Billie Blair shows it well!

SOMETHING EXTRA: To give the sleek, sinuous maillot with the hug-fit of "Lycra" spandex even more drama, Gottex of Israel adds a beautifully fringed shawl which could later be used to drape cold shoulders in an air-conditioned ballroom. Gottex of Israel, maillot "Itaka" No. 1608 in sizes 8-14, shawl "The String Shawl" No. 8608; emerald green, hot pink, black, ecru; maillot about $34, shawl about $24. Maillot fabric of "Antron" nylon and "Lycra" spandex. (Photographed in Rio de Janeiro, Brazil. Model is Billie Blair.)

Dieting with seafood

Dieting? The trouble with most diets is that the dieter usually loses interest faster than the weight is lost. In spite of a firm resolution at the beginning, old habits are hard to change and, if one is left with an empty, unsatisfied feeling, the diet is usually short-lived.

Don't be discouraged—there is an easy way to stay with a diet and maintain it until the desired weight loss has been accomplished. Seafoods are the answer; these superb products offer high quality protein, the kind that provides a satisfied feeling as well as helping to keep the dieter healthy.

There is an amazing selection of tasty fishery products as near as the super or seafood market. Ranking near the top as favorites with most people are the wide variety of fish fillets.

These tender pieces of flesh, cut lengthwise from the sides of the fish away from the backbone, are ready to cook as purchased and are 100 per cent edible; there is no waste to absorb your food budget funds.

A new low-calorie recipe, from the National Fisheries Education Center, was developed especially to help dieters. Cod in Tomato-Onion Sauce is so tasty and versatile that it is sure to please the rest of the family whether they are dieting or not. The other ingredients in this quickly-baked entree include sliced onion, tomato sauce, lemon juice, chicken bouillon, and a touch of oregano, sugar, and salt to accent the flavor of the sauce.

Add a crisp salad and a few low-calorie vegetables for yourself and let the non-dieters eat the calorie-laden foods. Yoo'll soon fit into those lovely new summer styles, now catching your eye in fashion shops everywhere.

Cod In Tomato-Onion Sauce

2 pounds cod or other fish fillets, fresh or frozen
1 can (8 ounce) tomato sauce
1 cup sliced onion
2 tablespoons lemon juice
½ teaspoon oregano
½ teaspoon sugar
1 chicken bouillon cube, crumbled, ½ teaspoon salt, Fresh cumcumber, sliced (optional)

Thaw fish, if frozen. Combine tomato sauce, onion, lemon juice, oregano, sugar, and bouillon cube in saucepan. Bring to simmering stage. Cover and cook over low heat 15 minutes or until onion is tender. Spoon 1-3 of the sauce over bottom of shallow 2-quart baking dish. Cut fish into 6 equal portions.

Arrange fish on sauce in baking dish. Sprinkle with salt. Spoon remaining sauce over fillets. Bake in moderate oven, 350 degrees F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Garnish with thin cucumber slices, if desired.

Make 6 servings

YWCA children's theatre performs

Phyllis Wheatley YWCA's Children's Theatre will present its first production at 1 p.m. Friday, May 16 and at 2 p.m. Saturday at the Ira Aldridge Theatre, Howard University.

Thee production is under direction of Prof. Kelsie Colley of Howard U. and the youth workshop staff.

Original signers of the document which named the Wheatley YWCA will be honored at 1:30 p.m. Sunday, May 18 at services at the Sheraton Park Hotel.

The branch will be celebrating Founders' Day and 70 years of services to the Washington community. Guest speaker will be Mrs. Alice Dunnigan, author and veteran D.C. newspaperwoman. The Wheatley YWCA is at 901 Rhode Island Ave. NW.

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Big wrapup of Fall fashions

By Gay Pauley
UPI Women's Editor

NEW YORK (UPI) — New York designers, playing it fail safe in fall and winter fashions, offer women a bit of everything from grandma's shawl to a Chinese coolie coat.

In between are other major trends such as the big and bulky silhouette, the bundled up look, the continuing popularity of pants although some fashion experts said they were on the way out, and revivals of classics such as gray flannel, challis prints, paisleys, velvets, jumper and blouse costumes, flat pleated skirts and the look of the shirt everywhere.

Watch also in the new season for turtlenecks deeper and bulkier than ever before, for millinery that's knit into close-fitting cloche hats, or narrow snaphrim felts, and in makeup, more deep color on the cheeks and lips.

New Lengths

Almost every designer has taken to the layered principle — take off or put on depending on temperatures inside and out. Coordinated items can start with a skirt and shirt, add vest, sweater and jacket, coat and yet another coat atop it, and if you're still really cold and have space left, wrap the works in a big shawl or stole in assorted lengths.

Speaking of lengths, there still is some divided opinion among leading designers. Halston, who gave us the miniskirt revival for summer (called The Skimp), said the idea carried into Fall in the sense "that we decided Fall shouldn't be too long" — just covering the knees.

Clovis Ruffin felt too that lengths should end just covering the knees.

But most other New York houses endorsed the midcalf and even lower for day, with hemlines coming well over the tops of boots. Geoffrey Beene, Oscar De La Renta and Donald Brooks liked the longer skirts.

The New York industry played it safe with tried and true styles and in prices which most said they're keeping at last year's levels.

These were major trends that emerged from two solid weeks of almost dawn to midnight showings for the nation's store buyers and press. The clothes will begin arriving in the stores in late August and early September.

Head To Toe

Here, head to toe, is how fall 1975 shapes up:

Head. All wrapped up for daytime outdoors. The knit cap with snug-fitting rolled brim showed everywhere. So did the wrapped turban. When heads were bared, hair styles ranged from long and very curly to short and sleek. Beene's models looked as if the hair had been wetted and combed straight back.

Throat and neckline. The big news is the mass of stoles and shawls. The latter big triangles of fabric often fur bordered, for bundling up.

Donald Brooks showed the longest stoles of all, fringed numbers sometimes nine feet long, wrapping around the throat a couple of times, then falling to the hemline of daytime dresses, coats and suits.

For evening, not a lot of bareness, although some designers again showed the strapless formal. Others covered the throat in sheer laces for an old-fashioned look.

Bodice. Take your choice and the Chinese look is the one most often shown. This is in the loose-fitting coolie jacket with its Mandarin collar.

Its fingertip length. Sometimes it's quilted and it's to be worn over everything from soft, body hugging dresses to jumpsuits to slim or wide-legged pants and pajamas. Some designers decorated the jackets with embroidery, classic frog closings, and even had the models carrying fans.

Other daytime or evening silks featured the sleek fitting cheongsams, with the traditional side slit skirts and the collars closing on the left. Everywhere, the loose sleeve of the Far East.

Waistline. Lost in many collections in the sheer volume of fabric, where no belts were the rule and where the big, loose silhouette figured in dresses for both day and evening. Long tunic tops to daytime and evening skirts weren't belted in any way.

In turn, if a woman wanted to show off a waistline, designers showed plenty of belted jumpsuits, dresses with narrow string belts, garments with sleek bodice which marked the waistline, especially with narrow string belts, and then flared with fullness in the skirts.

Hipline. Showed off best in the dresses which were little more than elongated sweaters.

Legs. Ask whatever happened to ankle display. Clovis Ruffin turned out to be the major supporter of legs with his high-heeled spectator pumps or ankle straps (for evening) and hose colors coordinated with dress or other costume.

Bonnie Cashin for Philip Sills was a notable exception. She dipped into early Americana with inspiration from Pilgrim dress to Indians, complete with a white leather wedding gown.

KOOL-AID PRESENTS LIONEL BEASLEY: COMMERCIAL AIRLINE PILOT.

By the time Lionel gets into the air, the planes will probably be bigger and even faster. But right now he's flying with a big glass of his favorite drink. Lionel's mother makes sure that there's lots of Kool-Aid soft drink mix around because Lionel likes it so much. And his mother likes him to have it. Because Kool-Aid is economical, easy to prepare, and she knows that it's the most popular soft drink mix.
DO WHAT MAKES THEM HAPPY... KOOL-AID.

Local club notes

A benefit concert sponsored by the Baltimore Chapter of J.U.G.S., Inc. drew music lovers to the Peabody Institute's Leakin Hall last Friday evening. On hand to greet the guests were (L to R) Jean Chaney, Doris Rogers and Lorna Brice.
(Reflections photo by Benjamin M. Phillips)

The closing meeting for the summer of the National Council of Negro Women, Greater Baltimore Section was held last Sunday at the Madison Avenue Center YWCA.

Committee reports were given and discussed. The fund raising activity will be held at a dinner theater in Manassas, Va., in October. . . .

Barbara O'Neal a student at Douglass and a member of the Health Career Club, was presented a scholarship from the Council to help her further her education.

She is also a member of the Young Adult Group of the Council. Mrs. Phyllis Hall and Mrs. Betsy Simon are working with this group.

The Nominating Committee presented its slate for 1975-76 officers. Accepted were: Mrs. Marion J. Jackson, president; Mrs. Alice Roberts, first vice president;

Mrs. Marian R. Finney, second vice president; Mrs. Betsy D. Simon, third vice president; Mrs. Mertha Blackstone, recording secretary;

Miss Carrie O. Johnson, Assistant recording secretary; Mrs. Johnnye Mae Stevenson, correspond.ng secretary, Mrs. Emma D. Dudley, assistant corresponding secretary;

Mrs. Lendora Raign, financial secretary; Mrs. Margaret L. Wilson, treasurer, Mrs. Shirley Smith installed the officers.

Mrs. Reggie Ray, the oldest active member, was made a Life Member of the Greater Baltimore Section.

For-Win-Ash

Mr. and Mrs. Kenneth O. Wilson were hosts for the For-Win-Ash Garden Club's dinner meeting. Mrs. Gilbert (Marion) Banfield was the chairperson for the gathering.

Mrs. Arthur Lewis gave a teaching lecture on color and harmony in flower arrangement. Demonstration of proper arrangements followed after dismanteling a poor arrangement and correcting it. Members were given a new handbook, published by the National Council of State Garden Clubs for flower shows. Some of the members are making plans to attend classes in flower arrangements taught by Mrs. Irma Crawmener.

Members present were: Carrie Johnson, Nellie Buchanan, Mr. and Mrs. Arthur Lewis, Mr. and Mrs. Leroy Hayden, Mrs. Gilbert Banfield, Douglas Camper, Ethel Cox, James Crowner, Clarence Gross,

Mesdames Ivan B. Higgins, Webster Kendrick, Harold Kent, James Laforest John McQuire, Ethel Payne, Avon Rawlings Ada Veney, Roland Williams, Albert Wright, Juanita Young, Myrtle Lee, Mr. and Mrs. Charles Robinson, Dr. Martin Rodney.

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MAY 17

There will be a general Coppin State College Alumni Association meeting on Saturday, May 17, 4 p.m. in the Percy Julian Science Building auditorium. The purpose of this meeting is to receive nominations from the floor for officers of the executive committee.

All alumni are urged to attend.

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COLUMBIA CAPERS

Jack & Jill Day Sun.; funeral services held

By Pinnie L. Ross
AFRO Correspondent

Black Legacy in Music and Dance will be the theme of the Columbia Chapter of Jack and Jill's third annual Jack and Jill Day on Sunday, May 18, at 2:30 p.m., Kahler Hall in Joseph Square, the Village of Harper's Choice.

A special Ensemble Choral Group under the direction of Dr. Leroy Giles, English department chairman at Catonville Community College and the director of the St. John Baptist Choir, will be featured.

The Ensemble Choral Group will be composed of members of the St. John Baptist Choir and the Morning Star Baptist Church Choir in Catonville, Maryland. Among the musical renditions featured in Dr. Giles' portion of the program are "Joshua Fit the Battle of Jericho," "One More River to Cross," and "The Broken Vessel."

Dr. Giles will also give a brief history of spirituals and gospel music.

Another featured person on the program is John Taylor, director, John Taylor Dancers of Center G and Center A of the Urban Services, the cultural arts program in Baltimore.

Mr. Taylor is not a stranger to the residents of the Columbia area. He is a resident of Columbia, on the staff of the Columbia Dance Company, and has had numerous performances in the new city of Columbia.

Some of his featured African dances will be "Voodoo," "Funga," an African welcome dance. The group will perform a jazz dance to the music "Change Up the Groove."

Members of the Jack and Jill Day Committee are: Marilyn Beale, Roberta Briscoe, Eleanor Jennings, Nampeo McKenney, Sadie Woolford, who will be mistress of ceremonies. Mrs. Woolford is also one of the chairpersons; co-chairperson is Celonia Walden.

Mattie Simmons is president of the group.

* * *

Funeral services were held for James W. Childs on Monday at the Interfaith Center. The 79-year-old Mr. Childs had been hospitalized for near a year. He was a native of Warrenton, Va.

The Rev. Barkley Brown gave the eulogy "Celebrate a faith and life."

"When you give of yourself is when you truly give. He gave and we received life, love, and community, and now his body is dead — we are here to affirm his life. He was more than a journey and more than a destination . . . ."

Mr. Childs was a longtime civil rights leader, a Master of the Boy Scouts to which he gave most of his life in Warrenton. The former Defense Department employee is survived by his wife, Lena, a daughter Yvonne Moore of Silver Spring, two sons Robert of Washington and Edward of Youngstown, Ohio.

Thought for Today

Come to me all who labor and are heavy laden and I will give you rest.

AFRO MICROFILM — The 13 editions of the AFRO-AMERICAN, dating from 1893, are available on microfilm and are available for purchase by your library or school or museum by writing Bell and Howell, Micro Photo Department, Old Mansfield.

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Miss AFRO Pall Mall Menthols

Miss AFRO-Pall Mall Menthols, Cee Cee Stokes has been making her rounds in Baltimore. Here she is pictured with Gwen Clark, president, King's Landing Women, at the group's annual benefit held this month. Ms. Stokes will continue to make guest appearances through June 30.
(Reflections photo by Benjamin M. Phillips)

Mrs. Kerr receives certificate

After 20 years, Mrs. Florence G. Kerr, community developer at Urban Services Association, Council "E," has returned to school and received her high school equivalency certificate.

Mrs. Kerr, who attended the Light House Manpower Project for 16 weeks, scored 289, the highest achieved by a female in Baltimore City.

She has also received certificates from the Urban Rural School Development Program for Group Dynamics, Interpersonal Relations and Child Self-Concept Development.

"Sometimes I felt like giving up because of my age but a very dear co-worker, Mrs. Rosa Dabney and my supervisor, Mrs. Mary Byers, helped me to see the need," Mrs. Kerr said.

After receiving her certificate, Mrs. Kerr matriculated at the Community College of Baltimore and enrolled in the Social Worker Assistance course.

Prior to working for USA, Council "E," Mrs. Kerr worked for five years with the USA Self-Help Housing Agency as an area supervisor.

She is a committee member at the Northwest Inner City Federal Credit Union; vice president of the American Legion Auxiliary, Federal Unit No. 19 and a member of the Housing and Recreation Task Forces of USA, Council "E."

NEVER TOO LATE—Mrs. Florence G. Kerr returned to school after 20 years and passed the high school equivalency test on the first try. Although discouraged by her age, instructors Mrs. Mary Reid and Nathaniel Redd urged her to continue the course.

Mrs. Eva White nominated for Who's Who

Mrs. Eva Ball White has been nominated for Who's Who in the Religious world by the publishers of Who's Who in America.

Mrs. Ball, 90, 2300 block Harlem Ave., served as a teacher in the Sunday School and BTU Congress of Texas and worked under the late Dr. Henry A. Boyd in the National Baptist Congress.

Born in Texas, she was graduated from Guadloupe College. She studied cosmetology at Moler College in Chicago and Jones College in San Antonio, Texas.

While serving on the state board of cosmetology, she continued her religious work and always encourage young people to seek Christ.

Mrs. White was corresponding secretary to the National Baptist Convention of America for 33 years. She has also served as recording secretary for the Texas Women's Auxiliary and secretary of the state convention.

She told the AFRO in a 1972 interview, "I believe in stepping down and letting younger people take over." Mrs. White and late Dr. Eugene W. White moved to Baltimore in 1929 from New Orleans, La. Dr. White left his ministerial duties at Tulane Avenue Baptist Church to become pastor of Providence Baptist Church.

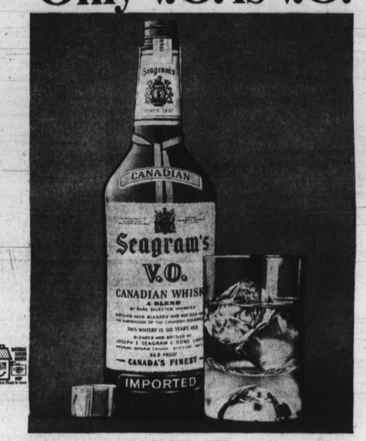
Mrs. White has operated a chain of beauty salons and a school of cosmetology in New Orleans. For 3 years, she assisted her husband as a dedicated church worker.

She has also served as first president of the Baptist Ministers' Wives Alliance of Baltimore and Vicinity. She one time served as president of the Women's Auxillary to the Baptist Maryland General Association, as well as president of the Missionary Society and Superintendent of the Sunday School of Providence Baptist Church.

Mrs. White has traveled extensively in this country and abroad, culminating her missionary experience with a journey to the Holy Land in 1952.

Still active in the community, she operates a very well kept rooming house and takes great pride in her duties. Mother White, as she is affectionately called by those close to her, is now a member of Sinai Baptist Church and has served there as president of the Missionary Society and a teacher in the Sunday School.

Sip, Taste, Know, Only V.O. is V.O.



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