

'Kneel-In' In Georgia

Atlanta — (RNS) — A new phase of the Southwide sit-in movement was opened here when small groups of Negro college students visited six white Protestant churches in what apparently was the start of a "kneel-in" campaign to speed church integration. No major incidents were reported. Accompanying the 25 Negroes were several white students. They visited First Baptist, Druid Hills Baptist, First Presbyterian, St. Mark Methodist and the Grace Methodist and the Catholic church of St. Philip (Protestant Episcopal).

Ushers at the First Baptist church refused to seat three Negroes among members but permitted them to stand in the foyer throughout the service. People have loved watermelon for thousands of years. The culture of these melons goes back to very ancient times around the Mediterranean and as far east as India. Such melons were grown from seeds which may have been transported great distances. It was David Livingstone, about a hundred years ago, who came upon vast tracts of wild watermelons while exploring in Africa.

This was semidesert and the natives ate melons when they were thirsty. There were bitter melons growing beside the sweet, but Dr. Livingstone soon learned the native trick of plugging the melon to see whether it was the good kind or the bitter.

Did you know that a 25 pound watermelon, called the Tom Watson which grew to be 40 to 50 pounds in size. The modern melon eater likes a nice big melon with plenty of seed-free heart, but the big old Tom Watson was replaced by smaller melons with sweeter, more tender flesh, less fiber and more juice. Today you find "icebox" melons weighing only three to 10 pounds. Scientists have also come up with seedless watermelons. So far they have been too costly to grow but in time may be of considerable commercial importance.

There are many ways of using watermelon. Watermelon, put through a sieve or blender, makes a delightful cold beverage. For a party make a watermelon basket which can be filled with mixed fresh fruit. This requires a whole watermelon. Using a piece of string, find center of the melon. Locate the handle here.

To make a handle, cut crosswise 2 1/4 inch on either side of the center down to the middle of the melon. Cut melon in half lengthwise, leaving the center handle intact. Cut out the pink fruit with a melon ball cutter, removing the seeds as you go along. Scrape out all pink pulp which is left in the shell and drain well. Have melon balls for the salad and make a cooling drink of the odd bits. Using a melon ball cutter, cut scallops in the rim of the rind. Use scooped-out basket for fruit mixture and garnish with melon balls set in each one of the scallops. Here are some of my favorite watermelon recipes.

WATERMELON FRESH ORANGE CUPS
1 c. fresh orange juice
1 T. sugar
1 c. lemon juice
1 c. watermelon balls
Fresh or dried mint leaves
Combine orange juice, sugar, and lemon juice. Mix well. Pour over watermelon balls.

TRUDY'S FAVORITE WATERMELON PICKLE
5 pounds watermelon rind
1 c. alum
1 quart cider vinegar
4 pounds sugar
1/2 t. oil of cinnamon
1/4 t. oil of cloves
Prepare rind by cutting off the green rind and most of the pink center. Cut rind into sterilized jars and seal. Yield: 6 servings.

TRUDY'S TIPS: The average size watermelon yields about 7 to 8 pounds of prepared rind. If you wish you may substitute 2 cinnamon sticks and 1 T. whole cloves for the oil flavorings. The oil flavorings makes the pickle very clear while the whole spices have a tendency to make the syrup cloudy. These pickles can also be made in less time by cooking rind in syrup until transparent the first day but they will not be as crisp.

FRESH WATERMELON JELLY
(A cooling dessert)
2 T. unflavored gelatin
1/2 c. cold water
4 c. sliced watermelon
2 T. fresh lemon juice
Dash salt
4 T. sugar
Soften gelatin in cold water. Place over hot water in mail. Put watermelon through sieve. Add sugar, lemon juice and salt. Stir in melted gelatin. Chill until firm and ready to serve. Serve in sherbet glasses. Top with whipped cream if desired. 6 servings.

At Home With Trudy McNeil

It's Watermelon Time

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Birth Control Pill Challenged

New York — (NC) — An oral contraceptive approved by the Planned Parenthood Federation has been challenged in the past on both medical and moral grounds.

The Federation's medical committee announced (Aug. 3) that it has approved the contraceptive drug Enovid for distribution at the 170 U.S. clinics operated by its affiliates.

THE DRUG, taken in pill form is intended to suppress ovulation and thus make conception impossible. The cost of a month's dosage is estimated at \$10.

The drug was approved last May as safe for contraceptive use by the Food and Drug Administration. It may be obtained by prescription only.

A Catholic moral theologian declared last April that the use of any drug in order to suppress ovulation is "a form of contraceptive sterilization and hence contrary to moral law as understood and defended in Catholic theology."

The statement was made by Father John J. Lynch, S.J., professor of moral theology at Weston (Mass.) College. He was commenting on discussions of Enovid at a meeting in Cincinnati of the American College of Obstetrics and Gynecology.

A prominent psychiatrist recently questioned the medical aspects of the use of Enovid. Dr. John R. Cavanaugh of Washington, D.C., told the international congress of the Federation of Catholic Physicians, meeting in Munich prior to the International Eucharistic Congress.

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Indian Dance Drama Held
Munich, Germany — (NC) — Indian dancers depicted the history of the Eucharist in a dance drama during the 27th International Eucharistic Congress here.

The dance, performed before a crowd of 3,500 including leading churchmen, was written by Father George Frochak, S.V.D. He also composed the spoken text in Hindi, the chief language of northern India.

The veteran Divine Word missionary has served for 28 years in India and is recognized as an authority on Hindu Indian drama. He is a native of Vietnam.

'Motherly Love' Vital For Nun Superiors
South Bend — (RNS) — Motherly love is the most important virtue for superiors of religious houses for women, Bishop J. Carroll McCormick declared here.

"What we look for in the mother of a family in the world, we should also look for in the superior of a religious community — on even a higher and holier level," he added.

Bishop McCormick, recently appointed to the Altoona-Johnstown (Pa.) diocese, addressed 1,200 nuns at the University of Notre Dame's eighth annual Institute of Spirituality. He formerly was auxiliary bishop of Philadelphia.

OBSERVING that "today's mother superiors are often heavily burdened with so much that is material," he warned that the nuns "must ever be on their guard lest they rob their spiritual children of the attention, care and love that Mary gave her little family at Nazareth."

In carrying out their obligation of "motherhood" to members of their communities, Bishop McCormick listed these duties for the religious superiors: They should be examples in the observance of the community rule; they should treat "each member of the community as a cherished member"; they should have "understanding hearts" and should exercise patience and should be humble.

Repairs Agreed At Sepulchre
Jerusalem — (RNS) — Roman Catholic (Lauda Rulle), Greek Orthodox and Armenian Orthodox representatives have finally reached agreement for repairing the cost of urgently needed repairs to the Church of the Holy Sepulchre in Jerusalem's Old City, it was announced.

Control of the shrine, regarded as the holiest in Christianity, is shared by the three Christian communities. The cost of the repairs is estimated at \$200,000.

The Church of the Holy Sepulchre was severely damaged by earthquake in 1897, by fire in 1906 and by unusually heavy rains in 1964. Restoration work was begun in 1958 and it is estimated that \$1,000,000 will be needed before it can be fully reconstructed.

Capri Club Dance Set
Capri Club will hold a dance Aug. 13 in the Columbus Civic Center ballroom from 8:30 p.m. till 12:30 a.m. with music by Johnny Capone and his orchestra. Admission is \$1 for members and \$1.25 for non-members.

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SMOKED CALAS 35c LB.
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GROUND BEEF 53c LB.
4 to 6 Lb. Average Texas, White or Comb. Fresh Ground Hourly

FROZEN TURKEYS 45c LB.
TOP FROST OVEN-READY 6 TO 8 LB. AVG.

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