GOOD FOOD BUYS IN YOUR AFRO

FOR BETTER BAKING ..

It's the balance of ingredients in baking powder that governs its leavening action. Only when these are scientifically balanced can you be sure of uniform action in the mixing bowl plus that fixed, balanced rise to light and fluffy texture in the oven.

Balanced Double Action means Better Baking!

CLABBER GIRL

Exclusively known as the baking powder with the Balanced Double Action!

Canning season still on if there's hunter in family

If you produce your own meat or poultry, or even if you just have a hunting man in the family, you may find that the canning season isn't over. Beef, veal, mutton, lamb, pork, poultry and game meat may be safely canned at home.

Can only meat from healthy animals in top condition, slaughtered and handled in a sanitary way. Chill the fresh meat at once to 40 degrees F. or lower and keep it chilled until canning time, or can it as soon as the body heat leaves it.

If the meat is to be kept more than a few days, freeze it and hold at zero degrees F. or lower.

FOR SAFE canning, meat must be heated in a steam-pressure canner. This is the only practical way to get and maintain the high temperature necessary to kill dangerous bacteria.

It is not safe to can meat in a boiling - water bath, an oven, a steamer without pressure, or an open kettle.

Meat may be cooked before packing in cans or jars or it may be packed raw and cooked by heating the filled containers in boiling water before they are sealed for steam - pressure processing.

POULTRY MAY be packed raw in quart jars and processed in the pressure canner with no previous cooking.

Be sure that cans or jars are tightly sealed before storing them. Then before opening for use, check well for signs of spoilage—leakage, gas bubbles or bulging at can ends, lid, or rubber ring.

AUTUMN CABBAGE SALAD

6 cups finely shredded cabbage, (about 1 pound), 1 large red apple, quartered, cored and sliced thin, 1 cup chopped celery, 1 small green pepper, chopped, ½ cup mayonnaise, 2 tablespoons sugar, 2 tablespoons lemon juice, 1 teaspoon salt, 1 teaspoon celery seed.

Combine cabbage, apple, celery and green pepper in large bowl. Combine remaining ingredients in 1-cup measure; stir int cabbage micture; toss to mix well. Chill until serving time. Garnish with a few apple slices.

Teenagers diet tip: add salad to meals

NEW YORK (UPI) —Teenagers ask: What can beat a hamburger and French fries? The American Dietetic Association, in a leaflet for teenagers, answers this way:

"There is nothing wrong with a good hamburger. But couldn't you add a vegetable or salad to the French fries?

"With milk or a milk shake you would have a good meal. Vegetables not only provide such nutrients as vitamins and minerals, but they supply bulk and contrasting textures and flavors to meals."

LAWYERS GET LIFE MEMBERSHIPS — John R Hargrove Sr., Joseph C. Howard, and Linwood G. Koger Jr., of the law firm of Howard and Hargrove, pay for NAACP life memberships. Left to right: Mrs. Mary Antoinette Mosley, receiving payment for the NAACP Life Membership Hargrove, Howard, Koger, Solomon Reddick and James L. Bundy. In foreground is Dr. Lillie M. Jackson, president of the Baltimore NAACP.

EGG NOG NON-ALCOHOLIC Sealtest TRADE MARK

Two entertaining ideas for the holidays

Sealtest Egg Nog

Creamy, egg-rich Sealtest Egg Nog! Specially blended with pure cream, eggs, and tangy spices. Let your friends and family enjoy this delicious Sealtest treat today.

Sealtest Dip 'N Dressing

Serve Sealtest Dip 'N Dressing as a delectable dip with chips and crackers. Sealtest Dip 'N Dressing is extra delicious on salads, hot vegetables and meats, too. It makes any holiday more cheerful.

Sealtest

AFRO Patterns

Sink into the new holiday sensation — a sleek, smooth, barely - there slip dress. Sew it plain, ruffle it up for excitement, or glitter it with a sequined flower.

Printed Pattern 4659: Misses' Sizes 10, 12, 14, 16, 18. Size 16 takes 2 yards 45-inch.

F - A - S - T fall fashion. Just 3 main parts for slimming, skimmng sheath with sunburst pin tucks radiating from neckline. Choose wool.

Printed Pattern 4689: Half Sizes 12½, 14½, 16½, 18½, 20½, 22½. Size 16½ requires 2¼ 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, N.Y. 10011. Print NAME, ADDRESS with ZIP, SIZE and STYLE NUMBER.

• • •

BE ALERT to What's New! Send for excitement - packed Fall - Winter Pattern Catalog. 350 design views—school, career, glamor styles. Plus coupon for free pattern — choose it from Catalog. 50c.

Dream house a split-level say coeds

What kind of a house do you want — and expect to have — after you're married?

Nearly 2,000 college girls were asked this question. And though they came from different parts of the country and had different socio-economic backgrounds, their answers were pretty much the same.

Their dream house was a modern split - level or ranch type with 3 bedrooms, 1½ or more baths, ample dining space, and various mechanical conveniences. The price they expected to pay —about $17,000.

Many hoped to design the house themselves or with the help of an architect.

ONLY SLIGHTLY more than half wanted, or expected, to have this house in the suburbs. Twenty - four percent chose city living; 22 percent preferred a home in a rural area.

The students were quite realistic in their desires and expectations. They planned to start housekeeping in rented quarters. And when they got their first home, they were not demanding in its "extras."

They were, however, too optimistic about home ownership. Ninety - nine percent said they planned to buy their own home. Statistics show only 62 will reach this goal. And few are likely to hire an architect.

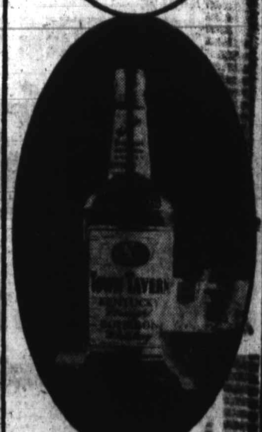
Homemaking Hints

Here are some homemaking hints which may ease the toil in the kitchen:

Be sure to blanch vegetables before freezing. Blanching slows or stops the action of enzymes which otherwise would cause off - flavors, color changes and toughness.

If your cakes crack open, it's probably because your oven is too hot, say food specialists.

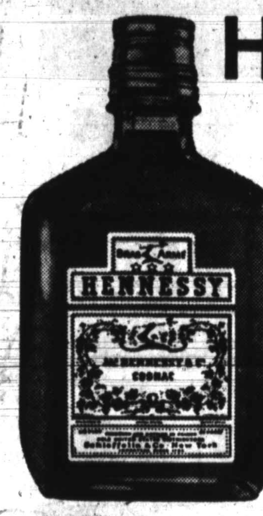
YOUR GOOD TASTE IS SHOWING



TOWN TAVERN
Kentucky Straight Bourbon Whiskey

CAPT. MELLO FETED — The Holy Name Society of St. Francis Xavier Catholic Church gave a testimonial banquet last Sunday to pay tribute to newly - appointed Western District Captain Dennis Mello. Mrs. Mae Locks pours out words of admiration while Capt. and Mrs. Mello enjoy the proceedings. Thomas D'Alesandro 3rd, right, told of a long association with Mello" before he began wearing gold braid."

HAVE A LITTLE BRANDY HANDY



A friend in need—that's Hennessy!

Your own flask of Hennessy will come in handy any time, for any occasion.

This popular, economical small size is perfect for sporting events, picnics, and outings.. makes an ideal traveling companion tucked away in your briefcase or suitcase.

So have a little Hennessy handy—it's America's most popular cognac brandy.

HENNESSY
COGNAC BRANDY
84 & 80 Proof • Schieffelin & Co., New York

Olives, nuts, bacon spark favorite food

When preparing that favorite casserole or vegetable dish here are some "extras" you might add.

Colorful rip olives glamorize and enliven the flavor of casseroles. Chop or slice ripe olives and add to macaroni and cheese or your favorite tuna - noodle dish.

• • •

STICK TOASTED slivered almonds into balls of mashed sweet potatoes seasoned with butter and salt. Heat in 350-degree oven about 25 minutes.

Or cut 1 slice bacon into small pieces; fry in saucepan. Add 1 can (1 lb.) drained cut blue lake green beans and 1 can (8 oz.) stewed tomatoes. Season with salt, pepper and celery salt. Heat and serve.

Effectiveness of minority vote stressed

BERKELEY, Calif — NNPA) — Representative ohn Conyers, Jr. D. - Mich.) said here early his week that the 1965 elections have shown the "growing political effectiveness of the liberal movement and the minority vote."

In a speech prepared for delivery at the University of alifornia, he pointed out that the nation's young people have worked strenuougly for equality of opportunity and equal dignity but it is time for demonstrations to be backed up by grass-roots.

The Michigan Democrat said the election of liberal Republicans in New York City and Louisville, Ky shows that both "the liberal and nonwhite American voter will support the candidates with strong civil rights and liberal records regardless of party affiliations."

ONE OF THE reasons the Democrats lost the New York mayoralty race is that they took the colored and Puerto Rican votes for granted, Conyers said.

He cited the close mayoralty race in Cleveland, in which Carl Stokes, a colored State legislator and leader of the local chapter of Americans for Democratic Action, is now within 1900 votes of winning and the recount may yet show that he was elected.

"The real significance of

FOUR-MOST IN FLAVOR

½ LOAF * RING a 'ROUND * TWINS * MR. BIG
4 CONVENIENT SIZES * 4 CONVENIENT PACKAGES
KOESTER'S BREAD

PLUMP 'N TENDER, BROAD-BREASTED
TURKEYS
FANCY GRADE "A"
18 lbs. & UP lb. 31c | 12 to 18 lbs. lb 37c
LANCASTER BRAND QUALITY
18 lbs. & UP lb. 35c | 10 to 17 lbs. lb. 39c
LANCASTER BRAND, TENDER YOUNG, BELTSVILLE Turkeys (8 to 12 lbs. avg.) ... lb. 39c
ARMOUR STAR (8 to 10 lb. AVG.) Stuffed Turkeys ... lb. 49c
SHENANDOAH BRAND, BONELESS Turkey Roast ... lb. 85c

Turkey Gobblin' Time!

shop ACME MARKETS
S&H GREEN STAMPS

THIS WEEK'S FREE COFFEE CUP
★ DINNERWARE
★ GLASSWARE
★ OVENWARE
MAKE ACME YOUR HEADQUARTERS FOR WONDERFUL CHRISTMAS GIFTS!

LANCASTER BRAND, TENDER JUICY, SIRLOIN
STEAKS lb. 89c
T-Bone or Porterhouse ... lb. 99c
Delmonico Steaks ... lb. $1.55
Tender Eye Roast ... lb. $1.19
Sausage Meat MORRELL'S FRESH ... 2 1-lb. pkgs. 89c
Kissling's Sauer Kraut ... 2-lb. pkg. 25c
Lunch Meats LANCASTER BRAND 5 VARIETIES .. 3 6-oz. pkgs. 85c
Standard Oysters ... 12-oz. can 99c
Fancy Shrimp 50-60 COUNT ... lb. 73c 5-lb. box $3.59
Prices Effective Thru Sat., Nov. 20, 1965. Quantity Rights Reserved.

LANCASTER BRAND, RUMP OR LEG Veal Roast ... lb. 55c
SQUARE CUT Shoulder of Veal ... lb. 49c
LANCASTER BRAND Loin Veal Chops ... lb. 95c
TENDER Rib Veal Chops ... lb. 85c
SHOULDER (ROUND BONE CHOPS lb. 79c) Veal Chops ... lb. 69c

U.S. NO. 1 MAINE RUSSET POTATOES 10-lb. bag 59c
LARGE, JUICY FLORIDA SEEDLESS Grapefruit ... 3 for 29c
NEW CROP...(IN SHELL) Diamond Walnuts 1-lb. pkg. 49c
FRESH FLORIDA PURE Orange Juice qt. 39c ½ gal. 69c
FRESH CALIFORNIA PASCAL Celery ... 2 large bunches 39c
FANCY HOT HOUSE Tomatoes ... lb. 39c
FRESH FLORIDA PURE Grapefruit Juice 3 qts. $1.00

SAVE 10c ... CREAMY SMOOTH ICE CREAM
GLENSIDE ½-gal. ctn. 59c | IDEAL ½-gal. ctn. 69c | IDEAL ICE MILK 55c
AWARD WINNING LOUELLA BUTTER 3 1-lb. qtrs. $2.00

SUPREME ITALIAN STYLE VIENNA BREAD loaf 19c SLICED OR UNSLICED
SAVE 10c... LOUISIANA CRUNCH RING Cakes ... each 39c

THIS COUPON WORTH (A) 100 S&H Green Stamps
WITH YOUR $10 OR MORE PURCHASE (excluding cigarettes and milk products)
NAME ...
ADDRESS ...
Void After November 20, 1965. One Coupon per Family Please.

IT'S S&H DAYS
PRINCESS Margarine 5 1-lb. solids 85c 5 1-lb. qtrs. 89c
ALL GRINDS, VAC. PACK Ideal Coffee ... 3-lb. can $1.99
SLICES OR HALVES Hunt's Peaches .. 2 1-lb., 13-oz. cans 59c
IDEAL QUALITY Sauer Kraut ... 3 1-lb., 11-oz. cans 59c
IDEAL (IN SYRUP) Sweet Potatoes .. 2 1-lb., 7-oz. cans 55c
ROYAL PRINCE Yams ... 2 1-lb., 1-oz. cans 59c 2 1-lb., 9-oz. cans 69c
GREEN GIANT Green Peas ... 2 1-lb., 1-oz. cans 39c
GOLDEN WHOLE KERNEL Niblets Corn ... 3 12-oz. cans 49c
GREEN GIANT Cream Corn ... 3 1-lb., 1-oz. cans 49c
IDEAL CASSEROLE OR ELBOW Macaroni ... 3 1-lb. pkgs. 59
LIBBY'S CANNED Pumpkin ... 1-lb., 13-oz. can 21
IDEAL QUALITY Pumpkin ... 2 1-lb., 13-oz. cans 35
NEW AT ACME!...FRANCO AMERICAN Spaghetti "O's" ... 3 15½-oz. cans 49
ACME'S OWN FINE Wincrest Coffee 1-lb. bag 69c 3 1-lb. bags $1.9
OCEAN SPRAY Cranberry Sauce .. 3 1-lb. cans 65c