SIX YEARS OLD — Yvonne and Yvette Braxton, twin daughters of Mr. and Mrs. Herbert Braxton of 2049 Pennsylvania Ave. will celebrate their sixth birthday on July 6 with a party at their home. Both girls will enter the first grade at School No. 112 in September. Their daddy is a longshoreman.

—Gababouting

(Continued from Page 7)

Fourth at their elegant Mohawk Avenue maison.

That, undoubtedly, is the prettiest house ... with its great span of glass walls, with its lush patio and deep expanse of lawn.

The Ashes broiled steaks on the out-door grill (along with franks) added wine - spiced baked beans, Italian spaghetti and about every drink imaginable.

They also provided games and cards for amusement ... but better still, had picked a congenial group of guests to make it enjoyable just being together.

Letitia donned culottes, — a pink and yellow print, to hostess in

From Washington came Anthony Proctor, Charles Lofton, Rose Murray Wilson the Norvel Perkinses, the Donald Porters, Dennis Simpson, Mrs. Ovelia Yeoman, Mrs. John George, Samuel Hoskins.

Baltimoreans there were:

Mr. and Mrs. Abdella Campbell, Mrs. Pattie Page, Mr. and Mrs. Walter Thomas, Mr. and Mrs. William Hutchinson.

Mrs. Ella Raye, Mr. and Mrs. Howard Patterson, Mr. and Mrs. Willie Adams,

Dr. Inez Dixon, Mrs. Inez Key, Judge and Mrs. Josiah Henry, Gaylord Anderson, Mrs. Lula Patterson, Mr. and Mrs. Gantt Holt, Miss Deane Harris, Herbert Frisby.

Herbert Brown, Dr. and Mrs. John Chissell, Dr. and and Mrs. Edward Holt, Mr. and Mrs. William Gosnell, Mr. and Mrs. Walter Gray,

Mr. and Mrs. John White, Mr. and Mrs. Leon Williams, Senator J. Alvin Jones, Mrs. Fannie Howard, Mrs. Mamie Woodford, Mr. and Mrs. Hendricks Clark, Thomas Armour, Mr. and Mrs. Norman Ross and Mr. and Mrs. Charles Carter.

• • •

DR. AND MRS. M. L. BARKSDALE and Dr. and Mrs. Raymond Hunt, who traditionally entertain on the Fourth (they alternate at homes) held forth in the beautiful garden of the Barksdale's Dorchester Road home, this year.

Their party has been a yearly affair for the past dozen Fourths.

Townsfolk about for the bushels of fun included:

Mrs. Mildred Banks, Mrs. Viola Rideout, Dr. and Mrs. Walter Young, Dr. and Mrs. Albert Laforest, Dr. and Mrs. Henry Welcome.

Dr. and Mrs. Edward McDaniels, Dr. and Mrs. J. E. T. Camper, Mrs. Fannie Jenkins, Dr. and Mrs. McKinley Reesby,

Dr. and Mrs. Ivan Higgins, Mr. and Mrs. Malcolm Chambers, Dr. William Watts (Pauline having hied herself to Buffalo), Mrs. Thelma Ashe and her mother, Mrs. Viola Coleman;

Mr. and Mrs. Roland Williams, Mr. and Mrs. Benjamin Barksdale, Dr. Robert Jackson, Judge and Mrs. E. Everett Lane, Mr. and Mrs. Cardrew Perrin,

Dr. and Mrs. Thomas Fraser, Mrs. Lula Patterson, Dean and Mrs. James Nix, Dr. and Mrs. George Lee, Dr. and Mrs. Fred West, Tom Smith, Mrs. Minnie Davis.

Mrs. Fannie Howard, Dr. and Mrs. A. A. Smith, Mr. and Mrs. Alonzo Kelly, Mrs. Theresa Waters, Mrs. Agnese Brown, Mr. and Mr. Ronald Rayne.

Dr. and Mrs. James Pair, Mrs. Beauline Decosta and Mrs. Julia DeCosta of Charleston, S.C.

• • •

AT DR. AND MRS. Ivan Higgins' "family party," which got a - going early in the afternoon of the Fourth were a number of charming out - of - towners, including his cousin, Rupie McDonald of Kingston, Jamaica, W.I. and Catherine Washington, formerly of the Provident Hospital staff, now of Chicago.

Also among non-residents was beautiful silver-topped Mrs. Julia DeCosta of Charleston, S. C.

Mr. McDonald left early Thursday morning for New York, where he will visit a brother, Everard McDonald.

At the Higginses also were her mother, Mrs. Annie Moseley; sister, Mrs. Anne Wayne; brother and sister-in-law, Dr. and Mrs. Herbert Moseley; Dr. and Mrs. Dudley Lee;

Dr. and Mrs. Bruce Alleyne, Dr. and Mrs. James Pair, Olivia Dixon (Councilman Dixon being at Rutgers, where he is studying for six weeks);

Dr. George McDonald (Xaveria having dashed off for French Lick to represent local Links at the national conclave there) Dr. and Mrs. Albert Laforest, Dr. and Mrs. Charles Campbell. Fr. and Mrs. Cecil Mills, and Lula Patterson.

• • •

WITH DEEP "SENTIMENT, plus an eye to fun, friends turned hosts, and Anita Thomas, on the Fourth.

The group, who had been guests of Anita and the late A. Jack Thomas, on the holiday for years, took the party to Mrs. Thomas' Magothy Beach place, as usual.

In the party were Messrs. and Mesdames Alonzo Kelly, James Murphy, Houston Jackson, P. D. G. Pennington, John Rich, Lester Norris; Judge and Mrs. E. Everett Lane.

Dr. and Mrs. Eris Allen of Annapolis, Mesdames Theresa Waters, Blanche McRae and Eunice Hall.

MINISTER'S WIVES—Following the final meeting of the Baptist Minister's Wives Alliance Monday, they gathered on the lawn of Mt. Araret Baptist Church. From left to right, first row, Mesdames Portia Yerby, Jerolyn Graves, Nettie Williams, Vera Cooke, Ida Redd, Irene Paige, Gladys King, Rosline Brooks, Myrtle Stamper; second row, left to right, Mesdames Anna Jordan, Edith Wright, Lena Redd, Pauline Logan, Theophia Silver, Elizabeth Dean, Helen Brackett, Myrtle Johnson, Kathy Clark, and Evelyn Harris; third row, left to right, Mesdames Bertha Winston, Berlie Lemon, Amanda Marcus, Inez Robinson, Leanna M. Guthrie, Estelle Dobson, Mittie Thompson, Mary Harrington, Roberta Williams, Evelyn Harris. Mrs. Johnsy Jennings is not shown.

CALVERT COUNTY NEWS

Lawn wedding for Miss Dorothy Watts

By MELVINA EDWARDS

The wedding of Miss Dorothy E. Watts, daughter of Samuel Watts and the late Mrs. Alverta Gray Watts of Arnold and Harvey Edwards, Jr., son of Mr. and Mrs. Harvey Edwards of Severn took place June 3 on the lawn of the bride's home. The Rev. William Edwards, uncle of the bridegroom, performed the ceremony.

The bride wore a white waltz - length chiffon gown with pastel sequins at the neck. Her short length veil was a crown of pastel sequins and she carried white carnation with a pink bow over a small white Bible.

Wedding attendants at the double - ring ceremony were Mrs. Margaret Smith, matron of honor, and Miss Marilyn Watts, her sister, as bridesmaid. James Watts was best man.

Attending the reception which followed on the lawn were Messrs. and Mesdames James Watts, D. Ellwood Williams, Jr., Lewis D. Jones, Jr., Thomas Kent, Raymond Watts, Norman Gray and Lawrence Bailey; Mesdames Williams Edwards, Margaret Hebron, Walter F. Morrison, and Walter F. Morrow.

Also Miss Mabel Edwards, Irving T. Richardson, Jr., Samuel Gallaway, Paul Edwards and Richard Williams.

• • •

A CLASS LEADERS rally will be held at St. Edmonds Church all day Sunday.

Mr. and Mrs. Almut Chase of Huntingtown have as their dinner guests Sunday, the Rev. and Mrs. William Edwards.

Guests at St. Edmonds Church Sunday were Mrs. Gladys Ray of Washington, Mr. and Mrs. Charles (Helen) Brooks and children and Miss L. Chambers of New Jersey and Mr. and Mrs. Alvin Plater of Washington.

Noble Harvey, son of Lewis Harvey of Sunderland and the late Mrs. Mary T. Harvey who has been stationed in France, will return home in August after four years of service.

• • •

MRS. RACHAEL GRAY of Lower Marlboro is ill at her home. Also on the sick list is her husband, the Rev. Everett Gray.

Mrs. Della Jones was taken ill suddenly after a funeral of a relative and was taken to Calvert County Hospital.

Marshall Cooper, Jr. died suddenly at his home in Owings, Md. last Sunday. He was the son of Marshall Cooper, Sr. of Washington. Funeral services were held at St. Edmonds Methodist Church with the Rev. William Edwards officiating.

Miss Winifred Robinson of Morgan Park is ill.

Mrs. Mary C. Ray of Huntingtown bruised her finger when she caught it in a car door.

"She's Engaged"

DAVIS-DONAHUE

Mrs. Jennie Mae Donahue will marry James A. Davis in August in Arlington, Va.

Mrs. Donahue, the former Jennie Mae Covington is the widow of the late Vernon Donahue.

Mr. Davis of Washington is an operating engineer at Fort Meyer, Va.

GREENSBORO, N.C. —

Mrs. F. Earle Davis, associate professor of clothing at A-T College home economics department, attended the national convention of American Home Economics Association at Miami Beach, Fla., last week, then visited Nassau.

MRS. JENNIE DONAHUE

SOUTH BALTIMORE NOTES

Golden Age Club on Washington trip

By WALTER W. E. HILL

AIRC Robert A. Nicholas, the son of Mr. and Mrs. Robert A. Nicholas Sr. of the 2400 block of Puget St., and a graduate of Poly, is on leave from Topeka, Kan.

Victor Wilkins, 2500 Salerno Pl., was taken to University Hospital and then to Ft. Howard Hospital, where he is reported in fair condition. Mr. Wilkins is the father of Mrs. Amie Price.

Congratulations to Mr. and Mrs. Edward Williams, who were married Sunday at 2600 Edgewood Rd. The Rev. W. K. Woods, officiated.

Send your cards and AFROS to the sick and shut-ins, who are: Paul Thomas, Mr. Lee Graham, Larry Johnson, Mrs. Irene Meekins and Mrs. Laura Atkinson.

Your writer has an injured eye.

• • •

HAPPY BIRTHDAY greetings to Morris Pinacle, Roland Alton.

Christian, Harold Turner, Mrs. Marie Woods and Miss Faith

St. Stephen's AME Church, Elkridge, Md., is sponsoring a Flower Pageant on Thursday, July 12. Mrs. Leola Sparrow, superintendent, the Rev. T. N. Hawkins, pastor.

The Golden Age Club of the Lexington-Poe Barbour Recreation Center held its closing birthday party in the Poe Homes Auditorium. Members later took a bus trip to the Shrine of the Immaculate Conception and the National Zoological Park in Washington.

Members attending the arts, crafts and music classes at the center were: Marilyn Lewis, Jacqueline Burley, Robin Williams, Jacqueline Wiggins, Helen Holt, Towanda Shaw, Alberta Chase, Jacqueline Miller, Carolyn Miller, and Carolyn Gibson.

Also Francis Duncan Joel Finney, Marshall Finney, Nathan Thomas, Danny Thomas, Clayton Thomas, Dessie Smith, and Olando Smith.

Woman Nearly Itches To Death

"I nearly itched to death 7½ years. Then I found a new wonder cream. Now I'm happy," writes Mrs. F. Ramsey of L. A. Calif. Hum's blessed relief from torture of vaginal itch, rectal itch, chafing, rash and eczema with an amazing new scientific medicine called LANACANE. This last-acting medicated cream kills harmful bacteria germs while it soothes raw, irritated and inflamed areas. Stops scratching or thumb twiddling. Wow a winner! Get LANACANE at drugstores.

BEAUTIFUL LOOKING HAIR ... is a sure way to a man's heart

And yours can look beautifully soft, smooth and shining! Pluko makes hair look longer and gives it exciting new brilliance with every turn of your well-groomed head. Daily Pluko care makes dull, brittle hair easy to manage, helps splitting ends, too. Your crowning glory deserves Pluko care to bring out its beauty. Get Pluko today.

PLUKO Hair Dressing

At your favorite cosmetic counter

PLUKO AMBER 25¢ • PLUKO WHITE 50¢ • SOLD ON A MONEY BACK GUARANTEE

Caress your hair with color this modern easy way

Use Godefroy's LARIEUSE® haircoloring with INSTANT JEL DEVELOPER

Your hair can have caress-inviting color ... vibrant, true-to-nature color ... more easily than you've ever dreamed!

The secret? Godefroy's LARIEUSE Haircoloring now comes with *Instant* Jel Developer.

Godefroy's *Instant* Jel Developer has a completely *different* texture—not a thin liquid—but a unique "creamy" developer. You can feel the difference in the way Jel Developer flows on ... smoothly caressing every strand of hair with glorious true-to-nature color. Color goes on your hair and stays there.

And such magnificent shades:

UNRIVALED WORLD-FAMOUS GODEFROY BLACKS
Jet Black—a pure shimmering blue-black
Black—a true black with lustrously-alive, deep tones

ROMANTIC BROWNS
Dark Brown—a vivid, brilliant dark brown
Medium Brown—a radiant glowing warm brown
Light Brown—a soft, gleaming, lustrous shade with ash tones

RADIANT AUBURN
Auburn—to give black hair very subtle red casts
(For a bright auburn, prebleach before applying)

And remember ... Godefroy's LARIEUSE is *complete in one package*, ready to use, nothing extra to buy! Saves you money!

Get Godefroy's LARIEUSE Haircoloring with *Jel Developer* at your favorite drugstore or cosmetic counter now ... it's still your best buy at only $1.25 plus tax.

Godefroy's LARIEUSE haircolor with INSTANT JEL DEVELOPER — JET BLACK

CAUTION: This product contains ingredients which may cause skin irritation in certain individuals. A patch test may precede coloring to insure against this possibility. Do not use if scalp is irritated, if you have had a reaction to a hair coloring product, or if your hair has been treated with metallic salts such as lead, silver, copper, zinc, etc.

$1.25 plus tax

Godefroy Manufacturing Company, 3510 Olive St, St. Louis, Mo.

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FREE BOOKLET "DO'S AND DON'TS for Brides-To-Be" Call MU. 5-0615, Drop Us A Post Card, or COME IN and Get Yours!

It's FREE! A special AFRO service for you. Just write us or call us giving full DETAILS of your wedding plans.

Send along a good clear photo—if you have one ... or come in and have one made, any day ... Monday to Friday, 9 a.m. to 4:30 p.m.

"SHE'S ENGAGED"

628 N. EUTAW STREET MU. 5-6015 — BALTIMORE 1, MD. After 6 P.M., LA. 3-0302 — MRS. IDA MURPHY SMITH, Director

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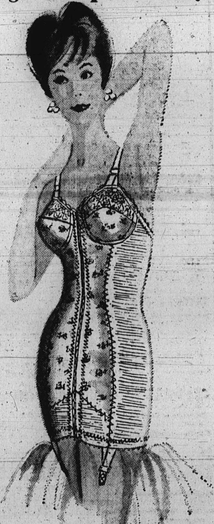

Our best selling pull-on corselette, drastically reduced to make comfortable warm-weather figure-control attainable for all! Nylon, rayon, rubber powernet does it! Lace, fashionable low back in lovely white. B cup, sizes 32 to 38.

Mondawmin and North Ave.

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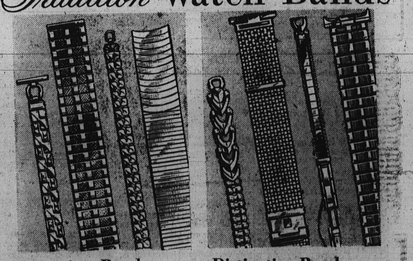
Tradition Watch Bands



Expansion Bands for Men and Women

99c to 1.69 plus tax

Dozens of smart styles. Many all stainless, many yellow color ... all made for lasting wear. Bands to fit almost any watch at these sensational low prices.

Mondawmin and North Ave.

Distinctive Bands for Men's Watches

2.95 to 5.95 plus tax

Stainless steel or 10K gold filled bands. Made to Sears rigid specifications for long wear. Up-to-date styles. The 10K gold filled bands are 3.95 and 5.95.

Mondawmin and North Ave.

See Our Complete Selection Including Famous Speidel Bands

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SEARS — North Avenue, Open Daily 'til 9:30 P.M., BElmont 5-3900 — Mondawmin, Open Daily 'til 9 P.M., LAfayette 3-2500

Summertime and the livin' is easy and ice creams help!

In looking out of a window from a Jet-Plane the sight of cool, soft billowy louds appear below against an Icy-Blue Horizon. Foods that give this kind of cool, cool, softness can do much to dispell the torrid temperatures of summer. America's favorite dairy food, ICE CREAM — is the answer. Almost everyone loves this truly remarkable food.

In our early beginning, the Romans revered and cherished the "frozen snow from Mount Olympus" as an unusual phenomena. Today, ice cream is an important part of our daily food-lives. Let's go by way of a pie for something flamorous! Rush right int your kitchen and prepare this luscious fantasy:

• • •

STRAWBERRY ICE CREAM PIE

1 cup strawberries, fresh or frozen
12 marshmallows
¼ teaspoon salt
2 egg whites
¼ cup sugar
Red food coloring
1 quart vanilla ice cream one 9-inch baked pie shell

• • •

CRUSH BERRIES and add a little sugar to sweeten. Heat marshmallows in double boiler until half-melted. Remove from heat and continue folding until mixture is smooth and fluffy. Cool. Add salt to eggs and beat until foamy.

Add sugar slowly, beat until soft peaks form. Blend with marshmallow mixture. Tint a delicate pink. Put ice cream in cold pastry shell, cover with cup of strawberries and top with fluffy marshmallow meringue.

Brown at 425 degrees F for one minute or until brown in broiler. Serve immediately. Create a Rainbow effect by using different fruits, food colorings and ice creams. You couldn't help but be the "Hostess - with - the-Mostest" serving such elegant fare.

Ice cream is such a wonderful, versatile food. It is not only delicious and attractive, but, it is nutritious. Part of our daily milk requirements may be varied by eating ice cream in its place. Here's another summer special that easy as 1-2-3.

• • •

CRUNCHY ICE CREAM PIE

¾ cup semi-sweet chocolate pieces
1-½ tablespoons butter
2-¾ cup crisp Rice Cereal
Ice Cream, any flavor
Whipped cream, if desired

• • •

MELT CHOCOLATE and butter in double boiler. Remove from heat; add cereal and toss together quickly but thoroughly. Press sides and bottom of buttered 9-inch pie pan.

Let stand at room temperature. When ready to serve, fill with ice cream. If desired, garnish with shipped cream. Serve immediately. Makes 6 to 8 servings.

• • •

LET'S HOPE THAT calories are not your problem this summer. If they are, shove aside some higher-calorie food, like bread or potato, and have a "small taste" of an Ice Cream Pie —for the sake of your morale.

The next Ice Cream pie has been very popular. The ingredients may be changed to suit your whims. A Cracker-crumb crust can be used instead of regular pastry. So, here's to your sweet tooth.

• • •

STRAWBERRY PARFAIT PIE

1 pkg. lemon-flavored gelatin
1-¼ cups hot water
1-½ cups sliced fresh strawberries
one 9-inch basked pie shell
1 pint strawberry ice cream
whipped cream

FRESH BREAD CAKES PIES — HOT ROLLS EACH SUNDAY — MAXSON'S BAKE SHOP — 838 W. NORTH AVE — LA. 3-1878

BLUE BOY SHOPPES — Sandwich Masters — SUBMARINE SANDWICHES MILK SHAKES PIZZA SEAFOOD — GARRISON & CLIFTON — WI. 7-1724

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Cut-up chicken legs or breast	lb.	39c
Farmdale Ice Cream ½ gal.		69c
Rickey Scrapple 1 lb. pkg.		29c
4 lbs. chicken wings		99c
Del Monte or Dole pineapple and grapefruit juice	can	25c
Slab bacon by the piece only	lb.	49c
Fresh cut beef liver	lb.	39c
Grade A large eggs in cartons	doz.	49c
Lean rib steaks (good quality)	lb.	69c
Ruppert beer (6 king size bottles)		$1.00
Country style Polish hot dogs		
Hot sausage	lb.	39c
Pure pork sausage	lb.	39c
Genuine lard	lb.	17c

Also full line of toilet articles, sun glasses, socks, handkerchiefs, necklaces, earrings, greeting cards, magazines, etc. SATISFACTION, HONEST POLICIES, COURTEOUS SERVICE — "The Blueway is the Best Way" PLENTY OF PARKING SPACE

ONLY AT North Avenue Market... Will you find SERVICE Friendly, personal, courteous QUALITY Famous for 30 years VARIETY In-season and out-of-season here "every season" PARKING Plenty of easy free parking on our larger lot on Maryland Ave., opposite the market. North-Maryland-30th-Charles Daily till 8 — Wed. till 1

ACME — THIS COUPON IS WORTH 100 S&H GREEN STAMPS — In addition to your regular stamps with an order of $10.00 or more except cigarettes and Fair Trade items. NAME ____ ADDRESS ____ TOWN ____ OFFER EXPIRES SATURDAY, JULY 7, 1962 — LIMIT ONE COUPON PER FAMILY

OPEN FOR BUSINESS — SAT. ONLY 6 A.M. TO 2 P.M. — THE SLAUGHTER HOUSE — 135 S. WARWICK AVE. — PLENTY OF SPECIALS!

3105 12-20

This pretty sleeveless dress has a swirl of skirt attached to a figure - flattering top. No. 3105 comes in sizes 12, 14, 16, 18, 20. Size 14 takes 3 yards of 39-inch fabric. Trimming is optional.

THE OVERBLOUSE at its simplest and a slim skirt pair off in this beautifully casual two - piecer. No. 3216 comes in sies 12, 15, 16, 18, 20. Size 14 takes 3¼ yards of 35-inch fabric.

Send 35c in coins for each pattern to IRIS LANE, AFRO - AMERICAN, Box 1420, New York 1, N.Y. Add 5c for third class or 10c for first class mail. Pattern Book 50 cents.

3216 12-20

BEST BUYS:

Beans and bananas top buys this week

By VIRGINIA L. McLUCKIE
Food Economist

Shoppers generally seek foods that make quick cooking, easy to prepare meals for summer tableware. Make your selections from the liberal supply of seasonal offerings.

Summer is the time when we look forward to having lots of fresh fruits to eat.

• • •

SOUTHERN PEACHES and western cantaloupes and bananas from Central America are leading fruit choices and the best buys. Cantaloupes from Arizona are about three weeks late because of below normal temperatures.

The California melons and those from Georgia and other southern states plus Arizona melons will mean generous supplies available. There are three guides in selecting quality cantaloupe.

• • •

LOOK FOR A "full slip" at the stem end. This means a slightly sunken smooth scar at the stem end.

The grey netting should be well raised and coarse and the background color light to pale orange-yellow with no green color. Aroma is also a good test of a ripe melon.

Remember that the softness at the stem end can be caused by repeated pressing by a number of people making selections and does not necessarily mean ripeness.

• • •

WHEN YOU LOOK at the total picture of the peach crop in the entire United States, outside of California Clings which are used for canning, 90 percent of the crop is marketed fresh.

In the past few years since hydrocooling, defuzzing, refrigeration and fast transportation methods have been employed the fresh peach season starts in May and goes until the end of September. Prices on peaches are attractive and quality generally good.

• • •

CENTRAL AMERICAN BANANAS will be at their peak in July. Prices on bananas make them a low cost fruit. Bananas do not need refrigeration and make wonderful out of hand fruit for picnics and packed lunches.

A few early apples are now available. These make excellent green apple pie and applesauce. Other small fruits are offered at moderate to higher price levels. The produce counter offerings include locally grown vegetables.

• • •

THE BEST BUYS are Maryland grown green beans cabbage, cucumbers and summer squash.

Now is the time to enjoy green beans while they are garden fresh, full of flavor and low in cost. While the local crop is at its peak is the time to freeze or can beans for latter uses.

Summer squash includes the tender rind varieties, white scalloped, yellow straight neck, and green Italian or Zucchini.

• • •

EGGS RANK high on the list of best buys. The supply is liberal and price tags very attractive. Make your selection of Grade A quality which indicates, well centered high upstanding yolks and thick egg whites.

Turkeys and broilers are good choices for summer meals, particularly if you season starts in May and seek economy. Turkeys are abundant and continue to retail at low prices.

• • •

SQUASH MELODY is made with eight squash and three cup enriched self - rising corn meal, one - half cup sifted enriched self - rising flocr, one - half tespoon celery seed and Mushroom Sauce.

Spread tuna evenly in well - greased 8-inch round pan. Beat eggs until foamy. Add milk and butter or margarine. Mly well. Add corn meal, flour and celery seed, beating with rotary beater until smooth. Pour over tuna.

Supper bake

When minctes count, self-rising corn meal comes to the rescue in this quick Golden Supper Bake.

Beneath its tender golden corn meal topping is a tuna or chicken base. Creamy mushroom and breen pea sauce tops each bite, placing Golden Supper Bake in the class of the popular one-dish entrées.

• • •

THE CORN MEAL toppiny has a light souffle - like texture created by using three well-beaten eggs in the batter then beating in more airy lightness with the other ingredients. Baking puffs the topping and turns it a golden brown.

Because the leavening and salt are already blended into the self - rising corn meal and flour, no pre-mixing of these ingredients is needed. Enriched with B-vitamins, iron and calcium, all self - rising products also lend important nutritional benefits to baked foods.

• • •

FOR GOLDEN SUPPER BAKE use one seven-ounce can tuna or salmon or one six-ounce can boned cooked chicken (about one cup), 3 eggs, 1 cups milk teaspoon two tablespoons melted butter or margarine, one - half slices bacon, chopped.

For Filling use one large red or green pepper, chopped, three medium to large ripe tomatoes, chopped, two medium onions, chopped, one (8 oz.) pkg. process cheese, shreded, one tsp. salt, one - fourth tsp. pepper, fine dry bread crumbs, and butter or margarine.

• • •

PARBOIL SQUASH (zucchini take about 3 minutes; yellow crooknecks or small white pattypans, 5 minutes; and white scallops, 15 to 20, depending on size.)

Susie says... lots of interesting things about homemaking hints ... child care ... recipes ... beauty tips ... as the home economist for FOOD FAIR STORES, INC.

"THE SUSIE STROTHER SHOW" Monday through Friday 10:15 to 10:30 A.M. WEBB 1360 on your radio dial

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Sylvia Scott, Star of the Woman's Angle, WMAR-TV

THE FIRST COMPLETELY NEW PLASTIC MILK CARTON ... AND KOONTZ HAS IT!

No more wax in your milk, ever. No more leaky cartons in your grocery bag or in your refrigerator. The new Koontz "Tuffy" carton is 5-layer laminated ... clean, sterile plastic inside and out ... nothing to flake off or rub off! And every easy-opening carton makes a flexible pouring spout ... for any size pouring stream, and snaps shut tight to keep out refrigerator odors. And the new flat top takes less space in your refrigerator. Buy Koontz ... first with the best for you!

KOONTZ ... FIRST WITH THE CARRIAGE TRADE

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1. LIFT TAB, TEAR BACK. Rock tab from side to side to break inner seal. 2. PUSH wings back away from arrows. 3. SQUEEZE wings to form "Flexi-spout." 4. PRESS sides for controlled pouring.