It was "Principal's Night" last Saturday when Baltimore Public School principals gathered at the Sheraton Inn. Some of those about were: Mesdames Willa Mae King, left, Jean Stanley, Susan Nash, Miss Ann Buckley, Mesdames Elizabeth Leftwich, Stella Marshall, Helen Airhart and Louise Williams, right.

Columbia Capers

By Pinnie L. Ross

Over 1,600 students and faculty members from the Baltimore schools waited patiently Friday in the Carl Murphy Auditorium at Morgan State College to see the "precious little" group from the Little Theatre Movement perform.

The Little Theatre Movement under the direction of Ruteena Blake did an outstanding performance on the life of Mary McLeod Bethune and Harriet Tubman; some acted, some danced and others sang. The performance was absolutely fantastic. According to the whispers in the audience, such as "simply beautiful," "what talent those young people have" and "talent with confidence." The Little Theatre Movement received a standing ovation. Another invitation was extended to Mrs. Blake and her group to perform on January 8 at Morgan State College.

This fantastic group will be appearing in the Columbia Mall Wednesday and Thursday, Dec. 19 and 20 singing Christmas carols and acting a play entitled "Peter and the Wolf." They will also be appearing at Slayton House December 23.

(Cuff note): I'll be looking to see you at both performances. For further information call 730-6075.

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Charming Mrs. Douglas Sands (Barbara), Morgan State College instructor/facilitator, attended a teacher corps conference at Loretta Heights College recently. While there Mrs. Sands extended her time to visit friends and go on sightseeing tours.

One of the issues of the conference was a Competency-Based Teacher Education Program, which is an innovative, creative way of reaching people of all ages and aiding them in their learning experiences.

(Cuff note): Happy belated birthday, Barbara! Her birthday was December 3.

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Dr. Herman R. Branson, president of Lincoln University and an internationally known physicist, challenged black men to excellence in community affairs, academic achievement and international relations Sunday as he spoke before a packed auditorium of beautiful people. The occasion was the first annual Men's Day at St. John Baptist Church. The idea of Men's Day was conceived by Clarence Frazier, a diligent worker of St. John's Church and able style of their attire, highlighted Social Security Social Insurance Claim Examiner.

The well-organized and successful program chaired by William A. Ross led to substantial pride among the women in the church in the strength and beauty of strong black men who get together and provide leadership for churches in the community.

Dr. Jessie Clay, an academic planner at Howard University, dramatically sang the Lord's Prayer.

Llewellyn Woolford, esq., led the responsive reading: Dr. Leroy Giles, Catonsville Community College English Department chairman, introduced the speaker; Mayfield Webb, legal consultant and Men's Day secretary, gave the activity and finance report and Gene Bradford, HEW employee, led the offertory.

The inspirational singing of a handsome group of black men calling themselves "The Brothers" from the Seventh Day Adventist Church, Washington, D.C., rendered three soul-searching selections. The male octet group sang "In the Beginning," "Talk About My Jesus," led by Preston Gilbert and "God Bless You Merry Gentlemen." Leading soloist was George Sampson, Columbia Association personnel director.

Fredericka Matthews climaxed the program with the "Negro National Anthem."

Rhodes Gregory and Wesley Giles were coordinators.

The men of the church were especially attractive due to the fashionable style of their attire, highlighted by a white boutonniere and the precision with which they performed their duties as ushers, hosts and platform participants.

One important result of this effort was a resolution of the men to form an organization which would provide substantial church and community leadership in the New City of Columbia.

Thought For Today

The noblest of all studies is the study of what man is and of what life he should live. — Plato

Miss Cynthia Parrier Weds In Double Ring Ceremony

Miss Cynthia Neilda Parrier, daughter of Mr. and Mrs. James Parrier of N. Linwood Ave. in Baltimore recently repeated wedding vows with Lynford Johnson, son of the late Mr. and Mrs. Lloyd Johnson.

The Saint Phillips Lutheran Chruch was the site of the double ring ceremony officiated by the Rev. Francis B. Smith.

The bride was elegant in a long white lace gown with a white cummerbund. Her headpiece was of white lace with pearls and she carried a white Bible with white roses and ribbon attached.

Her maid of honor, Miss Barbara Allie of New York City was dressed in a mint green gown of knit with a satin emerald green belt at the waist. She carried a nosegay of burnt orange mums, trimmed with emerald green ribbon.

Best man was James Contee the groom's brother along with ushers Gerard Powell, Rene Mason and Jeffrey Mason.

Flower girl was Rhonda Campbell and ringbearer was Master Steven Mason.

The Full Gospel Tabernacle Churches, Inc. along with the Holland Family recently honored the Rev. John Wesley Holland Sr. at a testimonial at Martin's West on a Sunday evening. Pictured here with parents are from left: Emerson Holland, Miss Marcella Holland, the Rev. Mr. and Mrs. John Wesley Holland, Mrs. Josephine Holland Dotson and John Wesley Holland Jr.

MRS. LYNFORD JOHNSON
(former Miss Cynthia Parrier)

Women

Miss Phoebe Colleton weds

On a recent Saturday afternoon the Pennsylvania Avenue AME Zion Church was the setting of the exchanging of vows between Miss Phoebe Colleton and Michael Jerome Shorter.

The bride is the daughter of Mr. and Mrs. Phineas S. Colleton of Norfolk Ave. and is a graduate of Forest Park High School and Towson State College. She is employed by the Baltimore Public Schools.

The groom is the son of Mr. and Mrs. Earl Shorter of N. Monroe St. and is employed by the Department of Housing.

Attired in a gown of white satin with old fashion lace, the bride carried a cascade of white carnations which converted into a corsage.

Maid of honor was Miss Phyllis Colleton sister of the bride and matron of honor was Mrs. Hattie Colleton, sister-in-law of bride. They wore red velvet gowns with matching ruffled collar and sleeved jacket.

• • •

Bridesmaids were Misses Hermoine Hicks and Deborah Stevenson who were dressed in emerald green velvet gowns with matching ruffled jackets.

Best man was Earl T. Shorter Jr., brother of the groom along with Jeffrey Wayne Shorter, Rayner Colleton and James Jones as ushers.

Flower girls were Angela and Cheryl Wilson.

Over three hundred relatives and friends attended the wedding festivities which followed the wedding ceremony in the church auditorium. Guests were in attendance from Philadelphia, New York, Washington and South Carolina.

MR. AND MRS.
MICHAEL SHORTER

Are You Getting Married?

When's your big day? Let the AFRO know. Brides-to-be may send for special wedding blank from which a full wedding story will be written. All you have to do when you return it is supply the picture (black and white glossy). Write: Wedding Form, AFRO-AMERICAN NEWSPAPER, P.O. Box 1857, Baltimore, Md. 21203. There is no charge. Pictures will not be returned.

South Baltimore Notes

By WALTER W. E. HILL

Henry Brickus, MSA's best, is a member of Star of Bethlehem AME Church, as is his family. Henry, a student at Southern is a 185 lb. linebacker who hurt his knee before the opening of the season. Henry had a leg injury which never healed. In spite of this, he felt that if it weren't for his injury, he would have done much better.

Coaches in the second division of Md. Scholastic Association B Conference respected him just the same. He found running room for over 600 yards. The coaches voted him first team running back for the second straight year.

His accomplishments and immeasurable value to Southern won him another honor. He is the News American's MSA Player of the year for 1973. He's the best player in the state. He was last year and he is again this year.

Southern's standing of 5-2-2- record would not have been possible without the Bulldogs Main Man, Henry.

• • •

Mt. Winan's Westport will again enter the Christmas tree decoration contest. We are indeed pleased that Mr. Lester's brother will act as chairman of the affair. Terry Lester is president of the Mt. Winans West port Democratic Club.

Deepest sympathy is extended to Mrs. Edna Williams in the passing of her husband, the late Herschell Williams, former member of Star of Bethlehem AME Church and resident of Mt. Winans.

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The Mt. Winans CIG is pressing for more funds, to help in the building up of the community which is probably less than that granted to other areas for their starting. We shall need the full support of the District and some of the National Advancement Organizations.

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St Monica's Community Center at 2322½ Annapolis Ave., is opened to continue their task of working with the Westport-Mt. Winans area to be a better community in which to live.

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The position of recording secretary is open at the Mt. Winans Civic Interest Group with a paid salary. This is a part time job which requires a knowledge of income tax filing. For interview, contact 837-8177, or 727-5956 after 6 p.m. workdays.

• • •

The pastor, the Rev. I. M. Gray, choir and congregation of Ebenezer AME Church will worship at the Jones Tabernacle Baptist Church on Sunday, December 30. On January 6, Ebenezer will be guest at Shiloh C C Church

Household Hints

The automatic dishwasher is one of the best labor savers ever devised. To put it to its best use, these tips from the Major Appliance Consumer Action Panel, sponsored by manufacturer and retailer groups.

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Make certain that dishwasher water temperature is between 140 and 160 degrees Fahrenheit.

• • •

Load the dishwasher properly. While this may vary from brand to brand, keep in mind: place metal items away from detergent cups. Do not place large objects next to detergent cup or over smaller objects. Rack light-weight items securely so they cannot be displaced by water force.

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Eating out has become a national habit no matter what the season if the weather permits. If it's a picnic, line the hamper or sturdy cardboard crate with heavy duty foil to reflect heat away from the contents. Also, top plain or insulated boxes with foil.

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Cover or enclose ice in coolers with heavy duty aluminum foil. The ice keeps longer.

• • •

Turkey continues one of the best food buys, but many families do not want to roast a whole bird at once. Many markets feature turkeys either cut in half or in smaller parts. Or, ask your butcher to halve or quarter one. Cook the amount you need at one time and keep the rest solidly frozen and tighly wrapped.

Roast a three to four-pound turkey quarter at 400 for 2½ to 3 hours. Open foil every half hour and brush with cooking oil or drippings. Reseal foil at the top but leave sides open.

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For the last half hour of cooking a turkey quarter, reduce oven to 350 degrees. Leave foil open to allow the turkey to brown. Brush often with drippings.

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Community power at UMBC

Who's running this town? That is the question to be answered in the study of community power at the University of Maryland Baltimore County (UMBC) during winter session '74.

Dr Fred Wirt, assistant professor of political science, said the course is designed to explore the conflict over methods and results of community power research. Students will meet with scholars and design research programmers in metropolitan Baltimore.

Information on the four-week winter session, which runs from January 7-February 1, can be obtained by calling 455-2335.

Delegate Frank M. Conaway, center, was the guest of honor at a fund-raiser held at the Maryland Jockey Club on Saturday evening. Among those seen were from left: Alex A. Blackwell, Mrs. Mildred Blackwell, Mrs. Margaret Dates, Henry Dates, Mrs. Doris Goodie, Jessie Goodie, Del. Conaway, Mrs. Helen Fallin, Thomas Crestwell, Mrs. Mamie Crestwell, Delmore Fallin, Mrs. Sandy Fallin and Norman D. Conaway.

The Officer Rodwell Trust Fund Committee raised over $300 at a cocktail party held recently at the Brice's Hilltop Inn. Pictured from left Mrs. Daisy Matthews, Charles F. Greene and Mrs. Elizabeth Greene, sponsor. To date the committee reports funds nearing the $1000 mark.

(AFRO Staff photo by Benjamin Murphy Phillips IV)

Housewives beware of botulism

With soaring food prices and frequently empty store shelves, more and more housewives are turning to home canning as one way to beat the high-price - food-shortage squeeze.

Because of this explosive increase in home canning, and as a result of the occurrence of two cases of probable botulism food poisoning in Calvert County last week, Dr. John D. Stafford, Chief of the Preventive Medicine Administration's Division of Communicable Diseases, issued a warning to housewives who are trying to stretch their food dollars by turning their hands at home preserving.

Botulism, Dr. Stafford said, is a very deadly food poisoning occurring in man that is caused by a bacterium known as "clostridium botulinum," which produces a toxin that is most commonly found in improperly preserved foods.

The Pimlico Hotel was the scene of a gala retirement banquet honoring Dr. Robert T. Ford who served as teacher and principal in the Baltimore City Public Schools and the Douglass Adult Education Center. Shown at the affair from left Mrs. Alice F. Trowell, daughter; Dr. and Mrs. Robert T. Ford and Wardell Richardson, principal of Douglass Adult Center.

Woodlawn HIGHlights

By MARJORIE R. GREEN

MRS. GREEN

Kind deeds sometimes go unnoticed and mentioned because the individual does not make a big noise when performing or suggesting an act of kindness.

This did not happen in the case of MRS. SUSIE WARFIELD, custodian in the Services Branch of the Bureau of Data Processing, who is in a recent emergency displayed genuine concern for her fellow co-worker.

The following is a copy of a letter she received on November 30 from William E. Hanna, Jr. director, BDP:

"I want to take this opportunity to express my thanks to you for your very thoughtful idea that an appeal be made to assist those SSA employees who suffered the loss of their paychecks last payday.

"At Commissioner Cardwell's staff meeting shortly after you mentioned the matter to Mr. Carmody, we discussed your idea and agreed that a public address appeal to all SSA employees would be most worthwhile.

"As you know, the results of this effort have been very gratifying, thanks in great measure to your thoughtfulness and genuine concern for the well being of all our fellow SSA employees. "Again, many thanks from all of us."

The letter refers to a robbery that occurred November 20, on the Dickinson Building parking lot. Almost $5,000 has been collected and distributed to the 31 employees who suffered the loss.

Mrs. Warfield has been with the Social Security Administration for 29 years. She was among the first group of people hired on the night shift educational force in 1953. Her job was recently upgraded because of additional duties assigned to her in the "secured area" of SSA's Electronic Data Processing Section. "Susie" as she is affectionately called, is very well liked by her co-workers and members of BDP's executive staff.

Mr. Walter C. Statham, assistant bureau director (Administration) BDP, speaks of her as "A very fine lady. She has initiative and is a very good performer in all respects."

MRS. ELLEN EDWARDS, Consultant in the Dickinson Building will motor to Pittsburgh to visit with relatives during the Christmas holidays. Her daughter and son-in-law, Mr. and Mrs. C. L. Butler will be traveling with her.

• • •

Friendly, MRS. RUTH CAMBELL (BDP) became the wife of Richard Craig last Saturday afternoon. The Rev. J. L. Moore, pastor of Sharon Baptist Church performed the ceremony in the bride's home. The couple will honeymoon in Jamaica.

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It was a delightful surprise seeing the very youthful-looking Mrs. Rosie Keene this past Monday night. She promises to send some news items concerning happenings in the 707 Calvert St., building very soon.

• • •

As the holiday season draws nearer and 1973 comes to a close let each of us in some small way try to help someone who is in need.

Send news items for this column: c/o Woodlawn Highlights P.O. Box 785 Baltimore, Maryland 21203.

Perspiration, an awkward problem

Body odor is rarely a problem in children and old people. It is very much a concern of the vast group in between — and those who spend any time with them.

Body odor is related to perspiration which in itself is odorless. Odor develops as the result of the action of bacteria on the secretions from the skin's glands. Perspiration secreted by sweat glands in the underarm region has been found to be the greatest offender. Heat and emotional stress stimulate these glands and the generation of perspiration becomes difficult in the underarm area.

Physicians advise that the primary means of controlling body odor is personal cleanliness.

When frequent cleansing dries the skin or irritates it, a moisturizing liquid skin cleanser such as pHisoDerm can be used. It should be popular with the men in the family because it doesn't contain any perfume and its squeee-bottle container is handy in the shower).

In addition to washing, a deodorant or antiperspirant will help to control the odor problem. Antiperspirants also reduce the amount of perspiration which reaches the skin's surface.

Office managers report that there are still many individuals who haven't solved their underarm problem, causing a large-size one for their co-workers. Television commercials notwithstanding, leaving a roll-on or spray can of deodorant on the boss's desk may not be the best way to advise him that he needs more than secretarial help that morning.

Ragweed hay fever symptoms

Tons of ragweed pollen are blown across the country during the flowering season. It is often found along the highways, on vacant lots, in abandoned fields and in your own backyard.

Common ragweed has hairy green stems, feathery parted leaves and long spikes of green-to-yellow flowers that produce the pollen. It reaches a height of one to five feet. Giant ragweed ranges in height from 5 to 15 ft. Its lower leaves are usually three-lobed while the upper levels are three-lobed or simple.

For those allergic to ragweed pollen, the symptoms are classic: sneezing, nasal congestion, itching of the eyes and ears, running nose and breathing difficulties.

Medical treatment may include injections to desensitize the individual, medications to relieve the symptoms such as NTZ, a nasal spray containing Neo-Synephrine and an antihistamine. The physician may recommend other preparations or treatments, some available only on prescription and particularly effective in stubborn cases. Air conditioners and room air filters have been found to help many victims feel better.

Although the hay fever season varies in various parts of the country, it is most widespread from mid-August to mid-September, when the weed flowers. Although the plant usually does not survive frost, it has been known to survive severe weather conditions.

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