COOKING IS FUN

Salmon Rounds tasty way to begin Lenten eating

BY FANNIEJOE REID

Tasty Salmon Rounds topped with a velvety smooth sauce of creamed peas offer interest and variety to Lenten menu planning.

Your family is sure to vote unanimously for this flavorful Lenten dish.

* * *

COMBINE 1 cup drained flaked salmon, an 8 ounce can, ¼ cup enriched bread crumbs, teaspoon salt, 1 tablespoon chopped onion and 1 tablespoon lemon juice. Stir in 1 beaten egg. Set aside while preparing biscuit dough. Sift together 1½ cups sifted enriched flour, 2 3/4 teaspoon salt.

Cut or rub in ¼ cup shortening until mixture is crumbly. Add ½ to 2/3 cup milk —enough to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out into a 9-inch square.

* * *

SPEARED salmon, mixture evenly over dough. Roll up like jelly roll, sealing edge securely. Cut into 1-inch slices. Place cut-side down in lightly greased 8-inch square pan or 8-inch round baking dish. Bake in hot oven (425 degrees F.) 25 to 30 minutes. Serve hot with creamed peas. Makes 4 servings.

* * *

PARSLEY MUFFINS with Golden Sauce — sound good? You bet!

It's an easy meatless dish you'll want to star often at a luncheon for family or friends.

For Parsley Muffins, sift together 1½ cups sifted enriched flour, 2 teaspoons baking powder and 3/4 teaspoon salt. Stir in 2 tablespoons chopped parsley. Combine 1 beaten egg, 3/4 cup milk and 2 tablespoons melted shortening. Add liquid to flour mixture, stirring only until flour is moistened.

Fill greased muffin pans 2/3 full. Bake in hot oven (425 degrees F.) about 30 minutes. Split hot muffins and serve with Golden Sauce. For a velvety smooth Golden Sauce, first, melt 3 tablespoons butter or margarine in sauce pan.

Blend in 3 tablespoons sifted enriched flour, 1 teaspoon salt, dash pepper and 1 teaspoon dry mustard.

Add 1½ cups milk gradually and cook over medium heat until mixture thickens, stirring constantly. Cook 5 minutes longer, stirring frequently. Slice 4 hard-cooked eggs into sauce and serve over split Parsley Muffins. Makes 4 servings.

SANDWICHES MAKE a hit an interesting Lenten meal, introduce your family to Baked Tuna Biscuit Sandwich. It's a breeze to prepare, yet the biscuit layers and the tasty filling offer gourmet style eating.

For the Tuna Filling, combine 2 cans (7½ ounce cans) flanked tuna, 1 cup cooked peas, 1 cup chopped ripe olives and ¼ cup diced canned mushrooms. Melt 3 tablespoons butter or margarine in sauce pan. Stir in 3 tablespoons sifted enriched flour.

Add 1½ cups milk gradually and cook until thickened, stirring constantly. Fold tuna mixture into sauce. Heat thoroughly. For the biscuit layers: Sift together 2 cups sifted enriched flour, 1 teaspoon salt.

Cut or rub in ¼ cup shortening. Then add 1 cup of milk —enough to make a soft dough, stirring only until flour is well moistened. Pat half the dough into greased 8-inch round pan, brush with melted butter or margarine — about 2 tablespoons.

Cover with remaining dough in very hot oven (450 degrees F.) 20 to 25 minutes. To assemble the sandwich, separate the biscuit layers. Spread half the Tuna Filling on lower layer. Cover with top layer, and spread remaining filling over top. Garnish with parsley or watercress. To serve, cut like pie. Serve hot. Makes 6 servings.

Favorite for lunch box

"Favorite Sandwich Filling" made with liver sausage, hard-cooked eggs and chopped ripe olives is a hearty, flavorful combination for school lunches or family meals. Delicious on rye, whole wheat or crisp French bread, you'll also discover it to be equally as good for dainty party sandwiches.

California ripe olives are hearty, rich flavor is many sandwich fillings. They also extend small amounts of meat and poultry into satisfying sandwiches. Favorites around the country as a relish they are mighty good in salad and casserole combinations, too. You'll find ripe olives available whole, pitted, sliced and chopped.

FAVORITE SANDWICH Filling is made with one-half cup mashed liver sausage, three hard-cooked egg, one-third cup chopped ripe olives, one-fourth cup mayonnaise and Worcestershire sauce.

Makes one- and one-fourth cups filling.

Gwynn Ave. group elects officers

The Gwynn Avenue Neighbors met recently at the home of Mr. and Mrs. Wendell M. White, 344 Gwynn Ave., with the president, Mrs. Marjorie Doresey, presiding.

Plans were made for a guest speaker at the Franklin Recreation Center, Allendale and Frenkin Sts. on March 9, at 8:00 p.m. for the benefit of helping all who are interested in combating teenage problems in the neighborhood.

The guest speaker will be a Sergeant from the Southwestern District.

Plans for a variety supper were discussed for the latter **part of April. Officers elected** for the year are:

Mrs. M. Dorsey, president; Mrs. Gardner, vice president; Mrs. B. White, recording secretary; Mrs. M. Thornton, financial secretary; Mrs. M. McClaine, treasurer; Mrs. J. Nelson, chaplain; B. Cox, sergeant at arms; Mr. W. White, business manager.

YOU CAN BE the chef who makes this delicious Italian Spaghetti Sauce. See recipe in column 7.

Breast 'O Tuna Cass-O-Role

Nut 'N'oodle Cass-O-Role, made with Breast O'Chicken Tuna offers a welcome variation on a favorite tuna theme, through the use of crushed peanuts to add "crush" and flavor appeal.

It also features the tuna that's certified by United States Testing Company for quality, flavor and texture.

This certification assures the homemaker that even though she can't see inside a tin of tuna, she can enjoy the confidence that comes from knowing she's serving her family the best of tuna.

NUT 'N' NOODLE CASS-O-ROLE is made with two regular size tins of tuna, solid or chunk; one can cream of mushroom soup, one small onion, chopped; one-fourth tsp. pepper; one tsp. curry powder (optional), one small can evaporated milk, one-half tsp. Worcestershire sauce, one cup chopped parsley, one eight-oz. package noodles, cooked and drained; and two tbsp. margarine.

Combine soup, onion, pepper, sauce, one-half cup of chopped peanuts and evaporated milk. Mix half of this sauce with noodle mixture.

Add tuna to remaining sauce and pour in center of noodles. Dot with margarine and sprinkle remaining peanuts over top.

Take at 350 degrees F. for 30 minutes. Serves 6.

Italian Sauce for spaghetti

Spaghetti never fails to please, particularly when fixed this way.

Why not have it for dinner tonight?

Make a delicious Italian Spaghetti Sauce with one pound hot Italian sausage, two onions, chopped; one clove garlic, minced; one No. 2 can tomato juice, one can tomato paste, two-third tsp. salt and two tsps. sugar.

Cut sausage into small pieces and pan fry slowly. Pour off all but four tablespoons of fat and saute onions and garlic until light brown.

Add remaining ingredients and simmer for one hour. Serve over cooked Mueller's thin spaghetti with grated cheese.

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MUELLER'S Delicious CHEESE SAUCE
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And you vary it by adding: bacon and tomatoes—or sausage; frankfurters—or ground beef; salmon, tuna or shrimp; diced chicken—or turkey; any kind of leftover meat. The possibilities are endless.
Your family—your guests—will love every one of these taste-tempting variations. And you'll find you've never served such a variety of dishes so easily. You cut your cooking time in half, think of that!
If you want to serve macaroni dishes that are "tops for taste," look for this exciting new magic menu-maker at your store—in the familiar Mueller's red-white-and-blue package. Buy it today!

Gadabouting In Baltimore

Tender touch not tarnished Alpha Phi A Wives discover

by Lula Jones Garrett

Baltimore Alphas proved Friday night that they had not lost their tender touch by proceeding to woo their wives all over again— and on the eve of St. Valentine's Day, no less.

The occasion was Delta Lambda chapter's annual dinner dance in honor of wives and sweethearts in the main dining room of Wilson's Restaurant.

Fun and fine food were the order of the evening and the consensus of opinion among the wives and sweethearts was that the "brothers" were most lavish with both.

There was no formal program as such, but Delta Lambda's president, Charles P. Howard Jr., took time out to express to the girls how grateful the "brothers" were for their presence.

He also paid special tribute to two widows of Alphas, Mrs. Thelma Lawrence and Mrs. Blanche McRae. Four other widows, Mesdames Mattie Connor, Audrey Butler, Sylvia Randall and Blanche Hughes, were unable to attend because of previous engagements.

Mr. M. Frank Mackay, president of the Alpha Wives, thanked the "brothers" and also introduced officers of the organization.

The newest Alpha wife, Mrs. Mabel Alleyne was introduced amid a round of applause while the blushing bridegroom, Brother Bruce Alleyne took a rolling bow.

Mrs. Shirley Pinkett led a community sing, after which Brothers Raymond V. Haysbert and Frank R. Veney took on a master callers for an ever-lengthening Madison line.

Enjoying the festivities were Mrs. Esther LaForest and Dr. Frederic Jackson and Messrs. and Mesdames Otyce Proctor, Pierre Davis, John Oliver, Douglas Sands, James Persons, James Murphy, Charles Howard, Vernon Pennington, Wilbert Walker.

Also B. Clarke Davis, William Toadvine, R. Grant Pinkett, Glendi Johns, Arthur Spencer, Joseph Bracey, C. C. Jackson, Frank Veney, Ray Haysbert and Cliff W. Mackay.

* * *

DR. ALBERT O. REID will be the honoree when the Baltimore chapter of the Hampton Alumni Association holds its annual Alumni Fellowship Dinner on March 6th.

Plans were formulated when the group held its recent meeting.

The honoree is a Hampton graduate of 1903 and has been practicing dentistry in this city for 53 years.

A public spirited citizen who has for many years worked for the welfare of the youth of this city, Dr. Reid is also a philanthropist in his own right. He is one of the founders of the Dental Society here.

Dr. Dwight O. W. Holmes will be the speaker for the occasion, and among the notables who will be here to pay tribute to Dr. Reid will be Dr. William H. Martin, acting president of Hampton; Major Walter R. Brown, Charles H. Williams and O. G. Tayor, all of Hampton.

Catherine Adams, chairman, and Jake Cox, co-chairman, have been getting their heads together for the dinner meeting, which will be held in the Variety Club.

Henry Johnson was reelected president at the annual election, and other officers inducted were Ossarow Gee, vice-president; Mrs. Melissa Perdue, treasurer; William Henderson, financial secretary;

Mrs. Aretha Richardson, recording secretary; Mrs. Vera Taylor and Mrs. Phyllis Thompson, corresponding secretaries; Gerald Burke Wilson, music chairman;

Mrs. Catherine Adams, program chairman; Mrs. Gwendolyn Lewis, hospitality chairman; Everett Saunders, constitution chairman, and William Boykins, chaplain.

* * *

WHEN THE Baltimore Alumnae Chapter of the Delta Sigma Theta Sorority met on Tuesday at the YWCA, one of the highlights was the report given by Soror June Ross, chairman of the Jabberwock committee.

Plans are being made for one of the biggest Jabberwocks that the Sorority has ever projected, "AMERICA PANORAMA" which is the theme will be well worth seeing. However, you will be hearing more about this in the next months as to time and place.

Another hight was the panel discussion by members of the sorority concerning the two bills which are now before the house... the HB 53 bill which was introduced by Verda Welcome and the Bill by Walter T. Dixon.

The panel consisted of Sorors Leila Terry, Bernice Brandon as moderator, Vivian Washington, Rubye Gill and Frances Stith.

Present at the meeting were: Sorors Iura Knight, Hazel Barrick, Leila Terry, Bernice Brandon, Martha Gover, Lucille Venture, Joan Cole, Gwendolyn Howard, Frances Gaines;

Sorors Eva M. Jones, Ruth King, Delores Adams, Barbara Miller, June Ross, Christine Moore, Ella Edemy, Mary Pitts, Ella Clark, Louella Cane, Barbara Randall, Mary Speiman;

Sorors Gertrude Neale, Miriam Winborne, Vivian Washington, Rubye Gill, Dolores Cooper, Dorothy Barrick, Helen Chamberlain, Frances Stith and Beryl Williams.

* * *

IN OBSERVANCE of the founding of Alpha Kappa Alpha Sorority, the members of the Alpha Delta Chapter at Morgan State College held their annual Founder's Week Tuesday, February 9 through Sunday, February 14.

A week of gala activities was carried out. Starting on Tuesday, the chapter sponsored a Pajama Party in Harper House from 9 to 10:30. The affair was attended by campus and day female students of all classifications. Games and other party mixers were played with refreshments being served later on.

On Wednesday, the 10th, the chapter enacted a wedding dramatization, center around the theme "So you Want to Get Married." Participants in the wedding included:

Sorors Mabel Tittle and Delores Simmons, the bride and Maid of Honor; Chauncey Williams and Vernon Gray of Alpha Phi Alpha Fraternity, the Groom and Best Man; Warren Edmonds also of Alpha Phi Alpha, the Minister; and Stephen Wayland Cross of Kappa Alpha Psi, father of the Bride.

Sorors Kathryn Wilson and Carole Bush of the Alpha Delta Chapter rendered wedding selections.

Guest speaker for the affair was Dr. Thelma V. Winder, Head of the Department of Home Economics at Morgan, and soror of Alpha Kappa Alpha. The program was held in the Student Union Building on campus.

An impromptu speaking contest was held Thursday in which all students were eligible to participate. The participants could choose to speak in either of two categories, the serious and the light.

The winner of the serious category was John Risher, who spoke on the topic, "This Democratic USA." John is a senior, a member of the debating society, and of Omega Psi Phi Fraternity.

The winner of the light category was David Ashford, whose speech was entitled, "Marriage, Who Me?" David is a junior and a member of Kappa Alpha Psi Fraternity.

Other contestants were Ronnie Merriweather, Horace Smith, George Ricks, and Huelin Fierce. Soror Merle Rawling served as mistress of ceremonies. Judging the contestants were Dr. Albert N. Whiting, Dean of the College, and Mr. Harold B. Chinn, English and speech instructor.

Friday, February 12, was set aside as "Go Greek Day." All members of Greek organizations were requested to wear clothing signifying their particular organization. An All Greek Dinner was held at which time the Greeks on campus sat together in a designated section of the Memorial refectory.

During this dinner, the winner of the "Go Greek Contest" was announced. The first prize was presented to Delta Sigma Theta Sorority, whose poster was selected as most original and creative. Other organizations entering the contest were Alpha Phi Alpha and Omega Psi Phi Fraternities.

* * *

THE CHI WIVES, auxiliary to the Chi Delta Mu Fraternity was graciously entertained by Mesdames Nelson Williams, James Hawkins and George P. Brown at Wilson's Restaurant, last Monday night.

It was a real Valentine Party with comics, gifts and a very special gift was given to their favorite Valentines, the patients at Henryton State Hospital.

Mrs. Edward McDaniels presented to Mrs. Juanita P. Chase, Chief of Social Service at Henryton, a 27-inch table model television for a new service area.

Mrs. Bruce Alleyne was introduced and welcomed as a member of the group.

Other members present were:

Mesdames Townsend W. Anderson, McDonald Bands, Eugene Byrd, B. H. Christmas, B. N. Christmas, Lonnie C. Greene, Thomas Harris, Richard Hunt, George Lee.

Mesdames Warren Lee, Clarence Reynolds, William Ross, Walter Shervington, Frank Sykes, Emerson Walden, William Watts and Maceo Williams.

* * *

THAT SNOW STORM on Saturday cancelled out a number of affairs, including the regular session of Epsilon Omega Chapter of Alpha Kappa Alpha Sorority; the Sweetheart Dance of Omega Gamma Tau Fraternity at Morgan, the Founder's Day Tea of Alpha Delta Chapter of AKA and the History Week program of Kappa chapter of Iota Phi Lambda Sorority... but not the party that was to mark the birthday of Dr. Billy Hall. Even his uncle, Chippy Berry of Philadelphia (who shared honors), made it from Philly.

* * *

POSTPONED last Sunday because of the unexpected snowfall, the annual Living Makers of Negro History program, sponsored by Kappa chapter of Iota Phi Lambda Sorority will be held this Sunday morning at Union Baptist Church, Druid Hill, near Dolphin.

The program designed to honor selected Baltimoreans for their outstanding contributions to the community, will be a part of the regular morning worship service.

Citations this year will be given Assemblywomen Verda Welcome and Irma Dixon, Sen. J. Alvin Jones, legislators; Mrs. Gladys Shepherd and Dr. Roland McConnell, authors;

Earl Koger Sr., and George Boone, businessmen; the Rev. Baxter Matthews, pastor of Union Baptist, clergyman; and Cliff W. Mackay, AFRO editor, journalist.

The presentations will be made by Mrs. Florence Madison Hill of Philadelphia, who is the national president of Iota Phi Lambda.

A coffee hour will follow the award ceremony.

Mrs. Willie Mae Scott is chairman of the program. She is being assisted by Mrs. Fannie Poulson, co-chairman.

* * *

"THE WIDER LOOK" was the theme used in the meeting of Alpha Zeta chapter, Zeta Phi Beta Sorority, when the monthly meeting was held at the YWCA, Monday evening.

Presiding was Soror Ruth Cleaver, basileus.

The business session was followed by a Social Hour hosted by Sorors Thelma Ashe, Olivia Bates, Ovella Dorsey, Naomi Smith, Reva Lewis, and Eva Washington.

Present at the meeting were: Sorors Ruth M. Cleaver, Ruth Russell, Catherine Winslow, A. Goldia Ford, Evelyn F. Roller, Carrie D. Scott, Reva G. Lewis, Lillie A. Ross, Eva M. Washington, Althea S. Cornish, Mildred M. Williams;

Sorors Beatrice G. Pitts, Mary C. Frazier, Iona R. Johnson, May W. Fortune, Florence V. Purviance, Naomi W. Smith, Isoline S. Crowner, Beatrice A. Mayo, Emma D. Dudley, Eleanor Colvin;

Sorors Ovella Dorsey, Olivia Bates, Elizabeth C. Demby, Glarissa J. Jenkins, Jessye N. Valentine, Mary J. Taylor, Audrey Davis, Thelma C. Ashe, Doris Howell, Mamie Williams, Ellen Jones.

The undergraduate chapter, Gamma Chapter, has been observing Finer Womanhood activities on Morgan State campus during the entire week, culminating in a Social Hour on the campus on February 21, and on the Campus on February 21.

* * *

A CASUAL VISIT to a friend turned out to be a surprise baby shower for Mrs. Elizabeth Bagley on Friday evening.

Party given by Mesdames Mary Melton, Catherine Forbes and Alice Pendergrass was in the Mt. Oliver Lane home of Mrs. Melton... and just in time. Baby arrived on Wednesday... a beautiful baby girl (just what Dad, Roy Lee Bagley had ordered to complete the family circle which already included a three-year-old son).

For the shower the living room was adorned with cut flowers and Mrs. Bagley seated beneath an umbrella decorated with nursery pictures to open the scores of lovely and useful gifts for the baby.

Then came games and dancing, with Miss Catherine Forbes calling for the Madison Line. Later there was a buffet supper.

At the party were Mesdames Barbara Thomas, M. Smallwood, Daisy Walker, Mary Brown, Elmeta Faulks, Corinne Ford, Lorraine Lewis;

Mesdames Richard Dix, Gladys Williams, Naomi Payne.

BALTIMOREANS who attended the —Seventh Annual Valentine Soiree of the Washington chapter of the Continental Society at the Sheraton-Park Hotel in D.C. Sunday included, left to right Mr. and Mrs. Robert Quarles, Mrs. Frances Turner, Joseph Obey, and Mr. and Mrs. William B. Young.

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Pure Lard 3 lbs. 25c

'Chicken' Tuna gets U.S. Seal

Breast O' Chicken Tuna, Inc. has just launched the most ambitious advertising campaign in its history to promote the news that it has been granted permission to use the United States Testing Company Seal of Quality. The seal will be featured in all advertising for 1960, spotlighting the fact that Breast O' Chicken is the tuna certified for quality, flavor and texture.

The company's initial consumer campaign will feature an eye-catching illustration of a masked woman, with the headline, "Because you can't see inside a tin of tuna' you'll welcome this news from United States Testing Company!" This dramatic theme will be promoted to the hilt in all Breast O' Chicken markets.

Radio and large-space newspaper ads will carry the message to the local level. Such advertisements are appearing in the AFRO-AMERICAN.

To build the story nationally, the company has scheduled a continuing campaign on the ABC-TV network covering approximately 100 cities, and several magazines.

BECAUSE YOU CAN'T SEE INSIDE A TIN OF TUNA...

YOU'LL WELCOME THIS NEWS FROM UNITED STATES TESTING COMPANY!
How can you be sure you're choosing the finest tuna for your family—when you can't see inside the tin?
Today you do have a guide to quality in tuna.
Now Breast O' Chicken is the tuna that's certified for quality, flavor and texture, by the United States Testing Company.
Enjoy the satisfaction of knowing you are serving only the best o' tuna. Choose Breast O' Chicken Tuna for your family!
CERTIFIED MERCHANDISE UNITED STATES TESTING CO. INC. SEAL OF QUALITY
THE TUNA CERTIFIED FOR QUALITY, FLAVOR AND TEXTURE
Breast O' Chicken Tuna