BEST BUYS:

H-A-N-D technique for melon ripeness

By VIRGINIA McLUCKIE
Food Economist

Typically summer is season when melons are in plentiful supply and this year is no exception.

Good quality melons shipped in from other areas are being accompanied by the beginning of the local melon harvest. Include these flavorful fruits in menus often.

Melons are sometimes difficult to judge as far as ripeness is concerned. For each type there are guidelines you may follow. Advice from the produce department personnel may be sought in making selections. Cantaloupes, watermelon, and honeydew melons are all available for your selections.

The Eastern shore cantaloupes and watermelons are just starting to be shipped to market and we can expect the volume to continue throughout this month. We do not grow nearly enough to supply the market needs so we have Arizona and California cantaloupes and watermelons from Georgia and the Carolinas.

The western grown cantaloupes are a different variety than the ones grown on the Eastern shore. The round ball like shape is typical of western cantaloupe while the local melons are larger in size with a definite ridging and a more oblong shape. Pink or salmon colored flesh is typical of both types.

It is easy to judge cantaloupe of quality if you remember the H-A-N-D — technique H stands for Heavy for its size. A stands for aroma which is fragrant and typical. N stands for netting which is fragrant and typic-standing out well over the surface. The flesh or background color should be a pale orange tan color and not green. D is for the depression at the stem end. When the cantaloupe is fully ripe when pulled from the vine it is "full slip" and a depression scar indicates the melon separated easily from the stem.

Watermelons are more difficult to select. The only true test is that of cutting or plugging. The ripe melon will have a yellowish color on the underside. The velvety bloom on the surface of the melon should be present. The thump test is not reliable since an overripe melon will give the same sound as a just ripe watermelon. With so many markets selling parts or halves of melons it is much easier to judge a good red color, black mature seeds and then white portion of rind.

Honeydew melons are whitish green in color and change to a creamy white or creamy yellow when ripe. The aroma is fine. These melons are cut from the vine so no scar end area is present. The feel of the surface of a ripe melon is like velvet and at the blossom and small white areas indicate the rise of sugar content to the surface.

* * *

All melons are perishable. For best flavor and texture chill melons slowly in the refrigerator. To keep the aroma of melons from mingling with other foods, wrap them in aluminum foil or plastic film or place them in a plastic bag before storing. Cantaloupes especially are a very good source of vitamin C and A and all melons are low in calories. Enjoy fresh melons with meals or as an in between meal refreshment.

Other items to include on your shopping list are blueberries, peaches, plums, soap beans, cabbage tomatoes, new potatoes, squash and eggplant. Protein buys include medium size Grade A eggs, chicken, turkey, fresh and frozen salmon, and the advertised special on beef.

Recipe for this week is for fresh fruit melon bowl.

You will need 1 cup melon balls, 1 cup plums, quartered; 1 cup bananas, ½ cup strawberries, 1 cup diced pineapple, 1 cup orange sections, 3 cantaloupes, cut in half, and cheese dressing.

Combine fruits. Spoon into cantaloupe halves. Let each person help himself to favorite cheese dressing. Makes six servings.

Diversity in schools stressed

GUYANA — Miss Shirley Field-Ridley, Minister of Education, said that the country's secondary school system will unavoidably be converted into a multi-lateral system.

Her remarks were made to 33 graduates of the Multi-lateral Training Program at an informal ceremony at the University of Guyana.

The minister said the reason for the program was to starve the whole population of technical skills and give children the overall training that they needed.

Miss Field-Ridley said, "I think we will have made great strides when we see children opting to go into one of the new multi-lateral schools rather than to schools like Bishops and Queen's, which are not yet multi-lateral."

Police Confiscate Evidence

CAMBRIDGE, Mass. — Paul Ramos, 20, was arrested July 16 in a police sweep of Harvard Square and charged with illegal possession and sale of dangerous drugs. Police confiscated a shopping bag they suspected contained LSD, methadone, opium and marijuana.

When the evidence was presented this week in East Cambridge District Court, Sgt. Duncan McNeill of the police drug squad said the bag contained horse manure, alfalfa, oregano, ground lettuce and vitamin pills.

"Well," said Judge Edward M. Viola, "you must remember that there's a shortage of horses these days and horse manure is scarce. It's the law of supply and demand."

Panther Turns Himself In

DETROIT — A member of the Black Panthers party who was mistakenly released from the Wayne County jail July 10 although he still faced a 4½ to 10-year prison term for arson, turned himself in to authorities this week.

John Jerome Lee, 18, of Detroit, told newsmen in his lawyer's office before he was taken into custody that "only a fool would stay out there, you know."

Lee was released from the jail upon completing a 30-day contempt of court sentence imposed following his refusal to testify at the trial of 11 fellow Black Panthers charged in the slaying of a Detroit policeman.

Biggest Viet Drug Round-Up

SAIGON — South Vietnamese national police said this week they arrested 60 persons and seized $3.6 million in narcotics during the past two days in what they called the biggest dry round-up in Southeast Asia.

At the same time, United Press International learned narcotics are being smuggled into the U.S. Army's new drug detoxification center for GIs at Cam Ranh Bay despite a tight security cordon.

U.S Military sources said Ambassador Ellsworth C. Bunker was shocked when the situation was reported to him in Saigon this week.

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FARM CREST 3-FLAVORS JELLY 2-lb. JAR 39¢

DAISY MAID POTATO CHIPS FULL lb. PKG. 59¢

PET OR CARNATION EVAP. MILK 6 FOR $1.00

KELLOGG'S CORN FLAKES 18-OZ. BOX 33¢

DOMINO SUGAR 5 lb. BAG 59¢

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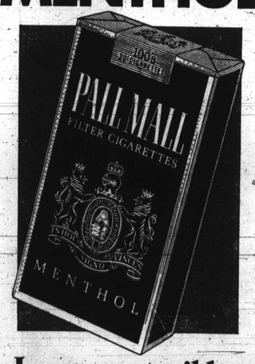

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longer length-milder taste
You get both with
PALL MALL MENTHOL 100's

Gala Fete To End 37th AFRO Clean Block Campaign

Whole town expected to turn out for the Aug. 29 big celebration

Whole town expected m5/3

A gala celebration will mark the Aug. 29 closing of the AFRO's 37th Annual Clean Block Campaign.

The Sunday afternoon event will be held at Mondawmin Mall, Liberty Heights Ave. and Gwynns Falls Parkway.

Friends and relatives of the Clean Block workers are invited to attend the colorful occasion, the greatest in the 37-year history of the AFRO's most treasured occasion.

SUPER CELEBRATION

The AFRO Clean Block Campaign is a Baltimore institution recognized throughout the nation and as it approaches the 40th year, there is cause for a super celebration.

In coming editions of the AFRO, there will be further announcements on what every Baltimore citizen and all AFRO Clean Block workers can do toward making the 37th AFRO Clean Block Campaign the best yet.

Let's make it one filled with pleasant memories and lasting good spirit. Let's make it a never-to-be-forgotten event.

SEND IN YOUR CHECK

If you have not sent in your check for the Prize Fund, kindly do so today. You will find it an honor and a pleasure.

Send tax-deductible funds to AFRO Charities Fund, 628 N. Eutaw St. Each contribution is printed in the AFRO.

Questions each captain should answer

The Clean Block, captain who can answer "yes" to all the following questions is in line for one of the huge red, green and white Clean Block Honor Flags to be awarded Frdaiy, at 10 a.m. at the regular weekly pep meeting.

1. Do you know that every block enlisted must make a Victory Report?

2. Do you know that you must complete your workers lists and turn it in to the Clean Block Office?

3. Do you know that it is against the law to put trash in the street and alley?

4. Do you know that your block must be ready for inspection each day?

5. Does the captain, with at least three workers in your block, attend the weekly meetings?

6. Do you know that cards in the windows indicate cooperation?

7. Do you know that a united front will help you to win?

8. Do you know that the small Clean Block flag indicates the residence of the captain?

STATE POLICE

The superintendent of the Maryland State Police, Col. T. S. Smith, will welcome ten outstanding senior high school students from Maryland to the State Police Academy in Pikesville on Aug. 8.

The students were chosen by the American Legion, Department of Maryland, on the basis of their scholastic achievements in high school and their expressed desire to become a state trooper.

The 10 boys will live and study in the Police Academy as a regular State Police Recruit for one week and will graduate on August 13.

This is the second year of the program developed to promote good will by youth-police fellowship.

Want to see your name in lights? Is your name written here?

Baltimore citizens are showing concern and interest in Clean Blockers. Although the prize fund is still far below the $4,000 goal, yet the Clean Block Office knows, through the contributions received, that there are people who care about others.

To date, the Clean Block Campaign has received $1,751.50 from interested Baltimoreans. This money will be awarded to blocks participating in the campaign during the summer.

Each youngster taking part in Clean Block has done so, on a voluntary basis.

We would like to let them know their effort and sense of responsibility toward making Baltimore a more beautiful city have not gone unrecognized.

Do you want see your name in lights, printed on the AFRO Clean Block Page? Clean Block Contributions List?

Do you want to have your name written there?

To those who have not yet given, there are still three weeks left to do so.

Send your tax-deductible checks to the AFRO Charities Fund, 628 N. Eutaw St.

Each Check will be greatly appreciated.

* * *

Contributions to date are:

$750
City of Baltimore

$100
M. Goldseker Realty
Baltiore Gas and Electric Company
Mount Worshipful Hiram Grand Lodge

$25
Dr. and Mrs. Roger K. Williams
A. D. Anderson Chevrolet
Women's Civic League
Freight Drivers and Helpers Local Union No. 557

$15
Lambda Kappa Mu Sorority
Food Fair Stores
Emmanuel CC Church Service Center
Mr. and Mrs. Desper D. Brooks

$12.50
DeHaven Smith

$10
Bentalou Florist
Sidney Hollander
Dr. Maurice Adams
Goetze's Candy Company
Maryland Crime Investigating Commission
Charles Mullenberg Company
Nelson and Gosnell
Louis Singer Company
Robert Mac Gregor
Rock City Packaging Company
Atlantic Photo Supply Co., Ind.
Harold J. Jennifer, Civic Center Commission
The VAG's
Banner Realty, Inc.
Norman Holt Florist
Kroh, Miller and Knight, Inc. Insurance
Mr. and Mrs. John Meyers
Diamond Press Company
Dr. Henry C. Welcome

$8
Mrs. G. C Winborne

$5
Frolic Cafe
Northwest Loan Company
Mrs. Elvera N. Richardson
John H. Holmes III, M.D.
Earl Koger
Solomon Reddick, Attorney at Law
Green Spring Dairy
Delores G. Hobbs

$2
Frank Wilmer Phillips III
Mrs. Ada K. Jenkins
Mr. Larry Young

AFRO CLEAN BLOCK CAMPAIGN

APPLICATION BLANK

I would like to be captain of my block and pledge to help keep our block clean and beautiful.

NAME .....
AGE .....
ADDRESS .....
TELEPHONE NO. .....
SCHOOL .....
TALENT .....
HOBBY .....

How AFRO Clean Block began

At the age of 60, Miss Frances Louise Murphy, daughter of AFRO founder John H. Murphy Sr., retired after 39 years as teacher in the Baltimore schools.

She was one of 11 graduates of the high school class of 1894, and became what was known as "a floating teacher" in 1898.

During her career, she gained prominence as an exacting and lovable model teacher and later theory instructor of education in what is now known as the Coppin State College.

She was not content to rest on these laurels.

She lived by the formula that there was much to be done. "I can't sit down idly and watch things which need to be done and do nothing about it."

The Beginning

So in 1934, a year after her retirement from a long and illustrious career in the classroom, she organized and directed the first AFRO Clean Block Drive.

Developed with the idea that youngsters engaged in keeping their neighborhoods clean and beautiful would inspire others to do likewise, the clean block movement grew fast under her direction.

From a beginning of few blocks and 3,880 children and adult workers in 1934, it developed to 239 blocks and 20,000 workers when she retired from its active direction in 1946.

During that time, the AFRO's Clean Block movement gained national attention and was used as a model in all sections of this country and abroad.

A Tiny Lady

Despite her small stature (she was barely five feet tall and weighed less than 100 pounds) Miss Frances, or the "Clean Block Lady" as many called her, had defatigible energy.

It was not unusual for her to visit every block in the campaign. She knew the children, and adult workers, hundreds of them, by name. She loved them and they loved her because she took their problems to her heart.

If a block leader reported non-cooperation by city sanitation truck or by another resident — she was quick to go to the person concerned and explain the problem. Usually, after these conferences she made another friend and worker.

When she retired in 1946, from active direction of the campaign, she could point with pride to the blocks and children enrolled, and that the city of Baltimore had followed the AFRO plan and inaugurated its urban renewal along its lines.

Even after retirement, she was until her last days, a contributor of ideas and suggestions not only for the clean block movement but for city improvements as well. She died in 1958.

All of her 84 years were spent in helping others—in teaching, guiding, younger people. She has left her mark on the Baltimore community.

SWEET, CLEAN and neighborly is the 2100 E. Hoffman St. block. Neither summer's heat nor rain showers dim the pleasantness of the area which is kept so sparkling by Joanna Johnson, captain; Deborah Price, co-captain, Miss Sandra Williams, advisor and other workers.

Today is the last day to place your block on the campaign list

Today, Aug 6, marks the last day for blocks to officially register in the AFRO Clean Block Campaign.

Participants in the campaign have shown that they are civic-minded Baltimoreans in every sense of the word.

They have shown concern for their communities by working diligently to rid the streets and alleys of debris and unsightly matter.

Clean Blockers have washed windows, painted woodwork, and planted flowers throughout their neighborhoods.

Many times Clean Blockers can be seen at sunrise getting cleaning equipment and other necessary implements ready for the day's work.

The Clean Block staff would like to thank each and every Clean Blocker for his hard work and willingness to share in an effort to make a cleaner and healthier city.

All Blocks Listed

Clean Blocks which have registered in the 1971 campaign include:

2400 Ashland
Capt., Gwendolyn Carr; Co-capt., Sandra Flowers; Advisor, Mrs. Shirley Flowers.

2300 Reisterstown
Capt., Marie Watson; Co-capt., Sheila Brindly; Advisor, Robyn Brady.

200 Fleming Drive
Capt., Sharon Barnett; Co-Capt., Vanessa Gunthier; Advisor, Marzell Howard.

1200 Upton
Capt., Tamaria Tatum; Co-capt., Raymond Avent Advisor, Sarah Williams.

2200 Mura
Capt., Lucile Fowlkes, Co-capt., Renee Powell; Advisor, Mrs. Lorraine Powell.

1200 H. Court
Capt., Natheniel Epps; Co-capt., Ramona Johnson; Advisor, Betty Grier.

2300 Eiting
Capt., Tammy Burrell; Advisor, Mrs. Daisy Bell.

2400 Loch Raven
Capt., Robinette Odom; Co-captain, Renae Odom; Advisor, Mrs. Thelma Odom.

2200 Barclay
Capt., Renee Gowin; Co-capt., Michael Gowin. Advisor, Deborah Gowin.

100 Fleming Drive
Capt., Dawn Seward; Ctcapt., Felicia Hill; Advisor, Mrs. Margaret Seward

500 Main
Capt., Sharon Lewis Co-capt., Cynthia Bagley Advisor, Mrs. Alline Lewis

600 New Pittsburg
Capt., Joe Middleton Co-Capt., Larry Jones Advisor, Mrs. Gladyes Middleton.

900 Bethune
Capt., Tracy Clayton Co-Capt., Stevie Davis Advisor, Mrs. Verneil Clayton.

2700 Fisk
Capt., Robin Champ Co-Capt., Pamela Willis Advisor, Mrs. Martha Howard.

2700 GILES
Capt., Darrell Drakes Co-capt, Kimberly Powell, Advisor, Robert Norman.

1000 Abbot Ct.
Capt., Cheryl Foster; Co-capt., Katrina Godbolt; Advisor, Margaret Wilson.

600 Arlington
Capt., Diane Williams; Co-capt., Cheryl Phillips; Advisor, Joyce Goodwin.

1100 N. Bradford
Capt., Evelyn Phyall; Co-capt., Aleia Phyall; Advisor-Carol Stewart.

1200 Canal
Capt., Darnell Johnson; Co-capt., Angela McElveen; Advisor, Mary McLean.

1900 N. Castle
Co-capt., Edward Wiggins; Co-cap., Pamela Smith; Advisor, Beverly Addison.

100 N Central
Capt., Reginald Holmes; Co-cap., Anderson Pigatt Advisor, Mrs. Charotle Ray.

1800 N. Chapel
Capt., Angel M. Mallory; Co-cap., Regina Matthews; Advisor, Mrs. Carrie Royster.

1300 N. Chester
Capt., Levolia Johnson, Co-cap., Airestine Taylor; Advisor, Mrs. Willie B. Ladson.

200 N. Dallas
Capt., April Ingram; Co-cap., Linwood Ingram Jr.; Advisor, Miss Louisa Reeves.

1600 N. Durham
Capt., Carolyn K. Gardener; Co-capt., Darlene Allen; Advisor, Mrs. Gladys Inabinett.

1800 N. Dallas
Cait., Shirley Mayo; Co-capt., Brenda Leach; Advisor, Mrs. Lozetta Douglas.

2300 E. Eager
Capt., Gina Bills; co-capt., Schonwanda Dawson; Advisor, Mrs. Jauanita Dawson.

2400 E. Eager
Capt., Albert Harris; Co-capt., Anna Early; Advisor, Mrs. Gloria Grdner.

2500 E. Eager
Capt., Marion Rich; Co-capt., Amose Joyner; Advisor, Earline Camper.

1500 N. Eden
Capt., James Hurt; Co-capt., Margret Madison; Advisor, Mrs. McClinic and Mrs. Jenkins.

2000 Ellsworth
Capt., Delvin Skinner; Co-capt., Patricia Cromartie; Advisor, E. Cromartie.

1700 Ensor
Capt., Wayne Carver; Co-capt., Victoria King; Advisor, Wayne Carver.

1100 E. Fayette
Capt., Andre Robertson; Co-capt., Charles Yates; Advisor, Marie Robertson.

1200 H Court
Capt., Norma L. Williams, Co-capt., Pamela Davis; Advisor, Mrs. Nancy Day.

1210 H Court
Capt., Nathaniel Epps; Co-capt., Romana Johnson, Advisor, Mrs. Betty Guier.

2200 Hememan
Capt.-Patricia Black; Co-capt., Mary Foye, Advisor, Patricia Black.

800 Hillman
Capt., Cheryl White; Co-capt., Liza Ballard; Advisor, Edna Johnson.

2000 E. Hoffman
Capt., Sheila Manigualt; Co-capt., Cynthis J. Lee; Advisor, Eartie Jennings.

2100 E. Hoffman
Capt., Joanna Johnson; Co-capt., Deborah Price; Advisor, Miss Sandra Williams.

1200 Jefferson
Capt., Maurice Williams; Co-capt., Alfreda Garrison; Advisor, Essie Williams and Annie M. Buise.

1200 Jefferson
Capt., Sherry P. Greene; Co-capt., Gwendolyn Pullett; Advisor, Mary. F. Smith.

1500 Kenhill
Capt., Sylvia Jenkins; Co-capt., Vonzella Bennett; Advisor, Mr. Walter B. Burrell.

1500 Moderia
Capt., Gary Shaw, Co-capt., Janet Shaw; Advisor, Mrs. Bertha Shaw.

900 N. Milton
Capt., Aletha Threat; Co-capt., Michele Boyd; Advisor, Mary Weather.

1400 N. Milton
Capt., Rozena Smith; Co-capt., Swine Booker; Advisor, Evorlee Jones.

900 N. Patterson Pk.
Capt., Viola Coleman; Co-capt., Lavonne Brown; Advisor, Mrs. Mary E. Jacobs.

1200 Rutland
Capt., Robert Hill; Co-capt., Antony Hill; Advisor, Julia Ross.

1200 Short
Capt., Yolanda Franklin; Co-capt., Donald Missauri; Advisor, Mrs. Ethel Noel.

1200 Short
Capt. Michael Thompson; Co-capt., Julie N. Leto; Advisor, Delores E. Martin.

900 N. Stricker
Capt., Peggy Adams; Co-capt., Myron Henry; Advisor, Mrs. Norma Rogers

300 E. Twenty-Second
Capt., Jean M. Bownes; Co-capt., Carlton Murphy; Advisor, Mrs. Doris Wasnington.

400 E. Twenty-Second
Capt., Vanessa Selby; Co-capt., Lisa Bumbery; Advosor, Margie Fields

1200 Waldo
Capt., Shannon Davis; Co-capt., Arthur Terry; Advisor, Mary N. Davis.

1600 N. Washington
Capt., Adrienne Fitzgerald; Co-capt., Alicia Bland; Advisor, Joan Bland.

1700 N. Washington
Capt., Brenia Dudley; Co-capt., Tamia Stevenson; Advisor, Keziah Sanderlin.

1600 N. Appleton
Capt., Joseph Smallwood; Co-capt., Evon Robinson; Advisor, Mrs. Fannie Hamilton.

900 Argyle
Capt., Lorraine Bagwell, Co-capt., Aphilae Bagwell; Advisor-Alice Freeman.

1100 Argyle
Capt., Darlene Dora; Co-capt., Barbara Lee; Advisor, Mrs. Delores Brown.

1200 Argyle
Capt.-Hilton Jackson; Co-capt., Charles Bradley; Advisor, Mrs. Juanita Heggie;

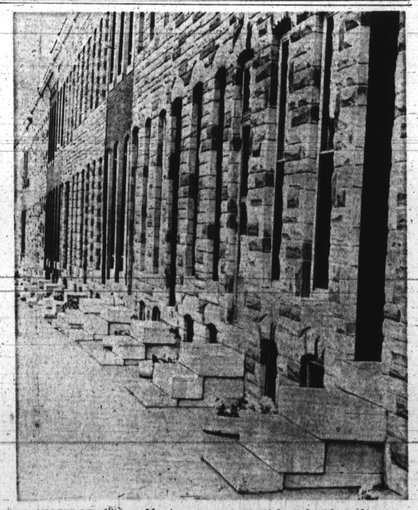
900 N. Arlington
Capt., Harold Scott; Co-capt., Andrew Beasely; Advisor, Mr. Sam Garett.

1800 Braddish
Capt., Darlene Byrd; Co-capt., Larry Jones; Advisor, Mrs. Mitchell

1000 Brantley
Capt., Michael Lewis; Co-capt., Gordan Johns; Advisor, Anne Lewis.

2200 Bryant
Capt., Dale Bush; Co-capt., Frank Faust; Advisors, Mrs. Helen Bush and

(continued on page D-8)



THE CHARM OF white marble steps and their gracious row houses form the traditional Baltimore picture of simple beauty. All this is in the 1500 block Patterson Park Ave. where Louvenia Johnson, captain; Leroy Johnson, co-captain and such workers as Diane Postan, Tammy Saunders, Maurice Johnson, Kim Coates, Tommy Jackson and others take pride in their work. Mrs. Mary E. Jacobs is advisor.

ON THE EASTSIDE

Mrs. Edges, a good neighbor, active in AFRO Clean Block

By GEORGIANNA MOODY

If you talk to Mrs. Mary Edges for a short time you get a sense of feeling that you do less than you should, unless you do all you can.

You get a sense of feeling that man and beast have some kind of duty to perform in this big, wide, beautiful world.

Mrs. Edges feels that the kind of world we have depends on how well individuals do their designated duties to the best of their abilities. She is our good neighbor for the week.

A very kind, gentle, serious, dedicated, hard-working person, Mrs. Edges has lived in the Somerset Homes since 1948. She has taken a very deep interest in her environment.

In, particular, she has spent many tiring days working the AFRO Clean Block Campaign, trying to clean and beautify the community. She has been successful in motivating others to take an interest in community life.

Mrs. Edges works with several social groups, devoting her life to make for a better living environment for her and our children to grow into healthy and happy citizens.

Wherever duty calls, Mrs. Edges gets her "fingers in the pie."

She does wonders with whatever is needed to be done.

Our good neighbor has received several awards for her outstanding leadership in the community.

She belongs to a number of religious groups in the St. Mary the Virgin Episcopal Church, where she has belonged most of her life.

She gives service to the Boy Scouts of America, to the Blue Ribbon Tea and the Blue and Gold Banquet.

She was the first Resident Advisory Board member at Somerset. She is also a nurse.

* * *

Above all, Mrs. Edges is a loving, understanding mother of eight grown children. Her daughters are Mrs. Gloria Hairston, Mrs. Olive McKnight, Mrs. Jean Barnes, Mrs. Mary Moore. Her sons are Eugene, Anthony and James.

Our neighbor's motto is "No man's spirit has ever been hurt by doing his God-given duty to uplift mankind."

* * *

Mrs. Gloria Mayo is back in her home in the 1500 block of Pintwood Road. Mrs. Mayo spest her vacation touring the West Coast and Las Vegas.

Mrs. Lillian Gardner, assistant manager of Lafayette Courts, left for Europe with her family last week.

Mrs. Clara Gordon leaves next week for a vacation in Jamaica's Montego Bay. Many know Mrs. Gordon as the smiling interviewer at Lafayette Courts.

Clean Block on WITH at 9:30 Sunday

Clean Block Director, Paula M. Brooks, will be the guest of "Neighborhood Clinic" with hostess, Mary B. Adams.

The program will be on WITH at 9:30 a.m., Sunday.

Some of the problems, events, and future plans for Clean Block will be discussed. Listen and learn about what will be in store for you.