Bananas make dessert bonanza

A great meal is not complete without the delectable aftertaste of a good dessert. Bananas lend themselves beautifully to many dessert specialties and can be turned into party fare or home-spun desserts that the family will love. No such thing as seasonal dishes with bananas — they are in good supply throughout the year. Bananas are also good buys.

Banana benefits include vitamin C and a wide range of other nutrients. They're great for low-fat and low-cholesterol diets, and provide bulk and energy with only 85 to 90 calories in each 6 inch banana (100 grams). Bananas are easy to digest, too, which makes them especially good for infants and the elderly.

This flavorful tropical fruit is delicious in pies, fruit cups, puddings and cakes. Banana and chocolate is an exotic combination of flavors inspired by native Jamaican cuisine. The cake layers combine the flavors of mashed bananas and melted chocolate. Mocha Frosting is spread between the cake layers and over the top and sides. Plump banana slices garnish this brown beauty.

Bananas are a natural choice for all meals. Sliced over breakfast cereal or added to the luncheon salad, fresh bananas are always welcome.

Banana Chocolate Cake

2½ cups sifted all-purpose flour
1 teaspoon baking powder
¾ teaspoon baking soda
¾ teaspoon salt
¾ cup shortening
1½ cups sugar
2 eggs
2 squares (2 ounces) unsweetened chocolate
2 teaspoons vanilla
1 cup mashed ripe bananas, (3 medium)
¾ cup sour milk

Sift together flour, baking powder, baking soda and salt. Set aside. In large mixing bowl, cream together shortening and sugar. Beat in eggs, one at a time. Melt chocolate in top of double boiler over hot water and stir into batter; add vanilla. Blend in half the sifted dry ingredients and bananas. Blend in remaining dry ingredients alternately with sour milk.

Turn into 2 well-greased, lightly floured 9-inch round layer cake pans. Bake in 375 degree F. oven 30 minutes or until a cake tester inserted in the center of cake comes out clean. Cool in pans 10 minutes.

Turn out on wire racks to finish cooling. Spread Mocha Frosting between layers and over top and sides. This cake is more moist and is of better flavor if it is made 1 to 2 days before serving.

Makes: One 9-inch layer cake.

Mocha Frosting

1 cup sugar
3 tablespoons water
2 egg whites
¼ teaspoon salt
One-third cup butter or margarine
1 square (1 ounce) unsweetened chocolate, melted
1½ teaspoons vanilla
1 teaspoon instant coffee powder

Combine sugar, water, egg whites and salt in top of double boiler. Place over hot water and beat 7 minutes or until mixture stands in stiff peaks. Remove from heat, cover with a damp cloth and let stand until completely cool. Soften butter and blend in melted chocolate, vanilla and coffee. Fold, about ¼ of the butter mixture at a time, into the frosting, blending well.

Bananas are in good supply and are among this week's best buys. Here a chocolate Banana Cake combines fresh bananas and chocolate in a rich moist dessert bonanza.

Breast clinic offered

If you are worried about breast cancer, why not do something about it? Learn the technique of breast self-examination and get a free breast check on Monday, January 27, 1975.

The Breast Clinic is being sponsored by the Urban Services Agency in conjunction with the Baltimore City Unit of the American Cancer Society. The clinic is located at McCulloh Homes Assembly Room, 1102 Druid Hill Avenue (at Dolphin Street).

Two sessions are scheduled: 10 a.m. to noon and the other at 3 to 6 p.m.

To be eligible you must live within these boundaries: Robert Street on the north, Eutaw St., on the east, Biddle St., on the south, and Pennsylvania Ave. on the west.

If you have any questions, call 539-4000. No pre-registration is required — just come and bring your neighbors.

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COLUMBIA CAPERS

Black Image the spot for Dr. Calvin party

By Pimmie L. Ross

Pit-a-pats of randrops fell heavily Sunday evening, but they didn't deter the lovely guests from coming to say "happy birthday" to Dr. Ernest Colvin (A Columbia resident).

According to Miss Wenda Welch, his office manager, the idea of the surprise party originated from Paul Wander, a patient of Dr. Colvin's, and owner of the Black Image Lounge was held. "He mentioned where the surprise party (Paul Wander), that Dr. Colvin's birthday was soon, and the staff decided to have a party in his honor."

It was a well-planned party. The Guests tip-toed up to the second floor of the Black Image to the party area (crowded, I should say it was, with a group of beautiful well-wishers).

The decor was red and white with decorations hanging from the ceiling. A large cake inscribed "Happy Birthday Dr. Colvin from your staff" was placed in the center of a table.

Champagen flowed from a fountain and a well-arranged bouquet of red and white carnations and chrysanthemums were arranged on the table.

At the end of the room on the left was a second table where the guests helped themselves to real goodies: crab cakes, cold cuts, and Swedish meat balls . . .

Dr. Colvin was very grateful; he thanked his staff for the party, but couldn't find words to express how he really feel. "I don't know what to say. I really don't. I am truly grateful to all of my staff and to those who participated in this joyous occasion."

Staff members responsible for the party were, Miss Welch, office manager; Kelite Queen, assistant office manager; Carolyn Gladney, April Watson, Sheila Wright, Gloria Beane, Dr. Charles Bowie, and Dr. Benjamin Shelton.

Some guests enjoying festivities were Attorney Joe Gibson, Washington, D.C.; Dr. and Mrs. Fabian Desbordes, Dr. and Mrs. Benjamin Gordan; Mrs. Maggie Heath, South Carolina; Duke Martin, owner of the Sampson (soul food) Restaurant; Mr. and Mrs. Thomas Briscoe, Mr. and Mrs. Charles Price; Dr. and Mrs. James F. Cooper, Arthur Boone.

Cabaret Caper, sponsored by the National Council of Negro Women, Howard County section, will be held Saturday, Jan. 25, 9 p.m. at the Kiswamagundi Ballroom, music by "The Soul Explosions," food, door prizes. BYOB.

Iota Lambda Omega Chapter of Alpha Kappa Alpha Sorority will sponsor a fun-filled day of cards, games, and conversations, Saturday, Feb. 8, 3 to 6 p.m. at 10438 Waterfowl Terrace. All inactive Columbia sorors are invited to attend.

Thought for Today

"Action may not always bring happiness; but there is no happiness without action." Benjamin Disraeli

Dr. Ernest Colvin was the guest of honor at a surprise birthday party on Sunday. Here, one of his guests, Ms. Joyce Gordon, extends congratulations. (Reflections photo by Benjamin M. Phillips)

Zetas Founder's Day

The Zeta Phi Beta Sorority, Alpha Zeta Chapter, was another organization which observed Founders' Day on Sunday. This was the 55th observance for Zeta women and sorors hosted the affair at the La-Fontaine Rouge for some 340 guests.

Present for the day's activities were the sorority's five founders, Arizona Cleaver, Viola Tyler, Myrtle Tyler, Pearl Neal and Fannie Pettie. The former Ms. Cleaver now Mrs. Stemmons, of Philadephia, received a gift in honor of the occasion. The other four founders greeted guests.

The theme of the occasion was "A Portfolio of Zeta Talent: An Outgrowth of the Five Pearls."

The founders were recognized as being "pearls." A modest display of hobbies and awards received by some of the sorors were on exhibit during the evening.

Following dinner, Zetas displayed their individual talents led by the Zeta Ensemble directed by Hazel Phillips.

Original prose and poetry were presented by Mary Carter Smith and Mildred A. Williams.

Students from the Zeta Education Center performed an interpretive dance to the "Lord's Prayer." Evelyn Dixon sang

(Continud on Page 16)

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Our Woman of the Week is Ms. Janie C. Sanders

By Marie P. Cooke
Reflections Editor

There is probably nothing that hasn't been said or written about the current economic situation and although some of us will not admit it, we are facing hard times.

As the old story goes, we blacks are the ones who are most affected in the final analysis — our century-old churches are feeling the effects. So are our black charitable organizations . . . they are crying out for help (our menial contributions are all they have). Everything and everybody is hurtin'. It's time we all did some serious and searching; recaccess our values and establish some positive directives.

One such person who has been doing this sort of thing for years is Janie G. Sanders.

I first met Mrs. Sanders a few years back, soon after her beloved husband, Locose had passed. I remember, it was during the holiday season and the AFRO was busy with its Mrs. Santa campaign. (I, by the way, was Ms. Claus).

Mrs. Sanders wanted to help. She readily volunteered herself and her Willing Workers. Before we knew it, the Sanders clan was at work, selling candy to raise money for food baskets for needy families. The group raised $ . . .

That's the kind of person she is.

Not new to this community, Mrs. Sanders has owned and operated Janie's Modern Beauty Shop at 2300 Druid Hill Ave. for the past 20 years and is a past president of the Master Beauticians Association.

She and her many customers have formed golden friendships. And that's where the Willing Workers come in. They are a group of Sanders' patrons.

The group has since sponsored 11 benefits. Funds have gone to many of our black causes — our churches, families, individuals. This year, even though we are all fighting to keep our own heads above water, Mrs. Sanders says she is going to do it again, this time with a pre-spring fashion show and luncheon. It is scheduled to be held on March 2 at the Holiday Inn-Downtown.

Featured on the '75 program will be local beauticians who will model outfits from their own wardrobes, many of our top hairstylists. Names like Hattie Smith, Betty Brown, Juanita Moore, Mary Stevens, Walter "Flat" Hopkins and Hosea Edwards from Aberdeen. Robert Bonaparte, the florist, will also model. But that's not all.

Perita Bates will jet to town all the way from St. Louis. She's the noted charm consultant and professional model who was once voted "Best-dressed" by Ebony and "Model of the Year" in Atlanta, Ga. Ms. Bates will show designs from her own '75 Caribbean cruise wardrobe.

Helping Mrs. Sanders "get it together" with this benefit are Willing Workers Ethel Bishop and Wanda Vanessa Watkins.

Nothing is going to stop Mrs. Sanders from helping others, and "no one but the man upstairs." She is keepin' the faith.

People are talking about what promises to be one of the most "in" affairs as seen in many a moon the Gala Benefit Dinner Dance which the Model Cities Committee for the Performing Arts has scheduled for this Saturday, January 25 at 7 at the Mercantile Country Club.

The benefit will raise funds to continue the program in Baltimore public schools which includes Artists-in School Dance Residency Program.

Model Cities has for the last five years brought to the public schools through Mrs. Margaret Armstrong

(Continued on page 16)

JANNIE G. SANDERS
Our Woman of the Week

Members of the Model Cities Committee for the Performing Arts in Baltimore shown completing plans for the Gala Benefit Dinner Dance to be held Saturday at the Mercantile Country Club at the home of Walter Orlinsky, president of the City Council and Mrs. JoAnn Orlinsky, who are honorary chairpersons. Standing (L to R): Lenora Johnson, coordinator for the Artist Dance Residency Program; Norman Ross, director of Model Cities Cultural Arts Project which is headquartered at Dunbar High School; Seretha Green, chairman of the Gala Dance; Mrs. Orlinsky, Seated: Deborah London, director of Cultural Arts Program, Community College of Baltimore; Twilah Scarborough, Assistant Public Relations Commissioner, Urban Service Agency; Anne Allen, director of Columbia Dance Theater and Verniece Reynolds, board member of Young Audiences.

Walter Fountaine in area for hairstyling program

"...among the salon's clients are Cicely Tyson, Dionne Warwicke..."

BALTIMORE — Beginning Jan. 26, here and in Washington, D.C. and Richmond, Va., the world renowned hairstylist Walter Fountaine will start intensive training programs for black hairstylists.

Mr. Fountaine directs Glemby International's worldwide program which extends hair services to the black customer. His staff of skilled black operators will train in the latest methods of relaxing, press, cutting and Glemby-Now techniques. In addition, they will also be recruiting black stylists.

Fountaine, confident, well-groomed, articulate and distinguished, happens currently to be in the eye of fashion, but who could well have made his mark in several other pursuits.

Fountaine is a multi-faceted dynamo, a veritable renaissance man whose goal seems to be to want to learn everything about everything.

He attended Ohio State University, the Cleveland Institute of Music, the Cleveland Institute of Art, Mexico City College and the Art Students League of New York. All of this academe before he studied the profession that has lofted him to such heights on the fashion scene; hairdressing.

Born a Clevelander, Fountaine became a New Yorker, is now an internationalist, traveling as he does to London, the Continent and Africa.

An innovative hairstylist, he established a very distinctive new kind of beauty salon, Coif Camp, in N.Y. a few years ago, and upon its immediate success opened Splinters in London so that his international clientele could better be served. Prominent and interesting women among the salon's clients are Marisa Berenson, the Indian model Chandika, Dionne Warwicke, Cicely Tyson, Madeline Bell of the Blue Mink pop group, Doris Troy, models from Wilhelmina, Ford and other famous agencies.

His film credits, as hairstylist, include the pictures "The Slaves," "Cotton Comes to Harlem," "Shaft's Big Score" and "Super Fly."

A very recent trip to Liberia, as official hairdresser for the Inaugural Festivities of President Tolbert, was highlighted by visits to the interior to study the intricate braiding and decorating of hair associated with the peoples of Gaina and Cape Parmas.

"Braiding is singularly female; African males tend not to wear their hair as long as male Afro-Americans," states Fountaine. "Americans, both black and white, who romanticize about Africa are often astounded to find its cities modern, chic and cosmopolitan.

"Monrovia and La Cote d' Ivoire are breathtakingly spectacular. The women wear haute African and Parisian fashions. Hair is relaxed, worn natural, braided adorned, augmented by hairpieces. Men are impeccably tailored, whether in native or western dress."

When not engrossed in career pursuits, Fountaine is contentedly home with his family: "enchanting three-year-old daughter Tasha, and a young wife who teaches ballet and modern dance classes.

WALTER FOUNTAINE

Music and art are Fountain's prime avocational interests; swimming and biking keep him in sleek-slim shape. "Home" is in Hastings-on-Hudson, a historic and beautiful town 35 miles north of Manhattan.

5 Bay College students in Who's Who

Five students from Bay College of Maryland have been inducted into Who's Who Among Students in American Junior Colleges. All of them received 3.5 grade average or better.

The students are Miss Clara J. Baker James E. Barnhill, Olive B. Bugarin, Miss Rita McCurley and Miss Patricia Thompson.

A GOOD CITIZEN is registered and prepared to vote. Register now so you can vote for the next Mayor of Baltimore and your City Council representatives in the next election, Sept., 1975. Register today at Supervisors of Elections, People's Court Building, Fayette and Gay Sts...

MFB of Md. to protest

On Feb.26-27 members of the National Federation of the Blind of Maryland (NFB of MD) will join other Federationists from across the country to protest actions of the National Accreditation Council for Agencies Serving the Blind and Visually Handicapped (NAC).

NAC has continually refused to allow the blind to participate in decision making meetings that affect their lives.

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Black History Month at Madison Ave. YWCA

Black History Month will be observed by weekend events, including film festival, art show and discussion groups during the month of February at the YWCA at 1912 Madison Avenue. All the events are free and open to all.

On Feb. 2, the first of two discussions, "Communications and the Afro-American Community," will be held at 3 p.m., dealing with the influence of television, movies and magazines on the values, lifestyles and racial identity of black people. The discussion will be led by Sarah Moreland who holds a BA in philosophy from Morgan State College. Particular attention will be given to the portrayal of the black male.

Feb. 8 will see the opening of a display by black artists, including crafts and painting, at noon.

Feb. 9, the second "Communications" discussion, at 3 p.m., will investigate racism in historical documents, and sociological and philosophical literature.

Discussion will be led by Isaac Moreland, a student at Morgan State College, majoring in philosophy, and former chairman of Afro-Americans Concerned about Education (1967-69) and executive director of Activists, Inc. (1967-69).

(Continued on page 16)

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