FRIENDS OF GHANA — Miss Susie Strother, food economist for Food Fair, meets his excellency, W. H. Q. Halm, ambassador of Ghana at his invitation to visit the Ghana Embassy in Washington, which is observing that country's fifth year of independence. They also discussed formation of "Friends of Ghana," an organization of people who come to the embassy, take part in celebrations and become familiar with Ghana's role in the world. The picture on the wall is Kwame Nkrumah, president of Ghana since its independence.

Vivian Beamon becomes Links' 4th president

BY NORVLEATE DOWNING

French Lick, Ind. — By unanimous vote of delegates from 76 chapters attending the 13th National Assembly, Mrs. Vivian Beamon of Cincinnati, Ohio became the fourth national president of Links, here, last week.

Others elected to National office were Mrs. Norvleate Downing, of Newport News, Va., national corresponding secretary and Mrs. Minnie Gaston of Birmingham, Alabama, national treasurer.

* * *

THE ASSEMBLY which held a four-day meeting at the French - Lick Sheraton Resort Hotel, admitted eight new chapters. They were Annapolis, Md., Long Island, Milwaukee, Tuskegee, Angel City, Calif., Pasadena, Calif., Tuscon, Arizona and East Texas.

The National Urban League once more received aid from the Links. $800 was contributed to them out of a total of $2,700 voted to six organizations. Others receiving aid were The Republic of Niger-Africa, $500; United Negro College Fund, $500; The Committee to Salvage Talent, $400; National Foundation, New March of Dimes, $300; and the National Council of Churches, $200.

* * *

A HIGHLIGHT of the Assembly was a symposium held at the first session on the convention theme "Appropriate Directions for Links in a Challenging Era."

Discussants were Clarence Clyde Ferguson Jr., General Council, United States Commission on Civil Rights, Washington, D.C. who spoke on Civil Rights; Robert C. Tabor, director of Counseling and Pupil Placement, Philadelphia Board of Education, whose topic was Education and Youth and Oliver W. Hill, attorney, assistant for intergroup Relations to the Federal Housing Administration Commissioner of Washington, who discussed Urban Housing and Minority Groups.

Special guests at the luncheon which followed, brought greetings from the organizations and Departments of Government they represented.

They were Dr. Whitney M. Young Jr., executive director of the National League of New York City; Charles Bynum, director of Intergroup Relations of the National Foundation, March of Dimes of New York City; Mrs. Louise Dargans, chief Clerk of the U.S. House of Representatives Committee on Education and Labor, Washington; Mrs. Alice Dunnigan, staff representative of the President's Committee on Equal Employment Opportunities, Washington;

Dr. Grace Ewell, from the United States Department of Health and Welfare, Washington; Mrs. Vivian Carter Mason, representative for the Peace Corp, Washington, and Lemuel Foster, national consultant, United States Savings Bond Division, U.S. Treasury, Washington.

* * *

***KEYNOTE SPEAKER** at the annual Links Banquet* was the Hon. George W. Allen, national chairman of the United States National Commission for UNESCO, Department of State, Washington.

Other features of the meeting included a talent show entitled "Vignettes from Life," directed by Dr. Helen G. Edmonds of Durham, N.C. chairman of the Assembly Program Committee. Participants were Links, Connecting Links and the Bob-O-Links.

Social affairs consisted of a Cocktail Hour and buffet supper on the opening day of the assembly, Thursday; "Cook-Out," Friday evening, and the traditional Link's formal closed banquet on Saturday night, following by dancing.

On Sunday morning the Assembly officially closed with the Founder's Breakfast which honored past officers and at which time the new officers were installed by one of the founders, Mrs. Margaret Hawkins of Philadelphia.

This was the first year the Executive Board has hosted a National Assembly. Plans and execution of the progran were carried out by a committee from the Executive Board consisting of Mrs. Gertrude Thomas, of Inwood, Long Island, national financial secretary, who was general chairman; Mrs. Pauline Weeden, of Lynchburg, Va., retiring national president; Dr. Helen G. Edmonds, of Durham, N.C.; Mrs. Norvleate Downing, of Newport News, Va., chairman of public relations; Mrs. Naomi Lattimore of Louisville, Ky; Mrs. Leota Terry of Reading, Pa.; Mrs. Vivian Beamon of Cincinnati and Mrs. Bernice Munce of Trenton, N.J.

The National Program - Project, on which the Links have worked during the past four years, "Educating for Democracy" and the project, "A Search for Talented Youth" will continue by vote of the delegates present.

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HANOVER PORK N' BEANS

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And "Interconnecting and Pooling" helps keep rates low, because all customers can benefit from the savings of the newest plants in the cooperative "pool."

"Interconnecting and Pooling" is a big reason why investor-owned electric companies can supply all the additional power America will need.

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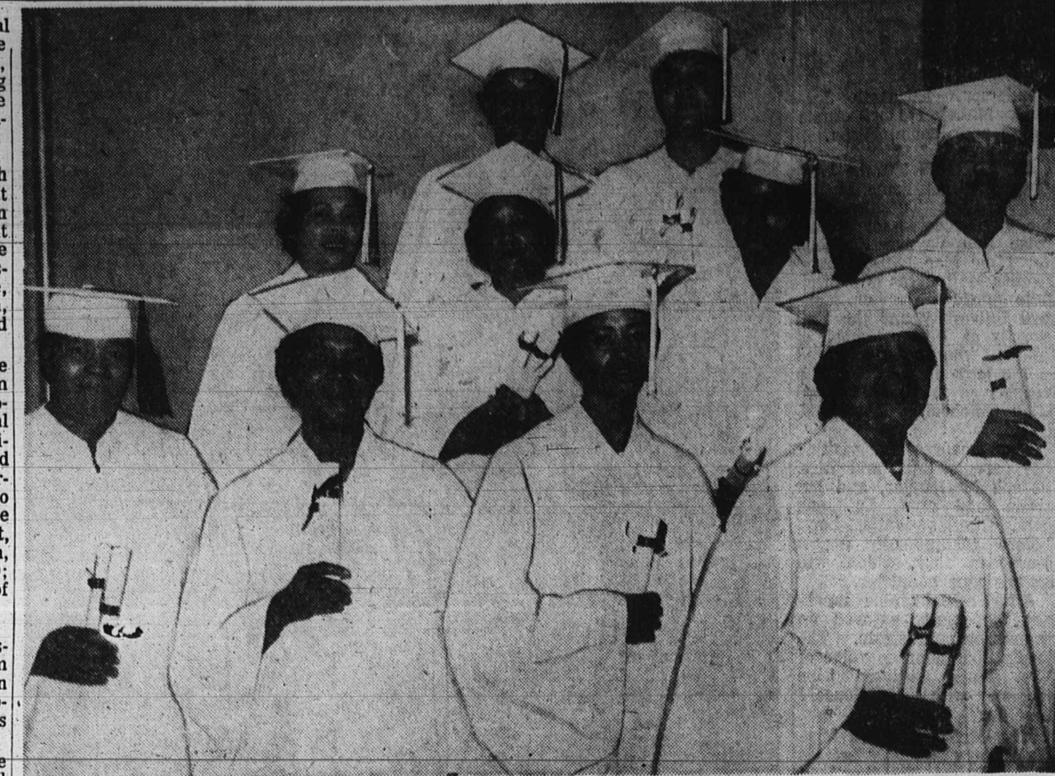

GRADUDATES in a post course in cosmetology at the Blair School, recently, were front, left to right: Mesdames Hattie Campbell, Mary S. Reese, Evelyn A. McGinnis, Lucy M. Williams; second row; Mesdames Virgie G. Wooden, Ruby Warren, Regina M. Johnson; Lillian E. Griffin; back row: Mesdames Mary H. White and Alice Christopher.

YOUR ONE VOTE COUNTS

Coming events

JULY 27

Joint recital of the Asbury Methodist Church Male Chorus and the S.W. Boys Choir at Mount Zion Methodist Church, Riggs Ave. and Gilmor St., sponsored by the J. J. Barnes Wesleyan Service Guild, 8:30 p.m.

JULY 29

The Male Chorus of St. John AME Church will present a recital at Prospect AME Church, Georgetown, Del., at 4 p.m. Buses leave the local church at 1 p.m.

* * *

First Anniversary of the Rev. S. A. Henry, manager of the Baltimore Echoes, at Carter's Temple, 745 W. Fayette St., 6 p.m.

AUGUST 2-3-4

"Bits of Broadway" presented by the Arena Players at the playhouse, 406 Orchard St., 8:45 p.m.

AUGUST 5

Eastside Community Committee's 13th annual Carr's Beach outing. Busses leave Eastside Building, 1118 E. Monument St. at 10 a.m.

* * *

Eastside Community Committee's 13th annual Carr's Beach outing. Buses leave from Eastside Building, 1118 E. Monument St. at 10 a.m.

* * *

At 3:30 p.m., the Madhatters Musical Tea, at the Anna Mae Hunter Home for the Blind, 1321 Eutaw Pl., with the American Federation of Music musicians playing, James Holloman director. Prizes. Admission; food for the blind home pantry.

AUG. 6

Ninth annual cruise of the Interdenominational Ushers Union of Maryland, Inc. on the port of Welcome. Boat Recreation Pier, foot of Broadway at 8:30 p.m. Music by Carl Hamm and his orchestra.

AUGUST 6-9

"Bible Conference" of the Womens Auxiliary Conference of the United Baptist Missionary Convention of Maryland, at the Nannie H. Burroughs Trade and Professional School, 50th and Grant Sts., N.E., Washington. Buses leave Baltimore Baptist Center, McCulloh and Mosher Sts., 12 noon August 6, return fro mD.C. 1 p.m. August 9.

AUGUST 10

The Notable Ladies Club goes to Niagara Falls, Canada, buses leave 1777 Regester St., 10 a.m., return August 12, midnight. For information call VA 7-7383.

The Notable Ladies Club of East Baltimore will depart for Niagara Falls, Canada, at 11 p.m.— 11 Re- Buses will leave from 1717 gester St. and return midnight Sunday.

AUGUST 15

Eastside Community Committee's first Moonlight Cruise down the Chesapeake Bay, on the Port Welcome, leaves foot of Broadway, 8 p.m.

AUGUST 15-19

12th annual convention of the National Association Council of Community Churchers of America and Elsewhere, Inc. in Baltimore.

AUG 20

United House of Prayer for All People holds banquet honoring Bishop Walter McCullough, 8 p.m., at the Baltimore Prayer Home, 600 W. Preston St.

AUGUST 26

International Tea for the benefit of the Foundation for Music Therapy and Research Inc., for Mentally Retarded and Handicapped Children, at Holy Trinity Church, Lafayette and Wheeler Aves. 3:30 p.m.

Baptists select convention site

CHICAGO —The National Baptist Convention has scheduled its 82nd annual session at the e eColiseum here September 4 - 9, following close on the heels of the massive Billy Graham Crusade which closed out here recently.

Dr. J. H. Jackson, president of the five million-member convention, announced this year's topic as, "The Task of The Church In the Struggle for Peace." The meeting is expected to draw some 25,000 Baptists to the city.

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Plenty of easy free parking on North-Maryland-20th-Charles

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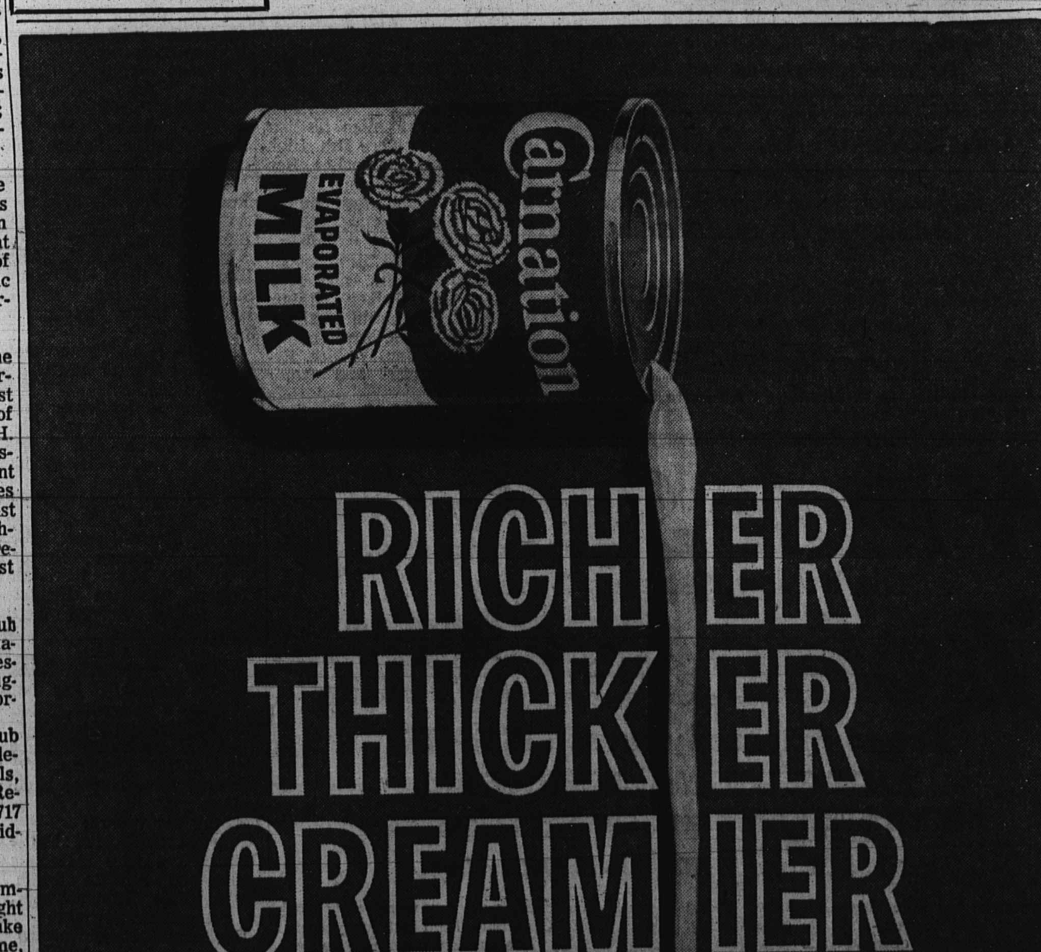

Carnation is the healthy family milk with extra Vitamin D

Extra Vitamin D for sound teeth, sturdy bones and steady growth. Extra Vitamin D to give your babies a healthy start, and to help your children grow straight and strong and sturdy. Extra Vitamin D to add good health to your cocoa and cereals, custards, puddings and pies. Carnation is the healthy family milk—with *twice* the Vitamin D of ordinary milk, in every golden drop!

Even when you mix it with an equal amount of water, Carnation is richer than sweet, whole milk.* Yet it costs far less than ordinary milk. No wonder Carnation is the world's favorite evaporated milk, by far. Your family deserves the best. Your family deserves Carnation "from Contented Cows"

*U.S. Dept. of Agriculture Handbook #8 Composition of Foods

Lincoln's home a national shrine

LINCOLN CITY, Ind. —(ANP)—The farm where Abraham Lincoln spent his early years was dedicated here last week as a national memorial.

The memorial covers about 140 acres of the state park site. The shrine will include the memorial building, the Nancy Hanks memorial-burial place of Lincoln's mother – and the cabin site of the Lincoln family.

A good citizen registers and votes. You can register today and vote in the November elections.

No Nagging Backache Means a Good Night's Sleep

Nagging backache, headache, or muscular aches and pains may come on with over-exertion, emotional upsets or day to day stress and strain. And folks who eat and drink unwisely sometimes suffer mild bladder irritation...with that restless, uncomfortable feeling.

If you are miserable and worn out because of these discomforts, Doan's Pills often help by their pain-relieving action, by their soothing effect to ease bladder irritation, and by their mild diuretic action through the kidneys—tending to increase the output of the 15 miles of kidney tubes.

So if nagging backache makes you feel dragged-out, miserable, with restless, sleepless nights, don't wait, try Doan's Pills, get the same happy relief millions have enjoyed for over 60 years. For convenience, ask for the large size. Get Doan's Pills today!

Try scallops for your next barbecue party

For your next barbecue party try scallops for a change of pace.

Charcoal Broiled Scallops in bacon are a special treat.

You will need two pounds scallops, fresh or frozen, one-half cup melted fat or oil, one-fourth cup lemon juice, two teaspoons salt, one fourth teaspoon pepper, and one-half pound sliced bacon. Paprika.

* * *

SHAW FROZEN SCALLOPS. Remove any shell particles and wash.

Place scallops in a mixing bowl. Combine fat, lemon juice, salt and pepper. Pour sauce over scallops and let stand for 30 minutes, turning once.

CUT EACH SLICE of bacon in half lengthwise and then crosswise to make four pieces. Remove scallops, reserving sauce for basting.

Wrap each scallop with a piece of bacon and fasten with a toothpick.

* * *

PLACE SCALLOPS in well greassed hinged wire grills. Sprinkle with paprika. Cook on a barbecue grill about four inches from moderately hot coals for five minutes. Baste with remaining sauce and sprinkle with paprika.

SMART PACE-SETTERS are these easy princess jacket and pleated skirt, worn one day, and a slim skirt, version worn with the jacket next day.

Printed Pattern 4922 comes in Women's Sizes 36, 38, 40, 42, 44, 46, and 48. Size 36 jacket and full skirt require 3 3/8 yards of 54-inch material.

* * *

THREE TO MIX-MATCH happily now and for the coming school year include a pop-top and skirt which are easy to sew.

The ensemble is gay in plaid with a simple white blouse.

Printed Pattern 4945 comes in Children's Sizes 2, 4, 6, 8 and 10. Size six top, skirt 1¼ yard 54-inch; blouse 7/8 yard of 35 inch fabric.

* * *

FIFTY CENTS in coins for each pattern — add 10 cents for each pattern for 1st class mailing. Send to Anne Adams, care of AFRO-AMERICAN Pattern Dept., 243 West 17th St., New York 11, N. Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

* * *

OVER 100 ANSWERS to "what-to-wear" — in our new full color Fall-Winter Pattern Catalog. Casual, dressy, school — all sizes! Send 35 cents now.

If your baby could be born with a golden spoon in his mouth

what would you wish it could bring him? Fame? Riches? ... or the good fortune of a strong, healthy body? A PET Milk formula may well be your baby's golden spoon ... because easy-to-digest PET lets him sleep soundly while he grows—grows every minute of every hour, the strong bones he needs to walk straight and tall. And when the first tooth comes, the extra vitamin D in PET Milk helps make it a sound, healthy tooth. Your doctor can adjust a PET® Evaporated Milk formula to your baby's own needs ... his changing needs ... truly a golden spoon for a healthy start toward a happy childhood.

"PET"—Reg. U.S. Pat. Off. Copr., 1962, Pet Milk Co.

WEEKS BEST BUYS

Fresh limas and corn priced for top meals

VIRGINIA L. McLUCKIE
(Food Economist)

If you have looked forward to meals that include selections of fresh garden vegetables now is the time to make your choice of many locally grown items.

Produce from nearby usually is high in quality and can be purchased at a price advantage.

* * *

THE SEASON for Maryland grown fresh lima beans is in full swing. Good quality beans are now available at reasonable prices. When selecting lima beans at the market, remember that freshness is of prime importance.

The pod should be full and have a clean appearance with a deep green color. In contrast to peas, lima beans should have a slight swelling of the pod around each bean. As the pod makes up a good deal of the weight of the lima bean allow a pound of unshelled beans for each two servings.

* * *

ONE POUND OF LIMAS in the pod should yield about two thirds of a cup of beans. Lima beans contain liberal quantities of the different minerals, have a high protein content and are a good source of Vitamins A and C.

Maryland sweet corn is being marketed in volume and prices are attractive. Both white and yellow varieties are available. Some shoe peg corn is also on the market. When selecting corn in the husk look for a fresh bright green covering and a dark brown silk.

* * *

THE KERNELS should be well filled and milky. Corn needs cool treatment to keep it tender and sweet. Half of the sugar turns to starch in twenty four hours if kept in warm temperatures above 50 degrees F. The best way to preserve quality is to keep corn in the refrigerator, in the husk or in a moisture proof bag if it is husked to prevent it from drying out. Short cooking is advisable if you want tender sweet corn. It is done when the milk is set.

* * *

TOMATOES ARE also on the best buy list. The superior flavor of field ripened tomatoes is very desirable and the Vitamin C content is higher. Quality is not dependant on size but use or preference will often determine the size you choose.

Well shaped uniform and smooth tomatoes may be desirable when you plan to serve them whole, stuffed, sliced or broiled. Irregularly shaped tomatoes of good quality may be used where shape is not important in casseroles or stews. Color is an indication of the degree of ripeness.

THE BEST BUYS in fruit are to be found in watermelon, cantaloupe and peaches. The Maryland crop of these three fruits is just starting to come to market. The major portion of the supply is still coming from southern states. The watermelon supply is heavy.

It is difficult to tell a ripe watermelon without plugging. Look for a velvety bloom on the surface of the rind. There is a yellowish color on the underside of a ripe melon. A pale green color is underripe. Thumping is not reliable as a test. A dead ripe mealy melon gives the same sound as one that is at its peak of ripeness. The yearly varieties of Maryland peaches are on the market. There are so many ways to use peaches that this fruit fits into any meal.

Recommendations in protein are chuck roast, fryers and turkeys.

Herb Sauce

No one will take exception to this exceptionally good "Herb-Olive Sauce."

Ripe olives and many zesty seasonings take this sauce for vegetables Out of the run-of - the - mill class. It's always a pleasure to be able to cook vegetables differently, especially when you have a sauce as simple to make as this one.

And if you wish to save more time, buy pitted ripe olives.

Keep a can on your kitchen shelf because they can be used in such a variety of ways. And remember that ripe olives are just as good hot as they are cold.

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Most forms of milk meet all recipe uses

A frequent question that comes to the housewife is: can the various forms of milk to be used interchangeably in recipes?

This is important to know because of the varying prices in fresh and processed milk.

According to studies made by food quality specialists in USDA's Agricultural Research Service, it depends upon what food item you're preparing. Some recipes may need more and others less of substitute forms of milk.

ARS scientists recently tried several different forms of milk in two basic recipes—one for white sauce and one for baking - powder biscuits.

* * *

WHITE SAUCE is typical of the milk items cooked on top of the stove. So, results of this study are a guide to using different milk products in cream soups, creamed meats or vegetables, most milk sauces and gravies, cornstarch puddings, and cream pie fillings.

The study shows that different forms of milk can make a considerable difference in the thickness of a mixture like white sauce.

* * *

EVAPORATED MILK though diluted, makes a thicker sauce than any other milk. Fresh skim milk and nonfat dry milk reconstituted with water) makes the thinnest sauce. Whole milk, both fresh and dry, makes a sauce that thickens more as it cools because the fat in the milk becomes firm in cooling.

In using the various forms of milk in baking - powder biscuits, the food specialists found that the thinner forms moisten flour more readily than the others.

For the desired tenderness, the biscuits need smaller measures of fresh whole, fresh skim, and reconstituted-nonfat dry milk than a fresh buttermilk, diluted evaporated milk, or reconstituted dry whole milk.

FOR HERB - OLIVE SAUCE use one-half cup ripe olives, one tablespoon butter or margarine, one tablespoon finely - chopped onion, one tablespoon flour, one-half cup water, one vegetable bouillon cube, one-half teaspoon crushed chervil, one half teaspoon crushed basil, and one - fourth teaspoon crushed tarragon.

Dice olives. Melt butter and cook onion until soft. Stir in flour, water, bouillon cube and herbs. Cook, stirring constantly until bouillon cube dissolves and mixture thickens. Add olives.

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PORK SHLD........ 33c lb.
BONELESS BRISKET (THICK CUT) (WHOLE OR FIRST CUTS HIGHER)
CORNED BEEF ..... 45c lb.
FRESH SLICED
STEAK COD .... 35c lb.
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