FOR WOMEN ONLY

Food, Beauty garden, career tips for home makers

Mrs. Vera Jones

Friends say her parfaits are "out of this world"

PHOEBUS, Va. — Anyone in this town will tell you "Vera's parfait pies are simply out of this world!"

They will be speaking of Mrs. Vera Gayle Jones, who comes of a family of famous cooks.

Mrs. Jones began her cooking career at the age of seven, with her mother as instructor. When she had learned the rudiments, her father took over the teaching. And when she reached college age, she naturally turned to home economics courses.

So you see cooking is a hobby with all of the Gayles, including a son who is a widely known chef in NYC.

Mrs. Jones has been rather inactive during the past year, while recuperating from a broken ankle, which still has her handicapped. So, that with the exception of growing flowers, sewing and crocheting, she is taking it easy these days.

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PRIOR TO HER INJURY, however, she was busily engaged in Red Cross work and with activities in the chest, heart and blind organizations. She is a member of Zion Baptist Church, Hampton.

Mrs. Jones is a widow. Her husband was Dr. J. J. Jones Jr., M.D., a captain in the Army during World War II, and whose travels took the two of them all over the country.

In fact, Mrs. Jones owes her wide collection of recipes to her travels with the Captain.

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HER FAMILY CONSISTS of the mother, Mrs. Susie B. Gayle, R.N.; her father, W. H. Gayle, who is president of the Phoebus branch of the NAACP, president of this city's Civic League and a deacon in their church. Mrs. Jones also has an adopted daughter, Susie Gayle Jones, 2.

Says Mrs. Jones:

"THE FIRST STEP for any parfait pie is to prepare a tender flaky pastry shell. The shell should be baked and thoroughly cooled for the filling.

"To make Orange Blossom Parfait Pie you will need for the filling: one package lemon flavored gelatin, one cup hot orange juice, two tablespoons Curacao (orange flavored liquor), one-half teaspoon grated orange rind, and one pint vanilla ice cream.

"TO MAKE THE FILLING, dissolve the lemon flavored gelatin in the hot orange juice in a two-quart sauce pan. Add grated orange rind and Curacao.

"To this part of the mixture add the ice cream, by spoonfuls, stirring until melted. Chill until thickened but not set. This will take ten to fifteen minutes.

When chilled, pour thickened filling into cooled baked pie shell, and resume chilling until firm . . . another fifteen to twenty minutes.

"Garnish with thin orange slices, cut from the whole orange and quartered, with sprinkles of shredded coconut; or with whipped cream and coconut."

MRS. JONES ALSO makes a pineapple-banana parfait pie, for which she uses a nine-inch pie shell.

For this filling she used a package of lemon-flavored gelatin, one and one-fourth cups hot pineapple juice plus one-fourth cup of water; a pint of vanilla ice cream, a No. 1 (flat) can of crushed pineapple, drained, one-half cup sliced bananas, and two tablespoons sliced maraschino cherries.

To make the filling she dissolves the gelatin in hot juice and water in a two-quart saucepan; adds ice cream by spoonfuls, stirring until melted; chills until thickened, but not set. This takes from 25 to 30 minutes.

INTO THE CHILLED thickended mixture she folds the drained pineapple, sliced bananas and cherries. Then she turns this into the pie shell, chills until firm, and garnishes with whipped cream, additional sliced bananas and cherries.

For this pie, Mrs. Jones says you must use either fresh or frozen pineapple, and she thinks adding a bit more than usual shortening to the pie shell gives it desired added flakiness.

LULA JONES GARRETT

New moms often blue

By DOROTHY V. WHIPPLE (AP Newsfeature)

About a week, maybe a few days more or less, after your baby is born, you are going to feel terrible.

If you expect it, even look forward to the depression, you won't feel half as bad as if you don't know it is coming.

ALMOST EVERY new mother goes through a weepy stage when she is sure her husband doesn't love her anymore and that life with a baby is going to be awful. And every new mother gets over this stage, too.

You feel this way, not because the world has really gone back on you, but because your body is going back to normal in a rush and some of your glands have overshot their mark.

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REMEMBER how you felt at the beginning of pregnancy? Rather tired, a little nauseated maybe, and sometimes jittery? That was your body getting used to being pregnant. After a while you felt better; you adjusted to being pregnant.

After your baby is born your body has it all to undo. This is a big drain on your glandular system, and in almost all women the readjustment of the glands makes you pretty upset for a short time.

When you feel the lowest, if you can just remember that almost all new mothers feel this way and that it's due to physical changes in yourself, you won't feel half as bad.

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FATHERS, as well as mothers, need to know about this low point after a baby's birth.

Young Ralph Strong was about ready to chuck the whole job of being a husband and father. All through Mary's pregnancy he had been kindness itself, but he just wasn't prepared for what happened when Mary and the baby came home from the hospital. He couldn't seem to do anything right.

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He said the baby looked like Andy Gump (he did, too) and Mary wept and stormed at him that he didn't love the baby. He had never known Mary to be so unreasonable.

She cried and made stinging remarks every time he turned around. The Mary he had married seemed to have disappeared. It was hard even to be civil to this weepy, irritable person. After a day or two, he began returning her jabs.

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If Mary could only understand that she felt as she did because her body was playing tricks on her, she could have been a lot nicer to her husband. And if Ralph could understand, too, that Mary was going through a difficult time, he could have thrown humor mixed with tolerance into his behavior.

WITH UNDERSTANDING, the two of them could weather the storm. After all, these symptoms pass just as the rash of measles passes.

15 WOMEN COMPLETE NURSING TRAINING

GREENWOOD, Miss. (ANP)—According to Mrs. Henry Kennedy, chairman of the home nursing division of the LeFloro County chapter, American Red Cross, 15 women received certificates and pins last week upon completing the nursing course designed to serve the care of children and sick persons in their homes.

Henry Greenberg shows some of the 3500 salt and sugar-free and low-calored food items which will be available at the Maryland Dietetic Food Co., 4410½ Reisterstown Rd., Baltimore.

3,500 food items take gloom out of dieting for health, beauty

By LULA JONES GARRETT

BALTIMORE —You may have pan cakes and syrup though on a sugar free diet, or eat chocolates and fruit cake and still whittle down your waistline.

THERE ARE 3500 food items which will allow you to do just this . . . all to be conveniently purchased at a smart new store, the Maryland Dietetic Food Company, 4410½ Reisterstown Road, here.

The new store, owned and operated by Henry Greenberg, had just put out its neon sign, put in its shelves, and had stock delivered when I visited, this week. We spent more than an hour poking into boxes and crates and pulling out all sorts of goodies, and learning about the service to be offered.

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MR. GREENBERG, who is to be the distributor of these dietetic foods throughout Maryland, Washington and Delaware, pointed out the need for such a service. There are 17,000,000 diabetics in this country and more than 25,000,000 overweight persons, he said.

Not only their health depends upon special foods but their happiness, he says. That it is no longer necessary to have a tasteless meal, though on a diet, is the wonder of these foods. For, from soft drinks to chewing gum, the taste is the same as the high - caloried and sugar sweetened items.

FOR INSTANCE, a slightly sweet - tasting and delicious honey bread is one of the items. It is made from rye flour, honey, buttermilk and leavening. A slice has less than a quarter of that of regular honey bread.

—o O o—

A SALAD DRESSING, made from soy beans and lemon juice has the tooth-savoring tang of a homemade article. There is a dietetic pack of tuna fish, a series of soups, all low - caloried.

The chocolates, mint patties, fruits and nuts are all low - calorie! There are jellies and jello dessert, cranberry sauce, pineapple juice etc., which are identical in flavor, and put out by the manufacturers that produce the regular items.

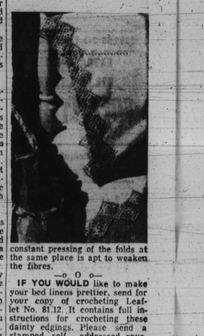
You may chew gum which has no salt or sugar, use baking powder which has no sodium and even relieve a cough with sugar-free drops.

The store will carry other health items, such as yogurt, wheat germ, Saratoga Spa water and blackstrap molasses . . . in fact, about everything in the food line to keep you both healthy and beautiful.

Though a distributor, Mr. Greenberg will also have a retail department.

Needlecraft News

by Nancy Baxter



THE TREND is for prettier bed linens, more colorful and decorative pillow cases and sheets.

Pastel - tinted linens and those trimmed with lacy borders add touches of elegance to the bedroom and help to enhance its restful atmosphere.

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YOU CAN GIVE your own linens the fancy treatment by crocheting edgings, in delicate patterns and colors, for your sheets and pillow cases. Edgings like these illustrated are easily made by crocheting the square motifs individually and stitching them together to form a neat design.

Each motif, made of crochet cotton in a mellow blend of shaded peaches, has a daisy - like flower as its center framed with a fine, picot edging.

—o O o—

TO KEEP your pretty lines looking fresh and new, take care while washing, drying and ironing them. Wash them with a good household soap and rinse thoroughly.

For white linens, occasionally use a little bleach in the rinse water. Try to shake or fold ironing them evenly over a clean line. Pin them securely in several places, watching that you do not snag any fancy edgings.

It is a good idea to iron sheets off center and gently at the folds. Ironing can be harder on sheets than actual wear, because the constant pressing of the folds at the same place is apt to weaken the fibres.

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IF YOU WOULD like to make your bed linens prettier, send for your copy of crocheting Leaflet No. 81.12. It contains full instructions for crocheting these dainty edgings. Please send a stamped, self - addressed envelope to the Needlework Department of this paper with your request.

Sulfur discovery is boon to hair, scalp

NEW YORK, N.Y. — A new scientific form of sulfur has been hailed by hair and scalp specialists all over the country. This new achievement, called Soluble Polysulfides, is revealed as a "super-sulfur," capable of doing things that no ordinary sulfur could ever do.

It is said to increase greatly the value of medicinal sulfur for the hair and scalp, the element that has long been an important part of doctors' prescriptions for the health and beauty of the hair.

WHEN THE new sulfur wonder drug was discovered, a leading laboratory immediately began to develop a special formula for which they could use every body to help the hair and scalp. After eight months of experiments and testing, a unique new compound was perfected.

This special formula, named Sulfur-8, features the power of the "super-sulfur," along with other important health and beauty elements.

AS SULFUR-8 was put on sale and people began to try it, dealers reported fast - growing demand for the new discovery. The schools which will accept announced that in the short time since it was introduced, millions of jars have already been used.

It has been definitely established as scientific fact that the length and quality of the hair, and the way it grows, depends on the scalp. Scientists have proved that a person can have long, naturally attractive hair only if the scalp is in condition to make it so.

That is why people who are hoping for good looking hair—growing out soft, smooth, and lustrous—have been urged by these specialists to consider the condition of the scalp at the same time.

Sulfur-8 is said to be outstanding in this direction. It was formulated to work on the scalp as well as the hair—to benefit as it beautifies. This potent power has become known as Sulfur-8's "double-action."

Users of Sulfur-8 have reported amazing results on certain conditions that were holding their hair back from looking and feeling its best.

They declare that when they rub Sulfur-8 into the hair and give the active ingredients a chance to work, the scalp begins to feel more alive and the hair soon begins to look long er, thicker, and more attractive.

Among the things that the public is cautioned to watch out for are: Too much hair in the comb, because the brittle-dry hair is cracking and breaking off too short; split ends that make the hair frizzy looking and hard to manage; ugly scalp - clogging dandruff scales; and an itchy scalp that feels "tight" from unnatural dryness, possibly due to harsh treatments.

People who notice signs like these are advised to take action at once with a good medicated conditioner like Sulfur-8.

FASHION SHOW

SALISBURY, N.C. — The mid-summer fashion sponsored by the Salisbury-Rowan Beauticians and Home Demonstration Clubs, was held recently in the auditorium of the local library.

OFF TO EUROPE

SALISBURY, N.C. — Mrs. V. D. Barrett recently left this city for New York, where she will embark on a voyage to Paris, France, to join her husband, Maj. W. D. Barrett, a Army chaplain, in Switzerland.

KARA DESIGN — Muriel French, New York model, shows off a rose and green Poi-de-soire dress designed by Kara A. Black of San Antonio, Texas, at the banquet of the National Association of Fashion and Accessory Designers, in New York, last week. The dress has a green elongated overskirt scolloped at the top and at the bottom hem line. The green overskirt was worn over a full sweeping skirt of the Poi-de-soire and highlighted with an oversize pink rose of the same material.

Only seven of 22 Maryland schools train tan nurses

BALTIMORE

Seven of the 22 accredited schools of nursing in Maryland will accept colored students while 15 of the 22 accepted hospitals in the city will employ colored nurses.

Of the hospitals that employ colored nurses are: St. Joseph's, Lutheran, Johns Hopkins, City Hospitals, Provident, University and South Baltimore General.

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THE MAJORITY of local hospitals would employ colored nurses if any applied, according to Miss Ann Miller, chairman of the committee on careers in nursing of the Maryland League for Nursing.

However, Miss Miller said, there is a shortage of colored nurses and indications are that the shortage will continue for some time, because of the small number of colored women entering the profession.

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ONE OF THE REASONS given for the small number of student nurses is the high standards required to enter the profession. Applicants must be between the ages of 17 and 35, and must have graduated in the top quarter of their class.

The applicants may either enroll in the three-year course that will qualify them for a diploma or they may enter the four or five year courses that lead to degrees.

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AT THE END of their training period, the student nurses must pass a state examination for registered nurses. Successful completion of the test qualifies them for positions which have an average starting salary of $300 a month.

The shortage of nurses is not entirely a racial or a local problem—it is a shortage that has been felt across the country.

The seriousness of the problem has been increased by the widening of opportunities for nurses, which has played havoc with the nursing staffs of hospitals.

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NURSES ARE BEING hired by increasing numbers by the government and private industry, with the result that hospitals must compete with outside agencies for nurses.

In order to combat the shortage, a recruitment program is now in operation which stresses the importance of the nursing profession to mankind and the advantages it offers in terms of moral and financial staisfaction.

Easy . . . DOES IT

GOLDEN - BROWN, crusty corn sticks are welcome at any meal, but they'll be especially delectable if you fold bits of chopped ham and cheese to the batter.

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HAVE a fruit dessert? You'll like pineapple chunks, pear, apple and peach slices with raspberry sauce.

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BREAKFAST cereal becomes a special treat when served with a puff of whipped cream banked by thin sliced pineapple and a sprinkle of brown sugar.

As a vegetable, you'll like pancakes made with spinach. Finely chop tender spinach leaves and fold them in the batter and bake as for regular pan cakes.

—o O o—

COMBINE PIECES of veal steak and pork steak, roll in crumbs and attach to a skewer. These are baked for an hour in a moderate oven, for a tasty dish.

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Cabbage cooked quickly is a delightful vegetable, but even more so when you add some thinly sliced lemon to the water in which it's cooked.

—o O o—

AN INTERESTING way to prepare potatoes uses peeled ones sliced in criss - cross fashion, then fried to a crisp golden brown in the skillet. Season with onion salt, salt and pepper.

. . . at Eckels dealers all over town

Eckels ICE CREAM

FEATURING FRESH PEACH

● EXTRA RICH
● EXTRA GOOD
● EXTRA DELICIOUS

In thrifty ½ Gallons

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Big Value Days

29¢ SALE

for thrifty shoppers

Ideal PORK & BEANS	2 23-oz cans 29c / 3 16-oz cans	29¢
New Pack Cherry IDEAL PRESERVES	16-oz jar	29¢
Ideal Red KIDNEY BEANS	3 16-oz cans	29¢
Ideal Fancy Fla. Sweet ORANGE JUICE	46-oz can	29¢
Farmdale Tender SWEET PEAS	2 16-oz cans	29¢
Farmdale Cut GREEN BEANS	2 15½-oz cans	29¢
Farmdale Tender LIMA BEANS	2 16-oz cans	29¢
Ideal Tasty Sandwich SPREAD	16-oz jar	29¢
Del Monte or Ideal Cling PEACHES	Slices or Halves 29-oz can	29¢
Pure Strawberry IDEAL PRESERVES	12-oz jar	29¢
Ideal Creamy PEANUT BUTTER	New Dec. 11-oz jar	29¢

You Wanted a Repeat - - Here it is - - - Another Big

Ideal Frozen Food Sale

Reg. 29c Ideal Fordhook Lima Beans	2 10-oz pkgs	45¢
Reg. 25c Ideal Green Baby Lima Beans	2 10-oz pkgs	45¢
Reg. 27c Ideal Green BROCCOLI SPEARS	2 10-oz pkgs	45¢
Reg. 23c Ideal Fancy Cauliflower Florets	2 10-oz pkgs	39¢

This Week's Bakery Feature - - Supreme

Plain Rye Bread Reg. 19c Loaf 15¢

Supreme Enriched Bread Slic 15¢

Delicious Virginia-Lee Cookies 6 kinds 8-oz pkg 29¢

Sparkling Bais Club Beverages in Cans 3 12-oz cans 25¢

No Deposit - - No Returns - - No Breakage. Four Flavors.

PRINCESS MARGARINE	Golden ¼'s	2 lbs 43¢
LOUELLA MILK	It's Homogenized	4 tall cans 49¢
BONITO	- - Tasty as Tuna	6½-oz can 19¢
LOUELLA BUTTER	The Prize Winner	¼'s lb 66¢
IDEAL INSTANT COFFEE	4-oz jar 1.29	2-oz jar 65¢

Prices Effective Aug. 12-13-14, 1954. Quantity Rights Reserved.

Easy . . . DOES IT

KEEP A JAR of soft butter outside the refrigerator and you'll always have butter ready for toast in the morning, sandwiches for lunch or for seasoning cooked vegetables.

—o O o—

IF YOU CUT crusts from bread for sandwiches, save them for Apple Betty. In this way they can be used to good advantage.

Mix together cinnamon and brown sugar for cinnamon toast. It has a rich supply of minerals and vitamins and will give the family a flavor treat.

WHEN YOU do not have time to make cheese sauce for vegetables, simply melt some processed cheese with a small amount of milk in the top of a casserole for an excellent sauce.

RECIPE OF THE WEEK

Potato-Stuffed Frankfurters (Serves 4)

8 skinless frankfurters
1 cup finely diced cooked potatoes
⅛ teaspoon salt
⅛ teaspoon pepper
4 slices bacon

Heat oven very hot (450 degrees F.). Split frankfurters, lengthwise, almost through to the opposite side. Lay open. Combine potatoes and seasonings and spoon over split frankfurters. Top with another split frankfurter, sandwich style. Hold in place with toothpicks. Wrap a strip of bacon around each serving. Bake 15 to 20 minutes or until bacon is crisp.

Peppermint posy

Here's one sure way to get plenty of nourishment into the children on these hot, hot, humid days when their appetites for solid, wholesome food are low.

This beautiful, delicious, and nutritious "Peppermint Posy" gives each child the equivalent of one glass of milk, and not only will they have fun drinking this concoction on a hot day, but you'll enjoy making it.

—o O o—

REMEMBER, milk is our best food as well as being our best food buy, so make it a point to see that each child in the family gets at least 4 glasses a day. Milk not only improves a child's physical well - being, but also helps him do better schoolwork.

So, if your children balk at 4 glasses a day, try interesting milk drinks such as our "Peppermint Posy." Then you'll be sure he gets his share of "nature's most perfect food."

Peppermint Posy
4 to 6 tablespoons sugar
1 quart milk, chilled
¼ teaspoon peppermint flavoring

Green vegetable coloring
1 pint vanilla ice cream
Whipped cream, flavored as desired
Green maraschino cherries

Chocolate curls

Dissolve sugar in milk. Add flavoring and tint with coloring to desired shade. Pour into glasses and spoon generous portions of ice cream into milk mixture.

Top with whipped cream, piling into peaks. Garnish each serving with a cherry and chocolate curls. Serves 4-6.

Gadabouting....

(Continued from page 13)

Sponsor.

Mrs. Marshall remained after the wedding for a round of social activities in the Ohio city.

House guest of Dr. and Mrs. Emerald B. Spencer, parents of the bride, the visitor was feted by any number of Clevelanders, including Mrs. Fanny L. Suggs, Mrs. Alfred Copes, Mr. an dMrs. Crosby Holsey and Mr. and Mrs. William Cohen. The Holseys and Cohens, both couples being former Baltimoreans, entertained at dinner for Mrs. Marshall.

SHE WAS also guest of the rehearsal dinner given by Dr. and Mrs. Stanley Brown and a dear picture pretty in a mauve crepe dinner gown, the bodice encrusted with sequin and pearls, the back in a deep V . . . all enhanced with red carnations, the corsage from the groom's mother and at a bridge luncheon given by Mrs. Ethel Murrell at her country home in Northfield.

Mrs. F. H. Hendricks also entertained for the Marshalls, and Dr. and Mrs. Arthur Redmond had them as house guests from Thursday until Monday.

They took along their 9-year-old granddaughter, Marsha who was a real doll at the wedding, in all white, from nylon ruffled frock with wide ribbon sash, to her bonnet of white tulle and sequins.

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AT THE WEDDING of Mr. Marshall and Miss Spencer, Mrs. Marshall wore an aqua nylon tulle frock, made with a pleated skirt and lace bodice made with a deep V front and low round neckline at back. Her accessories were pearl earrings and a single strand of pearls, a pearl beaded evening bag, long white kid gloves and lace pumps dyed to match her gown. Her matching half-hat of aqua nylon tulle was trimmed at the right and worn with a tiny rose veil.

A large number of Baltimoreans were at the wedding, including Clyde Bryant, Edward Marshall and Clayton James.

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DELTA SORORS will be off to New York, this week end for the 23rd national convention. Among those going are Marion Winborne, Vivian Washington, Inez Reed, Martha Gover, Bernice McDaniels, Vashti Murphy, Sanoma Nixon, Mae Allen, Sallie Fletcher, Ann Calhoun, Ruth King, Rubye Gill, Gladys Shepard, Mary Spellman, Ellen Fisher and Delores Adams.

—o O o—

THE SPEARS FAMILY has added another branch on their family tree. Their first son, who they have named Clarence Nason Jr., arrived at Johns Hopkins Hospital, weighing eight pounds, 10 ounces.

The baby was baptized Sunday at St. Pius Church, with Rev. Father McKenna officiating. Mrs. Evelyn Jordan of Washington is godmother and Jerry Jordan, of this city is godfather.

Mr. and Mrs. Spears (the former Irene Jordan) also have a daughter, Carolyn, 22 months old.

A group of Nobles of the order of Mystic Shrine, assembled at their Mosque, Monday evening, and staged a suprise party in honor of Past Imperial Potentate Noble John H. Murphy, Jr., who was 74 years old August 4th.

A birthday cake, beautifully decorated with the following inscription, Happy Birthday, Past Imperial Potentate Murphy was presented.

Those participating were: Arthur A. Brooks, Lawrence E. Mason, Courtlandt L. Brown, Alvan S. Stanley, Charles M. Ringold, James A. Richardson, John T. Stokes.

Bernard O. Benns, Leroy Cooper, Richard Washington, Dr. Robert J. Hill, Phillip T. Gaskins, Elmer West and James E. Dendkins, Master of Ceremonies.

Sandwiches and refreshments were served following fraternal

PEPPERMINT POSY—This flavorsome milk drink is as nourishing as it is delightful to the sight and taste.

9321 14½—24½ ACTION BACK —Popular style for Fall beloved by half-sizers!

SO NEW — round yoke framing the gathered bosom! So slimming — the curved, hip pockets! So comfortable — the action - back! No alteration worries — it's cut to properly fit the shorter, fuller figure!

Pattern 9321: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3¾ yards 36-inch fabric.

9135 SIZES 2—10 SKIRT! BLOUSE! WESKIT! They're all SEW-EASY — and so popular with the younger set! For school days and Sundays, she'll mix-match this trio many ways. Make weskit and skirt in corduroy, velveteen, or wool—blouse in cotton.

—o O o—

Pattern 9135: Children's Sizes 2, 4, 6, 8, 10. Size 6 blouse, 1 3/8 yards 35-inch; skirt, 1 5/8 yards 35-inch nap; weskit, ¾ yard.

These easy - to use patterns give perfect fit. Complete, illustrated Sew Chart shows you every step.

Send Thirty - five cents in coins for each pattern — add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care of AFRO-AMERICAN, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with ZONE SIZE and STYLE NUMBER.

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Use the magic cream that

LIGHTENS, CLEARS SKIN

Life looks brighter, when dark skin fades to lighter loveliness! Instantly, Dr. FRED Palmer's Skin Whitener starts to lighten even the most stubborn too-dark skin . . . smooths harsh roughness, loosens blackheads for easy removal . . . clears up pimples, and many other externally-caused blemishes! Lanolin enriched, keeps skin younger-looking . . . fades blotches and darker brown spots on hands too. Be lighter, be lovelier! At druggists, cosmetic counters. Satisfaction guaranteed.

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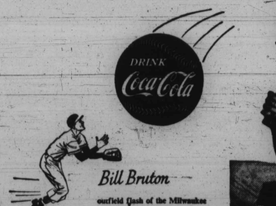

Bill Bruton

outfield flash of the Milwaukee Braves, stops in a hot game for a cold bottle of Coca-Cola.

Baseball is a demanding game. For long periods of time you stand around waiting for something to happen. When it does, you've got to be able to go full speed in a hurry. That's about the way it goes with any job. You spend minutes and hours waiting for the test . . . and when it comes, you've got to be ready. Champions in all lines have found that it pays to be refreshed on the job . . . ready for the big minutes that come along from time to time. They pause and refresh with frosty bottles of delicious, refreshing Coca-Cola . . . then go back to the job with more on the ball. How about you?

Follow the Champions. Pause...Refresh... with Ice-cold Coca-Cola

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Rainbow parfait is luscious tasting, beautiful looking

HOW ABOUT A TASTE of the creamiest, most melt - in - your-mouth rice dessert you've ever tasted?

And three flavors all in one—mint, raspberry and vanilla—topped with sweet whipped cream. Oh, boy, what a dessert!

Rainbow Parfait is an easy, inexpensive and colorful dessert, no exaggeration! Enjoy this new marvelous - tasting combination of mint, raspberry and vanilla flavors.

Ingredients
1½ cups uncooked white rice
1½ teaspoon salt
3 cups water
1 cup milk
⅓ cup beet or cane sugar
Mint flavoring
Green food coloring
1 teaspoon vanilla
1 cup whipping cream, chilled
1 tablespoon beet or cane sugar
2 cups just - thawed raspberries or strawberries

Put rice, salt and water in a 2-quart saucepan. Bring to a vigorous boil over a high heat. Turn the heat as low as possible. Cover and cook over this low heat for 14 minutes. Stir in the milk. Cover and cook over a low heat 10 minutes. Stir occasionally. Stir in the ⅓ cup of sugar.

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DIVIDE THE RICE mixture into two parts. To one part add the mint flavoring until the desired degree of flavor is obtained. Add green food coloring until a mint green color is obtained. Cover and chill. To the other part of the rice mixture add the vanilla. Cover and chill. To serve, whip the cream.

Fold in the one tablespoon of sugar. Fold some of the whipped cream into the mint flavored rice mixture and some of the whipped cream into the vanilla rice mixture. Save some whipped cream for topping the dessert. Layer the mint rice, the raspberries (they are especially good) or strawberries, and the vanilla rice in

GIVE THE CHILDREN a treat at party time by mixing together milk, chocolate syrup and ice cream in a jar, shaking until fluffy. Serve with peppermint sticks as stirrers.

IT'S EASY to make Thousand Island dressing to have on hand. Simply mix together chili sauce and mayonnaise, and add some chopped hard - cooked egg to the mixture.

Bits of leftover cheese, and luncheon meat are tasty and well used in a green salad for lunch or supper.

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