What's happening on the Eastside

By GEORGIANNA MOODY

The Willing Workers Club of Leadenhall Baptist Church of which Mrs. Clara Gordon is president held its Annual Fellowship Dinner on January 16, 1972 at the home of Mr. and Mrs. David White, 513 Mt. Holly Street.

Mrs. Ada Powell was honored and showered with gifts upon retiring from efficient and dedicated service with the group. Celebrants of the occasion:

Mrs. Clarlean Wilson, Mrs. Lucille Nelson, Mr. and Mrs. Franklin Nelson, Mrs. Mary Freeman, Mr. Robert Freeman, Mr. and Mrs. Oberlin Perry, Mr. and Mrs. Waverly Wiggins, Mr. and Mrs. Tray Brailey, Mr. and Mrs. Clarence Alexander, Mr. Roosevelt Brown, Mrs. Bertha Matthews, Mrs. Johnnie Thompson, Mr. and Mrs. Rudolph Harriel, Mrs. Madeline Perry, Mrs. Bessie Dumston, Mrs. Shirley Bowell, Mrs. Katrina Boyd, Mrs. Evelyn Harried, Mrs. Mary Southerland, Mr. and Mrs. John Turner, Mrs. Mabel Turner, Rev. and Mrs. Thomas Johnson, Mrs. Clara and Michelle Gordon.

The First Apostolic Faith Church, 27 South Caroline St. would like to invite all teenagers and parents to attend a Seminar "Who Am I" being held January 23, 1972 and 30th at 6:00 p.m. Music will be by the Youth Ensemble of the church.

The pastor of the church is Bishop W. A. Showell and he would like to see all friends who feel that no one cares. The speaker will be Major Milton W. Showell, author of, "Be Something Different Be A Square And Live."

First Apostolic will hold a Spiritual Revival on January 1st through February 19th. Please plan to attend.

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The Board and Staff of the Martin Luther King Jr. Center, 560 N. Broadway invite all parents of the Lafayette and Douglas Housing projects who have children under 5 years to attend a parent workshop on child advocacy January 30th at 4 p.m.

Mrs. Marion Graham has returned from Provident Hospital and is resting at her mother's home, 2404 Arunah Avenue. Mrs. Graham said that she would recommend Provident Hospital to the Queen of England. It's a great place to be if you are sick.

Mrs. Pearl Brown Moore is recuperating from the flu at her home, 1538 Pentwood Avenue. God Bless Pearl.

Get well wishes to Mrs. Willette Withers who is ill at her home 1104 East Fayette Street.

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BEST BUYS

Soups and stews for money-saving dishes

By VIRGINIA McLUCKIE, food economist

Winter months are the time when you plan to serve hot hardy main dishes not only as filling foods but also for economy.

For your market list the basic best buys show little change over last week. The protein selections are varied with specials on beef cuts, pork, chicken and an occasional lamb sale. At the produce counter best buys are white and sweet potatoes, carrots, onions, cabbage, cooking greens and fresh broccoli. Supplies of endive and escarole are fairly steady and a good supplement for lettuce in the salad bowl.

The fruit counters offer many citrus selections. Temple oranges and grapefruit are arriving in large volume. Mid season juice oranges are in good supply. Apples and bananas are also good buys. January is still one of the heavier months for avocados from California and Florida.

This is the time of the year when fruit imports are at their peak. From South America where the seasons are in reverse from ours we are getting sizeable shipments of peaches, plums, nectarines, honeydew and Spanish melons.

Through the interest of a Baltimore producer wholesaler these fruits and others like Ugli fruit and Kiwi fruit have been made available in increasing amounts each year. They are not in the low price range, but these fruits are very special treats for anyone.

The money saving hardy dishes are many, soups, stews, casserole and combination dishes. Very often we think of them as meat and budget stretchers. Every homemaker has favorites and constantly looks for new or different recipes. May we suggest you try some of the many recipes using rice. We produced a bumper crop of ten and one third billion pounds last year for export and domestic use.

Meat, poultry, fish, cheese and eggs, all of the protein rich foods used as the mainstay of the meal combine well with rice in the uncooked state or when fully cooked. Choose your favorite meat, ground beef or Rice Porcupines in mushroom sauce, Beef Rice Stroganoff, Chicken Curry or Shrimp Creole or Barbecued Franks over Rice. Use rice as a vegetable side dish or make it into a delicious dessert or pudding.

Only three major types of rice, short grain, medium and long grain are produced. Brown rice is rice with the hulls removed but not the bran layer. When the bran is removed polished white rice remains. Short grains are soft and chalky. This rice cooks up slightly sticky and is easy to mold for croquetts, puddings and rings. Long grain rice is hard and translucent and cooks up fluffy with separate kernels.

You may choose the regular milled white rice or parboiled converted rice which is given a special treatment to preserve the B vitamins. The American rice is washed, cleaned, graded and ready to cook without washings. Use the magic 1-2-1 method to cook this rice perfectly.

One cup regular rice, two cups water, one teaspoon salt. Place over high heat until boiling, stir once and cover with a tight fitting lid. Turn heat down low and simmer for 14 minutes. Remove lid, fluff with a fork and you have three cups of perfectly cooked rice. Follow package directions for converted and precooked rice cooking.

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For Beef-Rice Stroganoff use one and one-half pounds boneless beef chuck, thinly sliced; one can (4 ozs.) sliced mushrooms, drained; one-fourth cup butter or margarine; one envelope onion soup mix, four cups water, three fourth cup uncooked rice, one-half cup sour cream, two teaspoons paprika, and one-eighth teaspoon garlic salt and pepper.

Cook beef slices and drained mushrooms in butter or margarine until browned on all sides. Blend in soup mix and two and one-half cups water. Cover and cook over low heat until meat is almost tender, about 40 minutes. Stir in rice and remaining one and one-half cups water. Heat to boiling. Stir. Cover and simmer over low heat for 20 minutes. Stir in sour cream, paprika, and garlic salt. Season to taste with salt and pepper.

Makes 6 servings.

Provident Hospital has Buddy System

A crash recruitment to secure more nurses based on a "Buddy System" has been instituted at Provident Hospital, according to Mrs. Betty L. Wright, R.N., Director of Nursing Services.

Mrs. Wright explains that the "Buddy System" is based on personal contacts. Each staff nurse at Provident will call at least two nurses in the community to strongly and positively recruit them for employment at hospital.

At least 8 registered nurses are needed immediately in order to open part of Provident's 7th floor which has not been operative due to insufficient staff.

Other recruitment methods are also being used says Mrs. Wright, "We are asking doctors to refer nurses to us and the Provident Hospital Professional Nurses Organization has been asked to assist. Various nursing alumni associations are also being contacted."

Under the "Buddy System" each Provident nurse will be invited to attend an orientation meeting. Information concerning employment will be distributed as well fact sheets to assist the nurses in answering questions from perspective applicants. Chairmen will be appointed to obtain names, addresses and phone numbers of nurses contacted. Bonus awards will be offered to nures who are the most successful recruits.

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Sen. Welcome's legislation Designed to aid her citizens

Senator Verda F. Welcome (D-4th) arrives in Annapolis this year with a package of legislation designed to bring to public attention the problems of the people of the black community.

"A lot of measures I am proposing will not be enacted this session," the Fourth District lady legislator admitted. "But they make people start thinking," she adds, "and someday most of them will be the law of the land."

Senator Welcome is calling for the elimination of tax exemptions for country clubs and organizations which discriminate.

She has also introduced legislation to provide that the Police Department of Baltimore City be a city agency with its Commissioner appointed by the Mayor.

She will ask that the top 15 people on the eligible list be considered for classified service appointments in order that blacks have more opportunity to secure state jobs.

Another project on her list is doing away with the Grand Jury in cases of criminal indictment in Baltimore City.

"Within the last year an outstanding lawyer and the State's Attorney of Baltimore County have after careful study arrived at the conclusion that Grand Juries cost money and cause delay while serving no practical purpose," she said.

Senator Welcome says she will continue her fight this year for a Medical and Dental Loan Program for a scholarship program for nurses.

She says she will also continue to press for the expungement of criminal records for people who have after completing their sentence, returned to the community to live law abiding lives.

The problems with security guards n this state, Senator Welcome has discovered, go beyond lack of training.

"The state does not exercise sufficient control over the hundreds of agencies which employ people for protection," she said.

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Senator Welcome will ask the governor to set up a commission to study the many problems existing because of this lack of control and to recommend corrective legislation.

"Although public sentiment at this time makes the total abolition of capital punishment in this state unlikely unless the Supreme Court mandates it, the imposition of the death sentence for rape is so disproportionate that Senator Welcome will continue to fight for this.

She will also seek to establish the responsibility of political candidates for the removal of campaign signs after an election.

All these matters, Senator Welcome says she has found to beo f concern to the people in her community.

"I look on my job as a legislator as that of assuring that the people of my district have a voice in Annapolis.

"Since these are the matters that have been brought to my attention during the found to be of concern to the people: these are the subjects of the bills I have introduced," Senator Welcome concluded.

Elderly get free rides to doctor, clinic

In his Weekly Letter To The Mayor dated Jan. 21, the Commissioner of Health wrote:

The City Health Department's Bureau of Special Home Services is expanding its transportation services to include some Baltimore City residents who hold a current State medical assistance card regardless of age.

Any resident who had a Medi aid card with a serial number beginning with 30, and who needs transportation to a doctor or a clinic may obtain a ride by calling 752-2000, extension 2856, weekdays between 8:30 a.m. and 4:30 p.m.

Escort service at the hospital will also be provided, but only for those patients over 60 years of age. Patients under age 60 must make their own arrangements if they wish to be escorted, and very young children must be accompanied by an adult.

The transportation of the elderly poor to medical facilities was provided from 1963 to 1967 by the Baltimore City Community Action Agency.

During this period, transportation of those over 60 was accomplished by taxi or by Baltimore Transit Company buses with the federally-funded agency paying the fare.

In 1967, the CAA program was delegated to the Baltimore City Health Department as the Bureau of Special Home Services. The transportation of the aged chronically ill was improved by the addition of three minibuses.

All costs for this program were borne by the City Health Department. In May 1971, an agreement with the Maryland State Department of Health and Mental Hygiene released $41,000 in Medicaid funds for patient transportation.

It is this money which allows the city to expand its patient transportation facilities by three additional minibuses and to permit more patients to obtain the much the much needed transportation to medical facilities.

In addition to the transportation services, the Bureau of Special Home Services assists chronically ill elderly persons to obtain the medical, social and community services they need and for which they are eligible.

Since it became a City Health Department bureau in 1967, more than 6,000 Baltimore City residents of low income have benefited from its services, according to Dr. Robert E. Furber, Commissioner of Health.

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ALBANY, Ga. — Dick Gregory, comedian, author, lecturer and actor will speak at Albany State College, Feb. 28 at 10 a.m in the Sanford Hall Gymnasium. Gregory will appear in conjunction with the annual Religious Emphasis Week Convocation under the auspices of the Religious Activities Committee, according to the Reverend Oliver Brown, Director of Religious Activities at the College. Immediately following the presentation there will be an informal Rap session with students and the general audience called, "Let it all hang out."

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