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

Off The Beaten Path —

By ELIZABETH M. OLIVER

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The 54th wedding anniversary was celebrated by Mr. and Mrs. Joseph Spriggs Saturday, March 3. Five generations of the family present made the occasion a stellar event.

The Spriggses have resided at 1357 Woodyear St. 54 years and now and then contemplate moving to an apartment.

However, to sell their faithful old home would seem like deserting a friend, they say, as they give up the idea.

At the Saturday affair, members of the family chuckled as the spry, lively and jolly couple gifted each other with money.

Each one had been saving a little at a time to give the other a cash present. Tuesday found them still reading over greeting cards, rearranging flowers they received.

ATTENDING THE buffet were daughters, Lillian Moulden, Eleanor Mills and husband, Caiphius Mills; Naomi Jenkins, Mary Spriggs all of Baltimore and Helen Clayton; Rye, N.Y. and daughter - in - law, Mr. and Mrs. Thomas Spriggs; Harry Spriggs, Long Island, N.Y. grandson, Joseph Leon Clayton and grandson and daughter - in - law, Mr. and Mrs. Philip Clayton; granddaughter, Miss Bettye Spriggs; granddaughter and son - in - law, Mr. and Mrs. George Cooper.

Also a niece Mrs. Rosa Johnson and her husband, George Johnson; nephew, Louie Mr. and Mrs. Joe Reeder; Washington, Mrs. Bertha Thomas, cousin, Mrs. Annie Gray, Mr. Spriggs' father; Mrs. Bessie Smith, Jamaica, L.I., N.Y. a friend;

And, great-grandchildren: Dorisinea Mouldin, Bernard Mouldin, Kent and Dorie Cooper, Rosamarie Mouldin, Shirley Ann Mouldin.

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THE VALIENT WOMEN have set aside the greater portion of their Saturday meeting to celebrate birthdays of six members and their advisor, Mrs. Verda Welcome, member of the House of Delegates.

Others marking March 10 as the day are Mrs. Edith P. Hill, chairman of the board; Mrs. Christine Anderson, chairman of the membership committee; Mrs. Eleanor Anderson, parliamentarian, also, Mrs. Dorothy Chappel and Mrs. Myrtle Brown.

Come 8 p.m. the ladies will curtail business to begin the big party at the 3420 Holmes Ave. club house. Mrs. Lillian Cummings is president.

ANNUAL EVENTS which serve every year as narbingers of spring are the Myra Grand Chapter Order of Eastern Star baby contest and the Eastside Community Blue Ribbon Tea. Both come, as a rule, the first Sunday in March.

In six years, I have never seen it to fall, the ladies attending wear the most beautiful hats, all a-blossom like a spring song.

Certain to top a smart frock with a pretty chapeau are Birtsal Ross, Celia Crawford, Martha Underwood of the Eastside group and Lillian Lawrence, Alice Carroll, Evelyn Douglass of the OES. No exception are the other participants who sported fine bonnets.

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THE BLUE RIBBON TEA in its 18th year, has become a Baltimore tradition, and has more than 30 hostesses who stage a spectacular at fair every time.

This year the Five Points Circle sponsored the Myra Grand Chapter occasion at the Masonic Temple. Show boxes, not to mention Toys and Teens grand performance.

Doughnuts, Mildred Harrison and Mr. Coleman, more than 300 youngsters displayed their talents in verse, song and recitation.

Better Homes was represented by Mrs. Ada Speaks, Mrs. Edna Lee Jones, Mrs. Rosa Lee Hughes, Mrs. Ada Bangalee, Mrs. Delaborde Thomas, Mrs. Fannie Mae Wallace, Mrs. Jessie Brissett.

And, Lynne Wynn, Carolyn Grand, Patricia McKinney, Rosalyn Bailey, Deanance Hughes, Gloria Allen, Yvonne and Michael Johnson, Stephanie Neale and Nancy Clarke, Cheryl Rucker, Cassandra Rock, Steve D. Aldrich, Yvonne Fairfax, Sandra Harris, Cynthia Reid, Kirby Reid, Lovitha Whittington, Donathan Chester, Thomas Robinson.

CASH PRIZES to winners went to tots Michel Washington, Yvonne Hinton, Nathaniel J. Jones, Inga Jo Bullock, Charlotte G. Boston, and Robert M. Julius, 3rd.

Music was by the Youth Choirs of St. Johns AME Church, Macedonia Baptist Church. Highlighting the events was the appearance of the Phillips - Butler Youth Fraternity performing a skit by Judy Carter.

Program co - chairmen were Edith A. Mosley and Blanche Powell. Emma Swann and Alice Hall are secretaries. Alice T. Carroll is grand worthy matron. Aaron Williams is grand worthy patron.

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Dr. Charles Ward, superintendent of Crownsville State Hospital, who has done such an admirable job to better conditions for patients there is ill but improving, after an operation Thursday at University Hospital.

His room is 10 B-10. Visiting hours are from 10 a.m. to 8 p.m.

Stuart Tutman, member of the well-known Tutman family of Druid Hill Ave. has been transferred from Provident Hospital to Fort Howard Hospital where he is due another operation.

EUROPE BOUND — Right sales representatives of the Schmidt Baking Company together with their wives, have a business and pleasure trip coupled with a visit to Europe. Shown here, left to right: Harold Williams, vice president, and Ed Fincke, sales manager, who were at the airport to see the group off; June Opalyko, Ed Schmidt, Messrs. and Mesdames Charles Schmidt, Cromwell Zembower, Ed Wilkes, Harold Hart, Charles Hess, Charles Hite, Henry Bryan and James Hall.

—Gadabouting

Concluded from Page 3)

and Collins B. Stanley.

THE EASTERWOOD Child Study Group changed the format of their monthly meeting to include last Saturday an activity for the children.

George Peck Jr. performed magic tricks to the delight of the youngsters . . . after which they and guests dined at Wilson's Restaurant.

Members present were Ruth Beard, Lorraine Eason, Naomi Evans, Otyce Froe, Lorraine Green, Thelma Greene, Orienne Gregg, Gloria Stokes and Francis Ward.

Guests were Lois Wright, Jacqueline Hilson and Loretta Tazwell.

The children included Granville Wright, Gail and Bobbie Hilson, Damon and Minzio Tazwell, Nicki Haysbert, Michael and Michele Froe, Frederick Eason, Pamela Greene, Wayne and Allen Stokes;

Also Deborah and Jo Ann Ward, Doreva and Jan Gregg, Cynthia Green, Betty, Deborah and Mary Beard, Lynne Froe and Janice Stewart.

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MR. AND MRS. JOHN S. BOND SR. entertained at an informal cocktail party in their Carrollton Avenue home, Saturday eveing, to mark the birthday of their son Baron Lycurgus.

Guests were Messrs. and Mesdames Demby, George Kelson, Melvin Pugh, Marshall Waters, Julius McRae, John Bond Jr., Paul F. Bond;

Misses Vivian White and Karen Bond; Mesdames Vera Clay, Grace Prettyman, Alice Moulton, Mildred Bryant, Myrtle Lee;

Ossie Black, Richard White, Robert Robb, Levi M. Staten, Alonzo S. Jeter, Earl Fields, James Fields, John Moulden, Edward Clemons, Edward Johnson and Fleming W. Brown.

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MEMBERS OF Dosar Clamavi Social Club took time out Sunday to celebrate their first anniversary as a club. They began their day by worshipping at the John Wesley Methodist Church, and later had dinner at the Sheraton Balto. Inn.

Activities the club engaged in during the year included a beach party at Long View Beach, a cookout for new members, bowling and horseback riding.

The purpose of the club is to develop finer ai nl hcot to develop finer womanhoodl hcseusailn do origlh inagpp of the club is to develop finer womanhood through socializing and helping others.

Members are Mesdames Jennie Brown, Marion Green, Delores Johnson, Margretta Milburn, Claudine Snowden; Misses Sarah Gregg, Joselyn Taylor and Marian Taylor.

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THE NORTH Baltimore District Ministers' Wives Association will present the Choir of Bennett College in Concert on March 27, at 8:30 p.m. in Sharp Street Memorial Methodist Church.

The Choir is enroute to Pittsburgh, Pa., where it will appear as guest artists on the program of the United College Fund Convocation. The singers, directed by Miss Charlotte Alston, who formerly taught music at Hiroshima Girls College in Hiroshima, Japan, have been hailed as one of the best balanced singing groups of its kind in college music circles.

Your patronage of this concert will benefit the Pension Fund for retired ministers and the widow and children of deaceased ministers. Mrs. Edward G. Carroll and Mrs. John B. A. Dyson are among those heading this project.

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MOST SURPRISED, and most grateful lady on the local health Sunday, was Mrs. Carrie Webber, whose daughters: Anna M. Carter, Hannah L. Lane and Bernice Turner, gave a birthday dinner party for her.

Guests who came laden with gifts . . . and enjoyed the lavish dinner, included:

Messrs. and Mesdames Richar- Washington, Clarence Gordon, Maxie Jones, Chester Rivers, Letbetter, Smith, J. F. Greenhill, Alfred Branch, Mack Jones, John Rivers, Porter, Walterrr Barno, James Mason, Leroy Addison, Frank Roy, James Davis, Davenport.

Mesdames Deellear Wing, Ruth Sampson, Blanche Powell, Berdie Addison, Gladys Thompson, Mabel Julius, Ida Burley, Hazel of the Smith and husband; Louise Bowman, Marie Davis, Ruby Ward, Maude Clark;

Mesdames Margaret M. Saunders, Elizabeth Jordan, Florence Snowden, Mary Bailey, Mary Bonds, M. Rogers, Franchetta Wright, Beatrice Hungerford, Gaile, Yates, E. Howard, Ethel Gallaway, Louise Williams,

Mesdames Rebecca Campbell, Bessie W. Wilson, Waitress Holley, Mary Ruffin, Annie W. Taylor, Anna Mae Davis, Lillian Lawrence; and Suzanne Forrester of New York;

Misses Charlotte Wing, Gladys Barbour, Sondra E. Lane, Savannah L. Mason, Marsha Jones, Denise Jones, and Marlene Barno;

Richard M. Lane, Ralph T. Lane, Michael D. Carter, Frederick Carter, Charles Turner, Haraday and Willbur Leggett.

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MR. AND MRS. Wilbert C. Hurley entertained at a tea for their new daugher- in - law, Mrs. Thomas A. R. Hurley, Sunday.

The bride is the fomer Sylvia Dorsey, daugher of Mrs. Elsie Cross and Francis Dorsey. A graduate of Cortez Peters Business College, she is employed in the Eastern District of the Health Department.

The bridegroom is a former student at Morgan State College and a talented organist. He is currently at Fort Jackson in South Carolina, where he will attend officers training school.

To meet Mrs. Hurley were:

Messrs. and Mesdames Benjamin Roane, Joseph Hurley, Edward Jackson, Laurence Roane;

Mesdames Gussie Mack, Mabel Kellum, Gladys Hayes Listina Scribner, Jacqueline Hurley, Dorothy Stokes, Mary Wise, Evelyn Ransom, Gladys Fleming, Lucille Custis, Winnie Gunn, Isabelle Jones and Annie Johnson;

Misses Mary Savoy, Dorothy Scribner, Annie Watson; Robert Johnson; Edward Walker and Isaac Sellers.

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BECAUSE members and friends were undaunted by the inclement weather, Wednesday ago; the Baltimore chapter of Cheyney Teachers College Alumni was greatly gratified over their presentation of "Breath of Spring" at the Vagabond Theatre.

Among members entertaining before and after the affair with cocktails or dinners were Thelma Moore, who heads the chapter; Lena Lee and Hazel Butler.

Following the business session of the regular meeting on Saturday at the home of Mrs. Moore, guest speaker was Lena K Lee. Mrs. Lee, a former member of Urban Renewal in Baltimore Urban Renewal in Baltimore City.

Rosa Raye, Kathleen Parker and Charles Mason were hosts for the evening.

GAMMA BOULE, holding forth in the elegant confines of the Powhatan Avenue home of Dr. and Mrs. I. Bradshaw Higgins, Saturday night, honored four of the members, to whom "specialties" have recently come.

The honorees were Dr. Sara Brown, recently named to the Baltimore Urban Renewal and Housing Commission; Judge E. Everett Lane, retired; Dr. Benjamin Quarles, who has a new book off the press; and Dr. Frank DeCosta, who will leave next week for Nigeria to serve as an educational consultant.

At the affair were Dr. and Mrs. Fred Adams, Dr. and Mrs. Maurice Adams, Dr. and Mrs. W. Leroy Berry, Mr. and Mrs. John L. Berry, Dr. and Mrs. Furman Templeton, Mr. and Mrs. Dallas Nicholas, Mr. and Mrs. Ed Wilson, Dr. and Mrs. Martin D. Jenkins, Dr. and Mrs. Richard McKinney, Mr. and Mrs. Jr. Bivens, Frank J. Moore, Laurence Williams, Russell Boyle, Joe McDuffie and Frank Miles.

The other club on the way up the Gallants Social Club, Inc. Members are Nelson I. Parker, Herbert R. Malone, Melton M. Stokes, George L. Jones, Harry W. Pierce Jr., and Thomas J. Howell.

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OUR HONOR class of the week is the Kindergarten class of Mrs. Julia McLain at School No. 149. Edward L. Murray is principal.

Members of the class are studying about family helpers. Classmates in the morning class include Sylvia Barnes, Vanessa Dehnam, Jane Downs Jacquelyn Harris, Sheila McCown, Deborah Mims, Beverly Peterson, Shelia Ray and Sharon Saunders.

Tywanna Turner, Gloria Wade, Gwendolyn Wilson, Martha Whitaker, Lerita Hill and Michelle Dean.

William Bennett, Derrick Bevins, Stanley Boone, Zanes Cypress, Darrell Harrell, Gilbert Inabinett, Reginald Johnson, Wendell Langston, Jerome Prince, Randolph Price, Kevin Sneed, Gary Bryant, Robert Coleman and Albert Mayes,

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PUPILS ATTENDING the afternoon session are: Waverly Alston, Gilibrath Boyd, Dorian Carr, Dwayne Carr, Gregory Davis, Earl Davis, Norman Davis, Earl Davis, Cornell Hayward, Norris Holloway, John Means and James McMillian.

Deloris Anderson, Carlett M. Boyd, Joycette Clay, Betty Day, Joanne Doose, Ida Epps, Harriet, Darlene Houston, Janice McCoy, Mary Nance, Juanita Owens, Jacquelyn Roberts Fannie Roles, Tanya Ross, Gilda Stokes, Carolyn Tutt and Bernadine Walker.

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FRIENDS, say a prayer for Harvey (Dick) Monroe who is seriously ill at St. Joseph's Hospital.

Happy to report that Mrs. Julia McLain, teacher at School 149, is much improved. Cards may reach her at 3321 Winterbourne Rd.

Glad to see Miss Leatrice Miles back to her scrool desk, also, Robert White is better and has returned to his teaching duties at both day and night school.

NASHVILLE, Tenn. — Fellow students at Tennessee State University have elected John Wood of Washington, a senior, "Mr. District of Columbia" for competition in the "Mr. Esquire" contest.

ON THE Eastside

By CHARLOTTE W. DOWNIE

Most personable visitor to our city and our Eastside recently was charming Miss Vivian Otto, of South Bolesia, who is a missionary of the Board of Missions of the Methodist Church. She was here on furlough.

Miss Otto visited the Bethmore Area of the Methodist Church on a pilot recruitment mission.

The commission appointed by the board were Mrs. John T. Horst, Mrs. Mary Bard, Miss Frances Keifer, deaconess of the Baltimore Conference, Mrs. Elizabeth H. Spicer, promotion secretary of the Washington Conference.

The Rev. Willard Williams, executive secretary of the Board of Education of the Washington Conference helped with arrangements.

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ONE OF THE highlights of Miss Otto's visits was the fellowship dinner given by Mrs. Spicer at her pretty E. Oliver St. Home.

Among those attending were the Rev. and Mrs. Harry E. Dixon, pastor of Christ Metrodist Church; Mrs. Laura M. Bouldin, president of the Women's Society of Christian Service; Mrs. Gloria Barnes, Mrs. Myrtle L. Lofton, president of the Washington Conference; Mrs. Ester Jackson, secretary of the N. B. District, W. S. G. Washington Conference.

Mrs. Barbara Lavery, Mrs. William Dorch and Dr. J. T. Bard of the Baltimore Conference.

After dinner the W. S. G. of Christ Methodist Church played host to the Guilds of the area. Mrs. Henrietta Holliman is president of the W.S.G. of Christ Methodist Church.

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NEIGHBORS make this a must on your list. The North Baltimore District Ministers' Wives Association will present the choir of Bennett College in a concert on March 27 at 8:30 p.m.

A grand time was had by all when the Ladies Sodality of St. Francis Xavier church gave the first Mardi Gras Ball.

The very pretty affair was held at the Xavier Recreation Center, 930 N. Eden St., and was held for the benefit of the school. This year the ladies plan for purchase a Deep Freeze for the school.

Officers of the Sodality are Mrs. Mae Locks, president; Mrs. Hilda Langley, first vice president; Mrs. Mary Coleman, second vice president; Mrs. Mae Robinson, third vice president; Mrs. Jeanne White, financial secretary; Mrs. Mary Bailey, recording secretary and Mrs. Nellie Mello, treasurer. The Rev. Harry J. Halloney S.S. J. is pastor.

The decorations were done by James King. Music was by Jimmy Smith's Rockettes of Rhythm.

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ADD TO your list two more of our up and coming livewire clubs on the Eastside.

The Associated Gents, Pleasure Club, Ins. Members include David S. Neal, Cornelius Mrs. P. D. G. Pennington, Dr. and Mrs. D. O. W. Holmes and Dr. and Mrs. Houston Jackson.

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SPECIAL HICKORY COOKED BAR-B-Q CHICKEN IN THE BOX 99c
½ Barbecued Chicken served with French Fried Potatoes and a Roll. Take home or here.
We make Special Arrangements for Church and Social Barbecue Parties
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†Look for the tiny specks of genuine Mexican vanilla bean.
Quality Buyers ask for Breyers

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

From Mildred's Kitchen

By MILDRED BROOKS

Fish for the Lenten season

During these "Forty-Holydays" called Lent, foods like fish, eggs and cheese become more important in our daily meals. It might be well for us to pause and reflect a few moments on one of these foods, namely FISH, because of its particular religious significance.

The word, FISH, comes from the Greek ICTHUS which was used by the early Christians to express their tenets of faith: I-Iesus, Christ, Th-God, U-Son and S-or Savior. As a means of Christians identifying each other, under the persecution of the Romans, the sign of the FISH was used as a code. In the 21st Chapter of St. John, verses 1-14, we read how Christ appeared to his disciples after Resurrection, while they were fishing.

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IN ADDITION to its religious value, FISH is a very nutritious food - giving vital protein, minerals and vitamins to the body. At least one serving of fish, meat or poultry daily is recommended by the National Nutrition Committee. This means that fish could be served two or three times weekly during the year, especially since it is cheaper and easier to prepare than most meats and poultry.

Fried fish seems to be preferred by the majority of people. However, in my opinion, the delicate flavor of fish is much more delectable when it is baked or broiled.

To bake, simply place fish skin side down on a well greased baking sheet or foil. Brush with melted butter or French Dressing, add a few slices onion and a dash of your favorite herb, salt and pepper. Bake at 350 degrees F. for about 30 minutes or until flakes separate easily with the point of a knife. To broil, prepare as above, place pan about 2-inches below flame for about 10 min. or until delicately brown. For an exciting variation, bake 2 fish fillets put together like a sandwich with savory bread stuffing, covered with buttered crumbs. Bake at 375 degrees F. for about 1 hour.

The bland taste of fish is enhanced by serving it with lemon wedges or this Jiffy Tartare Sauce: Mix and chill the following ingredients - ½ tbsp. chopped parsley, 1 tbsp. chopped capers, 1 tbsp. chopped pickles, 1 tbsp. chopped olives, 1 teaspoon onion juice, 2 teaspoons Lea and Perrins Sauce and 1 cup mayonnaise.

Tonight you might like to have this easy-to-prepare

SALMON LOAF WITH CURRY SAUCE

1 can (1 lb.) salmon, drained and flaked
1 cup milk
1 cup fine bread cubes
2 slightly beaten eggs
2 tablespoons chopped parsley
2 tablespoons chopped onion
2 teaspoons lemon juice
½ teaspoon salt
dash black pepper

COMBINE ALL ingredients and put into a greased loaf pan (9 x 5 x 3 inches). Bake at 375 degrees F. for 25 minutes or until loaf is firm in center. Remove from oven; let stand 5 minutes in pan; turn out onto heated serving platter. Serve with hot CURRY SAUCE — Cook 1 tablespoon chopped onion in 1 tablespoon butter until tender. Blend in 1 can cream of celery or mushroom soup and ¼ to ½ teaspoon curry powder; heat thoroughly. Makes 4 to 6 servings.

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FOR A dish that can be prepared far ahead of serving time, try this New Orleans Special:

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SHRIMP JAMBALAYA

1½ lbs shrimp, peeled
¼ cup chopped onion
1 clove garlic, finely chopped
2 tablespoons, melted butter

SAUTE ONION and garlic in butter until tender. Blend in flour, herbs and spices. Stir in stock and tomatoes gradually; bring to a boil. Add rice and shrimp. Cover, reduce heat and simmer for 30 min. or until rice is tender. Serves 6. (Canned shrimp may be used).

A crisp green salad or slaw is very appropriate to serve with fish - it gives a contrast in food textures.

And now for a dessert that will be liked by your family and guests, especially those interested in losing weight - top off your fish dinner with

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Orange Pineapple Sherbet

1 6-ounce can frozen unsweetened orange juice concentrate
1 6-ounce can frozen unsweetened pineapple juice concentrate
3½ cups cold water
2 Tbsp. Sucaryl solution or 48 tablets, crushed
1 cup nonfat dry milk

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Set refrigerator control at coldest setting. In order given, put all ingredients into a 2-quart mixing bowl. Beat only enough to blend. Pour into ice cube trays; freeze 1 to 2 hours until half frozen. Remove to a large chilled mixer bowl; beat on low speed until mixture is softened; then beat on high speed 3 to 5 min. until creamy, not liquid. Pour into ice cube trays and freeze.

• • •

P.S. It is so nice being back to write you from Mildred's Kitchen. The kindnesses received from my readers and the Afro-Staff will never be forgotten—and, you know, I believe Rosemarie and I wear the same size shoes - she did so well in filling them during my absence.

Deep freeze, can shelf make cooking for Lent a breeze

You can start your Lenten meals off with a bang and keep them up to scratch if you will investigate your frozen food section and turn to your food sections to find ways of preparing those delicacies which come from the seas.

Fish, shell fish and other non-meat items are now available throughout the year and in every section of the country, either frozen or canned. So Lenten meals need never become monotonous.

• • •

OUT OF A CAN, and from the deep freeze come these delicious Tuna Succotash Croquettes about which you will learn here.

The family is bound to like these Tuna Succotash Croquettes just because they're so good to eat, but there are many more reasons than flavor for serving this inexpensive, nutritious meal.

• • •

TUNA, A high protein food, provides vitamin B-12 which develops red blood cells, flourine to prevent tooth decay, phosphorus for strong bones. It also contains many other health-giving vitamins that Mother wants for her family.

Then too, when looking at that family budget, a tuna dish is an economical dish.

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TUNA SUCCOTASH Croquettes are made with 1 can (6-½ to 7-ounces) tuna, drained, 1 package (10-ounces) frozen succotash, cooked and drained; ¼ cup finely chopped onion, ¼ cup fine dry bread crumbs, 1 can (10-½-ounces) condense cream of mushroom soup, Fine dry bread crumbs, 1 egg, 1 tablespoon water, 1 quart salad oil, ¼ cup milk, and 1/8 teaspoon thyme.

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COMBINE TUNA, succotash, onion, ¼ cup bread crumbs and ½ cup soup; mix well. Shape into croquettes and coat with bread crumbs. Chill. Combine egg and water; beat well. Dip croquettes in egg mixture and coat with crumbs.

Fry in hot salad oil (375 degrees) about 3 minutes, or until well browned on all sides. Drain on absorbent paper. Combine remaining soup, milk and thyme. Heat to serving temperature, stirring frequently, and serve with croquettes.

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TUNA CROQUETTES with Spinach requires 1½ cups fine dry bread crumbs, 1 package (12-ounces) frozen chopped spinach, cooked according to package directions, 2 tablespoons finely chopped onion, 1 cup grated process American cheese (about ¼ pound), salt to taste, dash nutmeg, 1 can (6½ to 7-ounces) tuna, drained, 2 eggs, beaten, 1 tablespoon lemon juice, and melted shortening.

Combine 1 cup bread crumbs, spinach, onion, cheese, salt, nutmeg, tuna, eggs and lemon juice; mix well. Shape into 8 croquettes and coat with remaining ½ cup bread crumbs. Fry in hot deep shortening (350 degrees) 5-6 minutes, or until browned and crisp. Drain on absorbent paper.

Serve with mushroom sauce, as desired.

2 tablespoons flour
2 tablespoons chopped parsley
½ teaspoon thyme leaves
½ teaspoon chili powder
2 bay leaves, crushed
dash of ground cloves
1 quart fish stock or chicken bouillon
1 lb canned tomatoes
⅔cup uncooked rice
1 teaspoon salt

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SAUTE ONION and garlic in butter until tender. Blend in flour, herbs and spices. Stir in stock and tomatoes gradually; bring to a boil. Add rice and shrimp. Cover, reduce heat and simmer for 30 min. or until rice is tender. Serves 6. (Canned shrimp may be used).

A crisp green salad or slaw is very appropriate to serve with fish - it gives a contrast in food textures.

And now for a dessert that will be liked by your family and guests, especially those interested in losing weight - top off your fish dinner with

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Orange Pineapple Sherbet

1 6-ounce can frozen unsweetened orange juice concentrate
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3½ cups cold water
2 Tbsp. Sucaryl solution or 48 tablets, crushed
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GOOD GO-TOGETHERS — One, two, three, go! Yes, you'll be going everywhere in this swank little trio of cardigan, slim skirt and blouse.

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• • •

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The ease of adding instant minced onion to salads, main dishes, sauces and sandwich fillings gives busy homemakers extra time to attend to other chores yet this convenience ingredient sacrifices non of the flavor of raw onion.

• • •

POP'S POTATO SOUP is made with two cups dehydrated sliced potatoes, one-half cup butter or margarine, one-fourth cup flour, two cups chicken broth or bouillon, two cups milk, two tablespoons instant minced onion, one teaspoon salt, one-half teaspoon seasoned pepper, and one teaspoon dill weed.

Cook potatoes according to package directions; drain. Melt butter in heavy pot; stir in flour. Gradually add broth and milk, stirring constantly until mixture boils and thickens. Add potatoes and remaining ingredients. Cook over medium heat 15 minutes.

Makes 4 to 6 servings.

BEST BUYS:

Liver, eggs, spinach to shave food budget

By VIRGINIA L. McLUCKIE
Food Economist

There are a number of attractive buys in the market that will aid you in getting the family food expenditures and diets into balance following lavish holidays.

Everything seems to work together nicely for economy at this time of year. Some of the foods at low cost per serving are seasonal and the kinds of foods that are tempting to winter appetites.

• • •

HAVE YOU served liver lately? If not, now is a good time to add it to your marketing list. One pound of liver will serve four, which makes it low in cost per serving because there is no waste or little shrinkage. Beef, pork and lamb livers are recommended best buys. Beef and pork livers are best braised.

Lamb liver is tender and may be pan broiled or fried. Liver has a high iron content plus vitamin A, and B vitamins.

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OTHER MEAT suggestions include boneless chuck beef and lamb. Watch for specials on cuts that can be braised, made into stews or casserole.

Winter is the time to utilize cuts that need to be cooked by moist heat methods.

Shad, from Florida waters, is now available as the first of the season. The shad catch starts far south and works its way up the coast.

Eggs, one of the high quality protein foods, are an economy when you consider their high food value. Egg prices are lower, making them a very attractive buy.

Grade A eggs, large size, are recommended.

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VEGETABLES for tasty meals include both yellow and green leafy types.

The best buys include carrots, yellow onions, spinach and cabbage. These are familiar vegetables that you can use to advantage in meals because they can all be served raw or cooked, in combination with other foods or as side dish vegetables. A new recipe for a familiar vegetable is many times a welcome change.

Grapefruit is an excellent source of vitamin C. One half a grapefruit will supply about 50 milegrams of Vitamin C. Use grapefruit for a breakfast fruit, or use it in segments for salads, or serve as a sugar for dessert.

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