GOODYEAR

Get Goodyear-G E Quality AT THESE LOW, LOW PRICES!

Get Your FREE TV Listings For Month of May at All Goodyear Service Stores!

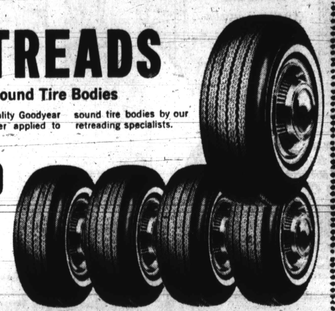
NEW TREADS

Retreads on Sound Tire Bodies

• Same Goodyear tread design as used on '64-'65 original equipment tires.
• Highest quality Goodyear tread rubber applied to sound tire bodies by our retreading specialists.

4 for $49.49

ANY POPULAR SIZE BLACKWALL OR WHITEWALL
plus tax and 4 old tires
As low as $1.25 weekly for a set of 4



VINALAWN GARDEN HOSE

50 FT. PRICE BREAK SPECIAL
GARDEN HOSE
1/16" INSIDE DIAMETER
Limit 2 lengths at above price! Additional lengths $1.89 each.
• Lustrous Green Finish
• Exceeds city water pressure requirements
• Brass couplings
• Made in U.S.A.
GOODYEAR
97¢

GOODYEAR GOLF UMBRELLA
• 8 chrome-plated 25" ribs
• Water-repellent cotton fabric
• Wind-proof stop
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Limit one at this price.
Automatic! Push button and umbrella pops wide open! Choose Red & White or Green & White. Imported.
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4 for $39.95
No Tax! NO TRADE-INS NEEDED
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WHITEWALLS
Reconditioned Used Goodyear Tires
• 40% or more original tread depth remaining.
• Fully reconditioned inside and out.
• Dressed up, cleaned up—they look like new!
NEW INSTANT CREDIT for holders of charge plates and national credit cards
NO MONEY DOWN - FREE MOUNTING

COOL YOUR BEDROOM
without stretching your budget!

NEW 1964 G-E Thinette
Installs quickly...
Cools you handsomely...

Model RP264A
$99.95
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See your authorized G-E Dealer for his prices and terms.

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FITS MOST WINDOWS—Fits easily in any sash window from 26" to 39½" wide. Removes easily for storage.
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NO MONEY DOWN
EATON CAR AIR CONDITIONER!
Does the hot trip home leave you limp? Get an Eaton Car Air Conditioner

"Come on in. The weather's fine."
• Eight-way fingertip airflow control.
• Three-speed fan.
• Easy temperature adjustment.
Through heat and rain and wind and dust and hail and sleet and snow and day traffic you drive in fresh, clean, quiet comfort with an Eaton Car Air Conditioner. Whatever the conditions outside, you ride in a peaceful world of perfect weather.
EATON
• QUICK! $5. DOWN DELIVERS
Low Weekly Payments
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PRICES START AT $189.95
PLUS INSTALLATION

MOTOROLA
WHY SETTLE FOR A MAKESHIFT CAR RADIO? when you can buy an all-transistor car radio for only $29.95

GOODYEAR VACATION TIME BRAKE & FRONT END SPECIAL
Check brakes, adjust for proper contact. Add brake fluid, test entire system. Repack front wheel bearings. Align front end alignment, caster, toe-in.
9.95 ANY U.S. CAR
PAY AS YOU RIDE

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RESEAL SPECIAL
Here's What We Do.
1. Road test the car to analyze problem
2. Remove and inspect transmission
3. Replace all external seals
4. Drain and replace all transmission fluid
5. Road test the car after work is completed
6. Beautiful bonds or linkage
TAKE MONTHS TO PAY
AUTOMATIC TRANSMISSION BAND ADJUSTMENT SPECIAL
You Get:
1. Road tested before and after adjustment
2. Fluid added if needed
3. Seals checked for leaks
4. Final transmission throttle linkage adjusted after road test
$3.95 most cars plus parts
Only $3.49 MOST CARS plus parts if needed
Downtown & Rt. 40 West—Only

Take your car to GOODYEAR Where the experts are
For Vacation
MOTOR TUNE-UP
EASY TERMS Pay as you get
$6.66 PARTS EXTRA
Here's What our Experts do
• Install new distributor cap and rotor
• Install new spark plugs
• Check and adjust all belts
• Check and adjust all hoses
• Check and adjust carburetor
• Check and adjust ignition timing
• Check and adjust distributor
• Check and adjust generator
• Check and adjust voltage regulator
• Check and adjust battery
• Check and adjust starter
• Check and adjust ignition system
• Check and adjust carburetor system

GET THESE TOWSON GRAND OPENING SPECIALS—AT ALL GOODYEAR STORES!

DOOR BUSTERS
Portable BARBEQUE GRILL
$1.00 WORTH MORE
A real useful and portable cooking grill for your yard and outings. A convenient 17" diameter constructed of double steel. Adjusts to 3 heights.

SNAP-LOCK LID POLY-PLASTIC GARBAGE CAN
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1½ GALLON INSULATED JUG
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DOWNTOWN	NORTHWEST	HAMILTON	RT. 40 WEST	ESSEX	GLEN BURNIE	TOWSON	WESTMINSTER	ANNAPOLIS
MT. ROYAL & OLIVER Daily 8:00-5:30 Thurs. to 8 P.M.	8421 REISTERSTOWN Daily 8:30-5:30 Mon., Thurs., Fri. til 9	5619 HARFORD RD. Daily 8:30-5:30 Mon., Thurs., Fri. til 9	5645 BALTO. NAT. PIKE Daily 8:30-5:30 Mon. Thurs. Fri. til 9	Middlesex Shopping Center Daily 8:30-5:30 Mon., Thurs., Fri. to 9	Old Annap. Rd. at Ritchie Hwy. Daily 8:30-5:30 Mon., Thurs., Fri. to 9	715 YORK RD. Daily 8:30-5:30 Mon., Thurs., Fri. 8:30 to 9 P.M.	63 - 65 E. MAIN ST. Daily 8:30-5:30 Mon. & Fri. til 9 Sat. til 6:30	2022 WEST ST. Daily 8:30-5:30 Mon., Thurs., Fri. to 9 P.M.
SA. 7-7711	RO. 4-2624	HA. 6-2220	744-0131	MU. 7-8212	SC. 1-0050	VA. 3-4000	TI. 8-4760	CO. 3-2676

GOODYEAR

BEST BUYS

Spinach, cabbage on low calorie list

By VIRGINIA McLUCKIE, Food Economist

It is said we have become a nation of calorie and weight Watchers Estimates are that there may be as many as one fifth of our population that is appreciably over-weight. Low calorie foods need not be expensive says, Virginia McLuckie, Food Economist, Baltimore Office, Department of Markets, University of Maryland.

Generally the kinds of foods that weight watchers want to emphasize are those low in calories and high in important nutrients required by our bodies. This probably explains why the dietetic food sections are the fastest growing departments in many markets. A recent shopping survey showed about one hundred twenty-five low-calorie dietetic items including different brands and sizes of containers.

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MANY FOODS are naturally low in calories, and these are usually the economical choices. Many are seasonal choices and best buys from the produce counters. The green leafy vegetables as spinach, collards, mustard greens; escarole and endive salad greens, celery, cabbage and carrots are low calorie value foods.

At more moderate prices are cucumbers, asparagus, snap beans and broccoli. The non-weight watcher will enjoy the vegetables dressed up with a tasty sauce or seasoned butter which is what adds the calories. In salad preparation lemon juice or herb-seasoned vinegars are considered acceptable salad dressings by dieters and cost less than dietetic salad dressings or regular mayonnaise.

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RAW FRUITS offer a selection of low calories fruits that are also best buys, for example, grapefruit, oranges, strawberries, pineapple and small juice oranges. Cantaloupe currently from Mexico is priced attractively and low in calories.

Most of our canned and frozen vegetables are processed in water or natural juice with possibly salt as the only additive and can be used by those attempting to reduce calories.

Those who want to use dietetic foods should keep a sharp eye out for canned foods. Make sure that calorie saving is worth the price. It is important to read the labels to know exactly what these products contain and note their caloric value.

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SOME SHOW little caloric difference from their non-dietetic counter-parts. Some are on the diet counter only because they are salt free and not lower in calories. Dietetic fruits are sweetened with an artificial sweetener instead of sugar. They usually cost more per serving but do contain fewer calories than those canned with sugar. Of course fruits can be served without added sugar.

With some foods the reduced calories is simply the result of a smaller quantity of the food. Thinly sliced bread from a loaf of equal weight as that thickly sliced naturally has fewer calories.

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DIETETIC FOODS are usually produced and packed in smaller quantity than non-dietetic foods. This usually brings higher costs for production and handling of the product and understandably higher costs for the dietetic foods. Decide whether the calories saved are worth the extra money because many times it is possibly to plan low-calorie meals from everyday foods. Consider also if you must have special dietary products not enjoyed by the other family members.

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ZERO SALAD DRESSING is made with one half cup tomato juice, 2 tablespoons lemon juice or vinegar, and and one tablespoon onion, finely chopped, salt and pepper.

Chopped parsley or green pepper, horse-radish or mustard, etc. may be added, if desired. Combine ingredients in a jar with a tightly fitted top. Shake well before using.

Cereal coating crisps chicken

Roll chicken pieces in over - toasted rice cereal when you next bake them for a porch supper.

It produces a golden brown color and crispness on the outside, with a moist tender meaty center. The crushed cereal will stick well if the chicken is first drenched in melted butter or margarine. Although its good grain flavor is of prime importance here, oven-toasted rice cereal also makes nutritional contributions of protein, important B vitamins, essential minerals, and food energy.

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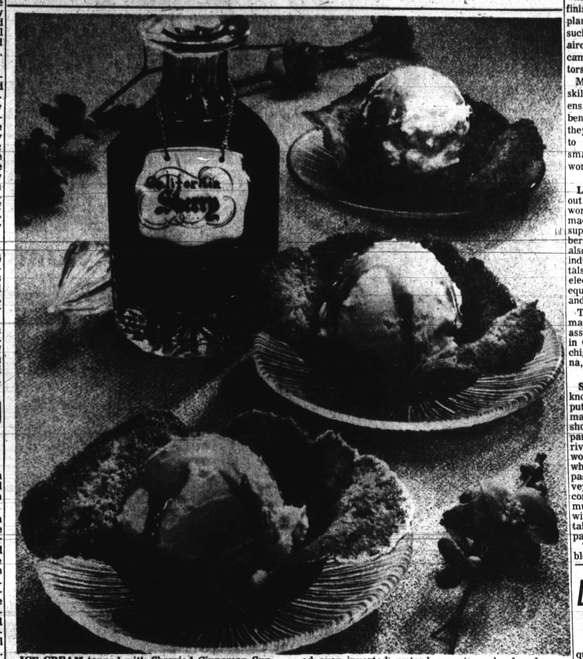
CEREAL crisped chicken requires two cups oven-toasted rice, crushed to fine one and a third cups crumbs, one teaspoon salt, a half teaspoon paprika, one three - pound frying chicken cut into serving pieces, a third cup butter or margarine, melted.

Combine cereal crumbs, salt, and paprika. Dip chicken in butter or margarine, then in crumb mixture. Place chicken, skin side up, in shallow two - quart casserole. Drizzle with any remaining butter or margarine.

Bake in moderate oven (350 degrees) 25 minutes. Remove aluminum foil and continue baking chicken until it is tender and lightly browned, 35 to 40 minutes. Yield: 4 servings.

The AFRO AMERICAN'S food FEATURES



ICE CREAM topped with Sherried Cinnamon Sunday Sauce is doubly festive when served in edible cooky cups. They are baked individually, then cooled over inverted custard cups to make free-from dishes.

Elegant luncheon in limited cooking time

Any busy woman who enjoys cooking will understand the logic of saving time on one dish so that she can devote it to another. She might use a frozen main dish for a party luncheon and spend all her time on a fabulous dessert.

As a example Sherried Cinnamon Sundae, served in home-made cooky cups, is a fancy dessert, worth every minute of the time it takes.

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HERE'S A plan for a luncheon that makes food news from start to finish. The appetizer and main course require no special skill in the kitchen, just some thoughtful planning. The dessert climaxes it beautifully.

Start with a glass of Sherry or a wine cocktail served in the living room. The Sherry is the easier, because it requires no mixing, no chilling, and no special equipment. It may be poured right from the bottle—or from a decanter—into small wine glasses. The usual size serving is about 1½ or two ounces.

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WITH THE aperitif pass crisp salted crackers, or salted almonds, or tiny open face sandwiches spread with sharp cheese.

If a wine cocktail, poured from a pitcher, seems more appropriate, make it this way: Dilute one small can of frozen orange juice concentrate with 1½ cups cold water. Add 1½ cups of a California dry Sherry and 2 tablespoons lemon juice. Put in a few ice cubs, if desired, and keep it in the refrigerator until time to serve it. This makes about eight 4-ounce servings.

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FOR THE main course, rely on one of the frozen specialties from the supermarket, perhaps lobster new burg, or frozen individual chicken or tuna pies, or curried shrimp. Canned chicken a la king on biscuits or rice is another possibility.

Any of these ready-made main dishes seems more festive if a glass of wine accompanies them as the luncheon beverage. A chilled white dinner wine such as California Sauterne or Chablis, will be excellent with any one of them.

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THE SALAD should be crisp and classic, a mixture of spring greens simply dressed with oil and vinegar If something more substantial is called for, add slices of chilled avocado.

The dessert, the star of the luncheon, must be made in advance and assembled just before serving. It consists of a large, thin cooky, individually baked and then draped over a custard cup to cool. It shapes itself into an irregular cup, ideal for holding a serving of ice cream. Over the ice cream, spoon Sherried Cinnamon Sundae Sauce. Cooky cup, ice creams and sauce make a wonderful dessert.

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SHERRIED CINNAMON Sundae sauce is made with one cup brown sugar (packed), one-eighth teaspoon cinnamon, one-third cup California Sherry, and three tablespoons butter.

Combine all ingredients in small saucepan. Cook, stirring frequently, until 5 minutes, stirring occasionally. Cool before serving. Makes about one cup.

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FOR COOKY CUPS use one egg, one-half cup brown sugar (packed), two tablespoons melted butter, one-half teaspoon coffee powder, one-eighth teaspoon salt, one-third cup sifted all-purposed flour, and one-third cup finely chopped walnuts.

Stir egg, sugar, butter, salt and coffee powder together until blended. Add flour and mix until smooth. Stir in walnuts. Chill batter. Bake only 1 cooky at a time, keeping remaining batter chilled. Drop a heaping teaspoon of batter onto greased baking sheet and spread to a 4-inch circle. Bake 7 minutes in moderate oven (350 degrees F.)

Allow to stand for 30 seconds, then carefully remove cooky with broad spatula, and invert over lightly greased custard cup. Let baking sheet cool before starting another cooky. If cooky cups are baked a day in advance of serving, they should be stored in tightly covered tin.

Makes eight cups.

AFRO Patterns

Paris pretty and easy, too! Sunburst pin tucks with embroidered arrowheads (optional) add couture charm to this skimmer a little girl would love to go skipping in!

Printed Pattern 4613: Children's Sizes 2, 4, 6, 8. Size 6 takes 1¼ yards 35 - inch.

• • •

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

Spark your skirt, suit, sports life with the two prettiest blouses to bloom this summer! One buttons on side, other has bias insets.

Printed Pattern 4731: Misses' Sizes 10, 12, 14, 16, 18. Size 16 top style one and three - eighths yards 39 - inch; other one and three - eighths yards.

• • •

THIRTY - FIVE 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, N.Y. 10011. Print NAME, ADDRESS with ZIP, SIZE and STYLE NUMBER.

Complete Fashion Report in our new Spring Summer Pattern Catalog plus coupon for ONE FREE PATTERN! Everything you need for the life you lead —350 design ideas! Send 50 cents now.

How to clean wallpaper

CHICAGO (UPI) — Many new wallpapers are plastic coated or impregnated and can be washed frequently with soaps and cleaning solutions.

One manufacturer, United Wallpaper, recommends a packaged wallpaper cleaner, similar to putty, for a few papers that are water - sensitive. Dirt adheres to this cleaner when it is lightly rubbed against the paper.

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PAPER which is only slightly soiled can be cleaned with semi - stale bread. Rub large pieces of this bread, from which crust had been removed, over the surface of the paper.

Work from ceiling to baseboard in wide, sweeping strokes, overlapping cleaned portions.

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WALLPAPER generally lasts from seven to 10 years, if properly cared for and installed, the firm said.

Most semi-skilled assemblers women

WASHINGTON — (NNPA) —Assemblers, those workers who put together parts or finished products, work in plants that mass produce such items as automobiles, aircrafts, television sets, cameras, watches, refrigerators, and electrical motors.

More than 2 out of 5 semi-skilled assemblers are women, who work primarily as bench assemblers, that is, they put together small parts to make subassemblies or small complete parts while working at a bench.

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LAST YEAR, more than 4 out of 10 women assemblers worked in the electrical machinery, equipment, and supply industry. Large numbers of women assemblers also were employed in other industries—fabricated metals; machinery, except electrical; transportation equipment, and instruments and related products.

The majority of the estimated 600,000 semi-skilled assemblers were employed in California, New York, Michigan, Illinois, Ohio, Indiana, and Pennsylvania.

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SOME ASSEMBLERS, known as floor assemblers, put together large, heavy machinery or equipment, on shop floors, often fastening parts with bolts, screws or rivets. Many assemblers work on products or parts which move automatically past their work stations on veyors. These workers must do their assembly job within the time period it takes the part or product to pass their work station.

The job duties of assemblers depend upon the product being manufactured and the manufacturing process being sed. In aircraft and missile production, these workers may assemble and install parts into sub-assemblies. In the automobile industry, one assembler may start nuts and bolts and the next worker on the assembly line tightens the nuts with power-driven tools. Assemblers in electronic plants may connect parts with electrical wire.

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INEXPERIENCED workers who are hired to do semi-skilled assembly work may have his job duties explained to her by her supervisor and then placed under the supervision of a more experienced employee.

Employers generally want applicants for semi-skilled assembly jobs to be physically able, dependable, and to have some aptitude for mechanical work.

Some employers prefer persons with no previous experience in factory assembly work so that they can be more easily trained in the employers' methods.

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THE EMPLOYMENT of semi-skilled assemblers is expected to increase by several thousand annually during the remainder of the 1960's, according to the Labor Department's Occupational Outlook Handbook.

Most job opportunities, however, will result from the need to replace large numbers of a workers who retire, die, transfer to other fields of work and to replace women who leave their jobs to marry or raise a family. Deaths and retierments alone will account for about 20,000 openings each year.

Light Housekeeping

By LULA PATTERSON

These days when someone quips you have a hole in your head you just look smug and thank them for acknowledging your fashion acumen, that is when the holes are in your ears.

The Jewelry Industry Council, reporting on this hole-in-head revival, says that the fad started with teen-agers then spread to adults. Now women of all ages find them comfortable and appreciate the fact that their precious rings are out of danger of being lost.

Hoops, all sizes, and studs (like those worn in men's shirts) are favored. And, other than the diamonds, the most popular stone is the pearl, jade, coral and garnet.

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If you want, and haven't pierced ears, the thing to do is to see your physician. Definitely not recommended is the do - it - yourself job which some teen-agers do . . . freezing the ear lobes with two ice cubes and puncturing with a sterilized needle.

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BEAUTY BIT— Tea makes a fine rinse for hair. The brew gives dark hair highlights. And you can make a good setting lotion from ordinary unsweetened gelatin. Use twice the amount of water called for on the gelatin box.

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GARDEN NOTE—If you intend to buy a few potted petunias, or other flowers, for transplanting in your garden, select the plants carefully.

Choose small rather than large plants urges the U. S. Department of Agriculture. The larger, sometimes already flowering, plants may look sturdier, but don't let them tempt you. They won't be able to stand the shock of transplanting as well as smaller plants.

Plant the petunias as soon as you get them home. Use a knife blade to carefully lift the seedlings from the planting container. Handle them as little as possible. And try not to pinch them.

Petunias, snapdragons, and many other annuals, such as celosia, salvia and ageratum, bloom from late spring until they are killed by frost.

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RECIPE OF WEEK—Enriched self - rising corn meal makes a delightfully crisp coating for fried foods. Here's a basic corn meal batter you can use for deep frying chicken, vegetables or fish. Mix together one - half cup each enriched selfrising corn meal and self-rising flour.

Combine 1 beaten egg and two third cup liquid (milk, water or broth). Add to dry ingredients and stir until smooth. Dip food into batter. Let stand a few minutes before deep - fat frying.

Seasoned batter adds to the flavor of deep fat - fried foods. For instance, stir poultry seasoning, seasoned salt or pepper into the dry ingredients for a batter for chicken. For vegetables use onion, garlic or celery salt. Fried fish responds to a hint of basil, marjoram, thyme or celery salt.

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WHAT'S NEW? Well, now piano keys come in colors and the manufacturer suggests that colored keys can be used to simplify piano teaching.

Since there are eight colors available, one pastel shade could be used for each note of the scale as a teaching device.

And there's nothing wrong with keying the keyboard to a room's decor by using just one of the colors.

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HEALTH TIP for this week comes from the Public Health Service. More persons, says the service, should be tested for diabetes with emphasis being directed toward screening those most susceptible — older persons, the obese, those with a family history of diabetes and those with prior symptoms or positive blood tests.

Needlecraft

7403—PARTY - PRETTY DRESS in easy-crochet pattern stitch that's dainty and airy on summer days. Use ice Brooks, AFRO-AMERICAN, Needlecraft Dept., Box 163, Old Chelsea Station, New York, N.Y. 10011. Print Name, Address, Zip, Pattern number.

1965 NEEDLECRAFT CATALOG — 200 designs, 3 free patterns! Newest knit, crochet fashions, embroidery, chet fashions, embroidery. 25 cents.

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NOW! Send for elegant, new "Decorate with Needlecraft!" 5 beautiful room settings, 25 complete patterns for decorative accessories in one book! Pillows, wall hangings, curtains, appliques more! 50 cents.

Value! Deluxe Quilt Book—16 complete patterns, 50 cents.

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7488 —PET POTHOLDERS — padded mouths open to grasp hot pots firmly, safely. So practical 'cause they're extra-long. Transfers, pattern pieces for two 5 x 12-inch holders.

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7400 —BIAS-TAPE DESIGNS — so easy, so much fun to apply. Decorate baby accessories, scarves, towels, pillows. Choose vibrant colors. Transfer of 12 motifs 3 to 10 inches.

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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.

Easy Meat 'n' Potato Pie

Fresh potatoes at this season of the year aren't cheap. The old supply has just about run out and the new potatoes are not in quantity yet. So now is the time to turn to instant mashed potato granules. They are in steady supply on store shelves and are now particularly economical.

In this recipe fluffy mashed potato peaks top off tasty meat and vegetable nation in an onio gravy made from a ready mix.

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YOU WILL NEED one envelope of onion gravy mix, one and a half cups water, one and a half cups diced cooked roast beef, one and a half cups diced cooked vegetables.

Salt and pepper to taste, an envelope of French's Instant mashed potato granules, a tablespoon melter butter and paprika.

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PREPARE ONION gravy mix as directed. Add meat, and vegetable mixture into vegetables, salt and pepper. Heat again to boiling.

Meanwhile, prepare instant mashed potato granules as envelope directs. Pour meat 8-inch or 9-inch pie pan or a one-and-a-half quart casserole.

Spoon potatoes in mounds to form a ring over the meat. Brush potatoes with melted butter. Sprinkle with paprika. Bake in 425 degree oven 15 to 20 minutes or until potato peaks are lightly browned and meat mixture is bubbly-hot. Four servings.