FOOD FAIR

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Thinking of Savings?

THINK FIRST OF FOOD FAIR

OPEN TONITE til 10 pm

SAT. til 9 pm

Prices Effective thru Sat., Oct. 24, 1964. We Reserve the Right To Limit Quantities.

100 FREE Merchants Green STAMPS EXTRA BONUS (WITH A $10.00 PURCHASE OR MORE)

100 Merchants GREEN STAMPS FREE EXTRA MERCHANTS GREEN STAMPS WITH THIS COUPON AND PURCHASE OF $10.00 OR MORE EXCLUDING MILK, MILK PRODUCTS, CIGARETTES AND FAIR TRADE ITEMS. Limit One Coupon Per Shopping Family. IN ADDITION TO THE STAMPS YOU RECEIVE WITH YOUR PURCHASE. VOID AFTER SAT., OCTOBER 24, 1964

3¢ OFF CLOROX BLEACH gal. jug 55¢

PINEAPPLE-GRAPEFRUIT DEL MONTE DRINK 3 46 oz. cans 89¢

U.S. GOVT. INSPECTED FRYERS or BROILERS FRESH KILLED WHOLE lb. 25¢

BONELESS CHUCK ROAST PSG BRAND and U.S.D.A. CHOICE NONE PRICED HIGHER lb. 59¢

NEW CROP PINK SEEDLESS GRAPEFRUIT 5 in bag 49¢

NEARBY KALE or COLLARDS 2 lbs. 29¢

MAYFAIR FANCY CREAMERY BUTTER 1-lb. roll 68¢

HYGRADE ALL MEAT FRANKS 1-lb. pkg. 49¢

FRESH SKINLESS FILLETS FLOUNDER lb. 55¢


## Needlecraft

Please your little lassie with a new cap 'n' mitten set. Done in single crochet, has sparkling bangle trim.

Crochet this pretty set quickly of knitting worsted. Pattern 7208: directions cap, mittens to fit 2 to 8 years.

USING LARGE needles — you will finish jacket in no time. Cables add richness.

Tops in luxury fashion — jiffy - knit jacket of fluffy mohair or knitting directions, sizes 32 - 34; 36-38 included.

Thirty five cents (coins) for this pattern — add 15 cents for each pattern for first - class mailing and special handling. Send to Alice Brooks AFRO - AMERICAN, Needlecraft Dept. P.O. Box 163, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, ZONE, PATTERN NUMBER.

206 HANDICRAFT HITS—1964 Needlecraft Catalog! Toys, fashions, crewelwork, bazaar hits - crochet, knit, sew, embroider, quilt. Send 25 cents.

SOMETHING NEW —Big, DELUXE QUILT BOOK! 16 complete quilt patterns — pieced and appliqué, for beginners, experts. Send 50 cents now.

## Coed finds rights issue tops at Ivy League School

SALISBURY, N. C. — A Livingstone College senior who spent her junior year at Wellesley College in Massachusetts was surprised at the involvement of Wellesley students in the civil rights movement.

Miss Geraldine Hinant, Philadelphia, Pa., a guest at the college along with eight juniors from United Negro College Fund Institutions, said she was "agast at the strength of the civil rights groups on campus and the participation of the students at the exclusive all - girls school.

LIVINGSTONE COED

"One night ordinarily assume," she said "that the women from well - to - do families coming from all sections of the U. S. might be aloof to civil rights and the so-called 'Social Revolution.'" But this was not the case, she noted, and she had a ready opportunity for participation and expression of her own convictions and persuasion.

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SHE SAID her experience was "challenging, very enjoyable and most rewarding. She was particularly impressed with the rigorous study program and diligent study habits of the woman at Wellesley.

"They operate under the Honor System at Wellesley," she reports, "and everyone does about her business with She was also impressed with the extent and nature of the the greatest seriousness." well as the large volume of independent study which students at Wellesley did.

Miss Hinant's greatest hope, now that she is back at Livingstone for her senior year, is to share her experience with other students and generate new emphasis on vigorous study habits and high academic achievements at her own college.

## Clemson firsts

HOPKINS, S.C. (UPI) — The first two colored students at Clemson University were married Saturday in a quiet ceremony at the bride's home here.

Harvey Gantt, 21, of Charleston took as his bride Lucinda Brawley, 18, in the presence of relatives and a few friends.

Gantt transferred from Iowa State University in January of 1963 to Clemson.

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THE QUIET architectural major had obtained a court order permitting him to be the first of his race to attend a public school with whites in South Carolina.

Miss Brawley enrolled at Clemson last fall as a freshman majoring in mathematics. She was accepted voluntarily.

The only other colored student to attend Clemson, Larry Nazry, entered this fall. He has been Gantt's roommate.


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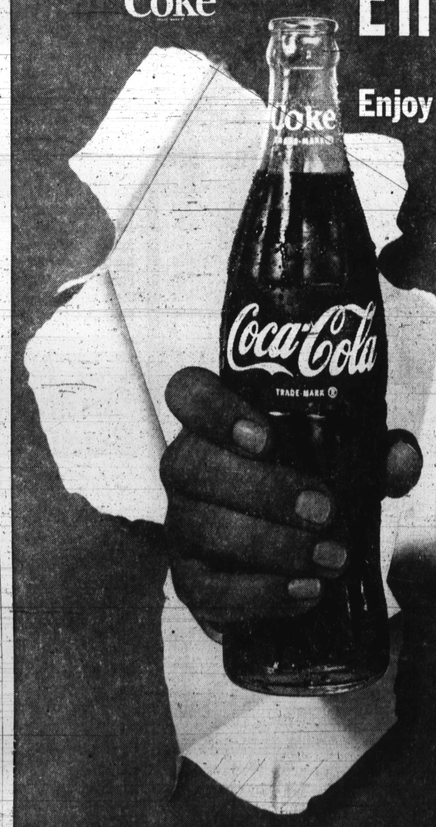


Enjoy real refreshment

WHENEVER YOU PAUSE...ENJOY THE PAUSE THAT REFRESHES


## Favorite after school snack also party cake ingredient

Fortunate mothers know that their children's favorite sandwich for after-school snacks — peanut butter and jelly — is also high ranking in protein as well as a great source of quick energy.

Children love the taste of peanut butter, of course, and don't even mind that it's good for them.

It is 26 percent protein, the body building part of our diet, a higher percentage than is found in eggs, dairy products, and many cuts of meat. Adults need protein too, of course, and the whole family can get it inexpensively in peanut butter. It costs only half as much as most of the other sources. Lucky, indeed, that kids never tire of it.

PEANUT BUTTER was actually invented in 1890 by a St. Louis physician as a health food. The high protein content was the original idea but the good taste made it a national favorite by the time of World War I. George Washington Carver, the great biologist, found 400 ways to use the peanut. The greatest use of all must be the peanut butter sandwich with jelly.

If your child carries his lunch with him to school, spread a little margarine or butter first on the jelly side, and the jelly won't soak through. After school, any child can prepare his own peanut butter and jelly sandwich. But for a change, you might get them to try some of these variations, which they can fix themselves.

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PEANUT BUTTER Jelly - Wiches. Peanut butter and jelly spread on slices of pound cake to make a sweet sandwich. Served with milk this makes an extra special snack when girl friends drop in.

TO MAKE a special peanut butter and jelly treat for an after-school snack, use slices of pound cake instead of bread. Peanut butter is good and good for children because of its high nutritional value. Serve milk as the beverage.

## Essence of Living

By Alma John

"Consultant to Personal Products Co. makers of Modess"

For the past 28 years a wonderful man by the name of C. Lisley John has been my husband. In all modesty I call him a truly great man. His greatness revolves around the fact that he has made excellent use of several talents with which he is endowed—to name a few—cabinet - making, carpentry, barbering and organizing.

This last mentioned talent has resulted in the founding of the St. Vincent Benevolent Association composed of people from the West Indian Island of St. Vincent, Mr. John's home.

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THE ORGANIZATION was formed when many Vincentians were finding it difficult to adjust to the economic and social life of their newly found country — the United States. The organization offered them friendship, financial assistance, sick and death benefits and to this day gives encouragement to the descendants of those who came during the early part of the century.

Mr. John's great concern for others has made him a leader in many areas. Thru his various business enterprises he has given employment to scores of men and women, notably in his barber shop located for many years in the heart of Harlem until the site was absorbed by the expanding Harlem Hospital.

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AS A BLUE collar worker Mr. John drove the first nail into the new plaster of the Waldorf Astoria Hotel. He is a man possessed of humility, kindness and love for people. He proved his great moral strength as he fought for union representation of colored carpenters. When he first came to this country skilled colored craftsmen were not allowed in unions. They had to resort to other kinds of work.

Mr. John did his turn as a domestic worker in Brooklyn. But Mr. John is the type of man who creates his own opportunity and in so doing creates opportunities for others as well. And so with a kindly humor and positive thinking Mr. John has successfully launched upon his several business adventures.

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MR. JOHN is the ideal husband. It is due to his sustained interest over the years in things that have concerned me that I have been able to travel back and forth sharing that which I have to share. If more husbands and wives took as positive an interest in each other's concerns as do Mr. John and I, the divorce rates would be going down instead of up.

There are many more wonderful things I could tell about Mr. John that space does not permit me to tell.

One thing I would like to make very clear. At all times my husband is the head of the family and in our happy household it is Mr. John who wears the pants!

And now dear Teens — growing up can be fun which you will learn if you will send for the free booklet, "GROWING UP AND LIKING IT." Send to Alma John, Personal Products Co., Box 6J, Milltown, New Jersey.

## Family Pot Luck

COMPILED BY HELEN HALE

A cooked ham slice makes a nice dinner for unexpected guests. Blend together ¼ cup brown sugar, 1 teaspoon dry mustard, ¼ teaspoon allspice and top the ham with this. Surround with pineapple spears and bake.

Season canned peaches with dill or thyme and serve around your chicken broiled on the rotisserie. Pretty is as pretty does.

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USE REFRIGERATED cookies that can be sliced and baked—freshly baked and served with lemonade or fruit punch: they're nice refreshments for friends just dropping in.

Marinate dates, orange and grapefruit sections in French dressing with banana slices and you have a delightful salad treat.

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ASSORTED MELON balls use the last of the fruit and look pretty enough for a party when molded in fruit - flavored gelatin.

Quick dessert: use canned mandarin orange sections with pineapple chunks, cherries (maraschino), and coconut. It's ambrosia.

**Helen's Favorite:**
**Honey-Rice Pudding**
**(Serves 6)**

**2 cups cooked rice**
**2 eggs, beaten light**
**1/3 to ½ cup honey.**
**1 cup rich milk**
**½ cup dates or raisins**

Mix beaten eggs and milk. Mix in honey. Make alternate layers of rice and dates in a lightly buttered casserole. Pour egg-milk mixture over this and bake in a moderate (350 degree F.) oven 45 minutes.



## Auto accident turns mother into artist

GARY, Ind. (NPI) — In 1954, Mrs. Emma Monier, a housewife and mother of two small boys, and a teen-aged daughter, was involved in a serious automobile accident, which left her paralyzed from the waist down, completely deaf, with low blood pressure and with very weak arms and hands.

Today, however, Mrs. Monier is a very busy woman, in spite of her physical limitations, keeping pace with her new avocation.

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DURING THE past three years, Mrs. Monier has become an artist, and the living room of her home is loaded with some 40 original canvasses—landscapes, waterfront scenes, European villages, and portraits.

Her new "lease on life" came shortly after she returned home to her family from a long stay in the hospital. A social worker visited her and suggested she take up some form of art as therapy to help control and strengthen the muscles of her arms and hands.

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SINCE SHE had always been interested in art, and especially painting, but never really took the time to learn, she decided to give this medium a try for its possible therapeutic value.

Her first attempts were with charcoal pencil, and the results were somewhat discouraging. Later, her family gave her an oil painting kit for Christmas, and a local artist, Mrs. Edna Towers, encouraged Mrs. Monier to keep trying for at least a year.

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SHE DID and the results are the 40 canvasses, some of which she has given to friends as gifts. One of her paintings hangs in the Christian Valley Baptist church, of which she is a member. Three of her works are in a shop in Lake Forest, Ill., where a friend took them to see if they could be sold.

"I would like to be able to earn enough to pay for the art supplies," Mrs. Monier says, in telling why she put her canvasses up for sale.

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MRS. MONIER sits all day, every day, on a couch facing the front window of her home, looking at the other houses, the trees, and the things an artist sees. At lunch time, her sons, Lawrence, 13, and Anthony, 11, come home from school to prepare lunch for themselves and for her. In the evening her husband, Lawrence, Sr., returns from work and takes over the household duties.

Her daughter is now grown and married and a senior at Indiana University.

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"MY BOYS wash the brushes for me," Mrs. Monier said, "and Larry has painted two or three small canvasses himself. They're good."

Mrs. Monier gets her ideas from photographs, books and magazines, but frequently she uses her own imagination. She says she enjoys doing landscapes, especially trees. She has learned to control her hands and brush strokes. When she paints, she lays her canvas against a pillow on her lap.

She would like to visit the Art Institute in Chicago, but "it would be a little difficult because I would have to get around the galleries in a wheelchair." She favors the paintings of French impressionists and 19th century art.

"Some day, too," she says, "I would like to have a showing. But I will have to do much more painting first. I want to get a lot better."—


Two Guys TODAY THRU SAT.

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PLUS YOUR MOST VALUABLE TRADING STAMPS FREE

WE CARRY ONLY U.S.D.A. CHOICE BEEF

PORK LOINS FULL CUT RIB HALF LB. 39¢

FULL CUT LOIN HALF lb. 49¢

RIB END lb. 29¢ | LOIN END lb. 39¢

CALIFORNIA STYLE CHUCK POT ROAST 59¢ lb.

FRESH AND LEAN Ground Chuck 65¢ lb.

WELL TRIMMED—FIRST CUTS Chuck Steak 45¢ lb.

SHORT CUT RIB STEAK 79¢ lb.

TURKEY Drum Sticks 29¢ lb.

HAM FRESH—SHANK HALF WHOLE OR FULL CUT lb. 49¢

INSTANT COFFEE MAXWELL HOUSE 10 oz. jar 1.48

TAYLORS' TAYSTRIPS 6-oz. 39¢ pk.

TWO GUYS Sliced Bacon 45¢ lb.

PARKS MEAT SAUSAGE HOT AND SAGY 49¢ lb.

COUNTRY STYLE SPARE RIBS 49¢ lb.

SHOULDER CHOPS LAMB 69¢ lb.

LA CHOY CHOW MEIN NOODLES 2 3-oz. cans 23¢ BEAN SPROUTS 2 16-oz. cans 25¢ CHICKEN CHOW MEIN 45-oz. can 69¢

LINCOLN DRINKS qt. bottle 29¢

M&M 5¢ PLAIN CHOCOLATE CANDIES REG. 1.20 SPECIAL 24 TO BOX 88¢

M&M CANDIES VARIETY PAK FRUIT CHEWIES PLAIN PEANUT WAFER BAR MINT CHEWIES SALE 10 PK. 38¢

COFFEE MAXWELL HOUSE Or MARTINSON lb. can 78¢

HANOVER PORK & BEANS 40 oz. can 4 for $1

DAZZLE BLEACH gal. 49¢ ½ gal. 29¢

WESSON OIL gal. can 1.49

TWO GUYS MAYONNAISE qt. jar 38¢

LUNCHEON MEAT SPAM 2 12-oz. cans 83¢

TWO GUYS SOLID WHITE TUNA 12-oz. can 49¢

DAIRY DEPT.

MARGARINE GOOD LUCK 2¢ OFF 1-lb. 19¢

CREAM CHEESE ROYAL DAIRY 8-oz. 24¢

TWO GUYS CLING PEACHES Halves or Slices 5 for 99¢

PILLSBURY DELUXE CAKE MIXES 4¢ OFF LABEL 3 19-oz. pkgs. 88¢

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BROCCOLI FRESH TENDER LARGE ORIGINAL BUNCH 29¢

FLORIDA SEEDLESS GRAPEFRUIT 3 for 29¢

PASCAL CELERY 2 for 25¢

TWO GUYS TRADING STAMP ONE BOOK SPECIAL YOUR BOOK WORTH 7.88 TOWARD THE PURCHASE OF

FROZEN FOOD DEPT.

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PEAS & CARROTS or PEAS TWO GUYS 8 10-oz. 99¢

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SPICED HAM PLYMOUTH ROCK LB. 49¢

QUALITY SWISS CHEESE SLICED TO ORDER lb. 69¢

HYGRADE LIVERWURST lb. 59¢

WEEKLY BONUS SPECIAL

O'CEDAR CREST SPONGE MOP LIST 3.49 1.88 Our Reg. Low Disc. Price 2.59 WITH A FOOD PURCHASE OF $2.00 OR MORE.

MELMAC® DINNERWARE SERVICE FOR 8 Choice of two beautiful patterns. LIST 29.95 Our reg. low disc. price 17.88 $10 PLUS ONE FILLED TWO GUYS TRADING STAMP BOOK JEWELRY DEPT.

LIMITED QUANTITY COUPON ARRID CREAM DEODORANT Large Size WITH PERSTOP VALUE 69¢ YOU PAY 37¢ plus tax With This Coupon One coupon per customer. Good thru Sat., Oct. 24. TOILETRIES DEPT.

Active All large 32¢ | Wisk quart 67¢ | Lux Liquid 22-oz. 61¢ | Swan Liquid 22-oz. 61¢ | Vim Detergent Tablets 24 41¢ | Fluffy All 19-oz. 33¢ | Liquid All quart 75¢ | Lux Toilet Soap 3 reg. 29¢ | Lux Bath Soap 2 bath 29¢

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