WHEN YOU FINISH READING THIS PASS IT ALONG TO A FRIEND

Schaefer is the one beer to have when you're having more than one

Let's face it. When you're hot and thirsty, that first cold beer—*any* cold beer—tastes just wonderful.

But later, in the second glass, and the third, most beers start to fade on you.

Somehow they seem to go a little flat.

But Schaefer is different. The pleasure of Schaefer *never* fades after one glass or two.

Even after your thirst is gone, Schaefer beer still tastes bright, mellow and rewarding.

This is the quality that sets Schaefer apart from other fine beers.

People say that bracing-cold, gleaming-gold Schaefer gives them the same rewarding taste, glass after ice-cold glass.

They actually get all the pleasure of the first beer, every beer through.

So why don't *you* give Schaefer a try?

Next time you're out shopping, pick up a six-pack or two. Or ask for Schaefer on tap at your favorite tavern.

Discover why Schaefer is called the one beer to have when you're having more than one.

Schaefer BEER

POPULAR PRICE

Schaefer Breweries, New York and Albany, N.Y., Baltimore, Md.

PROUD MOMENT — Miss Marlene Vaughn, a nurses' aide at Franklin Square Hospital, receives a 10-year service pin from Joseph H. Purdy, member of the hospital Board of Trustees. Raymond Stutzka, chief carpenter, waits to receive his award for 25 years of service. The presentations were made to 35 employees at a special ceremony this month.

SHORTHAND HONORS — These five students from Cortez Peters have won Superior Merit Certificates in the annual International Shorthand Contest sponsored recently by the Gregg Awards Department. From left to right: Carole Williams, Amelia Moore, Anne Scott, Joanne Watters and Priscilla Parham. The contest is worldwide and the certificate is given to those entrants who show exceptional skill in writing shorthand.

4 Howard alumni to receive awards

The General Alumni Association of Howard University will hold its annual commencement dinner on Thursday June 4 in Baldwin Dining Room at 8 p.m.

On this occasion, meritorious awards will be presented to four outstanding graduates of Howard University.

Dr. W. Henry Green, a practicing physician in Washington, will be the recipient of an award for conspicuous service to Howard University by his establishment of the Nellie Weaver Greene Scholarship Fund of $20,000 which benefits high school graduates from Oklahoma and for the development of the Carter L. Marshall Memorial Scholarship Fund in the Howard University College of Medicine with a $50,000 goal.

Dr. James H. M. Henderson, product of the Washington Public Schools and professor and head of the department of biology at Tuskegee Institute, will be honored for his outstanding contribution in the field of biology.

The son of Dr. E. B. Henderson of Fairfax, Virginia (retired D. C. Public School educator), he is recognized in this country and abroad for his research in the field of plant physiology and biochemistry.

Since 1945, Dr. Henderson's research has been supported by the Damon Runyon Fund for Cancer Research, the American Cancer Society, National Science Foundation, and National Science Foundation, and National Institutes of Health.

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ATTORNEY William T. Patrick Jr. Detroit, Assistant General Attorney of the Michigan Bell Telephone Company and presently on loan to R. Sargent Shriver as consultant to the President's Committee on Poverty, will be cited for his contribution to his community.

He was elected in 1961 to a second four year term on the Common Council of the City of Detroit and in 1963 was elected Chairman of the Wayne County Board of Supervisors, chief executive post in the County Government.

He serves as consultant to the Department of Health, Education, Welfare in the field of Juvenile Delinquency and is consultant-lecturer at the University of Detroit Center of Human Relations.

Dr. Ferdinand D. Williams was a practicing dentist in Montclair, New Jersey from 1926 until his death in April 1964. He will be cited posthumously for his contribution to the General Alumni Association of Howard University with special emphasis on his role in the reorganization of the Association in 1949.

In addition to the dinner event, the General Alumni will hold its annual meeting at 1 on Friday afternoon in the Biology Building when there will be election of officers for 1964-1965.

Following the meeting, there will be a reception for returning alumni and graduating seniors immediately preceding graduation exercises which will take place at 5:30 p.m. on the university campus.

Fashionetta

Las Doces Civic Guild is holding its second annual fashionetta, Sunday, May 31, 4 to 7:00 p.m., at Mt. Zion Methodist Church, Liberty Heights and Wabash Ave.

It will be a musical, luncheon and fashion show.

Members are all ministers' wives, Mesdames Evelyn Byrd, Ethel Coleman, Emma Daniels, Marie Dawkins, Hyla Franklin, Louise Jackson, Myrtle Johnson, Clotelle Jones, Annie Mae Matthews, Dorothy McKenney, Mary Revels and Louvenia Swinson.

Today's AFRO Password
PATRONIZE

FREDDY'S BAKERY
3823 GARRISON BLVD.
(NEAR BELLE AVE.)
MO. 4-9807
BALTO. 15, MD.

If you give us a ring you'll find our tasty pastries are just the thing.

Open Tues. thru Sun.

The AFRO AMERICAN'S **food feature** MAY 30, 1964

40% of all fresh vegetables used for making tasty salads

Crisp iceberg lettuce provides half the tonnage of salad crops

Pots, pans merit careful selection

NEW YORK (UPI) — A bride's pots and pans merit the same careful selection she gives her trousseau. They'll be used a lot longer and make cooking easier.

But how does an inexperienced cook discover the cook wear best suited to her needs from the bewilderingly large choice of designs, materials and sizes now available?

SOME BASIC utensils and their uses — a 5/8 or a 1 quart pan or a 7-inch covered fry pan is useful for melting butter or chocolate and heating small amounts of liquid or leftovers.

The fry pan also will cook an egg or two, a single chop or a small steak.

A 1, 1½ or 1¾ quart covered pan is best for cooking small whole vegetables, packaged frozen ones, diced or cubed ones, fruits, sauces and packaged puddings.

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A 2 or 2½ quart covered pan is needed for bulky whole vegetables and fruit, such as potatoes or peaches. If you use this size for cooking small quantities, add extra liquid so that the pan surface remains covered, and doesn't burn

FOR DRIED foods, such as beans and pasta, and for large quantities of fruit and vegetables, a 3½ quart covered pan is useful.

For soups, stews, chowders canning and preserving, a 5 or 6 quart covered pan or some types of casseroles, such as enameled iron.

IN COVERED fry pans, a 9-inch size can be used both for pan broiling and frying and for cooking broccoli, asparagus and corn on the cob. The 10-inch or larger size, for pan broiling, frying and sauteed dishes.

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EACH TYPE of pan material has special qualities.

Copper, which must be lined to prevent corrosion, is the best heat conductor, but needs special care to keep it shiny.

Menus for Parties

Committee Breakfast
Broiled Mixed Fruit
Croissants with Sweet Butter
Strawberry Jam
Coffee

Summer Brunch
Pink Ladies and Screwdrivers
Blueberries Aragonaise
Scrambled Eggs Financiere
Coeur A La Creme with Bar-Le-Duc Jelly
Croissants
Coffee

Luncheon for Children
Chicken Fricassee in Potato Nests
Jellied Salads
Orange Layer Cake with Colored Icing
Confetti Ice Cream
Punch

Saturday Night on Patio
Carrotts, Celery, Zucchini, Cherry Tomatoes
Hamburgers A La Diable
Mexican Beans
Corn in the Husk
Peach Shortcake
Coffee

Dinner
Shrimp in the Pink
Baked Steak with Mushrooms
Potato Rosti
Onion-Filled Onions
Tomato Slices
Dunking Bread
Upside-Down Chocolate Cake
California Burgundy Wine

Late Supper for Two
Creme St. German
Broiled chicken
Steamed Rice
Adam and Eve Salad
Petits Coeurs A La Creme with Strawberries
French Bread
Coffee
Alamaden Grenache Rose Wine

Your Manners

How do you meet the emergency when you forget the name of an acquaintance?

Do you just act attentive?

Do you say "Hello, there" and keep walking?

Do you make apologies?

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IF YOU are warmly greeted by someone whose name you can't recall, say something noncommittal such as "Nice to see you." Then be attentive.

Let the other person do the talking. He or she may drop a clue to identity, or your memory may suddenly click.

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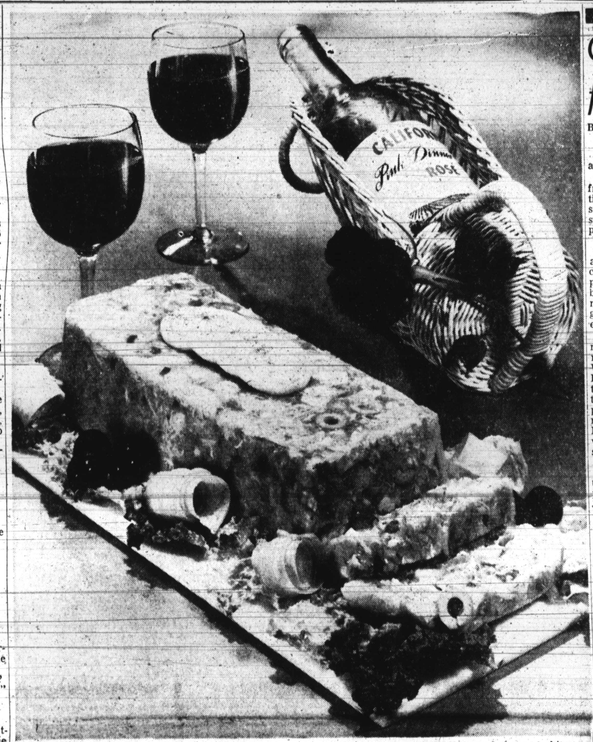
IN THE event you have to introduce this person to others, apologize and frankly admit your memory lapse. When you greet someone who seems to be groping for your name, introduce yourself right away to save any possible embarrassment.



CHICKEN ASPIC LOAF is an inspired choice for a warm weather meal. Sauterne wine used as part of the liquid in the recipe adds enough tang to be refreshing. Stuffed green olives and chopped chives are other imaginative touches.

Time to eliminate washing worries is when you shop

The time to eliminate washing worries and ironing efforts is when you shop. Choose wisely so that you pay only for purchases, not for problems.

The fewer seams and less top stitching, the less puckering there will be on wash-wear and wash-use merchandise after drying.

Printed and tweedlike designs, which disguise small wrinkles that sometimes show up on solid color fabric after drip or machine drying eleminate even touch-up ironing.

BUY A size larger if you want to machine-wash and dry children's cotton knits high temperature. Then and corduroys quickly at wash in hot water and dry at a hot setting before first wearing. This eleminate additional shrinkage during repeated washings.

The "best" type of washer, dryer, ironer, or iron is the one which best suits your personal preference, household needs, and family budget. Shop widely and carefully, comparing features and costs.

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BEFORE OF BUYING a washer, make sure your home has adequate wiring, adequate water pressure, and an adequate supply of water sufficiently hot to get clothes clean and sanitary.

Hot water — at least 140 degrees — is necessary to release the full cleaning power built into soap and detergent products.

While automatic washers are highly prized by most homemakers, the wringer-type may be a wiser choice where hot water supply is limited or undependable, the cost of heating water is high, or there is a small septic tank.

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THE AVAILABILITY and cost of gas or electricity will influence your dryer choice. If space is limited, consider a combination washer-dryer. Space may also guide your choice of ironer. Some cabinets are appropriate for any room.

An adjustable laundry cart will save time and lifting. Or line a bushel basket with washable plastic and place it on a child's cart or a "dolly" with wheels.

AFRO patterns

Slip into something pretty—this robe or daytime dress with a ring neckline (so flattering). Choose wash'n'wear Dacron, cotton or rayon.

Printed Pattern 4502: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ requires 3½ yards 39-inch fabric.

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WIDE and wonderful flare fashion to wear belted or free for active hours. It has carry-all pockets, bold buttons, smart stitching. Easy!

Printed Pattern 4979: Misses' Sizes, 10, 12, 14, 16, 18. Size 16 requires 3 1/8 yards 45-inch fabric.

• • •

FIFTY CENTS in coins for each pattern — add 15 cents for each pattern for first-class mailing and special handling.

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.

• • •

JUST OUT! 304 design ideas plus coupon for FREE pattern — any one you choose in new Spring-Summer Pattern Catalog. Send 50 cents now.

Economist reveals how to cut food bill by change of habits

Looking for ways to cut down on your food bill? Then take a second look at the amount you spend on milk.

Betty B. Peterkin, a food economist in the U. S. Department of Agriculture, says it's possible that a few changes in your milk buying and using habits can save you money.

However, she doesn't suggest cutting down on the number of glasses of milk you drink daily.

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LET'S SAY you have a typical family of four—two adults and two children and consume the recommended 21 quarts of milk a week. Here's how much you could save in the Washington area:

95 cents by getting your milk at the store in half gallons — not through home delivery.

63 cents if you buy skim milk in half gallons at the store instead of whole milk.

$1.75 if you use mix one-half nonfat dry milk (reconstituted) with one-half whole milk bought in half gallons at the store.

$3.50 if you use all nonfat dry milk instead of whole milk bought at the store.

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IN COOKING, the home maker can put another 2 cents in her pocket each time she uses evaporated milk in place of a cup of whole milk, or 4 cents if she uses nonfat dry milk (reconstituted) instead of whole milk.

Reconstituted non-fat milk and fluid skim milk, however, furnish a little more than half the calories of whole-milk-an advantage to weight-watchers but a disadvantage to persons needing more food energy. So, in deciding which to buy, also take this factor into consideration.

LOW COST food items that are rich in vitamins A and C include fresh cabbage, carrots, potatoes, canned tomatoes and tomato juice, and canned and frozen citrus juices.

FAMILY ROOM-KITCHEN, newest idea in homemaking, is proof that fashions travel in cycles. But Grandmother's kitchen, which served as the focal point of the family was never like this kitchen of beauty and efficiency, as shown above.

BEST BUYS.

Greens on hand for salad bowl

By Virginia L. McLUCKIE
FOOD ECONOMIST

The season for green salads has arrived.

Take a good look at the fresh produce counter next time you shop. You will see salad greens galore for your salad bowl or your cooking pleasure.

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TODAY SALAD vegetables account for about forty percent of all fresh vegetables produced. The fastest salad bowl sellers are lettuce, tomatoes, celery, cucumbers, green peppers, escarola, and endive.

These vegetables are arriving in the wholesale markets from tre South, the West, nearly and local areas. Fast refrigerated transportation makes it possible for these vegetables to be shipped a long distance and arrive in excellent condition. Many combinations of these vegetables make a good start for a tasty salad bowl.

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LETTUCE LEADS in popularity in salad greens and provides about half the tonnage of the salad crops. The crops from California and Arizona have matured with a higher yield per acre and at the same time so the lettuce supply is heavy. Usually we think of the iceberg type when speaking of lettuce but there are other greens we like to use for variety.

In buying quality head lettuce consider the weight and firmness of the head. The leaves should be crisp, fresh and free of brown spotting. Some folks prefer loosely fluffy leaves to add to sandwiches or to tear for tossed salads or to use as lettuce cups. Either tightly packed or loosely packed heads of lettuce may be of good quality.

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THE SPRING crops of endive or chicory and escarole from Florida are generally of good quality and moderately priced. There is also available Romain or Cos, and some leaf lettuce. These add variety in color, texture and flavor to salads and are good sources of Vitamin A and some Vitamin C. Some radishes and green onions from Maryland farms are in the markets.

Other suggested vegetable buys are Maryland and New Jersey asparagus, cooking greens and spinach, and sweet corn from Florida.

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TO MAKE a salad complete a dressing is used and it may vary from mayonnaise to a low calorie lemon juice or tomato juice preparation. Consumption figures in a recent U.S.D.A survey indicated that sixty nine percent of the households in the United States used commercially prepared salad dressings.

Greater use of mayonnaise, salad dressings and related products has "zoomed" productions of these items more th anaone than a one hundred percent increase in the past fifteen years. Federa, standards of identity or the basic recipe for the mayonnaise, salad dressing and French dressing exist for these three products, shipped interstate.

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THERE IS probably more variety of ingredients added to French type dressings for different flavors than you realize. Read labels carefully to determine the ingredient used. Those listed first are present in the largest quantity. Packets of dry season that you add to your own choice or oil and vinegar have become very popular.

Fats and oils become rancid when they are exposed to light, air, moisture and heat. Once opened salad dressings and oils should be kept under refrigeration and tightly covered. Some oils become cloudy when refrigerated, but a short time at room temperature will restore the oil to its original clearness.

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LOW CALORIE Tomato juice dressing is made with 2 to 4 tablespoons salad oil, ½ cup tomato juice, 1 teaspoon salt, 2 teaspoons lemon juice, ½ teaspoon dry mustard, and 1 teaspoon grated onion.

Combine all ingredients and beat well with egg beater until blended or shake well in covered jar.

Summer guide to fashion

The young-at-heart story for summer is told in terms of cotton pinafores, shifts and tiny bikinis— all for the just-out of cradle set, it seems.

The cotton loungewear for grown-ups uses eyelet, ruffles, bows, rick-rack and beading as accents. It's guaranteed, says the National Cotton Council, to keep grown girls looking like sugar'n spice.

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A NEW idea in sleepwear: inner-outers, groups of coordinated separates that can be mixed or matched as you please.

One star of the inner-outers is a rikrack trimmed, red and white polka dot lounge set that comes in four ruffled parts — a bikini with camisole top and brief-skirted bottom, a loose shift gown, an apron and a high-waisted coat.

For added quick-change artistry, the coat and apron can team up with a long-torsoed white cotton eyelet shift.

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WHAT WILL the well-dressed mermaid wear?

Among other things, she'll sport a swim cap that looks like a bouquet of seaweed net, highlighted by bands of sequins.

Or else she'll wear a hat that looks like straw but is waterproof. Some of the other new swim caps have fringe and ruffles.

Way-out ones have life-like hair.

Household Hints

Dip container bases of cleaning powder in paraffin wax to prevent leaving a rust ring on shelves or fixtures.

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KEEP CAKE from sticking to flat surface by sprinkling powdered sugar on the cake plate.

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TO REMOVE a white spot caused by a wet glass, set on mahogany furniture, smear with a thick coat of petroleum jelly and leave for a few days. The stain should be gone when the jelly is wiped off.

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GREASY FRYING and broiler pans will be easier to clean if one teaspoon of baking soda is added to the water in which pans are to soak.

WHEN MOPPING the kitchen floor, a snow brush for automobiles will help reach under the refrigerator.

MAY