SEEN AT TEMPLAIRS' annual holiday party on Tuesday evening at Blue Crest North were (L-R), Mr. and Mrs. John Lockett, Mr. and Mrs. Harry Carpenter, Mr. and Mrs. William Morton and Mr. and Mrs. Warren Weaver. (AFRO photos by A. P. Moss).

Pot pourri

MARIE PHILLIPS MURPHY COOKE
Woman's Editor

Coming up is another festive holiday as we celebrate the arrival of the New Year. Plan to serve foods that make the occasion enjoyable but still not out of line cost-wise.

New Year's day dinner may follow a family tradition as some families have special foods that are served year after year and thoroughly enjoyed. Family preference will determine your menu. Ham is a popular main course that is easily prepared and served.

In shopping for ham read the label to be sure of the type ham you select. Fully cooked hams have been processed to an internal temperature of 160 degrees F which means they can be eaten as purchased but are improved by heating ten minutes to the pound at 325 degrees F and glazed. Smoked on ready-to-eat hams have only been processed to an internal temperature of 137 degrees F and must be cooked before serving. Allow fifteen to twenty minutes per pound at 325 degrees F for roasting a regular smoked ham. Purchase hams whole or part of the ham as a half, butt or shank portion according to the size group you intend to serve. After cooking, all ham should be refrigerated as ham is perishable even though it is a cured meat.

Make certain any fresh pork is often a typical New Years dinner entree. A roast from the loin is a suggested buy. There is a choice of a center loin or rib or loin end or even a half loin. A fresh shoulder or fresh ham also makes excellent tablefare. Make curtain any fresh pork is cooked well done and is a gray-white color right to the bone.

Beef is very often featured for New Years dinner. A standing rib roast can be an elegant meat course since the rib is the most tender roasting cut from the beef carcass. Less expensive beef cuts can be just as festive if property cooked and served with appropriate garnishes.

Vegetable selections are unlimited because of the choice of fresh, frozen and canned availability. The best fresh vegetable buys have changed very little from last week. Look for value in white potatoes, cabbage, celery, broccoli, and onions. Season vegetables lightly so they retain their identity of flavor. The best fruit buys are tangerines, small juice oranges, tangelos, grapefruit and apples.

Today we live a move casual manner and entertain informally. For special occasions there is often a tendency to over-do in the number of foods served. Plan a simple menu, serve plenty of what you have but make certain it is seasoned to perfection. Concentrate on turning out a successful simple meal whether you are an experienced cook, a novice or a teenager responsible for entertaining. If you are the person who must do the preparation keep the kitchen effort to a minimum when you entertain.

HOLIDAY FRUIT SALAD

1 large orange
2 medium-sized bananas
1½ cups halved grapes
½ cup chopped English walnuts
¼ cup whipping cream
1 tablespoon lemon juice
1 tablespoon sugar
Few grains salt
Lettuce cups

Peel and dice orange. Peel and slice bananas. Add grapes and walnuts. Whip cream until stiff and blend in lemon juice, sugar and salt. Pour over fruit-walnut mixture and blend lightly. Serve in lettuce cups. Makes 4 to 6 servings.

For your guests who are dieting, try these zesty dishes from Weight Watchers:

STUFFED TOMATOES

4 medium tomatoes
1 cup cooked mushrooms, finely chopped
1 teaspoon dehydrated onion flakes
1 tablespoon finely chopped celery
¼ cup chicken bouillon
Dash nutmeg
Salt and pepper to taste
1 teaspoon chopped parsley

Blanch and peel tomatoes; remove stem end and scoop out. Set shell aside. Chop tomato pulp fine. Place chopped pulp, mushrooms, onion flakes, celery, bouillon and nutmet in non-stick skillet; simmer until mixture thickens. Season with salt and pepper. Fill tomatoes with mixture; place on baking sheet. Bake at 375 degrees F. for 30 minutes. Granish with parsley. Makes 4 servings.

SEASON SALAD BOWL WITH LEMON DRESSIN

1 head lettuce
1 bunch watercress
½ cup sliced radishes
1 tablespoon chopped chives

Cut base off lettuce; break off leaves. Wash well and drain. Wash watercress and gat dry with towel. Tear lettuce and watercress into bite-size pieces. Combine in a bowl; add radishes and chives. Toss lightly and serve with Lemon Dressing (see recipe below). Makes 4 servings.

LEMON DRESSING

1 tablespoon mayonnaise
3 tablespoons vegetable oil
1 teaspoon lemon juice
1 teaspoon vinegar
Dash of salt
1 teaspoon pimento, diced

Combine all ingredients except pimento in a blender. Blend until smooth. Add pimento. Divide into 4 equal portions and pour over each portion of salad. Makes 4 servings.

RICE AMBROSIA

2½ cups water
2 cups instant non-fat dry milk
¼ teaspoon nutmeg
Artificial sweetener to equal 8 teaspoons sugar
.. teaspoon imitation butter flavoring
2 cups cooked enriched rice
Dash cinnamon

Place water in saucepan. Add milk, stir until dissolved. Add nutmeg, sweetener, butter flavoring and rice. Place over low heat and simmer, stirring frequently with wooden spoon until mixture thickens (about 15 minutes). Divide evenly into 4 dessert bowls. Sprinkle each bowl with cinnamon and chill. Makes 4 servings.

GI Bill education checks to come early

The $400-plus that most GI Bill students received in November may cause some recalculations for end-of-school budgets, George A. Davis, Director of the Baltimore Veterans Administration Regional Office, advised veterans this week.

Because the October law that brought increased monthly subsistence allowances also gave VA auity to make payments at the beginning of the month, there will be no check when classes are over.

Davis said in previous years, when payments were made at the end of the month, the last educational allowance check was received after the school year was over.

By the same token, when veterans return to classes in the Fall, they will have a check in hand to help them when the money need is greatest — for tuition, books and supplies.

All this has been made possible under a new law signed by the President on October 24 that not only increased the monthly training checks, but also permits the Veterans Administration to issue subsistence checks at the beginning rather than at the end of the month's training, Davis explained.

YOUR NAME IS WORTH $5 BEFORE JANUARY 1!

TAX BY MAIL, a unique short form tax service is offering a low rate of $5* for both federal and state forms if you register before January 1. CALL NOW TO REGISTER 997-0266.

TAX BY MAIL
P.O. Box 246
Simpsonville, Md. 21150

*

CORRECTION

On December 23, 1972 the address of DAY'S SALON OF HI-STYLE appeared as 1004 W. North Ave. The address should have read 1604 W. North Ave. The AFRO-AMERICAN regrets the error.

THERE IS NO BERGAMOT LIKE A GOOD BERGAMOT

There is no need to kid yourself anymore ... you don't have to pay a high price for a quality brand ... NOW THERE IS..... ROGER'S BERGAMOT then you by Roger's you will agree, you are using the best there is, at any price. Discover today why women love to use ROGER'S BERGAMOT.

Valuable Coupon
THIS ENTITLES THE BEARER TO PURCHASE 1-JAR OF ROGER'S BERGAMOT FOR ONLY 69¢ $1.50 VAL.
(THIS COUPON MUST ACCOMPANY ORDER)
ROGER'S BEAUTY SUPPLY CO.
• 2424 Pennsylvania Avenue • 3808 Liberty Heights Ave. (301) 669-7696,
542 N. Gay St.
LE CONTE' COSMETICS

COMMUNITY COLLEGE OF BALTIMORE

Day and evening programs
Career and transfer programs
Spring semester begins January 17, 1973
Transfer and career programs
Your low cost community college

REGISTRATION:
All day students — By appointment January 2, 3, 4, & 5
Open registration — January 10, 11, & 12 8:30 a.m.-3:00 p.m.
All evening students — January 8, 9, 10, & 11 6:30 p.m.-9:00 p.m.

COMMUNITY COLLEGE OF BALTIMORE
2901 Liberty Heights Avenue
Baltimore, Maryland 21215
Phone 462-5800

"Impossible! 3 Singer* sewing machines each under 100.00? Says who."

SAYS OUR GREAT END-OF-YEAR SALE

ECONOMY zig-zag sewing machine. Zig-zag, straight forward and reverse stitches. Hinged presser foot for sewing over heavy seams. Model 177.
SALE 58.00 Carrying case extra.

FASHION MATE* zig-zag sewing machine with carrying case. Has exclusive Singer front drop-in-bobbin. Sews forward and reverse straight stitches and zig-zag. Model 257/575
SALE 79.00

FASHION MATE zig-zag sewing machine. Has exclusive Singer front drop-in bobbin. Sews straight and zig-zag stitches. Built-in blindstitch. Model 252.
SALE 89.00 Carrying case extra.

SINGER
Sewing Centers and participating approved dealers

Singer has a Credit Plan to fit your budget. Many Dealers also offer attractive credit terms.
*A TRADE MARK OF THE SINGER COMPANY.

MONDAWMIN MALL.....669-0636

ARLANS
DISCOUNT DEPARTMENT STORES
We reserve the right to limit quantities. All items on sale while they last.

OPEN 12 NOON TO 6 PM MONDAY
NEW YEAR'S DAY

1 DAY ONLY MISSES WIDE LEG SLACKS $3 AFTER SALE 4.99
Choose no-iron, pleats-in corduroy or cotton suede in 100% cotton. Featuring coach pockets, button strap or zip fronts. Assorted colors. Sizes 8-18. Min. 36 per store

1 DAY ONLY POLYESTER SHAG SCATTER RUGS 1.99
Fringed rugs, machine washable 100% polyester—Non-skid backing. Thick & plush in Mauve, Gold, Green, Wedgewood Blue or Pink. 24" x 40". Min. 48 per store

1 DAY ONLY MENS LONG SLEEVE KNIT SHIRTS 2.99 AFTER SALE 5.00
Assorted styles in 50% polyester 50% cotton. Long sleeved collars & 2 button cuffs. Sizes 14½-17. Min. 144 per store.

1 DAY ONLY LADIES HALF SLIPS 2 FOR $1 AFTER SALE $1 ea.
Now 2 for the price of 1. Assorted styles and lengths. Nylon, tricot satin or crepe set. Asst. colors. Sizes S-XXL. Min. 200 per store

1 DAY ONLY ASH TRAY RIOT 3 FOR $1 AFTER SALE 1.00 ea.
At this price you won't care if you accidentally knock this over. Asst. colors. Min. 144 per store

ONE DAY ONLY 4 GREAT BUYS!
ALKA SELTZER 25's For fast relief from upset stomach. Min. 108 per store. AFTER SALE 69¢ 37¢
BUFFERIN 60's Stock up for the morning after. AFTER SALE 89¢ 57¢ Min. 108 per store
CONTAC 10's Every 12 hours keeps the full effect. AFTER SALE 89¢ 69¢ Min. 108 per store
6 oz VICKS COUGH SYRUP With Sherbuhl. For coughs enough to keep you up. AFTER SALE 1.09 89¢ Min. 96 per store

1 DAY ONLY WINDSHIELD SOLVENT 37¢ gal. AFTER SALE 69¢
Instantly cleans smears, dirt & bugs. Protects to 20° below zero. Min. 300 per store

1 DAY ONLY GREAT MUG BONANZA 5 FOR $1
Stock up now for the guest rate. Set of 5 in 5 different colors. Choice of cocoa, big 10 oz. size. Min. 240 per store

1 DAY ONLY YOUR CHOICE C OR D SIZE BATTERIES 4 FOR 69¢
Wind a bargain for flashlights. Toys & Jumper. Min. 600 per store.

NAC CHARGE IT
BALTIMORE • DRUID PARK DRIVE • BETWEEN DEPRESSIONS OF N. & LIBERTY NOTE, AVE. JUST THE SIZE OF OUR GARDEN PARK
OPEN MONDAY THRU SATURDAY 10 A.M. — 9:00 P.M.
• Everything First Quality • Money Back Guarantee • Free Parking • We Reserve the Right to Limit Quantities
CHARGE IT

here and there

by Inez Kaiser

From its meager beginnings in 1892, the FAMU Band has become an institution of learning and a legend of memory for thousands. Its program and structure are diversified—yet specialized. Its motto is "Perfection in music, highest quality of character, and precision in marching."

The man chosen for the task of rebuilding the Florida A & M University college band after the war was William P. Foster who joined the faculty as director of bands in 1946. Young Foster's influence and persuasive powers were soon felt and respected on the campus which resulted in the rapid development of the Marching "100" a name that has since become internationally famous.

Foster, as director of the Marching "100," departed from standard band tactics and techniques and began a series of innovations and experiments that have earned the envy and imitation of bands throughout the nation.

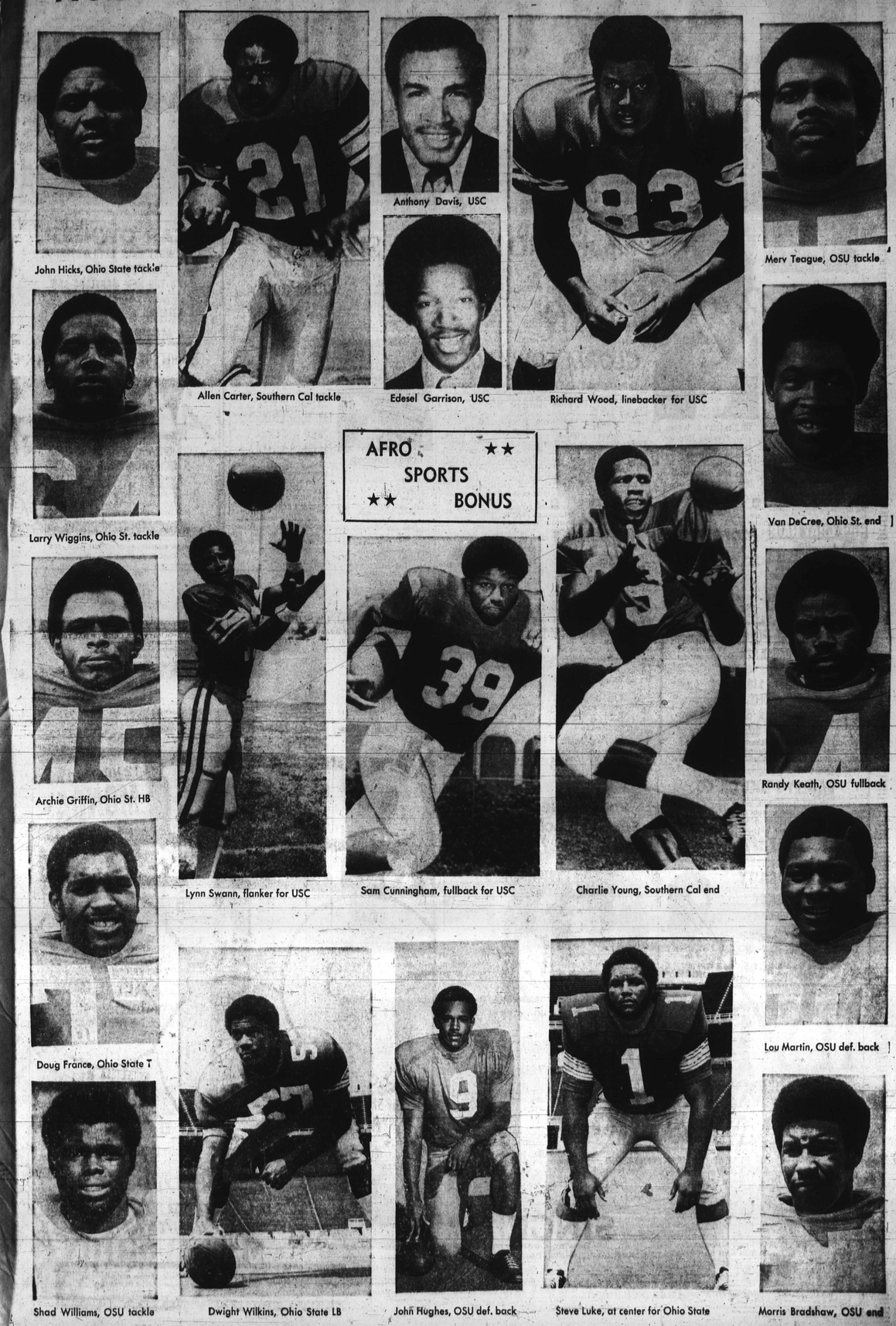
Perhaps its first and greatest single innovation was the Marching "100's" introduction of its "spinningling" fast cadence. In contrast to its "slow-one" counterparts that ranges from 24 to 80 steps per minute; the fast cadence has been clocked on numerous occasions at a fantastic 320 steps per minute.

Other creative innovations and/or elaborations on traditional techniques include intricate dance steps emphasizing "mass movement" as opposed to "static foot-work," fancy arm, leg and instrument movements, deceptive facing movements, four-dimensional figured formations, quick-change or "neon-flash" formations, precision drill, kaleidoscopic patterns and dance steps interwoven into one concise routine, arranging and scoring technique to yield a spectrum of sound comparable to that of a symphonic band, and a full percussion ensemble as opposed to the usual snare drum, cymbal combination.

As of 1972 the famous Marching "100" is known throughout the world for excellence in showmanship and musical performance. Its accomplishments pay tribute to the efforts of Dr. Foster and the support the University and many organizations across the country have given.

"Through courtesy of the makers of these fine products; Bayer® Aspirin, Campho-Phenique®, Fletcher's Castoria®, Milol® Caplets® and Phillips® Milk of Magnesia."

ROSE BOWL: OHIO STATE–SOUTHERN CAL



John Hicks, Ohio State tackle
Allen Carter, Southern Cal tackle
Anthony Davis, USC
Edesel Garrison, USC
Richard Wood, linebacker for USC
Merv Teague, OSU tackle
Larry Wiggins, Ohio St. tackle
Van DeCree, Ohio St. end
Archie Griffin, Ohio St. HB
Lynn Swann, flanker for USC
Sam Cunningham, fullback for USC
Charlie Young, Southern Cal end
Randy Keath, OSU fullback
Doug France, Ohio State T
Lou Martin, OSU def. back
Shad Williams, OSU tackle
Dwight Wilkins, Ohio State LB
John Hughes, OSU def. back
Steve Luke, at center for Ohio State
Morris Bradshaw, OSU end