Shop With List

Good nutrition doesn't just happen. It's the result of careful planning, buying, storing, and cooking.

You can conserve time, energy and money by planning balanced meals in advance. Here's how food specialists in the U.S. Department of Agriculture suggest you do it—

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Select in-season items and those on USDA's list of Plentiful Foods.

Shop with a pre-planned grocery list.

THE HORN of Plenty of our forefather's day held scant rations compared with today's food stores.

Statisticians from the U.S. Department of Agriculture recently went out and counted the abundance available in a typical American community.

They found that the homemaker had her choice of 85 different kinds and cuts of meat in a single store. And had she investigated the other stores in her area, the possibilities would have totaled 135.

That's only counting beef, pork, lamb, veal and poultry. She could have upped the count considerably by including cold cuts and seafood on her list.

NOW TAKE a look at the vegetable counter. Take green beans as an example. The shopper had her choice of cut beans and beans sliced French style, fancy long beans in vertical packs and whole beans. There were green beans with and without seasoning. And green beans fresh and frozen.

The big food stores offered well over 70 different varities of canned vegetables and the choice in one store was more than 100.

This does not include brand variations. Nor can sizes. One supermarket in the survey offered 282 different combinations of can sizes, brands and varieties of vegetables alone.

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Miss Harris married to John Taylor

The Cherry Hill Methodist Church was the setting, Saturday, Saturday, for the wedding of Miss Dorothy G. Harris and John C. Taylor, Jr.

The Rev. N. P. Perry officiated at the double - ring ceremony, and the program of nuptial music was provided by John Nelson, Jr., organist, and Mrs. Thelma Floyd, soloist.

* * *

THE BRIDE, daughter of Mr. and Mrs. Frank L. Mills, was given in marriage by her father. She wore a street - length dress of white peau de soie, made with three - quarter length sleeves and a scoop neckline. Her shoes and headpiece matched her dress and she carried a bouquet of white flowers.

Mrs. Phyllis Boyd was matron of honor for Miss Harris. Her ensemble was in pale blue. The bridesmaids, who wore identical frocks as the honor attendan, but in royal blue, included Miss Gloria J. Harris, Miss Doris Chase, Mrs. Dorothy McLaurin and Mrs. Cecilia Stokes.

* * *

JOHN C. TAYLOR, SR. was best man for his son. The ushers were James Reed, Charles A. Boyd, Greenburg Johnson and Thomas Boston.

The reception following the ceremony was held in the church.

Mr. and Mrs. Taylor will reside in Florida, where he is stationed in the Air Force.

THE EXECUTIVE BOARD of the Maryland Congress of Parent - Teacher Association recently recently met at Bowie State College and completed plans for the annual convention to be held in April at Bates HIgh School in Annapolis. Seated from left, Everett G. Pettigrew, executive secretary I. Victoria Hall, recording secretary; Mrs. Leola Dorsey, vice president, and Jeannetta Chase, president. Standing, middle, J. P. Layne, juvenile committee; Mrs. Mary E. Bundy, publications; Mrs. Aurora V. Bransford, Founders' Day; Mrs. Elizabeth J. Nelson, Charles County Council, and Mrs. Eliza S. McDaniel, scholarship committee. Back row, Leonard Young, acting chairman of the Calvert County council; Morris L. Woodson, budget and finance; Eugene Walker Jr., membership, and Joseph Hayman Jr., president of Somerset County Council.

Gregory helps raise bail for FAMU kids

CHICAGO —(ANP)— Comedian Dick Gregory and members of the Chicago chapter of the Florida A and M university Alumni Association gave a new but meaningful twist to alumni fund raising here last week.

LEON ARMOUR and his bride, the former Marilyn Wesley Moore, leave Walbrook Trinity Presbyterian Church following their marriage, Saturday afternoon. The bride is the daughter of Dr. and Mrs. Marcus W. Moore, and Mr. Armour is the son of Mr. and Mrs. Thomas Armpur, all of Baltimore.

Miss Marylyn Moore wed to Leon Armour

Miss Marylyn Westley Moore, daughter of Dr. and Mrs. Marcus Westley Moore, became the bride of Leon Armour, son of Mr. and Mrs. Thomas Armour, Saturday afternoon at one.

The double-ring ceremony, performed by the Rev. Thomas P. Fraser, 3rd., took place in Walbrook Trinity Presbyterian Church. Wreathes, candles and greenery decorated the church.

Music for the occasion was by William Grigsby, organist, with Mrs. Thomas Fraser, Jr. soloist. Miss Nellie Buchanan directed the wedding.

* * *

MISS MOORE was given in marriage by her father. She wore a gown of white silk organza trimmed with seed pearls and sequins. The bodice featured a scoop neckline and the full skirt ended with a train.

Her veil of the same material was trimmed with pearls. She carried a sheaf of white carnations.

Miss Constance Reckling, maid of honor, wore aqua taffeta. Her frock also featured a scoop neckline, had long sleeves and a bell skirt. Her bouquet of gold and bronze flowers was tied with bronze ribbon.

* * *

BRIDESMAIDS wore gowns in shades of blue fashioned like that of the honor attendant. They included Misses Gloria Forte, Carol Matthews, Pay Keyser, Andrea West, and Elise Jude of this city; and Pat Morton, of Washington.

The junior bridesmaid, Miss Karen Armour, sister of the bridegroom, wore a modified version of the attendants' dresses. All carried sheafs of bronze and gold flowers and all wore matching circlet hats and shoes to match their dresses.

Their jewelry were necklaces which were gifts from the bride.

* * *

STEPHEN WALL of Morristown, N.J. was best man for Mr. Armour. Ushers were Marcus Moore, Jr., brother of the bride; Richard Wall of Morristown, N.J., Tony Watkins of Uniontown, Pa., Donald Gray of New Jersey, Robert Roselle of this city and Crawford Ellerbee of Washington.

Malcolm Moore, also a brother of the bride, was a junior usher.

* * *

THE CEREMONY was followed by a buffet dinner and dancing in the main ballroom of the Alcazar, where, in addition to the several hundred Baltimoreans, out-of-town guests included:

The Rev. Mr. and Mrs. Murray Branch of Atlanta, Ga., Mrs. Martha Wall, Mr. and Mrs. Jack Lucas, Mr. and Mrs. Steve Wall, Mr. and Mrs. Richard Wall and Mr. and Mrs. James Glover of Norristown, N.J.

Mrs. Katherine Lyons of Indianapolis, Ind., Mr. and Mrs. Willard Blackwell and Mrs. Woody McLean and daughter, Lillian of New York, Miss Rose Stewart and Miss Cynthia Jones of Miami, Fla.,

Miss Helen McCoy of Houston, Texas, Dr. and Mrs. A. T. McDaniel of Rahway, N. J., Miss Glenice Pearson of Columbia, S.D., Mr. and Mrs. Ellsworth Wiggins of Washington,

Miss Ruth Edmonds of Providence, R.I., Lt. Edward Carlest of Merced, Calif., Mr. and Mrs. Jesse Morton of Washington, Ronnie Hambrick of New Castle, Pa., Mr. and Mrs. Bernie Dory, Miss Kay Monte and Miss Michele Williams of Washington.

For her wedding trip to New York City, Mrs. Armour wore a cranberry Italian knit suit with pale pink chiffon scarf, cranberry colored hat and black accessories.

After the 20th the newlyweds will be at home at 2827 S. LaBrea St., Los Angeles, Calif.

* * *

MR. ARMOUR was a star football player at City College, here, and captain of the football team at Howard University. He is a '63 graduate of Howard and is serving with the U.S. Air Force in the Space Systems Division, Los Angeles.

Mrs. Armour also attended Howard University, was a member of the Varsity Court and Squadron Queen (Air Force) while there.

DR. AND MRS. William Garner entertained the bride-to-be at a dinner party on Sunday evening, of last week.

Guests included persons who knew Miss Moore from early childhood.

Joining Dr. and Mrs. Garner in toasting a happy and successful marriage were:

Dr. and Mrs. Marcus W. Moore, Sr., Miss Constantia A. Reckling, Mr. and Mrs. James Gilliam, Mr. and Mrs. William Pinderhughes, Dr. and Mrs. Simon Carter.

Mr. and Mrs. Stephen Moore, Mr. and Mrs. Warren Weaver, Mr. and Mrs. Clarence maiden, and Dr. and Mrs. Arthur West of Washington, D.C.

Hotel Paridiso

A special performance of "Hotel Paradiso" has been added to Arena Stage's holiday schedule.

The extra performance will be staged on Monday, Dec. 30 at 8:30 p.m. Arena's box office will be open all day Monday to accommodate last - minute ticket purchasers.

Regular week - night prices will apply for the added performance. "Hotel Paradiso," Feydeau and Desavallieres' tour - de - farce, opens Christmas night for a four - week run, carrying the high-hearted holiday spirit through Jan. 19.

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THE HON. GODWIN ONYEGBULA and Mrs. Onyebula of Nigeria were photographed at the benefit dance given by Epsilon Omega chapter of Alpha Kappa Alpha, when the sorority presented scholarships for Nigerian students. At left is Mrs. Bernice Hunley, chairman of the dance committee; and right of the honorees are Mrs. Edna O. Campbell and Dr. Gladyce Jones. The dance was in the Steel Workers Union Hall, Baltimore.

THE WEDDING of Miss Arimentha Bullock and Warren Cruiz took place in St. Francis Xaveria Catholic Church, Saturday.

MR. AND MRS. ROLAND HOLMES were among holiday newlyweds, their wedding having taken place on Saturday. The bride is the former Miss Hattie Gross.

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- - Gadabouting

(Continued from Page 9)

big welcome sign in the letter box.

This meeting was one of business and pleasure. The pleasure was enhanced with a poem dedicated to the president, who was recently elected woman of the year, Naomi Camper.

Members discussed plans for new members and the Christmas feature, a round robin.

Committees were formed, having as the chairman of the group Madeline Harding.

Jimmy L. Forrest and Ada Veney thanked the members for their splendid cooperation in making Fellowship dinner a success.

Members enjoyed the artistry of Myrtle's unique table decorations and delectable food.

Present were Mesdames Leslie Bell, Charles Campbell, James Crowner, Ruth Fasten, Ivan Higgins, Harold Kent, Albert LaForrest, Benjamin Brown, Douglas Camper, Frank Veney, George Harding, Anne Payne.

Dr. and Mrs. Martin Rodney, Mr. and Mrs. Herbert Frisby, Jr., Misses Carrie Johnson and Nelle Buchanan

* * *

THE BALTIMORE CLUB of the National Association of Business and Professional Women's Clubs made a gala session of their December session by gathering in the Elegante Room for dinner last Tuesday.

Amid holiday decorations sixty members gathered for an eggnog sip before dinner, then found their places with cute Santa place cards and clever cutouts indicating their menu choices. Susie Strother introduced Mrs. Olga Lovett of New Jersey who modeled the latest wig fashions during dinner.

A short business session followed during which reports were made by Mary C. Smith, chairman for the program committee and Julia King, chairman, for the ways and means committee. Jeanetta Wilson, chairman of the senior citizens committee, presented plans for a service project for Carver Home Inmates and for a meeting emphasizing senior citizens in May.

Scsie Strother, chairman, outlined plans for a business conference made by the business workshop committee.

The president, Rosalie McGuire, armounced that she would attend a special national executive session in New York City on December 21. She asked the cooperation of the club in hosting the midwinter executive meeting of the national association.

Business was followed by fashions, modeled by Melinee Yerrell and Tenya Wiggins.

This year the "Get Acquainted" period was done with leaves from the club "tree" listing the various occupations of members accompanied by small photos of them. Members did their annual collection of holiday wrapped gifts for patients in mental hospitals.

Hostesses for the eggnog sip were Veronica Campher, Alice Ford, Lavinia Cox, Ardena Myers, Sedonia Merritt, Mary Crump, Melinee Yerrell, Elizabeth Demby, Louise Fennell and Clarissa Matthews. Loretta Watty was chairman of the dinner meeting.

* * *

MRS. ELIZABETH PATTERSON and her husband Henry Patterson took on the role of diplomat hostess and host with aplomb when they graciously entertained many of her working associates in their lovely home this past Saturday.

Mrs. Patterson heads the social service department at the Clifton T. Perkins State Hospital. Guests were a United Nations transposed.

The lavish smorgasboard table and mood music enhanced the gayety of the affair.

Mr. Patterson's mastery was thoroughly admired, for he planned and executed the carpentry, plumbing, and electrical work in the cozy clubroom that was the setting for this gay party.

Those enjoying the fun of the evening were:

Miss Mary E. Davis, Mr. and Mrs. David Parrish, Dr. and Mrs. Michael J. Pescor, Miss Sandra Jean Rennick, Joseph Webster, Mrs. Ralph Oropollo, Dr. and Mrs. John M. Hamilton, Mr. and Mrs. James Daugherty,

Mr. and Mrs. Albert L. Mercer, Raymond Risher, Mr. and Mrs. Arnie Kaplan, Mr. and Mrs. Leonard E. Allen, Mr. and Mrs. Wise E. Allen, Dr. Oscar Prado, Mrs. Betsy Crawick, Miss Alma Herger, Mr. and Mrs. Granville C. Winborne, and Mr. and Mrs. George Taliaferro.

Twenty debs bow tonight at Girl Friends' 7th Cotillion

WASHINGTON

On Friday night, the Washington Chapter of the Girl Friends presents for the seventh year its annual debutante' Cotillion.

The brilliant affair at which 20 beautiful young ladies will take their bows is being held in the Grand Ballroom of the Sheraton Park Hotel in Washington, D.C.

The debs will i accompanied by their matrons and patrons. The formal presentation begins promptly at 9:30 p.m. with Mrs. Theodore Ledbetter acting as narrator.

This year the Girl Friends are especially proud of the fact that two of the lovely debutantes are daughters of members of the club. One is Jacqueline Eugenia Robinson, daughter of Dr. and Mrs. Alvin F. Robinson; the other, Nydia Alicia Webb, daughter of Mr. and Mrs. Waldo E. Webb. By way of explanation, Mrs. Sterling Lloyd — publicity chairman for the group stated that, "As organizers and supervisors of the presentation, we felt entitled to the privilege of presenting both of our young ladies in their correct year."

* * *

THE REMAINING 18 debutantes in order of their appearance are: Dianne Carol Mitchell, daughter of Mr. and Mrs. Thaddens B. Mitchell; Estelle Irene Scott, daughter of Dr. and Mrs. Roland B. Scott; Shirley Ann Randall, presented by Dr. and Mrs. Herman C. Fitzgerald;

Also, Brenda Dileen Parker, daughter of Mr. and Mrs. Mervin O. Parker;

Frances Amelia Poole, daughter of Mr. and Mrs. James R. Poole; Linda Marie Tracy, daughter of Mr. Wendell J. Tracy and the late Mrs. Marjorie Tracy; Grace Leonora Robinson, daughter of Col. and Mrs. James Hill Robinson;

Also, Candace Sharon Thurston, daughter of Dr. and Mrs. Roger G. Thurston; Dyanna Lorraine Berry, daughter of Mr. William Clinton Berry; Laurel Frazier Tucker, daughter of Mr. and Mrs. Percy W. Tucker; Joyce Eileen Taylor, daughter of Dr. and Mrs. William E. Taylor;

Also, Marilyn Patricia Robinson, daughter of Mr. and Mrs. Charles H. Robinson; Benaree Drew Prince, daughter of Mr. and Mrs. Carlisle E. Pratt; Janet Maurita Jones, daughter of Mr. and Mrs. Robert C. Jones; Thelma Elizabeth Ross, daughter of Mr. and

Also, Jeanene Victoria Smith, daughter of Mr. and Mrs. J. Avery Smith; Marilyn Aleesa Stewart, daughter of Mrs. Juanita W. Wilson and Mr. Walter S. Stewart, Pamela Moffette Coggs, daughter of Mrs. James M. Coggs and the late James M. Coggs.

Twenty-two sub-debutantes, dressed in turquoise — the 1963 color theme — will be in attendance, as will post debts who are acting as attendants. Highlight of the evening will be the waltz with proud fathers.

Many auxillary parties were given in honor of the 1963 debutantes beginning in early Nov. by relatives, god-parents and friends. The 20 handsome escorts have shared in all of the festivities.

Mrs. George A. Ross;

The Cotillion chairman for 1963 was Mrs. Herbert B. Baird who did a wonderful job as was evidenced. Mrs. Robert Stewart is president of the club and Mrs. John Radcliffe Robinson was in charge of rehearsals which began in October.

Names of escorts, sub debs and post debs follow:—

Clinton V. Berry, Howard C. Bolden, Joseph V. Brown, Jr., Constant B. Chevalier, Joseph F. Faxio, III, James S. Fielding, Lyn E. Haney, Flavious A. Galiver, Jr., Howard F. Jenkins, Robert C. Jones, Jr., Lyn N. Lawson, Clarence O. Lewis, Sterling H. Lloyd, Jr., Howard H. Mackey, Robert W. Manco, III, John R. McGuire, Jr.

Michael F. Mason, Theodore Havritte, Wayne C. Hickens, Dennis A. Noble, Robulamin T. Quander, Irving R. Savoy, Alexander Simpson, Vaughn H. Sneed,

Kisner-Hinmon ceremony held

The wedding of Miss Gloria Lee Hinmon, daughter of Mr. and Mrs. James G. Higginbotham, and Robert Garland Kisner took place in St. James Episcopal Church, Saturday at two in the afternoon.

Mr. Kisner is the son of Mr. and Mrs. Robert Kisner of Pittsburgh, Pa.

* * *

THE REV. F. Donald Wilson officiated at the double-ring ceremony.

The bride was attended by Mrs. Brenda Jones, and Mr. Kisner had his brother, William Kisner, of Pittsburgh, as best man.

A reception followed in the Alcazar Hotel.

Frank M. Snowden,

SUB DEBS

Lois Elinor Adams, Blenda Karen Banks, Enid Berenice Brown, Linda Maria Carter, Jean Marie Davidson, Linda Geneva Dean, Donna Marie Dehruhl, Donalu Marie Edwards.

Helene Beryl Bager, Sheryl Denise Henderson, Vi Curtis Audray Hinton, Denese Diane Horad, Beverly Ann Jones, Judith Margaret Murray, Cynthia Nightingale

Lynda Marie Perry, Elizabeth Lemerle Phmes, Jo Ann Poole, Lynne D. Saunders, Carol Diane Sills, Diane A. Smith, Zandia Cynthia Whiting.

POST DEBS

Patricia Ann Adams, Peggy Amos, Helanie Cecelia Atkins, Mary Margaret Bailer, Brenda Baker, Paula Blackburn, Ellen Beatrice Christopher, Carol Ann Cowan,

Sharon Russell Deane, Carlia Sarita Greene, Joan Elizabeth Lemerle Phynes, Jo Jones, Joyce Little, Francine Diane Hounsey,

Countess Maria Pease, Michen Elizabetr Peck, Michen Elizabeth Peck, Ice Cassandra Richardson, Ursuline Yvette Robinson, Karen Smith.

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When you have a cold, take 666, and see what real relief can be like. Satisfaction guaranteed... or your money back. At all drug counters, only 49¢. If you prefer tablets, take 666 cold tablets... same fast relief. Convenient and economical, too.

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