New school books show city, integrated life

By ROGER J. NISSLY

Boys and girls play in the street after a man turns the water on.

Their friends and classmates are other children from different backgrounds and cultures.

A boy named Ben releases pigeons from a rooftop.

These scenes are pictured and described in a new series of elementary readers which were approved by the school board Thursday for use in city schools in the first three grades.

* * *

THEY ARE special because they are the first published readers which portray city blocks, houses, streets and schools environment which is familiar to young inner city children.

They are also among the first books to show children and adults in integrated situations.

The first two books in the series "In the City," and "People Read" — have as "heroes" children who live in row houses and apartments.

In placing the books before the school board a month ago Miss Mary Adams, assistant superintendent for elementary education said that they definitely do not picture "mythical houses and families in suburbia."

* * *

GONE ALSO are the trite cliches of the See Dick Run and See Spot Jump sort of books.

Designed by the Bank Street College of Education in New York and published by Macmillan the series is characterized by intelligent writing and superior artwork.

The Bank Street College which as a graduate school for 27 years has specialized in training teachers for urban schools has aimed the series toward giving young city readers stories with which they can identify.

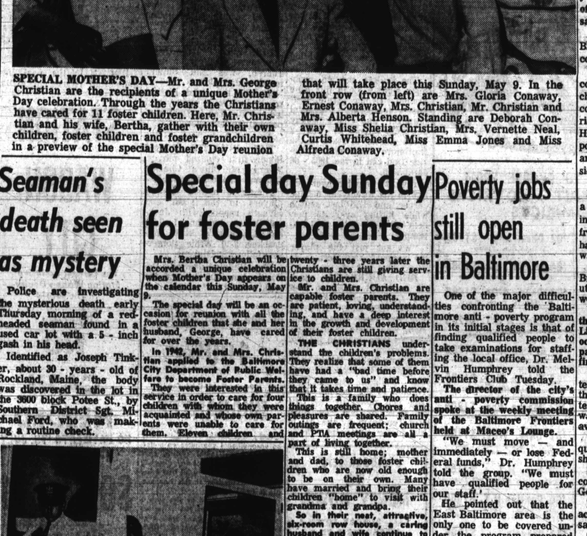
Through the stories and poems in the first grade textbooks—"All Around the City" and "Uptown and Downtown"—and in the second and third grade books the series attempts to use familiar experiences so that children can respond and enjoy literature.

* * *

ACCORDING TO Dr. Edward A. Gersuk, area director and chairman of the book selection committee for local schools, the new readers along with other books approved yesterday by the school board will now be available for selection by principals when they make their yearly orders for materials.

Dr. Gersuk noted that the schools added integrated books to its list of approved materials last year but that this is the first series written especially for city children.

Included on the list of books and periodicals approved yesterday for use in city schools was the Baltimore AFRO - AMERICAN newspaper.



SPECIAL MOTHER'S DAY—Mr. and Mrs. George Christian are the recipients of a unique Mother's Day celebration. Through the years the Christians have cared for 11 foster children. Here, Mr. Christian and his wife, Bertha, gather with their own children, foster children and foster grandchildren in a preview of the special Mother's Day reunion that will take place this Sunday, May 9. In the front row (from left) are Mrs. Gloria Conaway, Ernest Conaway, Mrs. Christian, Mr. Christian and Mrs. Alberta Henson. Standing are Deborah Conaway, Miss Sheila Christian, Mrs. Vernette Neal, Curtis Whitehead, Miss Emma Jones and Miss Alfreda Conaway.

Youth in cop killing is insane

Joseph Branch, 17, accused in the fatal shooting last October of Patrolman Tedcy Lee Bafford, 34, was ruled insane and mentally unable to stand trial for the crime in Criminal Court Wednesday.

Judge Dulany Foster on evidence presented by Clifton Perkins State Hospital doctors declared the accused youth was insane at the time of the shooting and is still insane.

The six charges against Branch were stated on the court's docket.

In addition to a murder complaint Branch also was charged with shooting at a couple in the vicinity of Garrison Blvd. and Liberty Heights Ave.; having on his possession a deadly weapon and also having in his possession a narcotic.

* * *

PATROLMAN BAFFORD, a veteran of nine years, was investigating a complaint from the couple after they had been shot at when he was killed.

Police alleged that when Branch was arrested minutes after the shooting, drugs were found in his pocket.

The couple told the officer that as they were crossing Liberty Heights Ave., a car occupied by three youths passed and the shots were fired.

Witnesses said Bafford had telephoned a description of the car to police headquarters prior to being told it was parked a short distance away on Garrison Blvd.

Officer Bafford went to question the suspects and was shot.

Branch was represented by court appointed attorney George L. Russell.

Branch became the second accused cop - killer ruled insane this year.

The first was Cleaver (The King) Dupree, who was charged with shooting to death with his own revolver rookie officer Walter P. Matthys on Sept. 11.

State seeks $1,222,990 for 'Head start'

The Maryland Office of Economic Opportunity announced Wednesday that nine churches, agencies and schools in Baltimore and 23 in the counties have filed applications for federal funds for sponsorship of summer programs under the Head Start project.

This is the program designed to give some pre - school training to children in disadvantaged areas who will be entering school for the first time this fall.

Maryland's requests total $1,222,990 in this phase of the war on poverty program with $190,263 requested by those in the city and $1,032,707 by the county schools and agencies.

* * *

A TOTAL of 7,229 children would be aided by the program in Maryland in 196 centers. However the requests do not mean the grants will be made.

Here are the would-be city sponsors, the number of children they would aid and their requests:

Coppin State College — 80, $19,222; Archdiocesan — 60, $12,604; St. Francis Xavier School, Md. Assoc. for Retarded Children 28— 84, $48; St. James Episcopal Church 75— $22,823.

Knox Presbyterian Church Center — 90, $13,892; Archdiocesan inner city program St. Pius School — 60, $12,604; Douglas Memorial Community Church 60,— $11,184 —; First Baptist Church —50, $18,350 and Dept. of Education 400 — $76,306.

Woman struck by shotgun pellets

"I heard some cursing in the street and when I got to the door this fellow was standing in the middle of the street just blasting away at the house.

Speaking to the AFRO only minutes after a shotgun shooting in the 800 block Somerset St., Tuesday night, was Robert Whitley, who lives in the neighborhood.

One person was injured as a result of the blast. According to police the victim was just an innocent bystander and not the target of the assailant.

Being treated at Johns Hopkins Hospital is Mrs. Bertha Louise Johnson, of 806 Somerset St. Police said she suffered wounds of the left arm and shoulder.

Held as a suspect in the incident is a 35 - year - old man.

* * *

MRS. JOHNSON told police she heard a noise and when she went to the door to investigate she was shot.

"When I saw the man standing there blasting at the house I realized that this was no joke as for me, I went back inside and closed the door. I didn't know if someone would start shooting back or not," said Mr. Whitley.

"I was walking across the street pushing a baby carriage with the twins in it when it happened. I thought at first it was probably a car back firing," said Miss Gloria Young, 805 Spring Ave.

Miss Young stated when she realized what was going on she ran for cover.

Seaman's death seen as mystery

Police are investigating the mysterious death early Thursday morning of a red-headed seaman found in a used car lot with a 5 - inch gash in his head.

Identified as Joseph Tinker, about 30 - years - old of Rockland, Maine, the body was discovered in the lot in the 3600 block Potee St., by Southern District Sgt. Michael Ford, who was making a routine check.

Special day Sunday for foster parents

Mrs. Bertha Christian will be accorded a unique celebration when Mother's Day appears on the calendar this Sunday, May 9.

The special day will be an occasion for reunion with all the foster children that she and her husband, George, have cared for over the years.

In 1942, Mr. and Mrs. Christian applied to the Baltimore City Department of Public Welfare to become Foster Parents.

They were interested in this service in order to care for four children with whom they were acquainted and whose own parents were unable to care for them. Eleven children and twenty - three years later the Christians are still giving service to children.

Mr. and Mrs. Christian are capable foster parents. They are patient, loving, understanding, and have a deep interest in the growth and development of their foster children.

THE CHRISTIANS understand the children's problems. They realize that some of them have had a "bad time before they came to us" and know that it takes time and patience.

This is a family who does things together. Chores and pleasures are shared. Family outings are frequent; church and PTA meetings are all a part of living together.

This is still home; mother and dad, to those foster children who are now old enough to be on their own. Many have married and bring their children "home" to visit with grandma and grandpa.

So in their neat, attractive, six-room row house, a caring husband and wife continue to serve their community by caring for children who need a mother and father.

The Baltimore City Department of Public Welfare is a desperate need of many more foster families like the Christians, people who are capable of taking infants, teen - agers, family groups into their homes.

More than 250 children are now waiting for foster homes.

Interested persons should call Mrs. H. Carr at 685-3600, extension 302 or write the Department of Public Welfare, 1500 Greenmount Ave., Baltimore, Md. 21202.

Poverty jobs still open in Baltimore

One of the major difficulties confronting the Baltimore anti - poverty program in its initial stages is that of finding qualified people to take examinations for staffing the local office, Dr. Melvin Humphrey told the Frontiers Club Tuesday.

The director of the city's anti - poverty commission spoke at the weekly meeting of the Baltimore Frontiers held at Mace's Lounge.

"We must move — and immediately — or lose Federal funds," Dr. Humphrey told the group. "We must have qualified people for our staff."

He pointed out that the East Baltimore area is the only one to be covered under the program prepared for this calendar year. Activities initiating the program are scheduled to start within the next two weeks.

* * *

ACCORDING to the Community Action Commission executive director, few successful applications have been made to the City Civil Service Commission to fill the 59 immediate job openings now available with CAC.

The openings include:

3 — Neighborhood development supervisors — $9,552

1 — Director of Neighborhood Youth Corps — $9,552

15 — Neighborhood development counselors — $7,624

40 — Trainees as neighborhood development assistants — $3,036

The salary for the trainees covers a two - month period after which the scale of $3,180 $4,008 annually will be paid those who successfully complete training.

Others required in the office staffing include accountants, stenographers and senior clerk stenographers.

Planned parenthood programs may eventually be included in the anti - poverty program on a voluntary basis, Dr. Humphrey said.

The CAC director was introduced by Frontiers secretary, A. Eugene Chase, R. Maurice Jones Jr. is president of Baltimore Frontiers.

Thief creeps as family sleeps

A woman reported to police Tuesday that as her family slept, an intruder made off with some of their clothes and a stereo record player.

The visitor entered through an open kitchen window, police theorized then ransacked the home of Mrs. Hilda Schaub of the 900 block N. Collington Ave.

Tawes signs FEP bill, other Assembly acts

A fair employment practices bill, which will bring Maryland in line with the national law, was among 227 new measures signed Tuesday by Gov. J. Millard Tawes at Annapolis.

These were the final batch of bills and resolutions enacted during the winter session of the General Assembly.

A open housing bill, AFRO readers will recall, was killed in committee and a public accommodations bill was on the verge of passing, but it was so weakened by crippling amendments Sen. Verda F. Welcome D. 4th Balto.), one of the sponsors, termed it "an insult" and killed it on the Senate floor.

Among the other bills signed by the governor was one to tighten election laws and campaign tactics. Also, there was one for $1,500,000 contribution by the state to join a matching amount by the city for improvements at Friendship Airport.

Still another bill to dissolve the city's Taxicab Bureau and place the cabs under jurisdiction of the Public Service Commission was among those signed.

As expected, the governor vetoed the usury bill, which would have brought penalties for over - charging of interest rates.

Morgan ROTC sets field day

The Reserve Officers' Training Corps of Morgan State College will conduct its 17th Annual ROTC Field Day ceremonies on Armed Forces Day, May 13, in Hughes Memorial Stadium beginning at 1 p.m.

The afternoon will commence when Cadet Brigadier Commander, Cadet Colonel James A. Scott, marches his 500 - man ROTC unit into the stadium. Miss ROTC and her attendents and Miss Freshing Rifles will be among special guests at the ceremonies.

THESE SMALL BOYS imitate real shooting they saw earlier as police investigate a shotgun shooting Tuesday night in the 800 block Somerset St. In right panel examining the glass door frame struck by the shotgun blast which injured a woman are Eastern District Lt. John Kerr and Officer Henry Zukowski.

Barry faces knife

LONDON (UPI) — Ex-Sen. Barry Goldwater may undergo an operation in Arizona in July as part of the treatment of a back ailment, his wife Peggy Goldwater said.

"It's really a nerve high up the back which pinches — something to do with the cervical disc. He was in hospital for a week before we left home, for therapy. His back has been troubling him for some time.

D'Alesandro sees open housing law compromise

Thomas D'Alesandro 3rd, City Council president and acting mayor, said Tuesday a strong educational program and some compromise would be necessary for Council passage of a form of open housing legislation at this time.

Speaking at a press conference, he reminded that such a housing proposal in the omnibus civil rights package placed before the Council not too long ago by Mayor Theodore D. McKeldin met such opposition it had to be deleted to save the other measures.

"The mayor didn't talk to anybody before submitting this ordinance," Mr. D'Alesandro stated. "I think we need a fair housing law, but from a practical point of view I don't think it can be passed unless there is a meeting of the minds.

"This has been so distorted to the public that the general feeling among the citizens is that it concerns itself with private homes:

"A strong educational program is needed, and even then there must be some compromise."

Mr. D'Alesandro said he had no idea of what the compromise would be, but it would concern itself with applicability.

Dunbar student 'mayor' in Model Youth Council

"We live in a city with strong tradition and a built-in pride of achievement.

"Achievement refers not only to past accomplishment but an attitude of commitment to future endeavors, a belief in our ability to reach and apply commendable solutions."

"Mayor" Annie Crest, 17, Dunbar High School, was speaking Thursday morning briefly addressing the Model Youth City Council's 12th annual legislative session.

The Council adjourns a two - day session today (Friday). Business was just getting under way at AFRO press time Thursday.

Elected with "Mayor" Crest, who lives at 2307 Barclay St., for the Council were:

President of City Council — Miss Judy Costow, 17, Forest Park High School; comptroller — Michael Tucker, 18, Mergenthaler; chief clerk — Thomas Hickman; 18; reading clerk — John R. Crunkleton, 17, City College; recording clerk —Miss Thelma Green, 18, Carver.

Other youth officials are:

Vice-president City Council — Eugene O'Dunne, City College; chairman pro - legislative session — Mrs. Marcia Miller, Forest Park, chairman pro tem, legislative session —James Black, City College; sergeant - at arms — Miss Earlene Walker, Edmondson High, and student chaplains — Miss Anne Hendricks, Dunbar, and George Umberger, Mergenthaler.

YOUNG CITY OFFICIALS—The Model Youth City Council, 12th Annual Legislative Session, was conducted Thursday and Friday of this week. Mayor Annie Crest, Dunbar High (seated), looks over documents as City Council president Judy Costow, Forest Park, wields the gavel. Standing left to right are Chief Clerk Thomas Hickman, Edmondson; Recording Clerk Thelma Green, Carver; Reading Clerk John R. Crunkleton, City College, and Comptroller Michael Tucker, Mergenthaler.

Mrs. John Jackson dies three months after her husband

Mrs. Julia Jackson, 78, 1419 N. Fulton Ave., died Tuesday at her home, after a short illness. She buried her husband, John Jackson, three months ago.

Funeral services will be held Saturday at 11 a.m. at Simmons Memorial Baptist Church, where she was a member of the Nurses Auxiliary.

Mrs. Jackson is survived by a sister, Mrs. Geneva Hayden, of Baltimore.

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The AFRO AMERICAN'S food FEATURES

Dress up vegetables with a cheese sauce

If you'd like a new way to serve seafood, try this Savory Seafood Casserole. Your family or guests will be impressed with its air of luxury and you'll be pleased with its modest cost.

Staple foods like eggs, milk, flour and butter add good flavor and help to extend the luscious shrimp and crab meat.

* * *

FOR A UNIQUE flavor touch, pineapple and mushrooms go into the casserole. Blend it all in a smooth white sauce subtly seasoned with curry and you have a gourmet dish suitable for Friday night dinner or any meatless meal.

Serve Savory Seafood Casserole with a green vegetable, perhaps asparagus, now coming into season, and add rolls, butter, and tall glasses of milk.

* * *

MANY HOMEMAKERS rely on cheese sauce to dress up vegetables, eggs or fish for Lenten meals. This year give yourself a treat by trying a new Golden Cheese Sauce. Its superb flavor comes from a blending of sharp Cheddar and tangy Bleu cheese. With egg and flour to thicken it, pimiento and onion to give color and flavor, a dash of mustard for zest, it's ready to brighten up all kinds of foods. Try Golden Cheese Sauce on broccoli, cauliflower, asparagus or baked potato. Just whip it into the scooped out potato, along with butter and salt, refill the potato shells and bake until lightly browned. This new cheese sauce keeps well, so make a big batch and refrigerate it.

* * *

SAVORY SEAFOOD casserole requires one-half cup (1 stick) butter, one - third cup regular all - purpose flour, one teaspoon salt, one-half teaspoon curry powder, two and one - half cups milk, two eggs, slightly beaten, one can (12 oz.) frozen shrimp, thawed, one can (7½ oz.) crab meat, one can (9 oz.) crushed pineapple, drained; one can (4 oz.) sliced mushroms, drained.

In a saucepan melt butter; blend in flour, salt and curry powder. Remove from heat, gradually add milk; return to range and cook over low heat, stirring constantly, until mixture thickens.

Add small amount of hot mixture to eggs; return all to hot mixture.

Fold into casserole; bake 40 minutes.

Use a 11½ quart casserole Preheat oven 375 degrees.

FOR GOLDEN CHEESE sauce use three tablespoons butter, one - fourth cup regular all - purpose flour, one and one-fourth cups milk, one-third cup minced onion, one fourth teaspoon salt, one fourth teaspoon dry mustard, one egg, beaten; two cups (1½ lb.) shredded Cheddar cheese, two tablespoons (1 oz.) crumbled Bleu Cheese, two tablespoons chopped pimiento.

In a saucepan melt butter; blend in flour until smooth. Remove from heat, gradually add milk; return to range and cook over low heat, stirring constantly, until mixture thickens. Add onion, salt and mustard.

Add small amount of hot mixture to egg; return all to pan. Blend in cheeses, stirring until melted. Add pimiento.

Serve hot over broccoli, cauliflower or asparagus.

Yield two cups.

Baked Stuffed Potatoes: Scoop out cooked potato from 4 - 6 medium baked potatoes. Beat until smooth with 1 cup of cheese sauce, ¼ cup (½ stick) butter and ½ teaspoon salt. Refill potato skins and place in hot oven to brown.

TRY A CHEESE sauce on broccoli, cauuliflower, asparagus or baked potato for a new taste thrill. A good cheese sauce can be made in quantity and refrigerated for handy use.

Meringues for low fat diets

Most "sweets" are out of bounds for anyone on a fat restricted diet, but not these Corn Flake Meringues.

The crisp, snowy cookies are low in fat, but high in good taste due to the toasty flavor and crunchy texture contributed by the cereal. So, remember, when a moderate reduction of dietary fat is indicated, a meringue is the most consideration because they provide low fat content and are devoid of cholesterol.

Bake a big batch of these particular "sweets" and store them in a loosely covered jar to maintain crispness. They're elegant with fresh fruits for dessert.

CORN FLAKE Meringues are made with four egg whites, one - eighth teaspoon cream of tartar, one - fourth teaspoon salt, one cup sugar, one-fourth cup water and two cups corn flakes, regular.

Beat egg whites until frothy. Add cream of tartar and salt; beat until egg whites form soft peaks. Add sugar gradually, 2 tablespoons at a time, beating until glossy after each addition. Add vanilla; beat until mixture forms stiff peaks. Fold cereal into egg white mixture.

Drop rounded tablespoonfuls 2 inches apart on ungreased brown paper on baking sheet. Bake in a very slow oven (275 degrees F) until firm and lightly browned, 45 minutes to 1 hour. Cool out of drafts.

Yield: About 2½ dozen.

Orange Cake

Orange Buttermilk Cake is enhanced by the tangy flavor of the milk.

It is made with one orange, ½ cup sugar, ⅓ cup or 1 stick of butter or substitute, 1 cup sugar, 2 eggs, 2 cups sifted cake flour, ¼ teaspoon baking soda, 1½ teaspoon baking powder, ½ teaspoon salt, 1 cup buttermilk.

* * *

GRATE RIND of orange on coarse grater or fine grater. Cut orange in half and extract juice. Add ½ cup sugar to juice. Stir and set aside.

Cream butter and 1 cup sugar until light and creamy. Add eggs and beat until fluffy. Sift cake flour with soda, baking powder and salt.

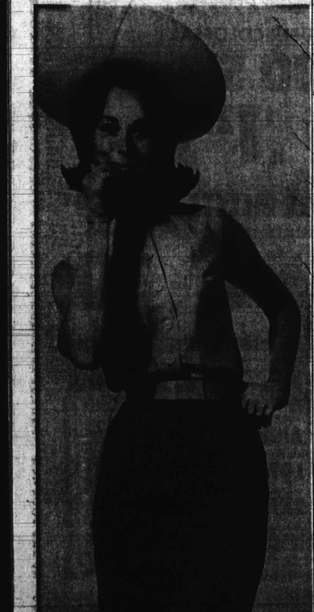
STIR GRATED orange rind into creamed mixture. Add dry ingredients alternately with buttermilk, beginning and ending with flour. Beat only enough to blend quickly and thoroughly.

Pour into lightly greased and floured 9 x 2½ x 9 inch or 9-inch square pan. Bake in a moderate oven about 45 minutes or until done.

COOL ON cake rack about 15 minutes, then spoon orange juice over cake.

Serve plain or with whipped cream, dairy sour cream or ice cream as a topping.

Fashion Note



EASY PICKINGS for a chic summer is this combination of easy-to-make blouse and skirt. This neat cotton blouse can be worn as an overblouse or tucked in the slim, straight skirt.

Vitamin-rich carrots jewel of vegetables

While the worth of carrots may hardly be measured by the Troy system used to measure the carat of a diamond, the familiar root with the sound - alike name my well be considered a jewel among vegetables.

Carrots provide a rich source of vitamin A, the essential vitamin that helps prevent impaired vision and night blindness.

* * *

A WHOLE, raw carrot, 5⅝ by 1 inch, contains 6,000 International Units of vitamin A value. This is more than the total daily amount of this essential vitamin recommended by the National Research Council.

Like other vitamins, scientists recognized the importance of "A" by its absence rather than its presence and that occured only early in the twentieth century.

Then while looking for as yet unknown food components needed for normal health and life, they found that lack of a definite substance in certain foods produced poor digestion, poor growth, night blindness, impaired vision and proneness to infection. The substance turned out to be vitamin A.

* * *

THIS is a good time to point out that confusion often exists between vitamin A and "carotene." Carotene is a pro - vitamin A which becomes vitamin A.

Rich in carotene, they provide the body with rich sources of this vitamin.

You'll find ample supplies of carrots at reasonable prices at the markets this month, says the U. S. Department of Agriculture's Consumer and Marketing Service.

TO ENJOY this fine vegetable at its best, choose carrots that are firm, smooth, well - shaped and well - colored. Carrots that are excessively forced rough, or cracked may be wasteful.

Unlike fall - harvested carrots that are put into storage to provide for the nation's winter needs, carrots shipped for fresh market are generally harvested before reaching full maturity and shipped immediately. These carrots are smaller in size, more tender, milder in flavor and brighter in external color than carrots harvested for storage.

* * *

YOU'LL FIND these carrots make tasty eating raw in salads and in salad mixtures. They're equally good cooked in such preparations as soups, stews, casseroles, puddings and even in gelled carrot loaf and carrot bread.

Glazed carrots or other forms of this vegetable go well with poultry, meat, fish and other featured foods.

TRY THIS recipe for GINGER CARROTS.

Use twelve medium-sized carrots, scraped; four large stalks celery cut in small pieces; two teaspoons sugar; one and one-half teaspoons salt; one-fourth teaspoon ginger; and one half stick butter or margarine, melted.

Cut carrots and celery in sticks two inches long and cents needed for normal health and life, they found that lack of a definite substance in certain foods produced poor digestion, poor growth, night blindness, impaired vision and proneness to infection. The substance turned out to be vitamin A.

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Use twelve medium-sized carrots, scraped; four large stalks celery cut in small pieces; two teaspoons sugar; one and one-half teaspoons salt; one-fourth teaspoon ginger; and one half stick butter or margarine, melted.

Cut carrots and celery in sticks two inches long and one-eighth inch wide. Place vegetable in 6 - cup grease casserole.

Sprinkle with seasonings and drizzle with butter or margarine. Cover casserole and chill until one hour before serving time. Makes 6 servings.

Or you might like to try pleasant combination for a vegetable serving.

This requires 1 to 2 - pound head cauliflower, trim of leaves but leave head whole; eight medium sized carrots, scraped and cut into thin slices; one - half stick butter or margarine; two tablespoons chopped parsley; and one-fourth teaspoon nutmeg.

Cook cauliflower and carrots in separate sauce pans. Cover vegetables with salted water, bring water to boil. Cover pan, reduce heat and simmer until vegetables are crisply tender. Allow 15 minutes for carrots and 25 minutes for cauliflower. Drain vegetables.

Season carrots with half of the butter or margarine. Place half the carrots on serving platter, top with cauliflower and then surround cauliflower with remaining carrots.

Combine remaining butter with parsley and nutmeg; gently stir this mixture over both vegetables. Serve hot. Makes 6 to 8 servings.

BEST BUYS

Lamb legs, chops on economy list

Good buys, this week will include lamb legs and veal roasts and chops, and the poultry which you have found in the lower price bracket for some weeks now.

These meats, along with a variety of vegetables will be available in food stores across the nation this week according to the U. S. Department of Agriculture.

* * *

NOW HERE'S a closer look at foods in plentiful supply in this area: Northeast (Delaware, District of Columbia, New England, New York, New Jersey, Pennsylvania, Maryland, West Virginia): Northeast meat shoppers will find a wide assortment of their favorite cuts at local markets this first weekend of May.

Top beef features will include round roasts, boneless chuck roasts, chuck steaks, and corn beef. Loin roasts, smoked and canned hams will be the best pork buys. Good buys will be lamb legs and chops, veal roasts, and chops. In poultry, broiler - fryers will be a good value.

* * *

VEGETABLES IN plentiful supply will include artichokes, Broccoli, Babe, corn, dandelion, texas carrots, celery, mushrooms, spinach, onions, leeks, radishes, and small peppers.

In fruit, top buys will be oranges, grapefruit, pineapples, limes, and cantaloupes.

Among the fish buys are plenty of crab meat, striped bass, red snapper, shrimp, spanish mackerel, oysters, and whiting.

chops, picnic hams, and cookout cuts of beef — including steaks and roasts.

top the red meats that are plentiful and attractively priced this week at Southeastern Foodstores. Meat counters also have generous supplies of broiler - fryers, both whole and cut-up.

At produce counter, economy - minded meal planners will find good supplies of field peas, yellow sweet corn, cucumbers, tomatoes, bell peppers, green and dry onions, new red potatoes, head lettuce, and pascal celery.

Fresh fruits that are plentiful include strawberries, apples, oranges, lemons, and pears. Watermelons and cantaloups are also in good supply.

Among the fish buys are plenty of crab meat, striped bass, red snapper, shrimp, spanish mackerel, oysters, and whiting.

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Be fashion - alert! Choose the joyful jumper that's QUICKEST TO SEW — just 2 main parts! Plunging V-neck is smart foil for crisp blouse.

Printed Pattern 4706: Misses' Sizes 10, 12, 14, 16, 18. Size 16 jumper 2¾ yards 35-inch, blouse 2 yards 35-inch.

* * *

SKIM thru summer in a light, cool skimmer with a flattering V neckline front and back. Two main pattern parts, breeze - easy!

Printed Pattern 4923: Half Sizes 12½, 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ requires 3 yards 35-inch.

PRINTED PATTERN

4923
SIZES
12½—24½
by Anne Adams

Light Housekeeping

By LULA PATTERSON

Talked to a friend a night ago who said "I'm frantic, to say nothing of being worn to a frazzle shopping for a bra. You see, I have this formal gown which unfortunately does not have the underpinning built in . . . and I just don't seem able to find a bra with the plunge deep enough."

Fortunately for her she has an excellent figure and if push comes to shove, she can do a little artful maneuvering with tape and have the problem at least under control. But what about the well endowed girl?

After some searching the best thing I've found comes out of Exquisite Form's "No Bra" line, (This, the no side," "no back," "no front" collection) These, designed by Rudi Gernreich, have only been available since March.

The "No Front" plunge all-in-one maillot is the most revolutionary, and according to experts, technically the most perfect, and withal, the most practical, lithe and unencumbering foundation garment available.

Its top is the most "nothing on under" garment in existence, but the rest is sheer Lycra spandex power - net that exercises softest control over the lower ribcage, waistline, abdomen, hipline and buttocks, and also offers the needed support many women with quite good figures require to ward off body fatigue.

The transparent tricot bra cups are literally half cups. They start at the shoulder, join the tricot under the cups (for support) and then plunge down to mid-ribcage.

The narrow stretch bands, which continue right from the shoulder, edge the plunge and then crisscross to outline the front panel of the power - net portion, in what may be the neatest bit of cantilevering this side of the new Verrazzano - Narrows Bridge.

If you want a strapless gown, just don't try to get a pair of the cups that work on a sort of suction basis.

I could not find them in Baltimore and could not find a shop from which to order them short of California. I did not fully investigate the New York market.

BUDGET BIT — The woman with an eye to saving might take a good look at the "beauty" items on the nursery shelf. That is, if she is willing to forego the fancy packaging.

Baby goods are relatively inexpensive when compared to the items found on the cosmetic counters and sometime in her early career, every woman should count the costs of a year's span of highly touted aids to beauty.

And she should spend 25 cents and a five cent stamp to inquire of her Government's Pure Foods and Drugs Department the validity of fancy claims made for some cosmetics.

But back to the baby items. You will scarcely find a better lubricant than a good baby cream . . . and that's about all a "skin softener" can do. Baby oil on lips overnight will keep them soft. Baby power is a grand finishing touch after the bath.

Now when it comes to make - up . . . that's a white horse of another color. They've got us there, dears.

WHAT'S NEW? Well, there's help in dish washing. It's a semi - automatic dishwasher . . . really a stainless steel sink with a regular faucets, plus two spray hoses and an invisible pump beneath. It cleans by stacking dishes in a rack in the sink and running in hot water from the faucet and adding dishwashing detergent.

The dishes are then washed with one of the hoses which sprays the hot suds at the dishes under high pressure provided by the pump.

It is a life saver for the small family, where it is just not worth the cost to use the regular dishwasher which uses gallons of water and a lot of electricity to clean a few dishes. Yet, who wants dishwashing hands?

RECIPE OF THE WEEK: Braised brisket of beef a la malaga is a continental dish popular for year - round use.

Dice 1 large onion and braise until golden brown in a flame - proof, oven - proof saucepan or casserole containing a little shortening. Add 4 ounces of sweet malaga wine and boil, uncovered, until most of the liquid has evaporated and the onion is glazed. Watch carefully to prevent burning.

Add 2 cups each of beef broth and water. Bring to boil; add 1 teaspoon each of salt and paprika, ½ teaspoon of pepper and a 3-pound piece of beef brisket, first cut.

Place in preheated 350-degree oven. Cook uncovered for 2½ hours, or until tender, turning meat every 20 minutes. Pit browns before cooking period ends, cover pan to finish cooking. Remove meat when tender; thicken sauce with 1 to 2 teaspoons of potato starch mixed to a thin paste with a little cold water. Slice meat and reheat in sauce. Serves 6.

Needlecraft

7289

by Alice Brooks

Crochet packable, pretty shell of 3-ply fingering yarn, rayon - wool or string - .

Lacy pattern stitch is easy to memorize. Deep ruffles frames neckline of fashion's favorite shell. Pattern 7289: sizes 32-34; 36 - 38 included.

* * *

THIRTY - FIVE CENTS (coins) for each pattern — add 15 cents for each pattern for first - class mailing and special handling. Send to Alice Brooks, AFRO-AMERICAN Needlecraft Dept., Box 163, Old Chelsea Station, New York N.Y. 10011. Print Name, Address, Zip, Pattern Number.

* * *

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