Quick casserole solution to last minute meal problem

NEW YORK — Most all of us have a favorite hurry-up dish or two that calls for ingredients that are usually on hand and can be put together with a minimum of time and effort.

But that doesn't mean we aren't constantly on the look-out for new ones to add to the collection.

This Quick Skillet "Casserle" is just such a dish. Canned salmon and cooked noodles are combined in a sour cream sauce seasoned with pimiento-stuffed olives and chives.

Finely chopped scallion tops can be substituted if chives are a problem. It's a fine dish for a family supper.

QUICK SKILLET CASSEROLE
(Makes 4 to 6 servings)

1 tablespoon salt, 3 quarts boiling water, 8 ounces medium egg noodles (about 4 cups), 2 tablespoons butter, ½ cup chopped onion, ½ teaspoon oregano;

½ cup sliced pimiento-stuffed olives, 1/3 cup chopped chives, 1 can (16 ounches) salmon, drained, 1 pint (2 cups) dairy sour cream, salt and pepper to taste.

Add 1 tablespoon salt to rapidly boiling water. Gradually add noodles so that water continues to boil, cook uncovered, stirring occasionally, until tender. Drain in colander.

Meanwhile, melt butter. Add onion and cook over low heat, stirring occasionally, 5 minutes. Add noodles and remaining ingredients. Cover and heat serving temperature, stirring frequently.

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Another particularly good combination is a grilled ham and cheese sandwich with a fancy name — Croque Monsieur. The sandwich is dipped into beaten egg, then sauteed in butter just as you would French toast. Serve the sandwiches hot with a pimiento-stuffed olive sauce.

CROQUE MONSIEUR
(Make 4 servings)

8 slices white bread, 8 thin slices cooked ham or turkey, 1 cup grated Swiss cheese, 1 egg, ¼ cup butter or margarine, 2 tablespoons flour

1 cup milk, ½ cup sliced pimiento-stuffed olives, ¼ teaspoon onion salt, dash pepper, dash nutmeg.

Trim crusts from bread, if desired; place ham and cheese on 4 slices bread. Top with remaining bread slices. Beat egg with 2 tablespoons water; quickly dip sandwiches in egg mixture. Saute sandwiches on both sides in 2 tablespoons butter in large skillet. Use more butter if necessary.

Meanwhile, melt remaining 2 tablespoons butter in saucepan; blend in flour. Gradually add milk; cook and stir until sauce boils 1 minute. Stir in olives and seasonings. Serve over toasted sandwiches.

Sandwiches may be brushed with the butter and toasted in 425 degree oven 10 minutes, turning once. This is an especially good way when making several sandwiches.

School Lunches

Dr. raser 24 pt

MONDAY
Frankfurter on Roll or Grilled Ham and Cheese
Cheese Potato Casserole
Sauerkraut or Tossed Salad
½ Pt. Milk
TUESDAY
Tempting Beefaroni or Tuna Salad on Roll
Parsiled Button Carrots
Cole Slaw or Buttered Spinach
Hot Roll and Butter
Fruited Jello
¼ Pt. Milk
WEDNESDAY
Fishburger or Chipped Ham Sandwich
Cottage Fried Potatoes
Stewed Tomatoes or Buttered Mixed Vegetables
Orange Juice-Peanut Butter Cookies
½ Pt. Milk
THURSDAY
Swiss Steak or Oven Fried Liver w/Gravy or Cheese Sandwich
Buttered Noodles
Buttered Peas and Carrots or Kale
Cheese Roll and Butter
Applesauce
½ Pt. Milk
FRIDAY
Jumbo Meat Ball Submarine or Egg Salad Sandwich
Oven Brown Potatoes
Golden Corn or 3 Bean Medley
Velvety Chocolate Cake
½ Pt. Milk

ELEMENTARY SCHOOLS
MONDAY
Frankfurter on Roll
French Fried Potatoes
Creamy Cole Slaw
Orange Juice and Chunky Peanut Cookies
½ Pt. Milk
or
Turkey Noodle Soup
Frankfurter on Roll
Creamy Cole Slaw
Orange Juice and Chunky Peanut Cookies
TUESDAY
Tempting Beefaroni
Buttered Corn
Buttered Collard Greens
Fruited Jello
½ Pt. Milk
WEDNESDAY
Fishburger
Potatoes Au Gratin
Buttered Peas and Carrots
Sunny Peach Pudding
½ Pt. Milk
THURSDAY
Oven Fried Liver or Pepper Steak
Buttered Noodles
Creole Green Beans
Dixie Cheese Biscuit and Butter
Apple Cobbler
½ Pt. Milk

Parents: your children want you to stop smoking

—Cigarette smoking parents now enduring scoldings from health-conscious youngsters will have to put up with more lectures from the younger generation if most likely to take up the habit."

For information on the health hazards of smoking and tips on quitting, contact MTRDA at 11 E. Mt. Royal Ave., Baltimore, Md. 21202, telephone 685-6484.

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association (MTRDA) has its way.

Frank T. Jones, executive director of MTRDA, said today that school children form an important target group for the council's National Education Week on Smoking being observed this week by 34 cooperating health agencies.

"The initial program is only the launching platform for an intensified effort at persuading young people to give up smoking," Mr. Jones said. He cited a recent increase among teenage smoking reported by the U.S. Public Health Service as the reason.

• • •

In the last two years, according to Daniel Horn, Ph.D., director of the National Clearinghouse on Smoking and Health, the percentage of 11 to 18-year-old girls smoking cigarettes rose from 18.4 o 11.9. Among boys of the same age, the figure increased from 14.7 percent to 18.5 percent.

An earlier study revealed that the actual number of teenage smokers is in the millions, and that millions more take up the habit each year.

Because this study indicated that a quarter of those who have ever smoked had their first cigarette at age 10, and another quarter at 11 or 12, the local interagency council is stepping up its activities in elementary schools.

"Parents who wish to help this effort can help most by giving up cigarettes themselves," Mr. Jones said. "All the smoking habit surveys indicate that youngsters whose parents smoke are the ones

Directory of businesses is available

The State Human Relations Commission announced today a new directory of black businesses located in the City of Baltimore has been produced by the Black Economic Research Team.

"The directory lists approximately 1,200 businesses. However, there are several notable facts evident from the data within this present study.

1. About 8 per cent of the businesses in Baltimore are black-owned although the black population is almost 50 per cent of the City's total.

2. Of the 1,428 manfacturing firms in Baltimore, only five are black-owned.

3. Of the 1,906 wholesale businesses in Baltimore, only five are black-owned.

• • •

"The Black Economic Research Team lists the following possible uses for the material contained in the director:

"First, the promotion and encouragement of youth, and the growth of black-owned businesses;

"Second, the identification of business areas that gave relatively few black ownees or are lacking black ownership completely;

"Third, the indication of summer job possibilities for schoolage black youth; and full-time employment adults;

"Fourth, the identification of existing and potential business leaders among the black community.

"Fith, an indication of the scope and depth of need for special small business loans, equity and investments in the black community;

"Sixth, encouragement of the formation of black-owned corporations and buying goals;

"Seventh, stimulation of better communication among the business community."

Copies of the directory may be obtained by contacting the Black Economic Research Team, Chamber of Commerce Building, Baltimore, Maryland 21202.

JANUARY 19

The Baltimore Theatre Ensemble is returning to the Towson State College Studio Theatre in two productions. This brief "winter season" consists of the B.T.E. production of PANTALOON and THE TWO EXECUTIONERS opening January 19th, and the Towson State College Theatre Department production of THE WATER HEN opening March 2.

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The Statement of Condition that took 153 years to write

We've always felt that growing older doesn't count for much unless we grow bigger and better, too. As our 153rd birthday celebration approaches, we're proud to state that we're bigger than ever.

And because we're serving more people than ever before in our history, we're better than ever, as well. Understandably, therefore, we're proud to issue this Statement of Condition.

With your encouragement and with the leadership of the Directors and Advisory Board listed herein, the years to come will add more chapters to The Savings Bank of Baltimore's continuing story of growth.

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Statement of condition as of December 31, 1970

WHAT WE OWN:		
Cash		$ 7,237,243.09
U.S. Government and U.S. Agency Bonds		60,427,129.27
Other Bonds		71,961,808.70
Obligations of public utilities, railroads, industrial corporations and tax exempt bonds		
Corporate Stocks		8,118,349.09
VA & FHA Mortgage Loans	$163,878,358.27	
Conventional Mortgage Loans	27,779,370.50	
On homes, institutions, commercial and industrial properties		
Total Mortgage Loans		191,657,728.77
Construction Loans in Process		253,537.50
To assist the financing of homes, churches and businesses		
Personal Credit Loans		44,174,954.39
To help borrowers buy autos, make home improvements, pay debts, etc.		
All Other Loans		15,002,119.95
Including secured loans, loans on bank books, cash value of life insurance and stock and bonds		
Ground Rents		27,821,741.62
Bank Buildings		2,641,856.96
Other Assets		11,026,779.98
TOTAL ASSETS		$440,323,249.32
WHAT WE OWE:		
To Our Depositors		$388,955,082.18
Mortgagors' Deposits		1,927,263.72
Other Liabilities		15,533,744.10
Including construction loans in process		
TOTAL LIABILITIES		$406,416,090.00
FOR YOUR ADDED PROTECTION:		
Guaranty Fund		$ 22,000,000.00
Undivided Surplus		11,907,151.32
For your greater protection		
TOTAL SURPLUS FUNDS		33,907,151.32
TOTAL LIABILITIES AND SURPLUS FUNDS		$440,323,249.32

'Ike just good friend' says Barbara McNair

By BILL LANE

HOLLYWOOD — "Ike Jones and I are really just good old friends, for a long, long time. Married to Ike I could possibly always get, but my plans do not call for marrying him yet."

Speaking, and to this writer, was the beautiful singer Barbara McNair, whom rumors had linked recently romantically to Ike Jones, former aide to the late Nat King and owner of a string of fast homes.

Mona Barrett has rumored my divorce four times already," said Barbara, "but the truth is, I have not yet even filed for divorce from Jack Rafferty. I will file very, very

BARBARA McNAIR could if she wanted shortly."

• • •

Asked about her possible plans to marry white theatre owner Rick Manzie, Miss McNair replied: "Just because I get divorced from one man does not mean I'll wed another as soon as the six-weeks divorce in Nevada comes through. I am in love with Rick, that green-eyed devil, but who knows. . . when?"

Miss McNair said she and Manzie, who owns the Mill Run Theatre in Chicago and the San Carlos Theatre in San Francisco, met last summer when she sang at the Mill Run, and that he visited Las Vegas later when she appeared there, and where she maintains a home, "and we got to know each other." She and Rafferty, who also is white, and who owns showbusiness interests in San

GODFREY CAMBRIDGE... a date with Chelsea

Las Vegas eight years ago.

In the meantime the beautiful singer, whose TV show is in high network ratings, says she will return to the spotlight in Las Vegas on Feb. 3, following that appearance with a showing on a bill with Bill Cosby in Tahoe.

• • •

Aretha Franklin's avowed

DIONNE WARWICK surprised by hubby

moral and projected financial support for Angela Davis has caused quite a stir in entertainment circles. One major result was Francisco, were married in

a similar behind-the-scenes offer by a big, big soul recording company to offer similar support.

The company is also busy setting up a record album featuring Miss Davis herself expounding clearly and forcefully her own Angela Davis Story.

• • •

Ivan Dixon is joining Greg Morris and Lou Gossett to produce their own movie, "Isom Dart and The Tip Gault Gang," and Cassius Clay, aka Muhammad Ali, breezing into town for a guestaping on the Flip Wilson Show.

Motown reportedly taping TV show on a regular basis, although many people feel Stevie Wonder and Fran Jeffries ran away with the recent SR color special on ABC.

Stevie, who does a myriad of beautiful things with a pen and paper when it comes to writing songs, is also a whiz on piano and harmonica, and he sings, AND the women viewers are simply crazy about him. I love Smokey, too.

Bill Elliott, the actor, tossed a big surprise party for his wife, singer Dionne Warwick, who has been toiling hard of late on those song dates.

Twosome: Godfrey Cambridge and Chelsea Brown.

WASHINGTON — The U.S. Department of Agriculture recently said that an informal survey of the 50 states last week indicated that a substantial majority of the nation's schools have already complied with new federal rules requiring approved free and reduced price lunch policy statements by January 1.

JANUARY 20

"Asuka, Cradle of Japanese Civilization," lecture by Morton W. Huber, artist, photographer, and writer. At main Pratt Library, Second floor, Pee Room, 12:30 p.m.

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TEEN TALK

By MICHAEL BELFIELD

Exams are coming closer and closer and the time for studying for them is NOW. If you haven't begun to study you should start before it's too late. Don't wait until the last minute!

• • •

The Checkmates Social Club is off to a good start for the New Year. This "together" group is planning a Big Bad Cabaret for the 30th of this month at the Alcazar, Cathedral and Madison Sts.

Frankie and the Spindels and the Softones two of the best groups in the B-More area will entertain.

The Ball is on a Saturday and the time is from 9-1. Tickets are $4.50 in advance and $5.00 at the door.

Officers and members of the Checkmates are: James Owens—president, Dennis Davis — vice president, John Brice—secretary, John Owens—treasurer, Sonny Byrne—business manager, Jerome Bracey—asst. business manager, Joe Jordan—Sgt. at Arms, Russel Jackson—chaplain; James Black, James Mays, Robert Webb and Johnnie Washington.

• • •

There are many "Fly and Swinging" Sisters in the B-More area but nine of the most attractive make up the club known as the DiOrsani Social.

This is a rather new club to the B-More scene but once they get started there will be no stopping them.

Members are: Portia Owens-president, Celestine Thompson-vice president; Joyce Lockley-secretary; Vanessa Logan-treasurer; Cynthia Ham-Business Manager; Nina Crockett, Cynbia Davis, Etta Ben, and Cathy Lucus.

The club started in September, is in the process of expanding. Members are holding a chicken and ham dinner on January 16 at 2559 Hollins St.

Club slogan is "A KISS WITH EVERY DINNER." So all you Brothers if I were you I'd be sure to check it out.

Members of the Friends Social Club hope that you can join them at their first cabaret at the Wilson Hall in the Gordon Room, North and Pennsylvania Aves.

Date is Saturday, January 23. Time is from 10-2, tickets are $4.00 before the date and $4.50 at the door.

Music will be by Jacks Jolly Lads. Members of the Friends are: Paulett Woodton, Idin Lemon, Nina Barbs, Marlene Johnson, Doris Johnson, Berniece Owens, Donald Smith, Carey Woodlon, and Cecila Lemon. For tickets call Portia at 947-3970.

• • •

Top Ten:
1. You're A Big Girl Now
2. Pretty, Pretty
3. I'm Gonna Wait For You
4. Groove Me
5. Are You My Woman
6. Push and Pull
7. One Less Bell
8. Stop The War
9. Get Involved
10. Somebody's Watching

• • •

The Brother and Sisters Unlimited are still looking for members. The Club is open to any brother or sister between the ages of 16 and 23.

Anyone interested in joining can call Victor Gay at 566-3089 or John Smithwick at 947-4147 or Robert Jones, the president, at 664-8591.

This club has many activities scheduled for the coming year including a bake sale in January, a Sweetheart's Ball in February, a roller skating party to Bel Air, Md. in March.

Also, a bus excursion, talent show, cabaret, and a baby shower.

The Brothers and Sisters Unlimited are also interested in meeting other social clubs in the B-More area so if you know of any Social Clubs that would like to meet with the Brothers and Sisters Unlimited contact John Smithwick at the number that appeared earlier in this column.

JANUARY 19

A. L. Cottrill, Superintendent of Baltimore City Bureau of Recreation has announced that the Rosdel Heights Recreation Center, Wicklow Road and Seminole Ave., will be dedicated today at 7:30 p.m.

JANUARY 19

Theodore L. Dow, director of education at the Walters Art Gallery, will speak on "Fabulous Beasts" at noon Tuesday (January 19) at the weekly luncheon lecture sponsored by the gallery.

Sparkletts, the Dynamic 4, The Thomas 5. However, they are in need of a band—if you know of one or play an instrument call John at 947-4147.

If you have any news of interest send it to Teen Talk c/o AFRO-AMERICAN, PO Box 1857, Baltimore, Md. 21203 or call me at 669-0095.

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