Melvin R. Smith, Harrell Howard, and Donald D. Goode.

Bernard Byrd, Elzie Street, Theodore Brown, Jr., William Selby, Leon Holzer, Hamilton Young, James Elliott, Kenneth McCleod, Arlington Phillips, Benjamin Brown, Esq., George Brown, Rudolph Redd, Waverly Johnson.

Leroy Williams, Douglass King, John Keenan, Edward J. Smith, Renee Patterson, Winfred Cook, John Holsey, George Gilbert Roland Holmes, George Boston, Theron S. Quarles, William Pearson, Randall Evans.

Solomon Rose, Wallace F. Smith, John C. Mills, T. R. Williams, Ted Munger, Asbury Rideout, William Lee, Royal White, William Ball, Russell Allen, Charles Booker.

MRS. LYDIA ODUBYI, Ibadib, Nigeria, (center) an exchange teacher in Baltimore schools, addressed Freedom House Neighborhood Council recently and is shown surrounded by officials and members among whom are (standing fourth from the left) John Peters, chairman; (second left) the Rev. Richard Clifford, treasurer; (standing second left) Mrs. Betty Graves, secretary; (seated far right) advisor, Dr. Lillie M. Jackson. Mrs. Esther Middleton is director.

Banking changes needed

Exploitation of the poor and perpetuation of slum housing by banks will be investigated on Channel 67 in Banks and the Poor Saturday, November 14 at 8:30 p.m.

This documentary examines credit policie of banks and how they ultimately affect the poor. It cites complaints that banks finance slum housing by lending to "slumlords" and speculators who allow the property to deteriorate while exploiting it for profit and tax benefits.

Charges that banks have millions for gambling casinos but only penies for the poor are leveled by Congressman Wright Patman (D-Texas).

The program also focuses on the plight of the poor who cannot obtain bank loans and must resort to borrowing from finance companies which charge high interest rates. Secret cameras record the operations of a well-known finance company.

David Rockefeller, Chairman of the Board of Chase Manhattan Bank, and Nat Rogers of the American Bankers Association, defend the practices of the banking industry.

Bess Myerson Grant, Commissioner of New York City Department of Consumer Affairs, is also seen as she explores the predicament of the consumer who has little recourse against a retailer who sells him faulty merchandise when the buyer agrees to pay for an item in installments to a bank.

Nigerian teacher at Freedom House

clarence L. holte collector of books by and about black people, editor of the Afro-American Reprint Library, traveler, will be speaker at the Book-A-Month Club's open meeting in the Morgan State College Christian Center on Nov. 21. Mr. Holte is an account supervisor in the public relations department of Eaton, Barton, Durstine and Osborne, Inc., an international advertising agency.

Mrs. Lydia Odulbyi of Ibadon, Nigeria, exchange teacher in the Baltimore City Public Schools, told The Freedom House Neighborhood Council in a recent meeting that there are no free public high schools in Nigeria.

"Parents have to pay for a secondary education, which means that poor children are not educated by the State beyond the elementary grades in Nigeria," she said.

Mrs. Odubyi stated that Nigerians are hungry for an education, and the school dropouts in America do not realize what valuable opportunities they are throwing away.

The Freedom House Neighborhood Council which meets each Tuesday at 7:30 p.m., 1224 Druid Hill Ave., is in a Safe Block Campaign with the cooperation of the STOP SQUAD of The Baltimore City Police Department, neighborhood churches, and other municipal agencies.

Mrs. Esther Middleton, director, reported that disorderly houses, dope houses, cough syrup joints, and other sources of delinquency and crime have been cleaned out as fast as neighbors call in complaints.

The Tuesday meeting of of the Neighborhood Council, Mrs. Betty Graves, Robert Marshall talk on the Zoning Ordinance.

Mrs. Geraldine Davis, assistant director of Health Programs for Model Cities, will speak to the Neighborhood Council Tuesday, Nov. 17, at 7:30 p.m.

John Peters is chairman of the Neighborrood Council, Mrs. Betty Graves, secretary, the Rev. Richard Clifford, treasurer, Mrs. Esther Middleton, director, and Dr. Lillie M. Jackson, advisor.

George G. Brown is president of the Board of Directors of The Freedom House; Mrs. Josephine Young, secretary and Dr. Emerson Walden, treasurer.

THE ENGAGEMENT of Miss Jacqueline C. Noakes to Wilson McKinley Arrington, son of Mrs. Cherry Arrington and the late Wilson Arrington, has been announced by her parents, Mr. and Mrs. Leroy C. Noakes. The bride-elect is a graduate of Coppin State College. A January wedding is planned.

Divorces Granted

Gloria J. Brown from Thomas Brown Jr.; Christine Sylvia Harris from James R. Harris; Ben Lewis from Mattie Lewis; Margaret Carolyn Baker from Glen E. Baker; James Edward Brooks from Eunice Ann Brooks.

Clarence Roger Proctor from Joan M. Proctor; William Byrd from Etta Byrd; Bertha White from Charles C. White; Ida Campanella from Guido Campanello; Christine Lucas from Ace Junior Lucas.

Nesther M. Space from William Space; Barbara A. Northrop from Douglass A. Northrop; Goldie M. Langford from Elroy C. Langford; Ruth Bickford from Michael Larry Bickford; William Henry Edwards from Mary Alice Edwards; Yvonne Adams from Frederick Adams; Johanna Harris from James E. Harris; Mary E. Bowles from John A. Bowles; Horace R. Taylor from Mareeline E. Taylor.

Christine W. Macklin from Saint Paul Macklin; William MacKay from Nora M. MacKay; Stephen E. Nizon from Sheila C. Nizon; Ronald Downing from Joyce Ellen (Meadows) Downing; Gloria R. Skinner from Dorsey Alphonso Skinner Sr.; Virginia W. Hayes from Charles Lee Hayes; Berina Marie Davenport from Thomas Leroy Davenport; William M. Jordan, from Joyce A. Jordan; Mary B. Graves from William Graves; Jack Rogers from Louise Rogers.

* * *

Bessie Jean Anderson from Raymond Leon Anderson; Kathryn Bradley Jackson from Richard Rider Jackson; Phyllis Pennington from Gary Pennington; Martha Mock from Mitchell B. Mock; Clara Mobley from Emanuel Mobley; Shirley N. Davis from George Davis; Cecil Cooper from Elizabeth Cooper.

Dr. Chandler responds to query on incomes

Two weeks ago a local TV station sent out survey sheets in which they asked a selected group of Baltimoreans questions relating to city local and national problems.

One of those responding to the survey was Dr. Cleveland A. Chandler, chairman, Department of Economics and Business Administration of Morgan State College.

Dr. Chandler's statement will be aired at a future date, the following is his original response to the questionnaire which he titled "The Average and the Extremes of Income."

Americans can now boast about a trillion dollar economy, which means that the total income and production of goods and services amount to a million millionaries, in just one year or $20,000 per year for each of the 50 million families in this country.

Yet, millions of families have far less than four or five thousand dollars of annual income needed to maintain a decent standard of living.

The extreme differences in annual income of families is connected directly to even greater extremes in employment opportunities and in the distribution of all the accumulated wealth for many years.

These extremes in income, employment, and wealth, for whatever reasons, have produced slums, disease, illiteracy, malnutrition, crime, poverty, unemployment, and many of the social ills of our time.

So far, nothing has been done to reduce the total magnitude of these problems because nothing has been done to reduce the extremes . . . to reshape our society so that people at the bottom really have a chance to tap all of the sources of income available to anyone else.

One source of income not really available to poor people is interest on savings, for how can one save without an adequate income to live or to even survive.

Another source of income not really available to poor people is a return on investment, for how can one invest without savings or credit?

One more source of income not really available to poor people is profits from ownership and management of business enterprises, for how can one own or operate a business without investing in it.

One of the great challenges of our time is to make available to persons at the lower extreme of the income scale realistic opportunities to save, to invest, and to own businesses; so that they can receive interest income, rental income, individends, and profits.

To meet this challenge for many, we must first reduce the extremes of income. We must improve and expand public welfare programs and at the same time, upgrade and accelerate self-help, community-based and mainstream business and economic development for low-income neighborhoods and individuals.

We must implement a dual strategy of adequate help for the needy and the disadvantaged and open wide to them the doors of a trillion dollar economy.

Cherry Hill day center given new city okay

The Board of Estimates Wednesday approved an extension period for administration and operation of the St. Veronica's Day Care Center, 806 Cherry Hill Rd., through June 30 of next year.

Original agreement with the Roman Catholic Archbishop of Baltimore covered the period April 1 of this year through the coming Feb. 28.

Total amount of the original agreement is $130,839, of which $103,975 represents the federal share, and $26,-864, to include $12,958 in city cash and $14,006 in-kind contribution.

The total amended amount is $169,658, of which $138,224 represents the federal share, and $31,634, to include $12,958 in city cash and $18,676 in-kind contribution.

Board of Estimates deferral came, however, on another proposal to extend to Dec. 31 the expiration date of the Model Cities Agency Citizens for Operation Champ's recreational project.

Action is expected the coming Wednesday.

* * *

Board approval was given the proposed expansion of the Model Cities in cooperation with the Health Department for a dental project okayed Sept. 24 of last year.

The new project will upgrade dental facilities in eight schools in the model Neighborhood area, provide for staff and equipment for the school dental programs and mobile dental units, and provide funds for training and upgrading four Model Neighborhood residents.

Funding up to $152,754 has been approved by the U.S. Department of Housing and Urban Development. No local funds are involved.

Mayors support NAACP drive

NEW YORK — Mayors Howard N. Lee of Chapel Hill, N.C., and Decatur W. Trotter of Glenarden, Md., have given forceful support to the fall membership campaign of the NAACP, according to Gloster B. Current, NAACP director of branches and field administration.

Additional support has come from Mrs. Mattella B. Grays, Supreme Basileus of Alpha Kappa Alpha Sorority, and Mrs. Isabel M. Herson, Grand Basileus of Zeta Phi Beta Sorority.

VICTORY SIGN is given by Dr. Thomas P. Fraser, interim president of Morgan State College, at ceremonies during which classes adjourned and students met in rally of tribute to Congressman-elect Parren J. Mitchell, center, who teaches on the faculty, but

SIGN OF THE TIMES is recorded in the above scenes of the dismantling of AFRO building sign and clock which have adorned the front of this newspaper's office for more than 30 years. The removal operation was

dent Government vice president Jerry Lymas is to Mr. Mitchell's left. (Photo by I. Henry Phillips, AFRO Senior photographer)

done in response to tight enforcement of a city ordinance which prohibits advertisements which extend from buildings beyond certain stringent limits.

U.S. Workers To Hold Rally

WASHINGTON — By long the black intellectuals unanimous action, the American Federation of Government Employees' National Executive Council has endorsed a legislative rally to be held in the union's 2nd. District (New York-New Jersey), Nov. 20. 20.

The demonstration, called to express AFGE's dissatisfaction with conditions in the federal service and the failure of the administration and Congress to enact legislation on wage board and classified pay bills, is expected to draw thousands of federal workers, according to AFGE National Vice President Joseph D. Gleason.

FIRST in
FIRST WITH THE CARRIAGE TRADE
KOONTZ
dairy products
358-5600
QUALITY and
FIRST WITH THE CARRIAGE TRADE
KOONTZ
dairy products
SERVICE

Always in a rush? Sew this ONE HOUR Go-and-Stop skimmer. Just 3 main parts plus binding 'round neckline, armhole. Note yoke interest.

Printed Pattern 4721: NEW Half Sizes 10½, 12½, 14½, 16½, 18½, 20½, 22½. Size 14½ (bust 37) takes 2-3/8 yds. 35-in.

SUMMER IT sprightly in a princess pantdress with flippant front and back panels. Casually marvelous for weekend strolls in the country.

Printed Pattern 4781: NEW Misses' Sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) takes 3-5/8 yards 35-inch.

Seventy-five cents for each pattern — add 25 cents for each pattern for Air Mail and Special Handling. Send to THE AFRO-AMERICAN Pattern Dept., 243 West 17th St., New York, N.Y. 10011. Print NAME, ADDRESS with ZIP, SIZE and STYLE NUMBER.

NEWS/NOW! SPRING-SUMMER Pattern Catalog. 111 styles, free pattern coupon. 50 cents. INSTANT SEWING BOOK — cut, fit, sew modern way. $1.00 INSTANT FASHION BOOK — wardrobe pldnning secrets, flattery, accessory tips. $1.00.

VA To Finance House Trailers

WASHINGTON — The Veterans Administration announced last week that it will finance mobile homes for veterans and servicemen starting Dec. 22.

The new program allows a veteran to borrow up to $10,000 for a mobile home and up to $7,500 for a lot on which to place it.

The law also restores expired GI loan benefits to some 2.9 million World War II and Korena War veterans.

the little cookbook column

Hello, I'm Esther Coley, Home Economist for Hunt-Wesson Foods. 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. By the way, a lot of people think Hunt-Wesson Foods is owned by the Texas Hunt. It's not so. Hunt-Wesson Foods is located in California. Always has been.

We're part of Norton Simon, Incorporated. We have nothing, not a thing, to do with any other Hunt. I'll look forward to seeing you every week.

This week's tip.
To keep cheese moist, wrap it in a clean cloth dampened in vinegar and store in refrigerator or keep in a cool, dry place.

Hunt's Handy Hint.
For the quickest chili you ever found on a cupboard shelf, add a can of Hunt's Manwich Sandwich Sauce, a can of small red beans and a tablespoon of chili powder to browned ground beef. Simmer. Super quick. Super good.

Dear Esther:
Can you give me a quick recipe for rice croquettes? I want to surprise my husband with something different.
Lillie Magwood, Baltimore, Md.

Boil 1 cup rice. Drain. Season with salt and pepper. Add 1 egg, slightly beaten. Add 1 small finely minced onion and ½ green pepper, chopped. Shape into cakes. Fry to golden brown on both sides. He'll love 'em.

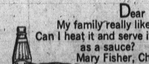
Dear Esther:
I know the liquid from canned peas and string beans must be good for something. Do you have any suggestions? I hate wasting anything.
Beverly G. Crandall, Philadelphia, Pa.

Liquids from canned vegetables are rich in vitamins. Use them in soups, gravies, and sauces instead of water. Use them when creaming vegetables, too. Mighty tasty.

Dear Esther:
Do you have any tips on reheating rice?
Earnestine Gaspen, Dallas, Tex.

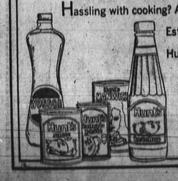
For each cup of cooked rice, add two tablespoons water. Cover and let simmer 4 to 5 minutes. The rice will taste fresh cooked.

Dear Esther:
My family really likes ketchup a lot. Can I heat it and serve it over meats as a sauce?
Mary Fisher, Chicago, Ill.



Ketchup is usually served cold. However, a good, rich, thick ketchup like Hunt's can serve as the base for other sauces that are served hot.

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



Best buys; Pork prices down; potatoes plentiful

By VIRGINIA McLUCKIE,
Food economist

As usual, it will take a sharp awareness of current market supplies and prices for the homemaker to get the best value for money spent in the supermarket.

Pork prices are down and this trend is expected to continue through the first half of 1971. The seasonal marketing low is expected in late November and December. Farmers may limit their expansion plans to produce more pigs this winter since the reduction in corn harvest has driven the cost of feed for pigs and other livestock upward. Right now the pig crop is reported to be the largest on record.

Pork as it is presented to the consumer today has changed from a heavy fat animal to a leaner meat type animal. Through research the porker has been bred so the market weight of around 200 pounds is reached, in six months and the proportion of lean to fat is much greater. More than half the hogs slaughtered meet the U.S. No. 1 superior meat-type hog.

There has also been a change in the recommended internal temperature reading on meat thermometers used in pork roasts. Former reading for well done pork was 185 degrees F. Now 170 degrees F. is the recommended temperature.

Pork should be a pink color, very fine and velvety in texture and the fat coating soft and white. The bone of young pork will be pink and porous.

Store fresh pork in the coldest part of the refrigerator and use it within one to two days. Six months is the maximum zero degree storage life for pork roasts. Pork chops and ground fresh pork should not be stored more than 60 days. Recommended cuts of pork are loin roasts, half loin or end roasts, fresh shoulder, fresh Boston Butt and fresh ham. Cured ham is also a good buy when sale priced.

The best buys at the produce counter includes cabbage, cauliflower, celery, carrots, cooking greens, onions, acorn squash and pumpkins, white and sweet potatoes. Fruit selections are apples of all varieties, bananas, juice, oranges, grapefruit and cranberries.

The produce items are very easy to use with pork as the meat for your meal. The pork is an excellent source of vitamin B, particularly B1 which is thamine. From the vegetables and fruit you get lots of vitamin A and vitamin C in your diet.

Recipe for today is for Pork With Gingered Pears.

Use one loin of pork roast, four lb., salt, three fresh California Bartlett pears, whole cloves, one cup water, one cup sugar, one stick cinnamon (3 inches), one-half lemon, sliced, and one tablespoon chopped crystallized ginger.

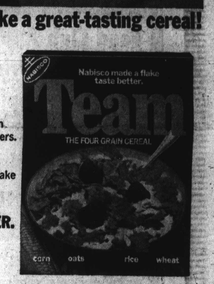
Sprinkle meat with salt and pepper. Roast at 350 degrees 2 hours and 20 minutes or allow about 35 minutes roasting time per pound of meat. Meanwhile, halve and pare pears. With a melon ball cutter, remove seeds. Stick pears with cloves, using about three cloves for each half.

In a saucepan, combine water, sugar, cinnamon, lemon and ginger; bring to boil. Drop pear halves into boiling syrup and cook until fork-tender, about 5 minutes. Remove from heat; cool pears in syrup. When pork is done, transfer to platter and surround with drained pears.

Makes about 6 servings.

The people that made cookies taste great...
crackers taste great...

and snacks taste great...
now make a great-tasting cereal!



Everyone knows Nabisco makes some of the best-tasting foods you can buy. Things like OREO Creme Sandwiches, RITZ Crackers and TRISCUIT Wafers. Now Nabisco has done it again, this time for a cereal—TEAM.

A cereal from Nabisco not only had to taste different. It had to taste better. So TEAM combines all the flavor of corn, oats, rice and wheat, for a flake that's different and tastes better.

Let's face it. To carry the Nabisco name, TEAM has to taste better.

NABISCO MADE A FLAKE TASTE BETTER.

We couldn't call this a tub ...it's quite a dish.

Now Mrs. Filbert's Soft Golden Margarine looks just as good as it tastes. Because we've given it a new, designer-styled leaf-pattern server that'll look great on your table. And, of course, it's completely airtight to preserve Mrs. Filbert's fresh, sweet, buttery flavor. So there's still nothing better to spread on bread. You get two half-pound leaf-pattern servers in an attractive, new package. Look for it in the dairy case at your store.

STORE COUPON

7¢ Worth 7¢ on one pound of Mrs. Filbert's Golden Margarine, Soft or Stick form. 7¢

To the dealer: You are authorized to act as our agent in redeeming this coupon provided it has been accepted in a bonafide transaction toward purchase of one pound of Mrs. Filbert's Golden Margarine, Soft or Stick. Mrs. Filbert's will pay you its face value plus 3¢ handling cost, in accordance with the agreement made with you, and the rules and conditions applicable thereto. Cash value: 1/20 of 1¢. J. H. Filbert, Inc., 3701 Southwestern Blvd., Baltimore, Maryland 21229.

SG-670