James Wright, among poets, to read at UMBC

Poet James Wright will conclude the Fall Poetry Series at the University of Maryland Baltimore County (UMBC) with a reading today at 8:30 p.m. in Lecture Hall One.

James Wright's most recent volume of poetry, Collected Poems (1971), has been preceded by Shall We Gather at the River (1968), The Branch Will Not Break (1963), Saint Judas (1959), and The Green Wall (1957).

The evening poetry reading is free and open to the public. UMBC Lecture Hall One is located at 5401 Wilkens Avenue, exit 12 west from the Baltimore Beltway.

'I TAKE THEE' — Friday afternoon civil ceremony in Baltimore courthouse saw Mrs. Louis Gee Robinson, 49, city school principal, exchange vows with Howard H. Murphy, 71, AFRO comptroller. In left panel, he rings her finger as he salutes her. Right panel, the newlyweds pose with his attendants, his cousin, Mrs. A. Paul Moss; and his brother, Judge William H. Murphy Sr. Paul L. Chester, marriage bureau chief, performed the three-minute ceremony. (AFRO photos by John H. Murphy 3rd).

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Economy meals for good eating

What thoughts does the word "prune" conjure up for you? If dried-up little nothings is the answer, it's a good bet you haven't a good bet you haven't tasted today's moist, flavorful varieties.

But even prune likers often stop at pitted prunes eaten out of hand, or "plumped" prunes for breakfast. They're overlooking a wide range of eating pleasures, to be gained by incorporating prunes into other dishes.

The U.S. Department of Agriculture has many suggestions for using prunes, which are on this month's Plentiful Foods List. At breakfast time, try chopped prunes stirred into waffle batter or muffin mixes. Or fold bits of prunes into cooked cereal. Pureed prunes are an excellent filling for coffee cakes. Prune juice, too, is delicious served ice cold with a wedge of lemon.

* * *

At lunch, a good salad teams plumped prunes with pineapple rings or in peach or pear halves. Or mix chopped dried prunes into chicken or turkey salad, along with some chopped nuts for added crunch.

Dinnertime brings many more prune ideas. Prunes are an attractive and nourishing garnish for pork, beef, lamb, poultry, fish, and seafood. Prunes and mashed sweet potatoes complement one another beautifully. Whole pitted plumped prunes, pressed onto the top of a meatloaf, assure an intriguingly different and tasty dish. For dessert, try prune bits combined with instant vanilla pudding for a quick and easy pie filling.

USDA's Consumer and Marketing Service suggests five methods for plumping prunes:

Boiling Water Method: Cover a pound of prunes with a quart of boiling water. Cover the container and let prunes soak for 24 hours. Keep in the refrigerator. The longer prunes soak, the plumper they get. This method gives a "lightbodied" juice.

Soak and Cook Method: If you like a thick, syrupy juice with prunes, soak them first — overnight, preferably. Then cook by bringing the water to a quick boil, turning the flame low and simmering three to five minutes.

Steaming Method: Place prunes in colander and set over tea kettle or pan of boiling water for 30 minutes or more until plumped. You get no syrup at all with this method.

Cold Water Method. If you want plumped prunes to use in baking or cooking other dishes, put the prunes is a jar or bowl, and cover with cold water — one quart of water to a pound of prunes. Cover the container and let them soak for 24 hours. They'll taste even better with the addition of lemon juice or slaces.

Just Cook Method. Without soaking the prunes first, place them in saucepan, cover with cold water — one quart of water to a pound of prunes — bring to boil, and simmer gently for 10 to 20 minutes. Preferably, let stand overnight in their liquor before eating — the prunes will grow plumper and the juice richer.

Here is a menu plan for a day's good-tasting and nutritious meals, including prunes and other abundant, moderately-priced foods:

BREAKFAST
Orange-Juice
Waffles with Syrup
Milk
Coffee or Tea
LUNCH
Open-Face Turkey Sandwich with Gravy
Cranberry Relish
Fresh Pear
Milk
Coffee or Tea
DINNER
Pork Chops
Onion-Seasoned Rice
Glazed Carrots
Prune Spice Snaps
Milk
Coffee or Tea

* * *

In the mood to bake? Try these luscious, old-fashioned cookies, Prune Spice Snaps:

Use one cup sugar, one cup molasses, one cup shortening, two eggs, beaten, two cups cooked, pitted, and quartered prunes, one and one-half cups chopped walnuts, four and one-half cups sifted flour, one teaspoon baking soda, one teaspoon salt, one-half teaspoon nutmeg, one teaspoon cinnamon, one-fourth teaspoon ground cloves, and Frosting.

Cream together sugar, molasses and shortening. Add eggs, prunes and walnuts; stir until blended. Sift together flour, soda, salt and spices; stir into creamed mixture to make a firm dough. Chill. Divide dough into 4 parts. Roll each portion into 14-inch lengths. Place 2 lengths on baking sheet; shape each into 4-inch width.

Bake in 400 degree oven, 12 to 15 minutes. To make frosting, mix 3/4 cups confectioner's sugar with 3 to 4 teaspoons water, milk or lemon juice; stir until of frosting consistency. Frost cookies while warm. Cut each length diagonally into 1-1/4 inch bars. Makes 4 dozen bars.

Allen spa explodes myths on reducing

Andres Izaguirre, the Cuban fitness and reducing expert, who recently introduced the Elizabeth Allen method to the area, tells us that in the month that he has been in the Mondawmin Shopping Center the response has been fantastic.

Women have been flocking to the Spa anxious to obtain the figure they always dreamed of having. Not only are women with extra pounds and inches coming to the Spa, but so are their sisters who want to gain weight or, in many cases, just to reproportion by adding several inches to the bustline while taking a few inches off the hips.

The figure consultants at Elizabeth Allen are like sculptresses, putting the finishing touches on a beautiful statue. They take a little off in one spot and add a little in another, until they are satisfied with their finished product as a work of art.

* * *

The actual reproportioning is the easiest part. The hardest job is convincing women to forget all the "old wives' tales" and fad diets. One of the most popular misconceptions is "I'm tired at the end of the day from all the hard work I do; therefore, I don't need any exercise." In fact, just the opposite is true. Exercise is very different from work. After exercising, instead of feeling tired, a person should feel refreshed and invigorated.

Another common belief is "I don't want to exercise because I don't want big ugly muscles." What most people fail to realize is that everyone — man, woman, athlete, or beautiful model — has the same number of muscles. It is just the size and shape of the muscles that are different. When a muscle isn't exercised it begins to a trophy. In other words, it becomes weak, loose and unattractive. At the same time, the atrophied muscle is incapable of properly supporting the body.

When the muscles of the tummy have improper tone, they allow the abdomen to bulge and produce a "pot." When the muscles of the upper chest aren't up to par, they cause the bust line to sag. In short, the thing to remember is—behind every single curve of a beautiful woman is a firm well toned muscle.

* * *

This brings to mind a frequently asked question: "Just what is muscle tone?" The answer is simply the amount of elasticity the muscles have. To give you an idea of proper tone, think of the muscles as rubber bands that you can stretch out, but as soon as you let go, snap back.

Everyone has had the experience of seeing a child of four or fives years push his tummy out until it resembles a beach ball, but when that child lets go, his tummy snaps right back.

On the other hand, how many women have had the experience of walking out in a two-piece bathing suit or a clinging knit, looking down at the midsection and immediately pulling in. The difference between the woman who sucks in her stomach and the child who forces his out is a difference in tone. It would be impossible for a woma to walk around all day with her stomach held in.

However, if as in the case of the child, it would require a real effort to force it out even for a minute. Fortunately, muscles aren't just like rubber bands. When a rubber band loses its elasticity, the only thing that can be done with it is to throw it away, but all that a muscle requires to regain tone is the proper program of exercise.

* * *

The women now enrolling at the Mondawmin Shopping Center are, therefore, not only improving their own appearance and health, they are also inspiring their friends and relatives toward self-improvement.

In order to give these women a special bonus, Elizabeth Allen set up a 3-Phase System. Anyone enrolling during the first three phases pays a special reduced low rate. They are also classified as charter members. One of the privileges of the charter member is that she can continue to renew her membership at a rate far below the regular cost.

Andres says because of the high number of women who have already enrolled, Elizabeth Allen is now planning to close Phase 2 and go into the Third Phase. He suggests to anyone who is interested in taking advantage of the second phase to call the Spa at the Mondawmin Shopping Center to arrange for a free non-obligatory tour and figure analysis.

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Little children explain Thanksgiving 'their way'

"I went to church yesterday to express my thinks to God for keeping the Pilgrims who suffered the cold winter weather to help the Indians to grow scraps of corn and vegetables."

However insufficient the above statement may seem, Demetri Hall, an 11-year-old 5th grader at the Howard Park Elementary School, seems to echo the theme of Thanksgiving.

"I worshiped the Jehova, killed a turkey and had a feast," he said.

Demetri Hall and five other pupils this reporter spoke to on his way to the office, appeared to have observed the holiday almost in the same way.

Some could say why they sepnt the Thanksgiving Day others simply said: "I don't know."

The children include Byrant Jones, 11, fifth grade; Kervin, 12, 6th grade; Alex Powell, 12, 6th grade; Angela Wilmer, 11, 5th grade; and Theresa Harvey, 11, 5th grade.

"The Pilgrims came in winter," continued Demetri Hall, "all the place was cold. But they tried to live."

The youngster replied, "God did it," when asked why they should go to church to thank God.

"You are from Africa and se how cold you are. You can imagine how the Pilgrims suffered," Demetri Hall, told this reporter.

Bryant Jones said, "We have turkey because that is what the fathers had. We remember them. We play and go to church sometimes." But, he did not go to church. He played and went to visit friends.

Kervins Jones ate dinner, "all kinds of dinner."

"I can't tell how the whole thing came about," he replied when asked how Thanksgiving came about. "But it is one great day of joy," he added.

Alex Powell is grateful for the food. He did not know why Thanksgiving is celebrated.

Angela Wilmer had dinner and went out to play with her cousin. "I don't know about Thanksgiving," she said.

"We told stories," said Theresa Harvey. She said she went to church and had dinner — EGVIR

DEC. 8

The Drama Department of Bowie State College will present three free one-act plays December 8, 9, and 11 at 8 p.m., in the college auditorium, Robinson Hall. The public is invited.

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