Pot pourri

BY MARIE MURPHY PHILLIPS COOKE
(AFRO Women's Editor)

A salad can be as light as lettuce or hearty enough to be a whole meal. Remember, too, that a crisp salad is one of the most appealing ways of fitting necessary leafy green and yellow vegetables into the day's plan for good healthy eating.

To lend sophistication to the simplest selection, use romaine, Boston or Bibb lettuce, Chinese or green cabbage, curly endive (also known as chicory), broad leaf endive (escarole), or French endive. Such high vitamin A vegetables as beet tops, mustard greens, spinach leaves, and watercress are becoming salad regulars.

Any salad greens you purchase should be fresh and free from decay. Wash them carefully when you get home, and allow the clean leaves to crisp before using. Do this by storing in a damp cloth or plastic bag in the covered hydrator drawer of your refrigerator.

For a few crunchy, color contrasts, toss in radish roses, carrot curls, ripe olive twists, or fluted celery sticks. For enchantment in flavor, add an herb or two: Basil, chervil, chives, dill, mint, parsley, and tarragon will bring garden freshness to any treasure of clean, crisp greens.

SHRIMP SALAD

1¼ lb. cooked, cleaned shrimp (1½ cups)
1 cup sliced celery
½ cup chopped walnuts (optional)
¼ cup sliced stuffed olives
½ teasp. minced onion
¼ cup French dressing
½ cup mayonnaise
Salt and lemon juice to taste
Salad greens

Combine all ingredients but greens; refrigerate a short time. Serve on greens. Make 4 servings.

Or serve with:

Tomato Aspic, in 1½-qt. ring mold (heap salad in center).

Pineapple slices (arrange salad between split slices)

Peach halves (fill fresh or canned halves with salad)

Jellied cranberry sauce (sliced or spoon out as salad garnish)

Avocado halves (sprinkle with lemon juice, salt; fill with salad)

Tomato slices (arrange salad between slices)

Asparagus (heap salad on 3 or 4 cold cooked asparagus tips)

PINEAPPLE - SHRIMP: Use cooked, cleaned shrimp, split lengthwise. Substitute 1 cup fresh, frozen, or canned pineapple chunks for celery. Omit nuts.

LOBSTER OR CRAB MEAT: Substitute 1½ cups cooked or canned lobster or well-drained crab meat chunks for shrimp.

TUNA: Substitute 2 6½- or 7-oz. cans drained tuna (2 cups) for shrimp.

SALMON: Substitute 1 1-lb. can salmon (2 cups), in chunks, for shrimp; substitute 3 shelled hard-cooked eggs, in large pieces, for nts.

FIRST-COURSE SEA FOOD: Make salad servings small. Pass crisp crackers if you wish.

SEAFOOD DRESSING

¼ cup mayonnaise or cooked salad dressing
½ cup chili sauce
2 tablesp. snipped scallions
2 tablesp. minced celery
3 small sweet pickles, minced
2 tablesp. snipped parsley
1 teasp. Worcestershire
1 teasp. horseradish

Combine mayonnaise and chili sauce; then add rest of ingredients. Refrigerate. Nice on shrimp, tuna, or other fish salads. Makes ¾ cup.

700 cheer talent hunt

The Pi Omega chapter of Omega Psi Phi fraternity recently held its 13th annual talent hunt program at the Greenspring High School, Baltimore.

The contestants were cheered by more than 700 students, parents and guests of the fraternity.

restricted to students in grades 9 through 12, this annual program seeks to give recognition and encouragement to young talent in vocal and instrumental music as well as art.

The 19 contestants representing some 11 schools competed for cash prizes, trophies and certificates. In addition, an all expense-paid trip to the National demonstratoton to be held this year in St. Louis, Mo.

WINNERS

Winners in the instrumental music segment were Thomas E. Dawson, student at Forest Park, first place winner; Eric Melvin, Milford Mill, second, and James R. Russell, Southern, third place.

Winners in vocal music were: Debbie Jacobs, Eastern, first place; Carol Morris, Edmondson; William C. Bailey, Lake Clifton.

The master of ceremonies for the program was Dr. Hayward Harrison, vice-president, Morgan State College. Committee members: Robert Johnson, Randolph Thompson, Alfred James, William Neal, Henderson Neal and Clarence Henderson.

Judges were: Henry N. Freeman, associate professor of music and chairman of the Fine Arts department, Coppin State College; Ms. Judie M. Priest, Fulbright scholar and member of the department of music, Bennett College, and Miss Florence Shipman, chairman, Department of Music, Lemmel Junior High.

Following the program, refreshment were served by the Que Ettes. Dr. James A. Priest is basileus of the local chapter.

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WOMEN'S DAY THEME

'Proposals of women to meet the challenge

The women of St. John AME Church held their 64th annual Women's Day services Sunday, in their column-lined church filled with hundreds of members and visitors carrying and wearing palm in recognition of Palm Sunday.

Members and friends, many dressed in their pre-Easter finery, began the day by attending the 8 a.m. service which featured panelists discussing the theme: "Proposals of Young Women to Meet the Challenge."

Discussing the topic were: Mrs. Jonell Ray, Miss Joan Wilson, Miss Wilma Marshall, Mrs. Mary Frances West and Mrs. Jacqueline Brown.

Others on the early morning program included: Mesdames and Misses Beverly Moore, Josephine Eversley, Shirley Singletary, Linda Carter, Linda Wilder, Wilmetta Cornick, Betty McGee, Dessie M. Byrd, Irma Robertson and the Rev. Benjamin S. Foust, pastor.

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Highlight of the 11 a.m. service was the guest speaker, Mrs. Elizabeth Cofield, of Raleigh, N.C.

Mrs. Cofield, well-known as being the first black elected to the Raleigh School Board and the first black or woman elected to the Wake County Board of County Commissioners, is director of Student Life and Associate Professor of Education at Shaw University, in Raleigh.

An eloquent speaker, Mrs. Cofield spoke on the theme: "Women Meeting the Challenge of the Changing Times."

Dressed in a white cape ensemble with navy blue trimming, the educator told the congregation, "We are living in a period that is not merely unique in the life of this nation; it is unique to the history of mankind."

Mrs. Cofield suggested, "Religion, government, education—all institutions must meet the challenge brought to us in profound and unshakable manners. Our youth expect nothing less of us."

Ending with a prayer, Mrs. Cofield said, "Slow us down, O Lord, that we may take time to think, time to pray and time to find out thy will." Throughout her speech, members of the congregation nodded their heads in agreement.

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Presiding at the 11 a.m. service was Mrs. Anne C. Fuller, Women's Day co-chairman. Other members of the committee were: Mesdames Irma Roberson, chairman; Lila Frazier, Edna Hawkins, Gertrude Foust and Jean Curtis.

Other program participants were: Mesdames Helen I. Robinson, Clara Oliver, Helen Whims, Vivian Mosley, Sheila Mason, Linda P. Hutchinson, Ernestine Smith, Loretta Cornish, Hattie Gibson, Elsie Hall and Miss Ruby Duprée.

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Career Day at Essex

A career day exploring job possibilities for women in a tight job market has been scheduled at Essex Community College, Thursday, May 3. The program is being sponsored by Essex and Dundalk Community Colleges and is similar to a program held last November by the colleges. Attendance is free and the program is designed for the general public.

The program will begin at 9 a.m. in the lecture hall of the instruction and administration building on the Essex Community College campus with an introduction by Ray Ziegler, vocational and career director, Dundalk Community College. Mr. Ziegler will outline the job possibilities and deal with the subjects of writing a resume, getting into a small business, and preparing for an interview. He will be assisted by Ms. Nancy Lawhon, placement counselor at Dundalk Community College.

The introduction will be followed by a skit portraying "Interviewing Techniques" prepared by students of Essex Community College.

Mrs. Rita Davidson, associate judge, Maryland Court of Special Appeals, and Mrs. Antonia Keane, chairman, sociology department, Loyola College, will conclude the morning general session by speaking on the topic "Career Opportunities for Women."

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