BALTIMORE RETAIL FOOD PRICE REPORT

Prices up for sweet, white potatoes; eggs, oysters, carton tomatoes down

For Baltimore food shoppers, the Retail Food Price Report brings good news this week. Prices for many grocery items have either decreased or have remained constant since last week. A few products have increased.

This report serves to alert area consumers of the increases and decreases in popular market items. The survey is taken by Helen Huber, marketing specialist at the Md. Department of Agriculture and is a public service release to the AFRO-AMERICAN.

(-) means prices have decreased this week; (*), increase.

VEGETABLES	UNIT	PRICE
-Cabbage	lb.	10-20
-Carrots	lbs.	25-35
Collards	lb.	39-41
Celery	bunch	33-39
-Corn	ear	12-20
*Cucumbers	each	25-35
-Eggplant	lb.	29-49
-Lettuce, Iceberg	head	45-49
-Mushrooms	lb.	99-1.19
Squash	lb.	35-69
Spinach	10 oz.	59-69
Kale	10 oz.	49-59
Onions, Green	bunch	20-26
*Onions, Yellow	lb.	15-29
Onions, Spanish	lb.	29-39
*Onions, White	lb.	59-79
Peppers, Green	each	20-26
*Potatoes, Sweet	lb.	29-39
*Potatoes, White	5 lbs.	59-79
Potatoes, White	10 lbs.	79-89
-Potatoes, Baking	lb.	18-26
Radishes, 6 oz.	bag	15-21
-Turnips, White	lb.	29-49
-Tomatoes, Loose	lb.	59-69
-Tomatoes, Carton	12 oz.	39-59
Broccoli	bunch	59-79
Cauliflower	head	69-99
Parsnips	lb.	59-69
Brussel Sprouts	cup	65-69
*Beans, Green	lb.	49-59
Asparagus	lb.	59-79

EGGS	UNIT	PRICE
-Extra Large Grade A	doz.	73-85
-Large Grade A	doz.	67-79
Medium Grade A	doz.	63-73
-Small Grade A	doz.	49-51

MEATS	PRICE PER POUND
Rib Roast, 7-inch Cut	1.39-1.79
Chuck Roast, Bone-in	79-99
*Chuck Roast, Boneless	1.19-1.39
Rolled Roast, Cross Cut	1.39-1.69
Steak, Round	1.39-1.89
Steak, Porterhouse	1.89-2.49
-Steak, Sirloin, Bone-in	1.39-1.79
Beef, Ground Regular	79-99
Beef, Ground Chuck	99-1.09
*Stew Beef, Boneless	1.49-1.69
Pork, Center Chops	1.49-1.89
-Pork, End Chops	89-1.15
Pork, Shoulder Smoked	59-79
Pork, Shoulder Fresh	69-79
-Pork, Roast Loin End	89-1.19
-Pork, Roast Rib End	79-1.09
*Spare Ribs	1.05-1.29
Ham, Fully Cooked, Whole	1.39-1.79
Ham, Smoked Shank Half	89-1.09
Frankfurters	99-1.19
*Sausage, Fresh "Hops"	1.39-1.79
Bacon, Sliced	1.19-1.79
*Lamb, Leg	1.49-1.89
Lamb, Rib Chops	2.39-2.59
Lamb, Loin Chops	2.59-2.89
Lamb, Shoulder Chops, Rd. Bone	1.89-1.99
Lamb, Breast	69-89
*Veal, Rump Roast	1.69-1.89
Veal Cutlet	3.49-4.29
-Liver, Beef	79-1.09
-Liver, Calves	1.79-1.99*
Liver, Pork	49-69

POULTRY	PRICE PER POUND
Chicken, Fryers Whole	43-59
Chicken, Cut-up Breasts	89-1.09
Chicken, Cut-up Legs	79-99
*Chicken, Roaster Frozen	85-89
Chicken, Stewers Frozen	69-79
Capons, Frozen	1.09-1.39
Ducks, Frozen	99-1.19
Turkeys, Frozen under 16#	59-79
Turkeys, Frozen over 16#	49-69

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	39-49
*Apples, Reg	3 lbs.	89-1.19
Bananas	lb.	23-25
Lemons	doz.	1.19-1.78
Pears	lb.	35-39
Pineapples	each	79-99
-Avocados	each	29-59
Grapefruits, 40's	each	17-21
Oranges, Fla. 100's	doz.	59-85
Coconuts	each	59-69
Oranges, Calif. 88's	doz.	1.09-1.44
Strawberries	pint	69-89
Cantaloupes	each	79-89

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	83-89
Butter, Packages	lb.	80-82
Oleomargarine	lb.	45-81
Cheddar, Mild	lb.	1.29-1.69
Cheddar, Sharp	lb.	1.55-1.79
American Process	lb. box	95-1.05
Milk, P.H., Vit. D	1/2 gal.	74-85
Sugar, Granulated	5 lbs.	1.79-2.19
Flour, White	5 lbs.	79-99
Bread, White	lb.	34-44

FROZEN FOODS	UNIT	PRICE
Orange Juice	6 oz.	20-36
Strawberries	10 oz.	45-59
Beans, Fordhook	10 oz.	37-45
Beans, Cut/Green	9 oz.	32-42
Sweet Corn	10 oz.	30-40
Broccoli Spears	10 oz.	32-46
Peas	10 oz.	30-44
Spinach	10 oz.	20-26

FISH	PRICE PER POUND
-Sea Bass	79-1.09
-Bluefish	59-89
Butterfish	89-1.19
Crabmeat, Regular	3.89-5.39
Croakers	59-1.15
*Flounders, Whole	89-1.49
-Norfolk Spots	79-1.09
*Perch, White	89-1.19
Rock	79-1.29
Shrimp, 21-25	3.19-3.89
*Shrimp, 36-42	3.09-3.39
-Steakfish	79-1.29
-Sea Trout	69-89
Sea Scallops, Frozen	2.35-3.19
-Porgies	55-99
-Oysters, Select, 12 oz.	1.79-2.09
-Oysters, Standard, 12 oz.	1.69-1.99
-Whiting, Frozen	39-89
Halibut, Steak, Frozen	1.99-2.79
Fillet, Haddock, Frozen	1.29-1.55
Fillet, Perch, Frozen	89-1.19
Buck Shad	39-89
Roe Shad	1.19-1.39

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	31-39
Apricots	30 oz.	75-89
Fruit Cocktail	17 oz.	45-51
Fruit Cocktail	30 oz.	65-75
*Pineapple Juice	46 oz.	63-65
Orange Juice	46 oz.	55-63
-Grapefruit Juice	46 oz.	50-68
-Grapefruit and Pineapple Drink	46 oz.	43-55
Blended Juice	46 oz.	53-59
*Pears	29 oz.	69-79
Peaches	16 oz.	40-46
-Peaches	29 oz.	55-65
-Beans, Cut Green	16 oz.	29-41
Spinach	15 oz.	29-35
Spinach	27 oz.	39-45
Beets, Sliced	16 oz.	29-35
-Corn, CWK Vac.	12 oz.	32-40
Corn, CWK	17 oz.	30-40
Corn, CCS	17 oz.	30-40
Green Peas	17 oz.	30-44
Tomatoes	16 oz.	34-46
*Tomatoes	28 oz.	50-66
Tomato Juice	46 oz.	57-69

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Week's Food Economies

With the change of seasons we still find our major portion of vegetables and fruits are still being shipped in from warmer growing areas. We still are using processed foods to a large extent. Protein supplies are easing. However, the smart shopper will still keep an eye out for specials, says Virginia McLockie, food economist, Cooperative Extension Service, University of Maryland.

Signs of spring are reflected in fruit offerings. Look for more than usual supplies of Valencia and Navel oranges and frozen orange juice. The winter pears still available are above normal for this time of the year, as are apples from storage.

Spring fruits in season are strawberries, rhubarb, pineapple and avocados. Make use of these fruits to perk up fruit crisps, salads and desserts. If you are not familiar with avocados, you may wish to try this buttery smooth fleshed fruit with a milk nut like flavor to make a salad or as a garnish. Avocados are ripe when they yield slightly to gentle pressure in the palm of your hands. Use lemon or lime juice on the cut surfaces to keep the fruit from turning brown. This fruit has no carbohydrates but does have a vegetable oil that gives the smooth texture.

The best vegetable buys are white potatoes, dry onions and cooking greens. Salad greens, spring onions and radishes are attractively priced. Our supply of frozen vegetables is larger than last year. Look for good quality sweet corn, peas, carrots, broccoli and green beans. Canned green beans are plentiful and all other canned vegetables are adequate in supply except sweet corn.

For a spring treat, California asparagus is on the market in volume. Pick green stalks with tightly closed tip ends and insist upon freshness. Thick white woody ends of stalks are wasteful and usually inedible. The greener, the better the quality and flavor of this one season vegetable. Serve it plain with just butter.

Meat and protein foods still cost you one third of your food money. Fortunately beef is plentiful, mostly from grass fed cattle which has less fat marbling and fat coating. Pork supplies are down 10 per cent so beef being up 10 per cent counters the meat volume available. Chicken supplies are less than last year but about average for the 1972-74 years. Turkey, eggs, cheese and non-fat dry milk supplies are more than adequate for market demands. Watch for sales and specials and buy just what you need or can use while foods are in prime condition.

Avocado Lime Salad

Dissolve one package lime flavored gelatin and ¼ teaspoon salt in 1 cup hot water. Add 1 cup cold water, 2 tablespoons lemon juice and 1 teaspoon grated onion. Chill until thickened slightly.

Place bowl of gelatin in ice water and beat with egg beater until fluffy and thick. Fold in one avocado mashed to smooth paste. Pour into individual molds. Chill until firm.

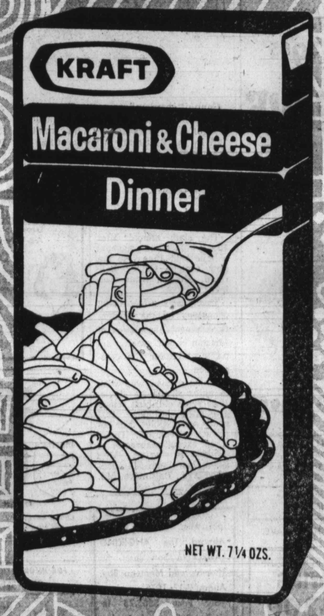
Unmold on salad greens. Garnish with mayonnaise. Makes 6-8 servings.

MAY 10

FREE vision and hearing tests will be offered to 3 year old children at the Metropolitan United Methodist St, on Saturday morning, May 10. The program is sponsored by the Metropolitan United Methodist Church Women, in cooperation with the Maryland Society for the Prevention of Blindness, a United Fund Agency. Parents should call 669-6398 to arrange a screening time for their preschoolers.

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APRIL 20

Sunday, April 20 Baltimore Streetcar Museum will host an antique auto exhibit from 1 to 4 p.m. Weather permitting, the vintage vehicles, including a 1929 Model A Ford, a 1929 Packard, and a 1922 Case, will be on display adjacent to the Museum carhouse at 1901 Falls Road, one block north of Lafayette Ave. The Museum streetcars will be running, rain or shine, on their usual 1 to 5 p.m. Sunday schedule.

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THIS IS PART I

Seafood recipe series: Cooking with shrimp

Shrimp Creole

1 pound cooked, peeled and deveined shrimp, fresh or frozen
1 green pepper, coarsely chopped
1 onion, sliced
1 clove garlic, finely chopped
2 tablespoons melted margarine, or cooking oil
1 can (10½ ounces) condensed tomato soup
1-3 cup water
2 teaspoons lemon juice
½ teaspoon salt
Dash pepper
Dash liquid pepper seasoning
3 cups cooked rice

Thaw frozen shrimp. Cut large shrimp in half. Cook green pepper, onion, and garlic in margarine or cooking oil in a 10-inch fry pan until tender. Add remaining ingredients except rice. Simmer 10 to 12 minutes, stirring occasionally. Serve over rice.

Makes 6 servings.

Shrimp with Chutney Sauce

2 pounds large shrimp, cooked, shelled and deveined
Sauce:
2 teaspoons curry powder
3 or 4 tablespoons chutney
1 tablespoon lemon juice
¼ cup chili sauce, drained
1 cup mayonnaise

Mix all ingredients into the mayonnaise and blend well. Let ripen before using. (Sliver mango in the chutney; dry mustard may be used instead of curry if you prefer.)

Shrimp may be arranged on lettuce leaves in individual servers, with sauce in centre; or they may be placed in a large glass bowl set in ice, with sauce used as a dip.

Broiled Shrimp

2 pounds large shrimp
¼ cup flour
¼ cup olive oil
¼ cup butter
1 cup drawn butter sauce
2 large cloves garlic
4 tablespoons finely chopped parsley

Drop shrimp into boiling salted water. Boil 3 minutes, remove from water, shell and devein. Dust with flour. Put olive oil and butter in flat baking dish and heat under broiler until butter is melted. Place shrimp in dish and broil under low heat about 8 minutes.

Add garlic, which has been put through garlic press, and parsley to drawn better sauce. Pour over shrimp and stir until all are coated. Return to broiler and broil under high heat 2 or 3 minutes. Serve immediately.

Serves 4 to 6.

Drawn butter sauce: Mix 2 tablespoons melted butter with 2 tablespoons flour, ¼ teaspoon pepper, ½ teaspoon salt, 1 teaspoon lemon juice and 1 cup hot water. Simmer for 5 minutes, stirring constantly.

Fricasseed Shrimp

2 pounds large raw shrimp
2 tablespoons chopped onion
2 tablespoons chopped green pepper
1 tablespoon chopped celery
4 tablespoons butter
4 tablespoons flour
1 cup chopped, peeled tomatoes
¾ cup dry white wine
2 cups clam broth
2 bay leaves
½ teaspoon crushed garlic
1 sprig each of thyme and parsley, salt and pepper to taste

Prepare shrimp by peeling and removing black vein, rinse well. Add onion, green pepper and celery to melted butter and cook slowly until soft but not brown. Mix in flour until smooth, adding tomatoes, then wine, broth, shrimp and seasonings. Simmer 20 minutes.

Remove thyme, parsley and bay leaves. Serve on platter surrounded by fluffy rice and garnished with parsley.

Six Boy Curried Shrimp

1 onion finely chopped
¼ cup butter
2 tablespoons curry powder
6 tablespoons flour
2½ cups chicken broth
1 two-thirds cups cream
2 pounds cooked shrimp, cooked rice

Saute onion in butter, add curry powder and blend. Stir in flour and cook 2 or 3 minutes. Gradually add broth, stirring constantly until thick and smooth. Stir in cream and check seasoning. Add shrimp and heat thoroughly.

Serve over rice. As "boys" use chutney, French fried onions, chopped bacon, crushed peanuts, fresh cocoanut and chopped egg.

Serves 5 or 6.



Shrimp Creole is a family favorite. Serve it over fluffy brown or white rice for a delightful springtime entree.

WOODLAWN HIGHLIGHTS

Retirement luncheon for Lucille Reid

By Marjorie R. Green
AFRO Columnist

MRS. LUCILLE REID, veteran of 33 years at the Social Security Headquarters, was the honoree at a retirement luncheon held at Meushaw's Hilltop Restaurant on Friday, April 11.

There were 95 persons in attendance including members of her family. Mrs. Reid's husband, Jerry, a retired SSA employee was seated next to her at the head table. Other relatives sealed at the head table were; Mrs. Wilda Patterson, honorees cousin; Charlene and Anita Stewart, nieces and Lucille's sister, Mrs. Helen Stewart.

In their tributes to Mrs. Reid, the speakers reminded the guests of her unselfish dedication and concern for her co-workers and job. Included in the presentations to her were; money gifts, a scroll, silver sandwich tray, and hand crocheted afghan, a game table and four matching chairs.

Committee persons who planned the luncheon were: Mary V. Smith, chairperson; Leon Jackson, Doris Jett, Roosevelt Scott, Grace Sinnette, Jean Hale and June Trzcinski.

Motion pictures for later viewing were taken by James Davis.

* * *

Wedding bells will soon be ringing for Barbara Cox, Equal Opportunity Specialist with the Department of Interior and Willie Mitchell of Birmingham, Ala. Barbara formerly worked in the Office of Information at the Social Security Administration.

* * *

VERNA DAY, she's just a crazy groupup teenager. It all happened at the Belmont Holiday Inn last Saturday afternoon. Verna walked off as the first

(Continued on page 40)

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Four YWCA trips

All vacationers thinking about joining the YWCA International Division on any of four trips being planned must decide because deposits are due by April 25 for Mexico trip, April 30 for Spain, May 1 for Bermuda, and May 23 for Harper's Ferry, Va.

The eight day trip to Mexico, July 25 to August 2, includes round trip air transportation; three days in Mexico City with tour; a stop in Guernavaca and Taxco, the silver mine city; and four days in Acapulco, including a boat tour. Total cost is $439 with $109 due April 25 and balance due June 8.

* * *

The eight day trip to Majorca, Spain, August 29 to September 5, includes round trip air transportation; six nights at modern hotel with air conditioning and private bath; continental breakfast and complete dinner.

Optional sight seeing tours are available, and ample time to enjoy sea, sun and beautiful landscapes. Total cost is $429 with $100 due April 30 and balance due July 25.

The eight-day trip to Bermuda, September 15 to 22, includes round trip transportation, receiving from and returning to Baltimore, aboard the Mardi Gras, an ocean going cruise ship with inner swimming pools, sports decks, duty free shops, small bars, theatre, grand ballroom and four bands.

Cost ranges from $437 to $502 for adults, double occupancy; $10 less for YWCA members. Cost for children up to 16 years is $95, with two adults. Registration fee of $100 per person is due May 1; balance due July 28.

The one day bus trip to Harper's Ferry Caverns, Virginia, June 8, 9 a.m. 6 p.m., leaves from and returns to the YWCA, 128 W. Franklin St. Included is a picnic stop at Harper's Ferry and a trip through the winding 70 million year old caverns, in two sections, upper and lower with colorful rock formations, brilliant facets of quartz, vast spaces in the fault room and an underground lake. Cost is $8 for adults; $7.50 for YW members; $7 for children up to thirteen years; $5.50 for children under seven years. Reservations with money is due May 23.

Check for reservation for any of the above trips must be made to the YWCA and sent to International Division, 128 W. Franklin St. 21201. For information call 685-1460.

APRIL 21

College Park, Md., — An informal panel discussion on job-finding tips will be held by the University of Maryland's Young Alumni Club April 21 from 2-5 p.m. in the cocktail lounge of the Student Union, College Park Campus.

AFRO MICROFILM — The 12 editions of the AFRO-AMERICAN, dating from 1893, are available on microfilm and are available for purchase by your library or school or museum by writing Bell and Howell, Micro Photo Department, Old Mansfield Rd., Wooster, Ohio 44691.

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"The Little People of 1975" is the theme for the children's fashion show to be presented on Sunday, April 20, 3-7 p.m. by the Young Designers of Baltimore. Two of the youngsters to be presented are from left: Sylvia Dyson, 5, Pimlico Elementary School and Cecilia Pryor, 6, Springhill Elementary School.

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