WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND

JOIN!!

The March For Baltimore

MONDAY, MARCH 30th

War Memorial Plaza, 1:00 p.m.

Dear Fellow Citizen:

The "March For Baltimore" is now upon us. Before the March takes place, we thought we should explain "the why". Hopefully, the March will serve two purposes:

1. To give recognition for the positive steps taken by City and State to improve human relations.
2. To say that there is yet much to be done, such as:
   Enactment by City, State and Federal Government of fair housing legislation. Fair employment legislation (State and Federal)
   Complete public accommodations legislation. Implementation of fair promotional practices at City, State and Federal levels.
   Greater utilization of the ballot by all citizens.
   Broader utilization of colored employee skills by employers.

This March will be of a Peaceful-Non-Violent Nature.

Your participation is necessary to make this March effective.

We therefore, warmly invite you, the members of your family and all of your friends to March with us for

Dignity and Freedom—Monday, March 30

Assemble at the State Office Building, west side of Howard Street, between Biddle and Preston, promptly at 11 A.M.

We will March down Read Street to Cathedral to Liberty to Baltimore to Holliday to the Plaza.

Cordially
Rev. Marion C. Bascom, Sr.
Rev. Gus Roman

PARTICIPATING ORGANIZATIONS

AMERICAN JEWISH CONGRESS
AMERICAN CIVIL LIBERTIES UNION
BALTIMORE ETHICAL SOCIETY
CIVIL LIBERTIES DEPARTMENT
MOST WORSHIPFUL PRINCE HALL GRAND LODGE F & AM OF MD. AND JURIDICTIONS
MARYLAND COUNCIL A.F. OF L. C.I.O.
NATIONAL ALLIANCE OF POSTAL EMPLOYEES
INTERDENOMINATIONAL MINISTERS ALLIANCE
TRI STATE ASSOCIATION I.B.P.O.E. OF W. MD., DELAWARE AND DISTRICT OF COLUMBIA
N.A.A.C.P.
C.I.G.
C.O.R.E.

PARTIAL LIST

Program—Guest Speakers

JACKIE ROBINSON
Hon. THOS. D'ALESANDRO III
SEN. JACOB JAVITS
DICK GREGORY
Hon. JOSEPH ALLEN

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The AFRO AMERICAN'S food feature MARCH 28,

Prepare tasty dishes with ham left overs

Colorful Easters must for holiday festivitites

Strawberry harvest brings recipes for jams, jellies

That luscious berry, the strawberry, like the smart set, follows the sun. And now that sunshine has brought a rosy glow to the berries, they are ready to make their debut at your table. Let them take a bow in two easy-to-make sweet spreads that glorify this queen of fruits—Strawberry Butter and Rhubarb Strawberry Jam.

Both recipes feature the "no-cook" method of making jam. No need to cook the fruit, skim off foam, or paraffin this jam! Simply follow directions exactly and in a few short minutes, you can have some of the best sweet spreads you ever tasted!

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JUST REMEMER to refrigerate the spreads if they are to be eaten within three weeks (and they surely will be), or store in your freezer if you wish to keep them for longer periods of time.

Rhubarb Strawberry Jam requires 1 - one-half cups prepared strawberries (about 1 - one-half pts. ripe strawberries) one-half cup prepared rhubarb (about one-half lb.) 4 cups (1-3/4 lbs.) sugar, 3/4 cup water, and 1 box (1 - 3/4 oz.) powdered fruit pectin.

First, prepare the fruit. Thoroughly crush about 1 - one-half pints fully ripe strawberries. Measure 1 - one half cups into large bowl or pan. Grind (do not peel) about one-half pound rhubarb. Measure strawberries.

Then make the jam.

Measure sugar, add to fruits, mix well, and let stand. Mix water and powdered fruit pectin in a small saucepan. Bring to a boil and boil 1 minute, stirring constantly. Stir into fruit mixture.

Continue stirring about 3 minutes. (There will be a few remaining crystals.) Ladle into glasses. Cover with tight lids. When jam is set (may take up to 24 hours), store in freezer. If jam will be used within 2 or 3 weeks, it may be stored in the refrigerator.

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STRAWBERRY BUTTER requires 2 cups prepared fruit (about 1 qt. ripe strawberries), 4 cups (1-3/4 lbs.) sugar, ½ teaspoon grated lemon rind, ½ teaspoon ground nutmeg, 2 tablespoons lemon juice, and ½ bottle liquid fruit pectin.

First prepare the fruit.

Add strawberries to blender by cupfuls, coverisg the blades. Quickly turn blender off and on until strawberries are chopped (do not puree). Pour into a measuring cup. Continue procedure until chopped strawberries measure 2 cups.

Then make the butter.

Measure sugar, lemon rind, and nutmeg; add to fruit, and mix well.. Thoroughly mix lemon juice and liquid fruit pectin; stir into fruit. Continue stirring for 3 minutes. (There will be a few remaining sugar crystals.)

Quickly ladle into glasses or screw top jars. Cover at once with tight lids. When butter is set (may take up to 24 hours), store in freezer. If butter will be used within 2 or 3 weeks, it may be stored in the refrigerator.

Mothers also need time off

Your baby will be much better off if your get out to see friends and keep up some outside interests, as you did before.

Even if you can have only part of an hour for them each day, your reading and special interest or hobby shouldn't be forgotten.

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WHILE THE baby is very young and sleeping so much, you can take him with you sometimes when you go out. But keep in mind when you take him to friends' and relatives' houses that he has very little resistance to colds and other infections, and should be carefully protected against exposure to them.

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THE COMPANIONSHIP and play offered him by his parents is about all a very little baby can take. Later he will gradually be able to get used to and enjoy other people, especially if they don't force themselves on him.

Once in a while, if you have no one at home to leave the baby with, and haven't found a sitter you can trust, parents may have to get out in the evening separately. But when you can possibly arrange it, go out together.

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YOU AND other couples can take turns baby-sitting. Some groups of neighbors have worked this out in very business-like fashion, keeping track of the hours they owe each other.

Sometimes it may be more convenient to leave the baby at a neighbor's or friend's house. As the baby gets older, this isn't so good, unless the baby feels at home there.

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A VERY YOUNG baby doesn't seem to mind strange surroundings, but an older one may be desperately frightened to be alone in a strange family.

We can't be sure that such an experience has a lasting harmful effect on a child. But it is hard to see how screaming for a whole evening (as sometimes happens) could be anything but damaging to a baby's trust in people.

Classes open for expectant parents

Preparation for Childbirth Classes sponsored by Parent and Child, Inc., a non-profit organization, will begin April 1 at 5601 Connecticut Avenue in Chevy Chase, Md.

In informal evening classes, expectant parents learn what to expect during the various stages of pregnancy and birth and how they can participate more fully in the event. The mother is taught breathing and relaxation techniques, specific mild exercises, and has one class devoted to breast feeding.

A new 7 - week series of classes, taught by professional instrctors, begins each month. Doctor's permission is required. For information call 365-0093.

Regular care helps to keep appliances in good condition

Regular care will help keep home laundry appliances in prime condition.

After use, wipe the washer inside and out. Release the tension of a wringer, wash its rolls with a sudsy cloth, rinse and wipe dry. Wipe dust and lint from the dryer drum at intervals. Clean the trap after each day's use, because clogging lint is a fire hazard and reduces dryer efficiency.

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REMOVE THE trap and vacuum the duct every few months. Wipe both washer and dryer cabinets often with a sudsy cloth, then with a clean damp cloth. Apply a [illegible] store any iron on its heel rest.

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WASH IRONING board covers often to remove starch lint and dye transferred from dark clothes. Replace the cover damp so it will dry taut on the board. Also launder a new cover before use to remove sizing which scorches at low heat.

Use thick suds to wash an aluminum-coated cover right on the board; then rinse-wipe with a clean damp cloth.

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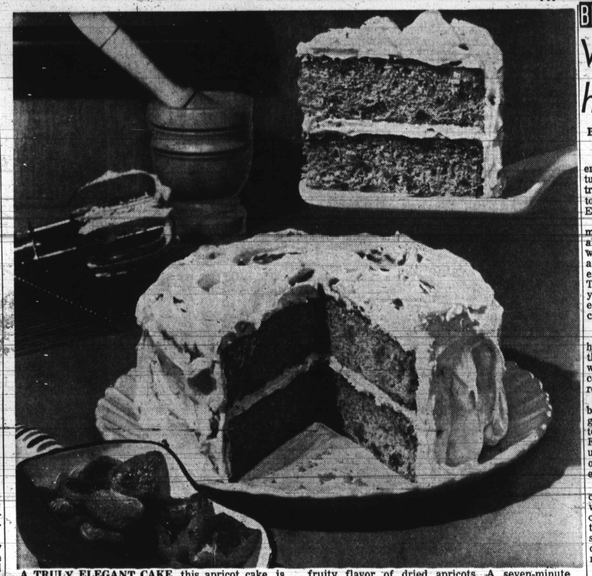
USE A SUDSY cloth on the metal shoe of an ironer after each use to remove any starch or dye.



A TRULY ELEGANT CAKE, this apricot cake, is made by a mix-easy method, and with the rich fruity flavor of dried apricots. A seven-minute frosting is a time saver.

Elegant Apricot Layer Cake is right topping for Easter meal

Cake is certainly one of the most universally appreciated desserts in the world in every land, and this apricot layer cake will be the proper topping for an Easter meal.

American homemakers who pride themselves on their ability to make a high, light-textured, almost feathery cake, always use cake flour. Before the days of cake flour it was difficult to attain this standard of excellence. It took a lot of beating—and it was hard beating, at that—and once the cake was in the oven everyone walked on tiptoe so as not to jar it into falling.

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ALL-PURPOSE flour is ideal for breadmaking, where a porous structure and thin cell will are desirable characteristics, but a different kind of flour is required for the tender, high-rising cakes that meet our standards. It took years of research to perfect the fine, delicate cake flour we now use for cakes and certain elegant quick breads and cookies.

Cake flour is milled from what is known as soft winter wheat because the gluten in this type of flour is made from hard wheat. It makes cake have a finer grain and lighter texture . . . makes more tender than those made with all-purpose flour. This cake flour has become the standard ingredient for cakes in homes where baking is a fine art.

Apricot Cake is made with 1 cup (5-3/4 ounces) dried apricot halves, 1-1/3 cups water, 2½ cups sifted cake flour, 1-½ cups granulated sugar, 1 teaspoon double-acting baking powder, 1 teaspoon salt, ½ teaspoon baking soda, ½ cup shortening, 3/4 cup milk, 2 eggs, 1 teaspoon grated lemon rind, and Apricot Seven Minute Frosting

With butter or margarine, use 2 tablespoons apricot liquid; with vegetable shortening use ¼ cup apricot powder, salt and soda.

Boil apricots in water, uncovered, 1 minute. Cool. Then drain, measuring apricot liquid. Finely chop half of the apricots. Reserve remaining apricots for frosting.

Sift flour, sugar, baking powder, salt and soda..

Stir shortening just to soften. Add flour mixture. Add milk and mix until all flour is dampened. Then beat 2 minutes at medium speed of electric mixer, or 300 strokes by hand. Add egg yolks, one - third cup water, 2 teaspoons light corn syrup, 1 teaspoon vanilla and cooked aprocots, diced.

Use cooked apricots reserved from Apricot Cake.

Combine egg whites, sugar, salt, water, and corn syrup in top of double boiler, beat with rotary beater or electric mixer, until thoroughly mixed—about 1 minute. Cook over boiling water beating constantly with rotary beater or (at high speed of electric mixer) until frosting will stand in peaks — 7 minutes. Stir frosting up from botton and sides of occaisionally with rubber scraper, spatula or spoon.

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REMOVE from boiling water. For a very smooth satiny frosting, at once pour into a large bowl. Then add vanilla and beat until frosting is thick enough to spread — 1 minute.

Exercise in daily bath

People who don't feel "up to" push-ups or tennis still require some stimulus to circulation.

A "painless" way to accomplish this is in connection with your daily bath.

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SOAP AND rinse as usual then step out of the tub and dry briskly with a turkish towel —giving yourself an all - over rub - down.

This vigorous massage stimulates circulation makes your skin glow and helps improve appearance and health.

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APRICOT Seven Minute Frosting requires 2 eggs white, one and one-half cups granulated sugar, dash of salt, one - third cup water, 2 teaspoons light corn syrup, 1 teaspoon vanilla and cooked aprocots, diced.

BEST BUYS:

With Spring comes hankering for ham

By VIRGINIA McLUCKIE
Food Economist

With spring comes a hankering for ham. This is a natural yearning created by tradition, as ham is the customary meat that makes Easter dinner very special.

Modern day hams that are mild in flavor and trimmed of all excessive fat are available whole, in halves or shank and but portions, and in slices to fit each family need. There are two kinds of ham you can buy, the cook before eating ham and the fully cooked ham.

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IF YOU WISHto bake the ham at home yourself, buy the cook before eating ham which is labeled by some companies as tenderized, ready to eat or regular hams

This type of ham should be baked in a slow (325 degree F.) oven to an internal temperature of 160 degrees F. which takes 20 to 30 minutes per pound depending upon the poundage being cooked.

Fully cooked ham and canned ham may be eaten without further cooking but can be heated through for 10 to 20 minutes per pound and served hot. Glazing should be done the last half hour of the roasting period.

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HAMS COME in a choice of styles. It is possible to buy a short shank bone in ham in either regular or fully cooked types. Fully cooked hams are available semi-boneless which means the aitchbone is removed for easier carving. Completely boneless rolled hams are also availale.

Canned hams are boneless and fully cooked. Cost per pound increased with the amount of processing and boning that is done, but the number of servings per pound increases offsetting some of the price increase. After the main meal many interesting dishes can be prepared using pieces of ham that have been left.

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TURKEY SUPPLIES on hand are about two percent higher than last year at this time and price tags are attractive. Turkey for spring time menus is often roasted without stuffing. Season the cavity well and add a light sprinkling of your favorite herb for delectable flavor.

If you are roasting a medium size turkey unstuffed you can reduce the total roasting time about one hour. For a large group and plenty of meat left over for the coming week turkey makes ideal tablefare.

Other popular meat choices worthy of the holiday festivities are fryer chickens and roasts of beef.

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EGGS PLAY AN important role In Easter festivities. Select Grade A Large eggs for hardcooking and general use. This is an area that is called a white shell egg market because of consumer preference throughout the year. However, for general use there is no food value or quality difference between eggs of different colored shells.

Be sure you find a way to use the hard cooked eggs that are colored for decoration because the eggs will add some extra protein, vitamins and minerals even if just used as a garnish.

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THE PRODUCE counter appears about the same as far as volume, quality and price of shipped in vegetables. At luxury prices fresh California asparagus is available with receipts expected to increase. There has been a slight increase in Florida sweet corn and celery.

Shoppers will find more than ample quantities of all frozen and canned vegetables to select from for variety in menus. The best buy are cabbage, spinach and other cooking greens, sweet potatoes, white potatoes and carrots.

Fresh fruit buys include apples, Florida Valencia oranges, grapefruit and fresh pineapple.

blanched almonds, 4 egg yolks, one - half cup light cream, and toast.

In hot butter in saucepan, cook green pepper and onion 5 minutes stirring often. Gradually stir in flour, salt, pepper, milk; cook, stirring, until thickened and smooth. Add ham, almonds. Beat egg yolks; beat in cream; slowly stir into ham mixture.

Cook, stirring, until thickened. Serve on toast. Makes 6 to 8 servings.

Your Manners

How do you receive a compliment?

Suppose he admires your dress and says so?

Do you say "Really? This old sock?; or "Are you kidding", or "Thank you".

SOME GIRLS think they have to shrug off a compliment. But it only flusters your beau when you depreciate something he admires.

So ... next time he tosses a bouquet your way, sweetly say "Thank you." It's a mark of poise.

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INCIDENTALLY, TO be sure you look your best at a dance, stage a dress rehearsal the nigth before.

Check in a full-length mirror to see that your hem is the right length and your slip doesn't show. Whirl around the room to make sure shoes won't pinch, snaps don't come unfastened, and straps can't slide.

Tricks of the ironing trade

Ironing aids include a holder to keep the iron cord out of your way a sponge and water to re-dampen dried spots a sleeve board and a press mit.

Also keep your sewing basket with needles and different colored threads near for on-the-spot mending of split seams ripped hems and missing buttons.

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IF YOU don't have a steam iron hold a fairly hot iron just above a well-dampened press cloth to generate steam.

Press table linens quite damp with a hot iron—first on the wrong side then on the right for luster. To reduce wear change the fold lines from time to time. You may roll linens on cardboard cylinders to eliminate all creases.

TO RE-DAMPEN during ironing, rub dry spots with an ice cube.

Iron small areas first, larger portions last to prevent wrinkling. For example: placket, collar, sleeves, shoulders, bodice and skirt.

Iron silk quite damp but never sprinkle as it tends to water spot. Instead wet the entire piece and blot it in a dry towel —or just roll it briefly in a damp towel.

Date-Lemon

Small pieces of fresh California dates, fresh lemon juice and grated lemon rind spell the difference between an ordinary coffee ring and delicious "Date-Lemon Coffee Ring."

You may have noticed something new recently in markets. The round plastic cup containers in which some fresh dates are packaged have a new, easy-to-reseal plastic lid bright with circus colors, peppermint stripes and a map of California, the home of this truly ffesh fruit.

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DATE - LEMON Coffee Ring requires one cup fresh California dates, one-half cup [illegible]