WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND

AKA, half-century old, turns goal toward world betterment

Portraying AKA sorority as a "beautiful baby born on the campus of Howard University 50 years ago, who has matured into a woman of charm as well as concern over the world's needs," Mrs. Emily E. Brinkley of Philadelphia set the tone for Founder's Day celebration here, Saturday.

Mrs. Brinkley, director of the North Atlantic Region, was speaker at the Golden Anniversary banquet, held in the Madison Avenue branch.

* * *

THE SORORITY, she pointed out, has withstood the jazz age, party-going and dancing as main objectives, and is now directing its energies to the important needs in housing, health and human rights.

She admonished her sisters to not waste time worrying about the ills that might happen, but to turn their time to making the right things happen. She urged them to believe in the golden rule, in the ideals of courtesy, kindness, loyalty and courage.

"Though 50 years old this year, Alpha Kappa Alpha has existed only long enough to lay the ground work for really great accomplishments," the speaker said.

Mrs. Brinkley was presented by Mrs. Flossie Dedmond, basileus of Epsilon Omega chapter, hostess. Presiding was Mrs. Jean B. Owens, with the greetings and grace being given respectively by Mesdames Katherine Gross and Cleo Diggs.

* * *

HONORED upon the occasion were sorors who had been AKA's for 25 years or more. Tributes were paid in dance by Sorors Geraldine Carter, Janie Jackson, Carolyn Shelton, Jacqueline Carter, Norma Sharpe and Diane Walker of Alpha Delta chapter and Soror Betty McLemore of the hostess chapter.

The tribute in song was by Soror Mary Robinson; and in verse by Soror Vernice Matthews, whose original poem "Sorors You Are Beautiful Tonight," has become a classic, and Soror Gladys Reed.

Soror Bettye Williams presented the honorees, all of whom received corsages designed by Mrs. Gross and executed by Stanley Beckett.

* * *

IN A symbolic building of the "string of pearls," Miss Williams presented Sorors Vivian Cook and Erma Davis, chapter founder and incorporator.

Adding to the "string" were the 25-year members including:

Sorors Lilla Barnum, Agnese Brown, Margaret Buck, Zina Campbell, Flossie Dedmond, Sarah Early;

Sorors Mabel Frisby, Emma Gilkes, Rosa Hampton, Beatrice Hurt, Blanche Hughes, Constantia Jackson, Laura Jones, Dorothy Koger;

Sorors Vernice Matthws, Agnes Patterson, Beatrice Reesby, Marion Reid, Vernniece Reynolds, Sarah Sampson;

Sorors Mildred Seaborne, Louise Sergeant, Elsie Sessoms, Lois Stubblefield, Charlotte Swan, Jean Turpin, Delaphine Warrington;

Sorors Anita Wheatley, Maude L. Williams, Vera Williams, Viola Wright and Lillian M. Parrott.

The re-dedication was lead by Past Supreme Basileus Edna O. Campbell.

* * *

THE BANQUET was arranged by a committee headed by Sorors Gross, Alice Harris, Gladys Reed and Betty Williams.

The banquet was one of three affairs at which Epsilon Omega marked the golden anniversary of the sorority.

A dance on Friday evening preceded the banquet, and a soiree on Sunday afternoon closed the celebration.

Soror Emma Bright headed dance committee, with Soror Florence Dennis and Hermia Jordan as co-chairmen.

* * *

THE SOIREE was held in the auditorium of the Carver Vocational High School, and featured the Deborah London Dancers, Miss Anna Marie Moylan, ballet dancer and Soror Marion Knox Lofter, contralto. Soror Charlotte Swan was accompanist for Mrs. Lofton.

This activity had as chairman, Mrs. Lillian Parrott and co-chairmen, Mesdames Emma Bright, Elsie Sessoms, Maude Williams and Viola Wright.

TWIN CITY — Mrs. Pauline Richardson, financial secretary of the club, entertained the group at her home, 1824 Thom as Ave., Wednesday evening.

The club is headed by Mrs. Ruth Jones. Mrs Nancy Wallace is recording secretary.

PHOTOGRAPHED AT SOIREE, which was one of the triple events marking the 50th anniversary of Alpha Kappa Alpha Sorority in Baltimore last week end were, left to right, Mesdames Vivian Cook, historian of Epsilon Omega Chapter; Lillian Parrott chairman of soiree committee; Deborah London, dancer, and Marion Lofton, program artists; Flossie Dedmond, basileus of the chapter and Viola Wright, a co-chairman of the soiree committee.

A.K.A.'s host 600 at dance

Sorors of Epsilon Omega chapter of Alpha Kappa Alpha entertained 600 guests at a dance held in the Alcazar, Friday evening

Hostesses and their escorts includ ted:

Messrs. and Mesdames Frank E. Walker, Abdella J. Campbell Sinclair Swan, Earl Koger, Medford Reynolds, Joseph Jackson,

Messrs. and Mesdames Harry A. Carpenter, John Sessoms, William E Matthews, C. Donald Parker, Wilbur G. Valentine, Harold Clark,

Messrs and Mesdames Theodore Johnson, John Wilson, A. C. Hughes, William Henderson, James McGlothern, Charles A. Reid.

Messrs. and Mesdames Clarence Gross, William Greene, Clifton Jones, Charles Colbert, Jr., Marshall Bright.

Messrs. and Mesdames Mark Patterson, S. H. Wyatt, Joseph R. Lee, Houston R. Jackson, Leon Young, E. S. Patterson,

Messrs. and Mesdames John W. White, Marvin E. Davis, Raymond Carpenter, Jr., Raymond Taylor, Walter Gray, Joseph Raye, Ronald Rayne, Edward Thornton,

Mesdames Hermia M. Jordan, Esther LaForest, Gertrude Urquhart, Emma Gilkes B. J. McLemore, Elizabeth Nalle, Lillian Parrott, Dolores Shorter;

Misses Betty Williams, Estella Theobald, Mamie Fitzhugh, Marion Gregory, Florence Dennis, Gloria McDaniel, Marion Ried,

Misses Helena Hall, Rosa Misses Helena Hall, Rosalind Allen, Audrey Bennett, Dorothy Booze, Edmondia Townes, Marlene Preston, Juanita Holsey, Dr. Regina Goff.

Messrs and Mesdames Robert Williams, Crafton Read, Charles Barnum, Charles Owens, Jr., Samuel F. Williams, Robert W. Smith;

Drs. and Mesdames F. H. Dellimore, C. Dudley Lee, McKinley Reesby, Benjamin F. Browne;

Alexander Gates, Leroy Bundara, Joseph Yates, Richard McGuire, Wade Blacker, William Walker, Nelson Johnston, Sr., Clarence Contee,

Edward Reid, McQuay Kiah, John Hagan, Virgil Young, Frank Johnson, Frank Ellis, Leroy Grant,

Jay McRae, Lester S. Norris, Sr., Delbert Harden, Dr. Frederic A. Jackson, Philbin Scott; Oliver Walker, Nathaniel Branch.

Among guests were:

Messrs and Mesdames Richard J. Brown, Calvin Ashe, Nelson M. Williams, Everett Bess, Irving Council.

UNDER GRADUATE SORORS OF A.K.A. (Alpha Delta Chapter, Morgan State College) were among guests at the Golden Anniversary banquet, in Baltimore, Saturday evening. Shown, top: Misses Brenda Hemingway, Betty Graves, Vivian Fawlkes, Marion Patton; center: Misses Larett Watren, Delores Gladden; bottom: Miss Marco Fossett.

Butler-Clerkley betrothal told

Mr. and Mrs. Maceo C. Clerkley Sr. have announced the engagement of their daughter, Yvonne Lizara, to Albert L. Butler BT3 U.S.N.

Miss Clerkley is a member of the February, 1958 graduating class of Douglass High School.

Mr. Butler is the son of Mr. and Mrs. Nathaniel Butler of Evans Chapel Road. He holds the rating of Boiler Technician 3rd Class and has been stationed in Argentia, Newfoundland, for 19 months. He left January 6, to complete a nine month tour of duty aboard the U.S.S. Newport News.

A late summer wedding is planned.

MISS YVONNE CLERKLEY

Clubs

CHAUFFURETTES — The Social and Saving Club met Monday night in the home of Mrs. Emma Jackson, 1643 W. North Ave.

Plans were made for their annual bus trip to Asbury Park, N.J. on June 29. They will also hold a rally in April.

Members present were:

Mrs. Mildred Beams, president; Mrs. Carrie Roy, vice president; Mrs. Selma Bailey, financial secretary; Mrs. Emma Jackson, recording secretary; Mrs. Bertie C. Robinson, chaplain; and Jannies Dyson, business manager.

The next meeting will be with Mrs. Bertie Robinson of 1722 Calhoun St.

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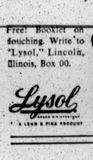

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Clubs

APOLLO — The whist club was entertained by Mrs. Eliza Carpenter, 1333 Druid Hill Ave., last week. They held a Polly Anna party. Prizes at cards went to Mrs. Theresa Fonseca, Mrs. Gertrude Patterson and Mrs. Mary Brisco, members; and Mrs. Dora Datcher, guest.

ROMANIA—The social club met with Mrs. Cora Mackey of 1800 Division St., where they held election of officers.

Heading the club this year are:

Miss Mary F. Ransom, elected president for the 21st consecutive year; Mesdames Mary Brown, vice president; Florence Douglas, financial secretary;

Mesdames Kathleen Oden, recording secretary; Annie Hinton, treasurer; Mamie Allen, sergeant-at-arms; Carrie Walker Jackson, Charles Cephas, Grover Mackey, counselor; Martha Shelton, editor; Edith Toney, business manager.

Cards followed the business session, with pokena prizes going to Mrs. Kathleen Oden, (first) Mrs. Edith Toney, second; and Mrs. Sarah Maben, the booby.

The next meeting will be with Miss Ransom at 527 N. Calhoun St.

COUNCIL — The planning committee of the Baltimore Council of the National Council of Negro Women met recently, at the home of Mrs. Margaret Jones, 2830 Riggs Ave.

Plans were completed for a card and bingo party to be held on March 13 at the YWCA. Mrs. Margaret Jones is chairman and Mrs. Melba Green is co-chairman.

Plans were also discussed for the national membership drive tea, scheduled in January.

Mrs. China Dean is acting president of the committee during the absence of Mrs. Salome Fuller. Mrs. Jeannetta Wilson is general program chairman.

Attending the committee meeting were:

Miss Kate Sheppard, Dr. Banks, Mrs. Amanda Finch, Maybelle Weaver, Mrs. Sallie Mrs. Ada Smith, Mrs. Melba Green;

Mrs. China Dean, Mrs. Anne Beardenkopf, Mrs. Margaret Jones, Mrs. Jeannetta Wilson, Mrs. Albert Wylie and Mrs. Elizabeth Tinsley.

MASONS — The Trustee Board of the Building Fund Committee of A.A.S.R.F.M. met with Mrs. Ethel Bright of 1727 Jefferson St., Monday.

The group drew up rules for the board and elected the following officers:

Samuel Bentley, chairman; John Watkins, assistant chairman; Mrs. Valarie Graves, recording secretary; Mrs. Elizabeth Bright, financial secretary; Mrs. Eula Horton, treasurer; Bennett Bailey, business manager and William Litaker, assistant business manager.

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Chili with meat balls spiced with oregano for new flavour

Oregano is a pungent herb that American cooks are discovering these days.

This herb, in flavor something of a cross between sage and marjoram, has been beloved in Europe for centuries. But until comparatively recent years it was such a stranger in this country that few people even knew how to say its name. Recipies that did call for the herb usually tactfully spelled out the pronunciation "O-REG'-ANO."

However, that's all changed—and how!

Whenever people who know good food get to talking, oregano's name is pretty certain to come into the conversation sooner or later — because the characterful, versatile spice does so much for so many different foods.

Here are just a few ways in which oregano can turn an everyday dish into an exciting culinary triumph:

Sprinkle a few crushed oregano leaves over scrambled eggs just before serving. Rub a leg of lamb with oregano before putting into the oven. Add a dash of ground oregano to your favorite baked bean recipe. Perk up tomato sauces and meat gravies with a touch of oregano. Put beef stew in the company special class with a pinch of ground oregano.

The following recipes developed by the American Spice Trade Association demonstrate how dehonair oregano shines, with equal aplomb in fish, vegetable and meat dishes.

* * *

CHILI WITH meat balls is made with one pound ground lean beef, one-third cup fine dry bread crumbs, one egg, lightly beaten, one teaspoon salt, two teaspoons chili powder;

One-fourth teaspoon ground black pepper, two tablespoons instant minced onion, one fourth cup tomato juice or milk, two tablespoons shortening, one-third cup instant minced onion, one-half cup chopped green pepper, three to four teaspoons chili powder, one teaspoon crumbled whole oregano leaves, one-fourth teaspoon ground black pepper, one-fourth teaspoon garlic powder, two cans (8-ounces each) tomato spice, one pound can red kidney beans and five cups hot cooked rice.

Combine first eight ingredients. Shape into balls. Brown on all sides in hot shortening. Remove meat balls. Add the one third cup minced onions, green pepper, chili powder, oregano leaves, and cook until peppers are limp. Add black pepper, garlic powder, tomato sauce and red kidney beans. Cook five minutes or until thickened. Add meat balls. Heat and serve over hot cooked rice.

YIELD: 6 servings.

FOR Potatoes Pizzaiola use two pounds medium potatoes, one-inch boiling water in saucepan, one teaspoon salt, two tablespoons olive oil, two tablespoons tomato paste, two and one-half cups (No. 2 can) tomatoes, one teaspoon salt, one teaspoon crumbled whole oregano leaves, one-half teaspoon ground black pepper, and one-fourth teaspoon garlic powder.

Wash potatoes, peel and place in a saucepan with one-inch boiling water and one teaspoon salt. Parboil about 15 minutes. Drain and cut into slices one eighth inch thick. Set aside.

Heat olive oil. Add tomato paste, tomatoes and seasonings. Cook 5 minutes. Add sliced potatoes. Cook 8 to 10 minutes or until potatoes are tender. Serve hot at once. YIELD: 6 servings.

SALMON LOAF with Herbed Tomato Sauce is made with two one-pound cans salmon, one cup fine dry bread crumbs, four eggs, two teaspoons salt, one-fourth teaspoon ground black pepper, two tablespoons fresh lemon juice, one teaspoon crumbled whole oregano leaves, one-half teaspoon crumbled whole thyme leaves, two tablespoons butter or margarine, two tablespoons flour, one cup tomato juice and herbed tomato sauce.

Flake salmon and remove bones. Add next seven ingredients. Melt butter or margarine and blend in flour. Stir in tomato juice and cook until medium thickness. Mix with salmon mixture.

Turn into a well greased 9x5-inch loaf pan. Bake in a preheated moderate oven (350 degrees F.) 35 to 45 minutes or until done. Serve hot with Herbed Tomato Sauce. YIELD: 8 servings.

Herbed Tomato Sauce requires eight-ounce can tomato sauce, two tablespoons tomato paste, one-fourth teaspoon crumbled whole oregano leaves, one-fourth teaspoon salt, one-eighth teaspoon ground black pepper, and one-eighth teaspoon garlic powder.

Combine all ingredients and cook 8 to 10 minutes. Serve over Salmon Loaf.

YIELD: 1 cup

CHILI WITH MEAT BALLS— Chili becomes a company special dish when the tomato sauce for the meat balls is savory with oregano, minced onions and chili powder.

Variety meats spice menues

Variety is the spice of life and the spice of meal planning.

If you would like a change in your menu, something that is easy on the food budget yet contributes to sparkling health of the family, choose variety meats.

This group of meats, the edible parts of beef, veal, pork and lamb which cannot be classed as regular cuts, include liver, heart, kidney, tongue, tripe, brains and sweet breads.

Because of small demand, some variety meats are from a third to a half the price of regular cuts of meat, they offer a more generous supply of minerals and vitamins, especially iron and A and B Vitamins.

* * *

THERE IS LITTLE WASTE in variety meats. You get more servings per pound than from many meats. Consider these meats as you would ground beef when figuring numbers of servings per pound. For most uses and most families, you would get about four servings per pound from variety meats.

Appearance is your guide to selection. They should have a fresh plump appearance. If variety meats are held beyond good quality, they look dried out or rough around the edges. Color is important, too. The entire piece of meat should be evenly colored. Each meat has its characteristic color. Liver is deep red to red brown. Kidneys are deep red-brown. Heart should be bright-dark red.

LIVER IS THE more commonly known variety meat. Beef, veal pork and lamb liver are available on the market. Veal liver is from young calf, light colored and velvety textured with a delicate flavor. This is the most expensive choice of liver.

Baby beef or yearling beef liver is an intermediate between calves and beef liver and is moderately priced. Beef liver is from mature cattle. It is more coarse in texture and the strongest flavor of beef animal livers. It is less expensive.

Pork liver has the most defined liver flavor and is the least expensive on the market. It is also the darkest in color.

Lamb liver is mild in flavor and when properly cooked, is difficult to distinguish from calves liver.

In preparation, liver is classed as a tender meat. Broil, oven pan fry veal, lamb, calves or baby beef liver. Braise beef or pork liver.

* * *

HEART, KIDNEY and tongue are meats which need most careful cookery to make them tender and palatable. When cooking these meats, consult a good cook book for time and recipe ingredients for flavorings.

Variety meats are more perishable than most other meats. Be sure to use them soon after purchase. Wrap loosely in waxed paper and store in the coldest part of the refrigerator. The best plan is to buy enough for one meal, so the family will not need to eat leftovers.

Several other protein suggestions are on the recommended list because of attractive prices. The poultry counter offers turkey for the best buy. Eggs are plentiful this time of year and prices are lower than they were several weeks ago. Grade A Large eggs are the best buy. The fish counter offers a variety of economical buys in fresh fish. Butterfish, sea bass and porgies are suggested.

* * *

WHITE POTATOES are an excellent choice in produce. You may choose several kinds for different uses, regular boiling and baking types or new red-skins. Onions are low in price and high in flavor value. Canned peas and corn are good buys.

Apples and grapefruit are the best fruit selections. Include fruit in the family's diet daily especially a citrus for Vitamin C.

Remember to call "Timely Food Tips" SAratoga 7-5073.

BRAISED BEEF OR PORK LIVER

Slice beef or pork liver ½ inch thick. Sprinkle with seasoned flour. In 1 or 2 tablespoons hot bacon or other fat in skillet, brown liver on both sides. Add 1/3 cup water or tomato juice; simmer, covered 30 minutes, or until fork-tender.

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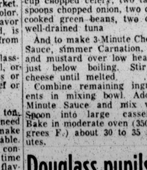

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FOR TUNA-POTATO Casserole use one and two-third cups (large can) undiluted Carnation Evaporated Milk, one-half teaspoon salt, two teaspoons dry mustard, two cups grated American cheese, four cups sliced, cooked potatoes, one cup chopped celery, two tablespoons chopped onion, two cups cooked green beans, two cups well-drained tuna

And to make 3-Minute Cheese Sauce, simmer Carnation, salt and mustard over low heat to just below boiling. Stir in cheese until melted.

Combine remaining ingredients in mixing bowl. Add 3-Minute Sauce and mix well. Spoon into large casserole. Bake in moderate oven (350 degrees F.) about 30 to 35 minutes.

Douglass pupils exhibit jewelry

A demonstration of simple jewelry making by pupils of Douglass High School No. 450, will be given at Edmondson High School, February 12.

The demonstration is a part of the city-wide art teachers workshop sponsored by the Department of Education.

The phases of jewelry making to be shown are copper and metal work.

Pupils demonstrating are Daisy Wilson, Patricia Gayles, Charles Bates, Frank Chester and Esther Merritt.

THE PUPILS ARE under the direction of Mrs. Gwendolyn DeCecilio and Mrs. Genevive Harris.

Aleathea Branch represented Douglass at Carver Vocational's annual Student Day. She sang, "He's Got the Whole World in His Hand." She was accompanied by Carolyn Ford.

COOKING IS FUN

Better breakfasts are a 'must' for winter months

During February and March your key words in food are "better breakfasts."

These are months designated as time to repair your nutritional status by checking the important beginning meal of the day.

* * *

WHAT MAKES one breakfast menu better than another? In order for breakfast to do its share in giving you the nutrients you need each day, the morning meal should follow this pattern: fruit or fruit juice; an egg, if possible; whole grain or restored cereal; enriched or whole grain bread; butter or fortified margarine, and milk.

Be especially sure your breakfast breads, if not whole grain, are enriched. Enrichment gives them three B-vitamins and food iron.

* * *

BREAKFAST IS a pleasure, too, when you've baked a Marmalade Scone Whirl.

Sift together two cups sifted enriched flour, one tablespoon baking powder, 1 teaspoon salt and one tablespoon sugar.

Cut or rub in ¼ cup shortening until mixture is crumbly. Mix one egg, beaten, and three fourth cup milk. Add liquid mixture to flour mixture, stirring lightly until flour is moistened.

Spread in greased nine-inch round pan. With spoon or floured fingertips, make circular grooves in dough, making the first one about an inch from edge of pan.

Fill grooves with three-fourth cup marmalade or preserves. Bake in moderately hot oven (400 degrees F.) 20 to 25 minutes. Serve hot. Makes 1 9-inch coffee cake.

* * *

A "NATURAL" for February is this quick Cherry Bread.

Stir in 1 cup chopped nuts, if desired. Bake in greased loaf pan, 4½ x 8½ inches, in moderate oven (350 degrees F.) 1 hour and 15 minutes. Makes 1 loaf.

Add chopped nuts for crunchy goodness, if you like. Sift together 2½ cups sifted enriched flour, 2 teaspoons baking powder, 1½ teaspoons salt and ½ teaspoon soda.

Cream together cup shortening and 1 cup sugar until light and fluffy. Add 1 egg, mixing well. Add 1 cup chopped drained maraschino cherries. Add flour mixture to creamed mixture alternately with ½ cup milk.

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Cold, Cold Heart — In the Middle of an Island
Come Next Spring — Can You Find It In Your Heart

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