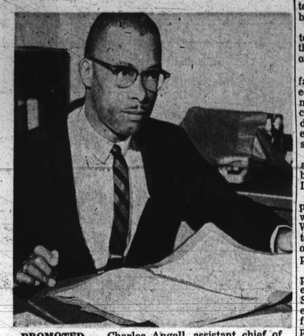

PROMOTED — Charles Angell, assistant chief of the Baltimore field office of the Federal Wage-hour Law for the Department of Labor, conducted many of the investigations that led to recovery of thousands of dollars in back wages for underpaid workers. He was appointed chief of the Syracuse office last week and will take over the new post April 20. He completed 20 years of government service last month.

—Labor laws

(Continued from Page 1)

ous and prohibits miners from filling them, as a further safety measure.

Jobs in coal or metal mines, quarries; operating power - driven hoisting apparatus, metal forming, punching and shearing machines, circular and band saws, guillotine shears, certain bakery equipment, slaughtering and meat-packing machinery, are "off limits" for miners.

Also making or storing explosives, brick, tile and kindred products, wrecking, demolition, shipbreaking, driving or helping on a motor vehicle and similar power-driven machinery.

MINIMUM AGE requirements are 16 for most jobs and 18 for those classified as hazardous. While a 16-year old worker can hold down any non - hazardous position during school hours, under the law, a 14-year-old worker is not allowed to work while school is in session.

Other specific limitations imposed on 14 and 15 - year-old employees are:

They may not work between 7 p.m. and 7 a.m.; nor may they work more than three hours a day on school days; or more than 18 hours a week during school weeks.

Further they are limited to an eight - hour day and 40-hour week in non - school weeks.

JOBS APPROVED for teenage workers by the Labor Department include:

Office and sales work, janitorial work in rooms where there is no manufacturing or processing of goods.

Use of child labor on farms is generally exempted from provisions of the measure, however, farmers can not employ children under 16 years of age — whether migrant or local — during school hours.

This regulation does not apply to immediate members of the farmer's family, Labor officials pointed out.

STATISTICS show that approximately 28 million adult workers are covered by the Wage - Hour Law. An undetermined number, because of the nature of their occupations, are not.

These workers are employed by firms that are exempted from the law. Such firms are principally engaged in retailing goods or furnishing services, with 50 per cent of its annual dollar volume of business coming from within the state.

Employees of hotels, motels, restaurants, motion picture theatres, seasonal amusement and recreational establishments, hospitals, nursing homes, schools for handicapped or gifted children are exempted.

Salesmen, taxi drivers, waitresses, domestic workers, are other examples of those workers not covered.

Employees of the ordinary home laundry are exempted, the department ruled, unless 25 per cent of its work is for manufacturing, mining, transportation or communications businesses.

Laundries falling in this category are compelled to pay the minimum wage and overtime rates, government investigators pointed out.

Both workers and employers who have questions concerning the administration of the Federal Wage-Hour Law are urged to contact the local field office at 303 B Calvert Building, Fayette and St. Paul Sts., Telephone PLaza 2-7240.

Rigid J.C. housing near U.S. bases

WASHINGTON (NNPA) — At least 90 per cent of the communities near military facilities in the United States still maintain a rigid pattern of racial discrimination, according to the Pentagon.

An equal opportunity survey conducted by the Defense Department's Civil Rights Office disclosed that off - base discrimination in public accommodations existed at about half of 305 installations in this country.

Robert Jordan, civil rights aide to Defense Secretary Robert S. McNamara, told reporters the pattern of housing discrimination was nationwide.

Although McNamara has authorized base commanders to declare communities off-limits if he felt the situation warranted it, the sanction has never been applied.

Penn Relays first

PHILADELPHIA — The first track relays in the world were held at the Penn Relays, April 21, 1895. This is the 70th year of the Penn Relay Carnival.

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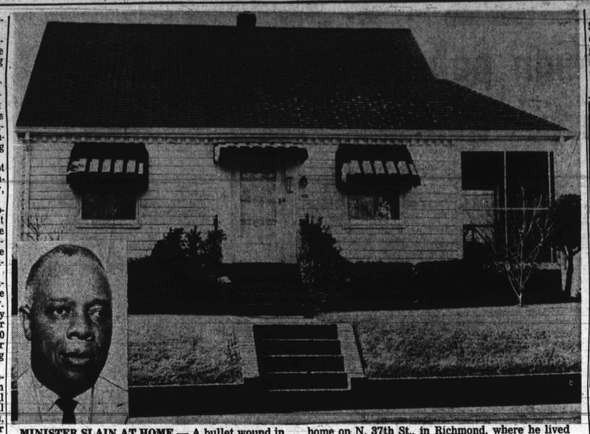

MINISTER SLAIN AT HOME — A bullet wound in the chest, cuts and bruises marked the body of the Rev. George Smith 3rd, (inset) which neighbors found in a back bedroom closet of his handsome home on N. 37th St., in Richmond, where he lived alone. Pastor of two Richmond area churches, he was a bachelor.

HORROR ON GOOD FRIDAY

Find minister's body stuffed in closet!!

RICHMOND

About the time the Rev. George Smith was being buried Tuesday, the neighbor who discovered his body was being treated at the hospital for a head injury. Detectives said they learned Joseph Beverley had been home alone when he fell and struck his head, suffering a cut requiring two stitches.

The Rev. George Smith 3rd was chairman of the committee of the Baptist Ministers Conference sponsoring its annual Holy Week services at Sharon Baptist Church.

On Good Friday, March 27, the services were shifted to Sixth Mt. Zion Baptist Church to accomodate a larger crowd of attendants.

This was the 3-hour service at which Rev. Mr. Smith was due to preside, with seven other ministers preaching on the "Seven Last Expressions" of the crucified Lord.

But after devotions, the Good Friday service was cancelled as the devout churchgoers got the shocking news that the 57 - year - old bachelor clergyman had been slain.

Suffering a bullet wound in the chest, cuts on the arm and other bruises, the minister's body was found by nextdoor neighbors stuffed upside down in a bedroom closet at his attractive home where he lived alone at 908 N. 37th Street.

The slaying remained a mystery Monday night, although a team of detectives had worked diligently over the Easter weekend trying to break the case.

Rev. Smith was one of the area's most highly respected and well-liked clergymen. He was pastor of Mt. Olive Baptist Church on Petersburg Pike and of St James Baptist Church, Henrico County.

He was an ardent civic worker, having been awarded a plaque by the East End Civic League in 1960 for "community leadership and achievement."

He was faithful on the picket lines during the downtown Richmond demonstrations which won lunch counter desegregation.

He was a graduate of Virginia Union University, active with the Baptist Ministers Conference, and a member of Iota Sigma Chapter of Phi Beta Sigma fraternity.

* * *

TO SHOW their appreciation for his successful conduct of the Holy Week services, the congregation at Sharon church had presented him with a $60 collection on Thursday. Police said his wallet was missing in their search of the house.

The minister was reported last seen about 4:30 Thursday as he looked over his neatly cropped lawn. His lawn, his tulips, his azeleas, his shrubbery, his white picket - fenced large backyard were his pride.

Rev. Smith was a lover of flowers. The pastel walls of his handsomely furnished home bear 50 or more framed pictures of flowers and birds.

Plants and flowers are in abundance on the living room and dining room tables.

THE MINISTER'S body was discovered about 9 a.m. Friday by his neighbors, James M. Bar of 910 N. 37th substitute schoolteacher and James M Bar of 910 N. 37th St.

The neighbors said they became upset when Rev. Smith didn't answer the telephone although his car was parked outside. They entered the house with a key, inasmuch as they were longtime friends and neighbors.

The house did not appear to be unduly disturbed, but police found evidence which suggested that the minister was slain the small hallway which leads from the dining room to the bath and to bedrooms.

The table in the red and white kitchen was set for one, with a half glass of cold tea alongside. A meal of chicken, green peas and red rice was covered on the stove which also held a cup of cold tea.

On the floor beside a lounge chair in the dining room was a book entitled "Sermons for Special Days."

REV. SMITH grew up in the Hickory Hill neighborhood of Chesterfield County where he was buried Tuesday in the family cemetery, under the direction of the Mimms Funeral Home.

His body laid in state on Easter Sunday at the church he pastored on Peterburg Pike; and on Monday at the church in Henrico County. Upwards of 5,000 mourners viewed the remains.

With the Ministers Conference in charge, his funeral was held Tuesday at First Baptist Church in South Richmond.

The minister is survived by a sister, Mrs. Mary S. Hill; two brothers, Benjamin and David Smith; stepmother, Mrs. Sarah Smith; two stepsisters, an uncle, the Rev. A.D. Smith and other relatives.

The mystery slaying set into action a team of investigators including Detective Sgts. J. A. Brooks, Frank S. Randolph; Detectives Henry Taylor, James Robinson, Windsor, Saunders and J. W. Vann;; Acting Sgt. J. J. Bucher and Patrolman C. P. Leap.

On Tuesday, Det. Capt. G. M. Lloyd said that as part of the investigation lie detector tests are being used.

See early end to jim crow in N.Y. National Guard

WASHINGTON (NNPA) — Hope for an early end to de facto segregation in the New York National Guard has increased in recent weeks, the American Veterans Committee reported.

In a letter to AVC Regional Chairman J. George Fiedler, Maj. Gen. A. C. O'Hara, chief of staff, conceded that progress without transfers has been inadequate.

The general said he has ordered a study made "to arrive at a final conclusion which, hopefully, will allow for the integration of those units by transfer method as you outlined."

60th TB meeting here on May 4-5

The 60th annual meeting of the Maryland Tuberculosis Association will be held on Monday and Tuesday, May 4 and 5 at the Sheraton Belvedere Hotel in Baltimore. Samuel E. Feldman, Baltimore radio station executive is chairman of the committee planning for the two-day conference, which will have as its theme, "The Sleeping Dragon."

The Maryland Conference of Tuberculosis Workers and the Maryland Trudeau Society will hold their annual meetings concurrently.

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DURHAM, N. C. — E. E. Smith High School at Fayetteville will serve as host for the Association of North Carolina High School Library Clubs on Saturday April 18.

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Now is the time to stock up on steaks for summer stock

Count on 3 to 4 servings per pound from boneless cuts

LIGHT HOUSEKEEPING

With prices down this is time to buy beef

Now is the time to beef up your menus. . . . with beef, and stock up your freezer with same.

The U. S. Department of Agriculture features beef. on its List of Plentiful Foods for both April and May.

All cuts of beef rank about the same in nutritional value — lean for lean, fat for fat. The caloric content, however depends upon the amount of fat which interlaces the lean.

Don't scorn beef with fat; marbling makes the meat more flavorful. And a well - balanced diet needs a certain amount of fat for proper digestion and utilization of the nutritive goodness in all foods.

Even ground beef needs to have a little fat in it. Choose a package with about 20 percent fat. It will provide the most satisfying juicy flavor.

* * *

USDA CHOICE beef is preferred by most consumers. It is of high quality and usually has less fat than beef of the Prime grade.

Have enough room in your home freezer for a few steaks? Then you'll want to take advantage of the favorable retail prices on beef by freezing some for this summer's cookout.

Steak prices are traditionally higher in the summer.

Properly handled steaks can be stored as long as 8 to 12 months at 0 degree F. say U. S. Department of Agriculture food specialists. When you choose steaks for freezing, select only high - quality fresh meat. Freezing does not improve quality.

* * *

FOLLOW THESE suggestions from the food specialists of USDA's Agricultural Reserach Service when packaging meat for freezing:

Package in quantities to be cooked at one time. If two steaks are to be wrapped together, place a double thickness of freezer paper between them so they can be separated more easily for thawing and cooking.

Protect all foods to be frozen by wrapping or packaging them carefully in moisture and vapor - resistant materials. Proper packing keeps foods from drying out and prevents air from entering the closed package and causing oxidation. Suit the wrapping materials to each cut's shape and size.

Label each package with the date, kind and type of product, and weight or number of servings or pieces.

* * *

FREEZE THE meat quickly at 0 degree F. or lower. Limit the amount of food frozen at one time in a home freezer to 2 pounds per cubic foot of total storage space. Turn the temperature control in the freezer to the coldest position to speed up freezing and help prevent warming of stored frozen food. If you freeze a maximum load, wait 24 hours before returning the control to storage position; for half a load or less, 8 to 12 hours are sufficient.

High on the list of favorite beef dishes are pot roasts. You can make them from any of several beef cuts — shoulder or chuck, round steaks or roasts.

* * *

MRS. ORVILLE L. FREEMAN, wife of the Secretary of Agriculture, prefers to make her pot roasts with round steak. Here's her recipe:

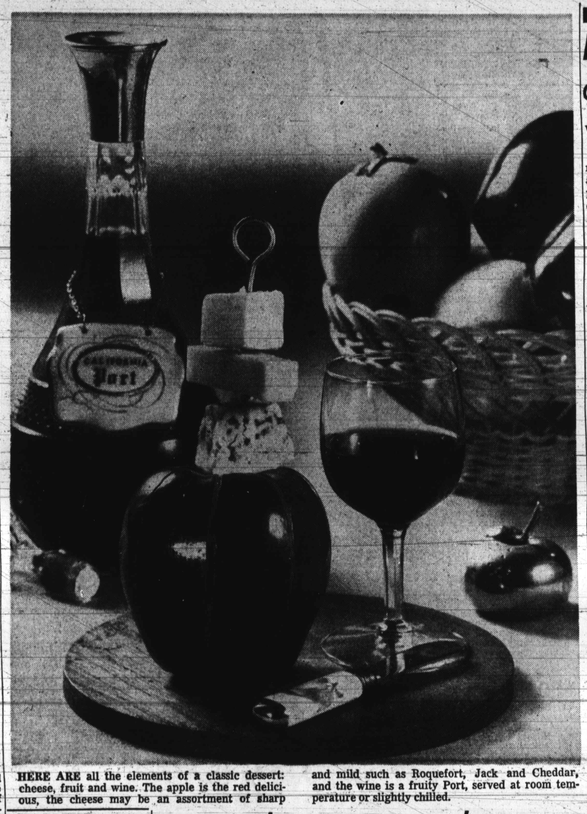
Brown two pounds of round steak in heavy frying pan or roaster. Sprinkle over top ½ envelop dried onion soup. Spread over this 1 can undiluted cream of mushroom soup. Cover pan. Bake at 325 degree F. for about two hours or until tender. Serves four.

Warning: Use only tiny bit of salt, if any, because onion soup is salty.

* * *

BEEF STRAGANOFF, a dish with as many variations as spellings, offers inventive cooks a chance to really show their culinary abilities. A basic beef stroganoff makes good family fare any day of the week. Or, dressed up with wine sauce and made with the more tender cuts of beef, a stroganoff can become an elegant entree fit for royalty.

In fact, Beef Stroganoff was served first to the Czar of Russia. Count Paul Stroganov was a wealthy 19th century Russian merchant who liked to whip up gourmet dishes as a hobby. As a special treat for the Czar, he concocted Beef Stroganoff — beef hunks in a sour cream - wine sauce.



HERE ARE all the elements of a classic dessert: cheese, fruit and wine. The apple is the red delicious, the cheese may be an assortment of sharp and mild such as Roquefort, Jack and Cheddar, and the wine is a fruity Port, served at room temperature or slightly chilled.

BEST BUYS

Eggs, fryer chicken on economy program

By
VIRGINIA L. MCLUCKIE
Food Economist

Meat is the center of the menu, the article of diet around which meals are planned, prepared and served. Because it is such an outstanding food, meat occupies an important place in the food budget.

IT IS not news to food shoppers that beef has been in heavy supply for the past several months and stores have frequently featured various cuts as specials. Prices on beef have been very attractive and will probably continue so during the month of April and on in to the spring.

* * *

THIS IS an excellent time to feature beef in menus. For folks with a deep freezer now is a good time to stock up on the steaks and quick cooking cuts that will be so delicious next summer for outdoor cooking. This is also a good time to try some new recipes using beef that will make variety in menus and make beef more appealing when it is served so often.

The cattle that have been kept on fed lots and finished out are heavier in weight which makes the tonage of beef slaughtered much higher. When fed cattle slaughtered declines and lighter weight cattle remains to be slaughtered there is a possibility of price increases in beef in the summer months. However high quality beef will remain ample and prices will be considerably below those that existed in the fall of 1963.

The price per pound of meat does not necessarily indicate that it will cost to serve the cut. Meat cuts vary in the amounts of bone, fat and other wastes which will affect the number of servings you can expect from a pound.

* * *

Other foods recommended for best buys include fryer chickens. Grade A Large Eggs, Shad, cabbage, grapefruit and pineapple.

* * *

TO MAKE SWEET SOUR BEEF CHUNKS require 2 pounds lean beef stew meat, 1 tablespoon shortening, 1½ teaspoons salt, 1 (No. 303) can tomatoes, 1/3 cup brown sugar (packed), 1/3 cup vinegar, ½ cup onion finely chopped, 1/2 bay leaf, and 1 small green pepper.

CHILD CARE

Baby learns as he grows

One of the first things your baby learns is that you are there, that he can count on you to look out for him. This is why it is important to satisfy a baby's needs promptly. It starts him off with a good feeling of safety and trust.

One of the early ways you learning is when he begins to imitate what you do. If you're holding him while you telephone, he tries to babble into the receiver. Or, he may turn away from some food you're giving him he senses from your expression that you dislike it.

THE MORE THINGS you make him glad to copy the better. For things that are pleasant are learned faster than those he doesn't enjoy.

If you smile while you dress him, and sing a song about "Here's a leg for a stocking, and here's a leg for a shoe" he may forget to wiggle.

Almost everything you do to or for your baby can be done in a way that will keep him happy while he is learning.

A BABY'S surroundings should give him such freedom as it is safe for him to have, but he has to learn that he cannot always have his own way. There are many times when he must give in to the circumstances, like having a gate at the top of the stairs, being bundled into his outdoor clothes, or waiting while his food cools.

But for the very reason that so often, every day, a baby can't do as he likes, we have to be careful or these experiences of being thwarted pile up.

Highlights on hand-washing

In washing by hand, you do the work instead of the machine. When hot water is required, use the highest temperature your hands can stand.

Don't overcrowd the container — set tub, bathroom basin or bathtub—because suds and rinses need room to circulate.

Use enough soap or detergent, repeating in a second batch of clean suds if necessary. Rinse thoroughly, then squeeze out excess water.

* * *

RUB A LATHERED brush or fingers over special soil instead of rubbing fabric against itself. A plumber's plunger will force suds through large pieces, loosening and removing soil with minium effort.

Old - fashioned scrub boards, which literally rubbed dirt out of clothes, have some modern descendants — miniature - to - small size plastic washboards designed for basin laundering. These have smooth corrugations on one side for delicate fabrics, a serrated surface on the reverse for sturdier items.

Fruit-Cheese-Wine dessert is easy to prepare classic

The most interesting desserts are often the simplest to prepare.

Here's a version of the classic dessert — fruit, cheese and wine — that will be a conversation piece every time it's served. Just slice an apple (not quite all the way through), top with a skewer of cheese squares and serve with rich fruity - flavored California Port.

Port, a deep red dessert wine, complements any combination of fruit and cheese.

Other good choices of wines to accompany a classic dessert service are sweet (or Cream) Sherry, sweet Sauterne or a fruity Muscatal.

* * *

CHEESE 'N APPLES PACIFICA, (servings unlimited) is made with Red or golden Delicious apples, Small squares cream, Cheddar or Jack, and Roquefort cheese, Small skewers, and California Port.

Wash apples, dry and rub lightly with a little oil to give them a high gloss. Wipe off with paper toweling. Remove core of each apple to within an inch of bottom. Carefully cut apple into wedges to within an inch of bottom so apple retains its whole shape.

Skewer a cube each of 3 kinds of cheese. Set one cheese skewer into center of each apple. Accompany with salt and glasses of mellow California Port.

* * *

ANOTHER EASY fruit, cheese and wine dessert features the cheese in a spreadable form, seasoned interestingly with parsley. Worcestershire sauce, mustard, celery seed and California dry Sherry. This spread can also be served as an appetizer with crisp crackers or Melba toast.

Make Savory Cheese spread with 1 pound Cheddar cheese, 1/3 cup California celery Sherry, 1/4 cup mayonnaise, 1/3 cup finely chopped pimiento, 3 tablespoons finely chopped parsley, 2 teaspoons Worcestershire sauce, 1 teaspoon dry mustard, 1 teaspoon seasoned salt, and 1 teaspoon celery seed.

Grate cheese fine. Add Sherry and mayonnaise and beat until quite smooth. Beat in all remaining ingredients. Cover and refrigerate several hours or overnight to blend flavors.

Serve with wedges of fresh apple, crisp crackers or melba toast.

Your Manners

Problem: You are invited to a party and you don't know the crowd.

Do you fade into the wallpaper?

Do you let a frozen smile give you away?

Do you act bored with it all?

Oh, come now. It's not that bad! It's time you pulled yourself together and "entered smiling." Take a more positive view of yourself and see the party in its proper perspective.

Dress careful so you feel at ease. Then forget yourself and concentrate on others. Check in with your hostess when you arrive. She'll get you off to a good start.

PRINTED PATTERN

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by Anne Adams

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4578
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* * *

Relaxed pullover — favorite look of the fashion world! See how stitching points up flip collar and side slits. Sleek skirt has back pleat.

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THAT SOFT, graceful look is YOURS to enjoy in a young, pleated style with a scarf — tied — circle collar. Choose cotton, linen, shantung.

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SET-UP FOR SUN-UP prepared by the thoughtful hostess invites early - rising guests to partake of juice and coffee without disturbing the household. Take a pretty tray, two ordinary thermos jugs (here color coordinated with gay contact paper) attractive china and glass . . . and you have a charming picture as well as a charming gesture. Paul Krauss, AID, originated this idea.

Cabinet in chaos? Then code shelves

Kitchen cabinet chaos? Make believe you are a supermarket manager and code your supplies to make a place for everything. But first follow these three steps:

Clean cabinets one by one. Take everthing out and organize contents on a large table: soups, juices, fruits, vegetables, baby foods, bottled and canned beverages, spices and herbs and whatever other staples you like to keep on hand.

* * *

MEANTIME, while the cabinets are still empty, dust them thoroughly, then wash shelves with a cellulose sponge dampened with a pine oil cleaner and warm water.

This treatment will clean, disinfect and deodorize all at once. Dry shelves with paper towels.

* * *

LINE SHELVES with washable plastic shelf paper. The next step is the big one — coding your own galley for the shipshape look.

Code your shelves in either of two ways: Color - code by taping magic tape at the front of each shelf as you open the cabinet door. For example, a swatch of red tape of the shelf, blue tape signals means soups on that section baby food.

* * *

ANOTHER WAY of labeling shelves is to write the contents on transparent tape. Obviously, most-used foods should be on the easy-to-get-at shelves, inventory and unexpected - company supplies can be stored in less accessible spaces if you're short of room.

Be an optimist and encourage the family to put everything in its place.

* * *

EFFICIENT arrangeent of food supplies helps make writing the family shopping list an easier job, storage after shopping is organized for you.

If you train the family well — the "where - is it?" questions will be kept at a minimum.