TOURIN' TURNER STATION

Program by auxiliary police to be PTA's April feature

By E. S. McDANIEL

From time to time some prominent personalities "of the New Shiloh Baptist Church. On Sunday morning the church will have the distinct pleasure of having the famous Dr. R. P. Daniel, president of Virginia State College, as the morning speaker.

Dr. Daniel is the godfather of the pastor's younger son, R. P. Daniel Everett. Music for the service will be furnished by Senior Choir No. 2. Bernard Redd is the organist and the Rev. James A. Everett is the pastor.

The regular monthly meeting of the Turner Stateion Health Committee was held at the Center on last Saturday. The interest is still high as was evidenced by the large number of persons in attendance. Mt. Olive Baptist Church gave a donation of $25. This is a small church; will the other churches follow the example of Mt. Olive? The Rev. Shelton Fleming is the pastor.

ON THE first Monday in March, the special feature of the PTA meeting of the Sollers Point High School was a presentation by one of the troops of the Boy Scouts. It was learned that there is a shortage of leadership to aid with the work.

Will some of you fathers whose sons are in the troop help with the work so that the movement will be able to do the greatest amount of good for the boys? It is definately more profitable to work with the scouts than it is to, try to get youth out of trouble.

The special feature of the PTA for April 6 will be a program by the auxiliary police. It will be educational to learn about their services to the community.

On last Sunday the Women's Society of Christian Service of St. Matthews Methodist Church sponsored its annual Women's Day. At 11 a.m. the Rev. Margaret Gray Allen delivered an inspirational message. Invocation was offered by the Rev. Mrs. Janie Barnes.

The speaker for the afternoon was E. S. McDaniel, visiting teacher in Baltimore County. She talked on the subject, "Working Together With God."

Mrs. Isetta Allen, class leader, addressed the ladies at the evening worship, bringing the day to a spiritual close.

The day was also a financial success as the ladies reported over $1,200.

Visitors from the community, Baltimore City and surrounding counties attended the services and participated on the program.

Mrs. Eva M. Ayers and Mrs. Mabel Walker were co-chairmen. The Rev. S. R. Bennett is the pastor.

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RECENTLY THE third quarterly meeting of the United Baptist Missionary Convention of Maryland was held at the new Shiloh Baptist Church with the Rev. W. L. Clayton, president, presiding. The "meeting was very well attended."

The Woman's Convention held its meeting at 2 p.m. Highlights were given from the Eighth National Assembly of United Church Women which was held in Denver, Colorado and the Board of Directors Meeting in Hot Springs, Ark. These reports were given by the president, Mrs. Bessie Barrows. The guest speaker was Clarence Gittings, elementary supervisor, Baltimore Public Schools. He talked on the theme of "Great Decisions of 1959."

The Young People's Department held its program at 4:30 p.m., thus giving the students time to attend their classes for the day. Music for the program was supplied by the Young People's Choir.

Programs of this nature are excellent training for youth. The more opportunities that they have to participate in such activities, the more they will develop confidence in themselves. The director for the Young People's Department is Mrs. Bettye Graves.

TWO MARINES from Baltimore were in the news at Camp Lejeune, N.C. recently as Cpl. William H., Johnson Jr., son of Mrs. Roberta Butler of 3315 Winterbourne Rd was promoted to his present rank and Sgt. Wallace B. Waddell, son of Mrs. Marie Waddell of 1508 E. Chase St. and husband of the former Miss Margaret Wallace of 285 Ford St., Jacksonville, N.C. reenlisted.

ON THE EASTSIDE

Form Gyders club to help children

By CHARLOTTE W. DOWNIE

News of interest around our town and in other key cities in and around the USA will be the founding of the first chapter of the Gyders. The past Tuesday night.

Make no mistake about it these civic women have excellent ideas and big plans for their organization, and under the leadership of the founder and organizer, Charlotte W. Downie they will eventually set up chapters in other cities.

The board of directors are Sarah Trent, Naomi Solomon and Charlotte W. Downie, all prominent club women "On The Eastside."

Membership is by invitation only and a candidate must serve a "Provisional membership probationary period before they shall be eligible to become full members.

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THE PURPOSE of the GYDERS Club is to sponsor a Fresh Air Camp for hundreds of needy children. This project will be established sometimes in 1960 to 1961.

Neighbors now here this ... One of the requirements for children selected will be ... they must attend Sunday School regularly ... and must also do well in their studies in day school ... These are just a few items the board of directors of the GYDERS have set up.

The GYDERS will seek the aid of many club groups in the various cities to help get the camp project under way. During there campaign (Which will begin sometime in May) businessmen and all our areas will be asked to help.

Get on our bandwagon and help some child go to camp. We need more camps to take care of more children. Don't you think? Keep your eyes on the GYDERS neighbors I promise you they are going places and will be doing things to benefit all communities. The GYDERS dare to be different!

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HOLY WEEK services will be conducted at Trinity AME Church March 22 through March 27 with the Rev. L. A. Miller preaching nightly. All neighbors are invited

Not to forget the Trustee Aid of Trinity AME Church which is observing its anniversary on this Sunday at 3:30 p.m. Congratulations to the Rev. Arthur J. Payne of Enon Baptist Church will be guest speaker.

Neighbors, that wide awake group the Voter's Council of the 3rd Distrieg, are getting ready to resume the Register To Vote Drive again. Led by the capable young Marshall Jones. This organization has taken the lead in this work on our "Eastside"

Jump on their bandwagon friends and fellow.

Brushing up on their step climbing and door bell ringing are members Ida Petty, Marie Smallwood, Anne Johnson, Emma Warren, Dorothy McCutchon, Charlotte W. Downie, Mary Holmes, Ella Monroe, Minnie Wilson, Bob Gaddy, Ruby Fennell, Gladys Garner, and Dorothy Brown. Also Alberta Barrett, Ruth Petty, Sarah Scott and Viola Jones.

MANY NEIBHBORS are enjoying the song feast being presented by that popular singing group the Northeast Baltimore Male Singers. The group was organized on our East side and members have never formed as well as locally. Personable John Spencer is the business manager. It would be nice to attend some of their concerts some time neighbors.

Invitations are in the mail for the coming marriage of Miss Mary Hilda Moody daugh-[illegible] of Mr. and Mrs. Bartlo Moody, to James Henry Trusdale, son of Mr. and Mrs. James Henry Trusedale. The ceremony will take place on Saturday April, at St. Matthews Methodist Church with the Rev. T. D. Chambers officiating. Miss Moody and Mr. Trusdale are both graduates of Dunbar High School.

OFFICERS AND members of the Federal Improvement Association are much of their time toward helping make this group one of the best in the city. We on the eastside are very proud of the work they are doing.

Helping to make the Eastside "Tick" are members Mesdames Thelma Hicks, Helen Fitzgerald, Clara Burton, Sarah Trent, Dorothy Doswell, Annie Barbore, Lardie Hale, Olive Peterson, Shirley Winston, Gladys Price, Barbara Morris, Mildred Thompkins, Evelyn Hawkins.

Then we have Mesdames Alice Spencer, Evelyn Rose, Mary Eaves, Zelma Lindsay, Mattie Blake, Goldie Johnson, Phyllis Anderson, Ida Tubman, Mary Poole, Loretta Crosby, Susie Jeffers, Amanda Wilson, Georgia Gillis, Lorna Gillis, Lorna Briscoe, Maggie Thomas, Ida Smith, Louise Brookes, Cora White, Corley Johnson, Messers. Homer Eavors, George Covington, Charles Thomas, Russell Davis, Arvin West, Melvyn Johnson, Miles Kennedy, James Parzier, Lassie Hale, Joseph Chester and William L. Wilson Jr.

Several members of the Voter's Council are planning to spend a day visiting with legislative representatives from the 3rd District before the legislature closes its 90-day session.

Neighbors, you are invited to attend the meeting given at the home of Mrs. Catherine McCray, at 1900 Homewood Ave. this Saturday. The affair is being given for the benefit of Women's Day to be held at Shiloh A.M.E. Church. The Rev. William Vernon Sewell is pastor.

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THE MONTHLY meeting of the North Baltimore Trinity Home Improvement association was held the past Monday at Trinity. The Members are working on plans for the annual family dinner to be held in April. Mrs. Sara Baldwin is president.

Those civic-minded members of the Unione Charity and Social Club are doing something for the poor. I don't know what it will be, but I am going to find out. The group includes Mrs. Nancy Reeves, president; Mrs. Hattie McDaniels, vice president; Mrs. Gertrude Wenger, recording secretary; Mrs. Ruth Miller, corresponding secretary; Mrs. Sarah Scott, financial secretary and treasurer and Mrs. Nannie Bradford, business manager.

GOOD NEIGHBOR of the Week, Mrs. Etta K. Williams, 1708 N. Preston St. Mrs. Williams is an employee of Social Security and is the mother of three children. She is active in our community and always gives a welcome hand when ever she can.

A native of Baltimore, she is a graduate of Douglass High School. Her chief interest outside of her family is taking part in the Polio Drive, Heart Fund and Red Cross. She has a son in the service, of which she is proud. Our good neighbor likes to cook and sew, watch television and read. She is a good mother and our good neighbor.

Hey! neighbor, if you have news for "On The Eastside," send it to me no later than Saturday for the Tuesday Edition and no later than Tuesday for the Friday edition. Send it to me 2227 Guilford Ave. or call me Ch. 3-6656 ... Bye!

Also don't forget to send get well cards to the following shut ins:

Mrs. Hazel Boston, 1601 Eastern Ave.; Miss Eden Gibson, 1600 Eastern Ave.; Mrs. Thomas Rice, 2004 Barclay St.; Mrs. Elizabeth Young, 2002 Homewood Ave. and Mrs. Edith Knight, 2017 Boone St.

Memory Verse—Now is the judgement of this world: now shall the prince of this world be cast out. 12 St. John Verse 31.

CATONSVILLE NOTES

Elks band to play at Perkins Square

By SAMUEL TORSELL

Crescent Lodge Elks band, of 35 pieces, will render a 30-minute musical program at the Perkins Square Baptist Church Sunday at 3 p.m.

John Grinnell is band director. The sponsor of the program is Mrs. Floretta Palmer Hyman. The Rev. Ward Terry is pastor.

Funeral services were held Wednesday, from Monumental Lodge Elks Home, for William L. Boston Jr. Burial was in the St. Luke Cemetery.

Mr. Boston, well-known in the area, is survived by his parents. A large number of Elks and friends attended the services.

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SAMUEL TORSELL talked to the ninth grade class of Bennekar High School on the history of Catonsville on March 10.

Charles Tegrell is confined to bed at his home.

The Rev. Ida Torsell will deliver a sermon Sunday at the Zora AME Church at Convoing, Md. The Rev. Donald Allen is pastor.

Troop and Pack 288 put on a skit and sang songs at the Bannekar PTA to celebrate Scout Week.

These Boy Scouts took part in the skit:

Ralph Harrison, Stephen Campbell, Charles Kidwell, Earl Kidwell, John Brown, Ira Williams, Jay Goodman, Perry Williams, Romulus Dorsey and Robert Dudley.

These clubs participated in the singing:

Russell Harrison, Clarence Mills, Joseph Thomas, Drewey Faulkner, James Dixon, William Tayler, Avis Johnson, Ricardo Epps, Kevan Hall and Carl Lee Williams.

Donald Brown is scoutmaster and Mrs. Agnes Harrison is den mother.

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A PRAYER OF Thanks —We thank thee for flowers that bloom about our feet.
For tender grass so fresh and sweet
For song of bird and hum of bee
For all things fair we hear or see
Father in Heaven we thank Thee
Written by Grace Jackson of Melrose Ave.

MT. WINANS NEWS

Recreation center appeals to parents

By GERTRUDE M. PARKER

"The Rev. Herbert Pratt of Mt. Winans Methodist Church with the senior and youth choirs will worship with the First Baptist Church on Sunday, March 15 at 4 p.m. Mrs. Edna Mae Johnson sponsor.

The Viceroits Club met at the home of Mrs. Evelyn Wesley, 2628 Huron St. on last Friday evening. Mrs. Inez Pallin is president and Mrs. D. Battle is secretary.

The Woman's Society of Christian Service of the Mt. Winans Methodist Church met at the church last Thursday for a program entitled, "One in Christ."

Members present were Mesdames Victoria Anderson, Faye Jones, Sarah Blacker, Desdemonia Levi, Eura Cook, Edna Ross, Veneta Butler, Bessie Molly, Gertrude Parker, Mary Wise and the Rev. Herbert Pratt, pastor.

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THE MT. WINANS Recreation Center of School 156 would like to have the cooperation of all parents in making plans to provide for the many interests of the youth of the community. Consult with Mrs. Sarah Greenwood, director, or Charles T. Parker, III leader.

Attending the Women's Day services at Ebenezer AME Church, Charles and Montgomery Sts., on last Sunday were Mesdames Veneta Butler, Gertrude Parker, Naomi Dersey, Elizabeth Parker, Bessie Molley, Vinnie Hensley, Evelyn Levi, Jean Fisher, John Cook and John Molley.

Sympathy is extended to Mr. Peal of Baptist Church in the death of his aunt.

CHERRY HILL NOTES

Methodist Church to sell dinners

By MARJORIE J. WARD

The Cherry Hill Junior High School band together with the choir of Mt. Sinai Baptist Church, presented a dynamic and intersting concert on Sunday at 5:30 p.m. The two groups were directed by Mrs Dorothy G. Avery.

Some of the selections played by the band were: "Little They Will Suffer God To Guide Thee," by J. S. Bach; "Andante," from the Surprise Symphony by Joseph Hayden and "Song of the Rose" by Ernest Weber.

The inspirational choir did the following selections: "Bless This House" by M. H. Brahe; "Hark the Vesper," by T. Moore; two spirituals: "I Let Go Break Bread Together" and "Sit Down Servant," arranged by Fred Waring.

OTHER PERFORMERS were Paul Johnson, who played the piano with a great deal of expression, and Mrs. Addie Watkins who sang two selections.

This affair marked one of the most delightful concerts ever to be given at the church. The Rev. J. R. Butler is pastor of the church while Horace Boyles Sr. is the presiding officer.

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Church wants to make sure that Cherry Hillites and friends do not get hungry tomorrow (Saturday, March 14.) The church is sponsoring a variety supper in the afternoon at 425 Roundview Rd. The public is cordially invited to partake of this food for a slight fee of course.

Meanwhile, a bake sale will be underway at the church on the same day. If you would like to purchase a cake, hurry over to the Cherry Hill Methodist Church tomorrow afternoon.

Sunday, March 15, 3:30 p.m. the Junior Choir of the Methodist Church will sponsor a program at Patrick Day program at the church. The public is again invited to attend. The Rev. Joseph Perry is pastor.

Happy birthday goes out to Miss Patricia Callaout of South land Ave. Pat's birthday is tomorrow, March 14. These wishes come from the Green Bean Riders, Chippy, Andrea and Peggy.

Congratulations are in order for the Reginald C. Warrens of Northland on the birth of a baby boy. The boy was born on March 4. His name is Reginald C. Warren Jr.

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THE GIRL SCOUTS and Brownies have celebrated their week, March 14. They have witnessed a week of successful activities. These activities were enjoyed by young and old alike.

It was a treat to see a girl scout or Brownie with a shoe-shine box of cookies, help her out by purchasing some of the delicious goodies.

Some of the ladies working with Girl Scouts and Brownies in the Cherry Hill Area are Mesdames Doris Graham and Mrs Mydie Chambers.

The Coordinating Council of Cherry Hill enjoyed a coffee hour recently. Members of the council present to enjoy the Sunday afternoon affair were: Mesdames Mrs. John Hawkins, Mr. and Mrs. Parsons, Mr. and Mrs. Clarence Jones, the Rev. Edward W. Wright, the Samuel Beard, the Rev. Nathaniel Perry, Robert Porter, Harry Oglesby, Mr. Richardson, Joseph Greer, Alexander Brown, William Murphy, Ruth Norris and Mrs. Jennie Butler.

Before the sipping of coffee took place the members engaged in a discussion of present Cherry Hill problems and methods of solving them. The Council urges more participation from organizations within the community.

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CHERRY HILL SCENES: Cherry Hillites making frequent trips to S. and S. Pharmacy ... it seems as though quite a number of our dear friends are ill ... Among those on the Cherry Hill sick list are: Louise Spencer, Perra Firma Rd.; Alice Pinkney, Hillview Rd.; Aaron Butler, Hillview Rd.; Reed talking over the back yard fence.

Mrs. John Braxton visiting her sister Louise Spenser who is ill.

On Tee Yee during a recent morning show her number one fan, Lucia Ward, pulled a three-hour sore throat, missed school and settled back in an easy chair and enjoyed the show.

The many cookie saleswomen in the community ... have you tried a box of the delicious girl scout cookies ... Rosie Porter sporting two new hats in one day ... there are mighty pretty, Rosie ... Cherry Hillites wondering as to the whereabouts of its past mayor, George Quickley, we have not heard from him in quite a while.

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How tragic when a woman feels so tired, so run-down, she can't be a real companion! This can turn marriage into misery! Luckily, it's often due to "Iron-Hungry Blood" (anemia from deficiency anemia). Then it's needless for women to suffer this awful weariness. Now, a wonderful iron tonic can help relieve this condition ... thus renew your vigor and vitality. It's Lydia E. Pinkham's Tablets, only blood enriching iron tonic made especially for women!
Rich in iron, Pinkham's Tablets start to strengthen "Iron-Hungry Blood" within one day! Thus quickly help build rich, red blood ... to restore your strength and energy ... so you feel fine again fast ... able to enjoy life!
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SALES CREW — These Girl Scouts, members of Intermediate Troop No. 527, set up for business in the AFRO on Wednesday and went from office to office, selling 51 boxes of their cookies. They are just a few of the 19,717 Girl Scouts representing more than 900 troops in the councilwide cookie sale which started March 6 and ends March 21. Reading from left in this sales squad are Charlene Cephas, Deborah Hunter, Rosalie Moore, Elizabeth Parker, Antoinette Porter, Valeria Waters, Barbara Prestwidge, Lillian Diggs, Joyce Davis, Edith Dennis, Marilyn Oliver, Elizabeth Matthews and Carol Davis.

Clubs

TWILIGHT — The newly organized club met with Mr. and Mrs. William Byrd of 2420 W. Franklin St.

James Martin has been elected president, and other officers include:

Mrs. Elizabeth Jones, vice president; Mrs. Mattie Byrd, secretary; Mrs. Helen Parker, financial secretary; Oscar Jones, treasurer; Lacey Parkes, business manager; and William Byrd, sergeant-at-arms.

ROYAL QUEEN — Mrs. Mabel Sharp of 222 Spring Court, was hostess to the club at its most recent meeting.

Plans were completed for a cocktail party on the 22nd.

Mrs. Louise Jackson heads the club and officers also include Mrs. Rosetta Hooper, secretary, Mrs. Sadie Cobb, business manager, and Mrs. Mabel Sharp, vice president.

THRIFTY — Mrs. Corrine Garrett was hostess to the club on Monday. The group met at her home, 5908 Belgrove Road.

Attending were:

Mesdames Luscille Dixon, Mary Sturdivant, Josephine Fittman, Marie Wiggins, Viola Lee, Martine Perry, Mary Davis, Pearl Pendleton, Mr. and Mrs. Thelmon Brown.

Cohostesses with Mrs. Garrett were Mrs. Sturdivant, Mrs. Davis and Mrs. Perry.

Calvert invites groups to tour modern plant

Individuals and club groups are invited to visit the big modern Calvert distillery at Relay just south of Baltimore on the Washington Blvd.

According to Ted R. Kates, Maryland sales manager for the Calvert company, a number of local men's and women's clubs have enjoyed touring the Calvert plant recently to see how fine whiskeys and gins are produced.

The handsome red brick Calvert plant has been a familiar sight to drivers on the Washington Boulevard for twenty-five years. Often praised for leadership in sanitation, as well as for its fine products, the Calvert plant at Relay is the home of Lord Calvert, Calvert Reserve, Carstairs White Seal, and Calvert London Dry Gin.

The plant is open to visitors from 9 to 3:, Monday through Friday. If your club would like to visit the Calvert distillery, phone Ted Kates at Lafayette 3-2554 or write to him at 1500 Mondawmin Concourse, Baltimore 15.

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If you count calories make calories count

Every reducer ought to hang over the bathroom scale a cross-stitched samplir with the reminder, "When you count your calories, make your calories count"

A study of the caloric value of foods and menu-planning can be a kind of game, like gin rummy, where the sooner you are without, the better the play. In this pound give away game, the skilled players wins a slick new figure and a much happier frame of mind.

WHEN PLOTTING your course in this "game" however, learn to spend your calories wisely. With almost no exceptions, all the foods we eat contain calories, some more, some less.

We find many dishes which bulge with calories and yet are woefully low in health value. Other foods, equally pleasing—such as lean meat and the many fresh fruits and vegetables — are modest in calories, but bulge with minerals and vitamins.

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AN ORANGE, for instance, has calories and must be counted. But it is such a store house of health value, particularly vitamin C, every calorie really counts. In addition to "C" the orange has numerous other nutrition values. Biochemists have found 150 different substances in an orange already, and guess that there may be as many as a hundred more which await discovery.

Thus, an orange becomes a great bargain for the reducer. A medium orange has only 70 calories. Because it has all these wonderful food values it is invaluable as a menu-balancer. It's good at any meal, any time of day — as fresh juice at breakfast, in a salad at lunch, as a dessert at dinner. If your weight increase was caused by a yen for rich and sticky high carbohydrate foods, learn to appreciate the tangy sweetness of a juicy orange.

Food and nutrition experts of the United Fresh Fruit and Vegetable Association have come up with some delightful low - calorie recipes featuring oranges. Fresh Orange Chiffon Pie is to light caloried that a reducer may eat it with a clear conscience, yet it's so pleasingly flabored that the whole family will enjoy the treat.

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FRESH ORANGE CHIFFON PIE is made with five graham crackers, one tablespoon sugar, two teaspoons butter or margarine, melted, one envelope unflavored gelatine, one and one-half cups fresh orange juice, two egg yolks, one-fourth cup sugar, one - fourth teaspoon salt, one tablespoon fresh lemon juice, one teaspoon pure vanilla extract, and three egg whites.

Roll graham crackers into fine crumbs. Blend in one tablespoon sugar and melted butter or margarine. (Save one tablespoon to sprinkle over the top.) Sprinkle remaining crumbs over bottom and sides of a buttered 9-inch pie pan. Bake in a preheated moderate oven (350 degrees F.) 10 minutes. Remove from oven. Cool.

Soften gelatine in one-half cup of the orange juice. Beat egg yolks lightly. Stir in the one-fourth cup sugar and salt. Add remaining orange juice and lemon juice. Mix well. Cook over hot water, or low heat ten minutes or until throughly hot. Remove from heat and stir in softened gelatine and pure vanilla extract. Chill over ice water until mixture is about as thick as fresh egg whites. Beat egg whites until they stand in soft peaks. Fold into the mixture. Turn into crumblined 9-inch pie plate, and garnish with fresh orange sections, if desired.

136 calories per serving.

Chill until firm. Sprinkle remaining crumbs over the top

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FRESH ORANGE RELIGHT is another delicious low-calored dessert. It is made with one envelope unflavored gelatine, one-fourth cup water, three cup fresh orange juice, three tablespoons sugar, two tablespoons fresh lemon juice, one-fourth teaspoon salt, one - half teaspoon pure vanilla extract, one-half cup diced fresh oranges, fresh orange sections.

Soften gelatine in water. Place over hot water (not boiling) to melt. Add to orange juice. Stir in sugar, lemon juice, salt and vanilla extract. Chill until the mixture is a little thicker than unbeaten egg whites.

Add diced fresh oranges. Refrigerate until ready to serve. Serve in sherbet glasses. Garnish with fresh orange sections. 94 calories per serving.

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THE FRESH ORANGE COTTAGE CHEESE CUPS which are made with one envelope unflavored gelatine, one and one-half cups diced fresh oranges, one-fourth cup water, one-half teaspoon salt, and one pound creamy cottage cheese.

Soften gelatine in cold water. Place in pan of hot water (not boiling) to melt. Stir into cottcheese along with diced fresh fresh oranges and salt.

Rinse 4 to 6 individual salad molds with cold water and then fill with fresh orange cottage cheese mixture. Chill. Unmold and serve on lettuce beds.

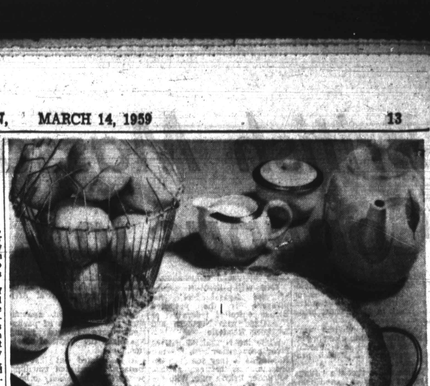
106 calories per servings.

FOR FRESH ORANGE AND ONION SALAD use one-fourth head curly endive, one-fourth cup salad oil, one-half small head lettuce, one-half teaspoon garlic powder, one-half bunch romaine, three-fourth teaspoon salt, three fresh oranges, one-half teaspoon powdered dry mustard, one-half cup mild white onion rings, one teaspoon sugar, and three tablespoons fresh lemon juice.

Wash salad greens and dry thoroughly. Tear into bite-size pieces and place in a salad bowl. Peel oranges and cut into crosswise slices. Place as desired over the salad greens and top with onion rings.

Combine fresh lemon juice, salad oil, garlic powder, salt, dry mustard, and sugar. Add just before serving. Toss lightly.

87 to 109 calories per servings.



THERE'S NO REASON to feel deprived on a reducing diet, when you have the recipe for low - calorie fresh orange chiffon pie.

Alumni-Traditions Day at Morgan on March 18

Alumni - Traditions Day, an annual event, will be observed at Morgan State College, Wednesday, March 18.

Old grads and students will join in the observance which will be highlighted at an assembly, 10 a.m., Hurt Gymnasium.

Giving the principal address will be Dr. Earl C. Jackson, a 1940 graduate and former faculty member. Dr. Jackson is now principal of the Bancroft High School, Wilmington, Del.

Bruce Edemy of Baltimore, president of the General Alumni Association, will introduce the speaker and James Ward, president of the Senior Class, will preside. The College Choir, with Saul Lilienstein directing.

A coffee hour for alumni and students will be held beginning at 11 a.m. in the Student Union Building.

Dr. Jackson and other alumni will be the guests at an after assembly luncheon, 12 noon, Memorial Refectory.

Dr. Fischer to keynote adult education confab

Dr. John H. Fischer, superintendent of public instruction, will be the keynote speaker at the third annual Maryland Conference for Adult Education, to be held at Goucher College in Towson on March 21.

Dr. Fischer will speak at the morning session, using as his topic the theme of the conference, "Adult Education: Luxury or Necessity?"

Dr. Malcolm Knowles, consultant, Adult Education Association of the U.S.A. will present his views on "Adult Education: Imperative for Democracy" at the dinner session.

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THE CONFERENCE this year is being chaired by Dr. Jean Crambs, of the University of Maryland. It is being sponsored by The Baltimore Association for Adult Education.

Seven workshops have been planned for the afternoon session. These interest areas are Adult Education in Rural Area, Community Cooperation, Liberal Adult Education, Public Affairs Programming, Public Relations, Preparing for Retirement and Sustaining Audience Interest.

Listed among the outstanding consultants for the afternoon are Dr. Matthew Taback, director of statistics of the Baltimore Life Insurance Company; Clark Tibbitts, chairman of the Committee on Aging of the United States Department of Health, Education, and Welfare, Washington and Dr. Francis M. Froelicher, the specialist on Aging in the Baltimore Department of Education.

Potato puffs

What to do with leftover mashed potatoes is a common problem . . . that is if you're not acquainted with potato puffs.

MASHED POTATO puffs are made with two cups cold mashed potatoes, one teaspoon salt, pepper, to taste, three tablespoons grated onion, one-half cup undiluted Carnation Evaporated Milk and two-eggs, separated.

Combine potatoes, salt, pepper, onion and Carnation. Beat egg yolks until light. Add to potato mixture and beat until light and fluffy.

Beat egg whites until stiff. Fold into potato mixture, lightly but thoroughly. Spoon into buttered one and one-half-quart baking dish.

Bake in a moderate oven (350 degrees F.) for 35 to 40 minutes. Serve at once.

Charioteers in free concert here Tuesday

The Charioteers, the famous male quartet of New York, will present a concert in the auditorium of the Booker T. Washington Junior High School, Madison and Lafayette Avenues, on Tuesday, March 17, at 8:15 p.m.

Admission is free. The public is invited.

The Charioteers concert is being presented by Coppin State Teachers College as part of its Public Relations Program.

Past recitals of the Coppin series have featured Robert McFerrin, star of the Metropolitan Opera; Betty Allen, internationally famous coloratura; Philippa Schuyler, concert pianist; the Virginia State College Choir; and the Baltimore Symphony Orchestra.

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$50 A WEEK — That's the total the AFRO sets aside to pay for news tips and photos. Call your news tip in to City Desk, MUL. 5-4015, and, if we answer, LAF. 3-3200. Bring your news tips to AFRO City Desk.

Applesauce cake is a good bet for a Saturday snack

When your son or daughter and their friends crowd into your game or recreation room on a Saturday afternoon, it is wise to have a snack on hand. For, despite the hour, they are sure to be hungry.

You'll get a rising cheer but of them if you serve a spicy Applesauce Cake with cider or milk.

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NUTS AND candied citron add the finishing touch to a complimenting a winning flavor combination of cinnamon, allspice and cloves. Spread the cake with either creamy brownsed butter icing or a favorite caramel glaze.

Perhaps less known than the notorious appetites of teenagers are the nutritive needs that prompt them. Help meet these needs by simply looking for the "enriched" flour on both the flour and the commercially baked products you buy. This label tells you that three vital B-vitamins and food iron are present.

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APPLESAUCE CAKE is made with three cups sifted enriched flour, four teaspoons baking powder, one-half teaspoon soda, one teaspoon salt, one, and three-fourths cups brown sugar, four eggs, beaten, one cup thick unsweetened applesauce, three-fourths cup milk, one teaspoon vanilla extract, one-half cup chopped candied citron, one cup chopped nuts and Brown Butter Frosting.

SIFT TOGETHER flour, baking powder, soda, salt and spices. Cream together shortening and sugar until light and fluffy. Add eggs and beat thoroughly. Stir in applesauce. Combine milk and vanilla extract. Add flour mixture to creamed mixture alternately with milk mixture