If YOU Ask ME

BY BETTYE M. MOSS

People, places, and things

President Johnson came to Baltimore on Wednesday to deliver a major address at the Social Security headquarters in Woodlawn.

Among the most interested listeners was a gracious lady who has been with Social Security for three decades.

And, this newspaper had a hand in it. Here's how: Mrs. Marie Diella Parks Marrow grew up in Hartford, Conn., where our friend, the late Rev. James A. (Preacher) Wright was her minister.

After graduating from New Britain Normal School, she took a civil service exam and came here.

* * *

It was raining hard when she arrived in Baltimore. This newspaper's executive secretary, Miss Ivy Boone (now living in Meadville, Pa.), met her at the train station and accompanied her to the Madison Ave. home of the late Mr. and Mrs. Levi Moore. They made her a member of the family.

Because of this welcome to Baltimore by the AFRO, she decided to make our city her home, and to join the Social Security staff.

On the day of President Johnson's visit, Mrs. Marrow received a 30 - year pin and certificate for outstanding service as claims examiner with the Bureau of Certification, Bureau of Data Processing and Accounts.

In simple language this means, that Mrs. Marrow and the 200 other employees in her division handle the death claims of pensioners and survivors and rule on the difficult or scrambled cases.)

* * *

Through the years, Social Security has been kind to Mrs. Marrow.

It was on her job she met and married Harry Marrow, also a Social Security employee.

Remember, he was the sergeant who was killed in action during World War II?

But, life does have its compensations — In Mrs. Marrow's case, it is her 22 -year-old daughter, Janice.

A Ma. - De. - So deb, Janice is a senior at the Md. Institute College of Art, and has high hopes of a teaching career.

Congratulations to Mrs. Marrow at 2033 Ruxton Ave.

More about people, things

Do ladies in Baltimore still get together and go out for a Saturday afternoon cocktails, luncheon and cards?

Yes, indeed they do. **Such an affair was the one on Saturday at Wilson's.**

It was hosted by one of our town's gracious ladies — Mrs. Sarah Fernandis Diggs, for many years an AFRO social writer, and in more recent years (until her retirement), a member of the Morgan State staff.

It was pre-birthday party —she having reached 70th birthday on Oct. 4.

* * *

There were elegant gifts — silver and household appliances — which went to winners at bridge and pinochle.

Bridge winners were: Mrs. Elizabeth Jenkins, Dr. Theresa Brown, Mrs. Sallie Nicholas, Mrs. Daisy B. Jones, Mrs. Bea Hurtt, Mrs. Flossie Dedmond and Mrs. Gladys Pinderhughes of D.C.;

Pinochle winners were: Mrs. Melba Bell, Mrs. Ruth Johnson, Mrs. Verniece Reynolds, Mrs. Ethel Day, Mrs. Romaine Jones, Mrs. Alice Young and Mrs. Verniece Matthews.

* * *

Other guests were: Mesdames Helen Atkins, Edna Brown, Rosa Bright, Pauline Bond, Bernice Buckner, Naomi Camper, Emma Clark, Leila Chandler, Mittie Coasey, Bertha Cross, Vivian Cook, Addie Donnell, Mary Fernander, Marie Fraser, Alma Harris, Genevieve Harris, Alice Hall, Ethel Hodges, Katie Hunter, Mary Proctor, Edna Johnson, Fannie Jenkins, Annie Lokes, Ruth Lighton, Blanche McRae, Lillian Murphy, Sadie Murphy.

Also Mesdames Patricia Page, Laurie Parker, Louise Pierce, Virginia Quivers, of D.C.; Edny Scott, Gaynelle Spaulding, Annie Smith, Josephine Saunders, Hattie Tilghman, Alena Thomas, Mabel Waters, Virgie Waters, Jane Wilson, Alice Wilson, Violet Wilson, Mayme Wright, Rosa Young, Gertrude Urquhart, Rose Hayford of Myersdale, Pa., and Mary Proctor.

A bit about this, that

Thrill of the week: The sustained applause that Baltimore Junior College gave their convocation speaker on Tuesday morning.

He was white - haired Dr. Andres Truxal, president, Anne Arundel County Community College.

His speech delivered in a homey and unorthodox manner moved students to give him the unexpected ovation.

* * *

Haven't seen a standing ovation like this in years, was the comment of one faculty member.

* * *

His theme was, 'getting to know you, trying to understand your generation.'

Excerpts: Whatever your current excesses or the matter of making yourselves heard in the cause of what you believe to be just and right, this is to be preferred over your previous interest in the quest for a secure job with a good company and the acceptance of the status quo. . .

. . . at the beginning of the new year, your faculty says to you . . . we offer you hard and unremitting toil, sweat, and even at times some tears, but victory is a worthwhile goal . . .

. . . we will coax, cajole and even threaten, but whether or not you learn, that is your business. . .

* * *

Cuff note: Mrs. Charles Lynch (Gwen), and Mrs. Robert Rea (Mazie), were in Cambridge, Mass., last week for the ordination to the diaconate of Joseph Shelton Pollen Jr.

He has Batimore ties. His parents now deceased, were the senior Pollens. His mother, was the former Nellis Gaskins, a Baltimore teacher before she married Mr. Pollen, a Boston music studio owner.

Many may remember him as the godson of the late Marie Alma Kelly and Estelle Tilghman.

* * *

At one time, Father Pollen, attended Morgan, then went on to work for General Electric for 20 years.

Then he entered the Episcopal Theological School in Cambridge, Boston U., and the General Theological Seminary.

At present, he is curate of St. Luke's Church in Washington.

His brother, Maurice, is assistant secretary to Massachusetts Governor Volpe.

* * *

Plenty of sunshine, please, to the Rev. C. Edward Browne, 1311 N. Caroline St. He is the longtime minister of Memorial Baptist Church, who has been ailing **for too long.**

It should comfort him to know that his assistant, the Rev. Angus Smith, and his church members are carrying on in his tradition.

For example, the church bulletin — nine pages — is full of news and advice.

* * *

Typical is a salute to an outstanding member — Mrs. Rebecca Brown. It notes that although she is crippled with arthritis, and has impaired vision, she makes a real contribution to her church and community.

Especially outstanding: her leadership in the annual and the annual woman's day souvenir program.

Cuff note: Edward McCready, the church minister of music, is also pianist with the Social Security Chorus.

* * *

Friendly cabbie met this week: Robert Byrd, who was our Douglass High classmate.

He has been a World War II soldier, served at first Ioole in the South Pacific returned home to become one of the first taxi owners in our city.

His family includes his wife, Isabelle; a son, Robert Jr., a Hopkins student bound for service; another son, Ralph, 19, a U. of Md. student; and Ralph, 18, a Morgan student. That's good going!

Birthday time: Oct. 14 is the birthday of Dr. Louis E. Harmon, 2224 Madison. Next day cards to another physician, Dr. Percival Smith, 1709 Gwynns Falls.

Oct. 17 birthday bellos to James A. B. Callis longtime Madison Ave. Presbyterian Church member and YMCA lay leader. His address 2115 Druid Hill

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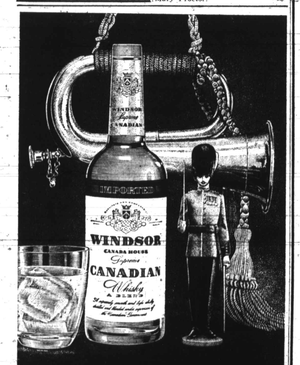

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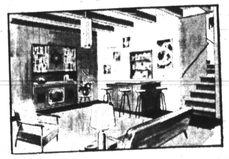

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Delegate Clarence M.

Mitchell III

Says Mr. Mitchell:

I am a Democrat, but I am for Ted Agnew for Governor because . . .

-He is interested in creating employment for people who have no jobs.

-He has pledged to better schools, clean up the slums and support civil rights.

-He is an able administrator who will give us clean and efficient government and serve all the people.

-The Democratic nominee for Governor is out of step with the Democratic party and with the National Democratic program of President Lyndon B. Johnson.

CLARENCE M. MITCHELL III

-We need to elect a man as Governor who will not stoop to racism and biogtry.

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REV. JAMES L. MOORE Pastor, Sharon Baptist Church
REV. MELVIN CHESTER SWANN Pastor, Waters A.M.E. Church
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REV. AUGUSTUS CRUMBLEY Pastor, Mt. Pisgah C.M.E. Church
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VOTE for AGNEW for Governor

NOVEMBER 8th

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by Authority of Dr. J. E. T. Camper, Treas.

Earnings up at Md. National

Record operating earnings for the first nine months of 1966 have been announced by Robert D. H. Harvey, vice chairman and chief executive officer of Maryland National Bank.

Net operating earnings of $5,590,807, equal to $3.39 per share for the first nine months of 1966, compare with $4,642,606 for the same period last year. This represents an increase of 20.5 per cent over the same period of 1965 when earnings were $2.98 per share.

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FOOD

Features-Bargains

BEST BUYS

Apples and pears on plentiful list

Food Economist
By VIRGINIA McLUCKIE
Food Economist

October is the month when apples from the new crop flow freely into markets. From the 12th to 22nd we celebrate National Apple Week, says, Virginia McLuckie, Food Economist, Baltimore Office, Department of Markets, University of Maryland.

It is easy to get two servings of fruit daily when you eat an apple every day. Apples are filled with natural sugars giving quick energy, lots of Vitamins and minerals and pectin which is an excellent aid to digestion. Apples have been called nature's toothbrush because of the cleansing effect they have when eaten last as the luncheon or dinner dessert.

* * *

WHEN YOU buy apples select a variety that will suit your needs. The current market offerings for eating out of hand includes Red and Golden Delicious, Grimes Golden, Jonathan and McIntosh. Consumer preferences for Red Delicious apples for eating puts this variety of tree for commercial.

About half of the trees planted that will be maturing in the next ten years are Red Delicious. Grimes Golden apples make excellent sauce and dessert. McIntosh apples are rated second in popularity for eating. They are very white fleshed, juicy and very aromatic and can be used for salads, pies and baking.

* * *

JONATHAN IS often called "Little Boy" apples because they are normally a size ideal for small servings. They are good for eating, and cooking.

Jonathans are solid deep red in color, firm and have a sweet tart flavor. What ever amount of apples you buy make sure they are solid and free of bruises. Buy only the amount you can store properly.

OTHER FRUITS on the best buy list are Bartlett and Bosc pears and Tokay grapes. Bananas are attractively priced. The first of the new season Florida grapefruit is available. Sales on canned fruits will help in economical fruit servings. More cranberries are coming to market as the season advances.

Vegetables on the best buy list are cabbage, cauliflower, sweet potatoes, broccoli, white potatoes and rutabagas. The selection of these full vegetables will provide good choices of green and deep yellow vegetables so important as a source of Vitamin A. Pumpkin, a vegetable, frequently used as a fruit in pies, cakes and puddings as well as for decoration of the table and home bespeaks the colorful Autumn foods.

* * *

JELLIED WALDORF MOUSSE is made with one pkg. lemon flavored gelatin, one cup of hot water, one-eighth tsp. salt, one-half cup mayonnaise, one cup diced celery, one and one - half cups apples diced, unpeeled; one-half cup chopped walnuts, one-half cup cream, whipped.

Dissolve gelatin in hot water. Chill until thick and syrupy. Blend mayonnaise and gelatin until smooth; add diced apples, celery, nutmeats. Fold whipped cream into mixture. Turn into 1 quart mold which has been rinsed in cold water. Chill until firm. Unmold onto salad greens: serve with crisped crackers. Serves 8.

Economy meals for good eating

If your meals look good, taste good and are good for the family, their economical cost may happily remain your secret forever, should you desire it.

Plan your menu along these lines, making sure to include foods that both meet these basic criteria and are also in plentiful supply and reasonably priced.

COMBINATION dishes, such as pilafs and casserole dishes, for example, frequently will fill the bill on all the scores mentioned.

In these dishes, meat, poultry, fish, cheese and eggs — the important high-protein foods — team up well in combination with rice, macaroni, spaghetti, or other cereal food extenders that are low in cost yet have satisfying qualities and pleasing appearance.

THE CEREAL foods contribute some protein to our diets; and more food energy, iron and thiamine than any other group of foods. Among them, rice is probably one of the most popular at this time or year. It's especially plentiful and thriftily priced now, according to the U. S. Department of Agriculture's Consumer and Marketing Service, because of a record breaking crop last year.

* * *

HERE'S A menu for a day's good eating making use of foods that are in plentiful supply and reasonably priced.

BREAKFAST
Sliced Orange
Ready-to-eat Cereal
Toasted Biscuits
Margarine or Jelly
Milk
Coffee or Tea

LUNCH
Frankfurters on Buns
Hot Potato Salad
Grapefruit Half

DINNER
Rice with Chicken
Spinach-Hard
Cooked Egg Salad
Apple Pie
Milk
Coffee or Tea

* * *

THIS RECIPE for Rice with Chicken is for the main dish of the dinner meal:

One and one half cups diced leftover cooked chicken, chicken bones, salt, one onion, chopped fine, one and and one-half cups chicken, fat, one-half cup raw rice, grated cheese.

This dish may be made with more or less than one and onehald cups chicken, but this amount is needed to give enough protein for a main dish for four persons.

Cover bones with water and simmer an hour or longer. Drain off the broth. Add any leftover chicken gravy and water, if needed, to make 1 quart broth. Add salt to taste.

In a large fry pan, cook onion a few minutes in chicken fat, add broth. When it boils up rapidly, add the rice slowly. Cover the pan. Simmer rice about 25 minutes or until the grains swell and become soft. stir with a fork from time to time to keep the rice from sticking.

By the time the rice is done, it will have absorbed the broth and the grains will be large and separate. Then add the pieces of chicken and more salt if needed. Turn mixture onto a hot platter and sprinkle generously with grated cheese.

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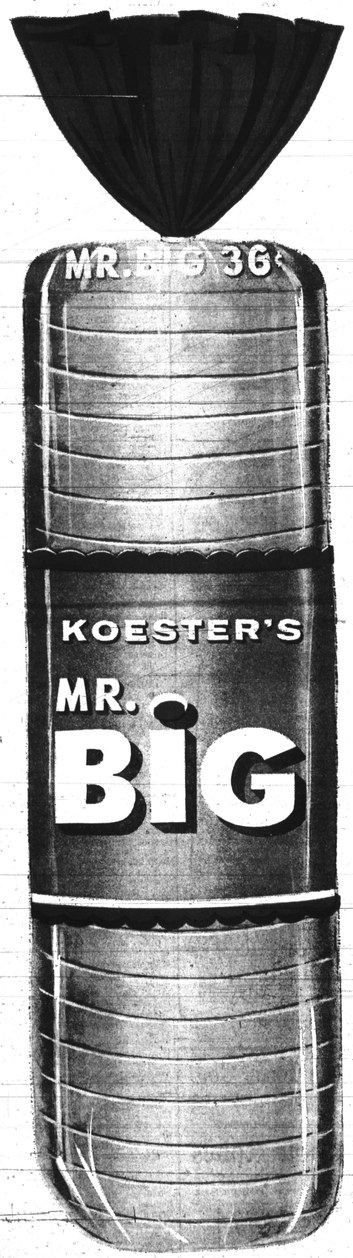

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