COLUMBIA CAPERS

Writer salutes grads

By Pinnie L. Ross
AFRO Correspondent

It all began in the early phases of your high school career as preparation for the memorable day, as you build the number of credits required for graduation, select rings, publish year books and make initial inquiries of colleges.

Time is drawing near for the rehearsals, march, speeches, class song and all of the goodies that make up the big package of anxiety.

This writer had long talks with some of the senior high school counselors, gathering as much information as possible.

June is a joyous occasion for high school graduates. Columbia abounds with high achievers as evidenced by the great number of scholarships and awards obtained by our graduates.

It was a great pleasure for me to witness the Howard High School graduation and a few others because of my very close relationship with several of the graduates there.

Chicago-born Karen Cornick was awarded the Betty Crocker Homemakers Award, a scholarship to Illinois Wesleyan, Rutgers University and Tufts University, which she will attend in the fall.

Craig Jerome Harrington received the American Legion Laurel Post No. 60 scholarship award, academic scholarship to William and Mary College.

Edna Ruth Hill, the former Miss Black Teenage America, walked away with the Ellicott City Lions Club Achievement Award, academic scholarship ($6,000) Johns Hopkins University, Miss Black Teenage America scholarship and National Merit scholarship finalist.

Miss Hill was also chosen for Who's Who Among High School Students, Most Outstanding Teenager in the state of Maryland, from which she will receive a trophy from the state presented by Dr. Cochran; county executive, June 24. She plans to attend Adelphi University.

Gary Christian received the Howard County Soroptimist Awardg Cynthia Dianne Collins, Alpha Kappa Alpha Sorority Award; Victoria Ann Green, Black Student Union scholarship, Soroptimist Club Award, Margaret Lists Memorial Scholarship for Business Training.

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Cecil Burton, who for 19 years a counselor in the Howard County schools, has worked very hard over to years to secure scholarships for our black children. "I would like to see all of the high schools in Howard County working together, expecially for black students to secure more scholarships." He is a counselor at Atholton High School. This is his report:

Kathy Coleman received a four-year scholarship to Morgan State College; Janice Blackstone, full scholarship to Shaw University, Raleigh, N.C.; Billy King, University of Maryland, Baltimore County, athletic scholarship; Elaine Vaughn, Lorraine Faller, Howard Community College;

Robin Faller, Bowie State College; Mario Williams, Towson State College, track star, also received the Cecil Burton Unsung Hero Award.

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Oakland Mills High School observed its first senior graduation including Britt Baker and Trevor E. Young, a four-year honor student who received commendation for National Merit Scholarship Award; Barry Bromery, Art Award; Leslie Holland, Business; Brenda Clark, Women's Society Auxiliary Medical Society; Darrell Randall, Glenda Solomon, Freddie Barnes, Black Women's Focus Scholarship.

At Mt. Hebron High School awards went to Cheryl Ann Byron who received an academic award and Joan Patricia Hammond who received an administration award.

Glenelg award went to Linda Mae King, "I dare you award."

Wilde Lake High School (our first) had its third graduation. Recipients of awards were as follows: Philadelphia native Donna Hill graciously received the Community and School Service Award, P. E. Award, Mandel Merit Scholarship Award commendation, National Merit Scholarship. She plans to attend Princeton University.

Donna Johnson, Drama Department recipient, will attend Temple University. Freddie Fuller, Music Award, plans to attend Morgan State College. Toni Clark, who received the P. E. Award, Optimist Award, will further her education at Penn State.

Byron Williams received the Optimist Award, P.E. Award; Valerie Montague received the National Merie Scholastic Scholar-

(Continued on Page 34)

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Here's Beverly again in a delicately faggoted big-top matched to its own gentle skirt. The easy-care, easy-wear fabric in a soft neutral color can go casual or be dressed up—great for work or travel. She wears several cane and wood bracelets and carries a big straw tote. Around her waist: a soft crushed leather belt.

The season brings a tone-on-tone approach to dressing that gives everything a refined casualness. There's a return to natural-looking fabrics with colors fresh as a rainbow, ranging from sun-brights to eggshell whites.

Large-scale shapes are toned down by meticulous details. Top-stitching, seam-detailing, smooth yokes giving way to controlled fullness, a multitude of pockets, tucking, shirring, touches of ruffles, lace or eyeletted flounce, faggoting, embroidery or crochet.

On the spring scene: uncomplicated clothes in switchable combinativis of mix-and-match separates to stretch your fashion dollars. Looks are individualized with wardrobe-extending accessories. The consumer is buying fashion that's wide as a smock, spare as an undershirt or bare as a bandeau — live-in good looks all based on proportion. It's a fashion season that promises the young contemporary customer more choices, more put-together potentials, more ways to use self-expression. The start of something very big!

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Week's food economies

June is Dairy Month. This is the season when milk supplies are at their seasonal peak, and a time when food shoppers can take full advantage of values offered by milk and dairy products, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

Milk is a nutritional bargain. The easiest and best way to get enough milk every day is to drink it. The quart per day for children and pint per day for adults is still a good rule to follow. Milk may be used on cereal, in puddings, custards and sauces or consumed as other dairy products.

In the normal diet, some milk to drink and some to eat in cooked form, works out well for appetizing meals.

First, milk it the very best source of calcium and phosphorus, two important minerals. Milk is the very best source of protein. The butter fat portion contains vitamin A and the low fat and skim milks are fortified with this vitamin. In addition, milk contains riboflavin and niacin, which are B vitamins. The addition of vitamin D is important and was started years ago in an effort to prevent rickets in children.

Good wholesome milk is always available and the use of "sell by" dating is an aid to consumers in obtaining fresh milk. Provided proper temperature control is maintained, the milk will be good to use several days after the expiration of the "sell by" date. Rigid control over the dairy industry, from the sows, farm farilities, holding tanks, processing plants, and retail outlets allows you to enjoy a cool, refreshing glass of milk any time of the day.

Chickens

Broiler fryer chickens, particularly whole chickens, are the best buy for cooking outdoors for a new recipe prepared in your kitchen. Turkey supplies are abundant and attractive in price.

Other suggested food buys are new cabbage, onions, lettuce, celery, green peppers, tomatoes, local cooking greens, local strawberries, rhubarb, watermelon, honeydew melons, and cantaloupe. Look for first of the season black sweet cherries, plums and blueberries.

Fish Baked In Cheese Sauce

2 tablespoons butter or margarine
3 tablespoons flour
¾ teaspoon salt
¼ teaspoon nutmeg
½ teaspoon powdered dry mustard
1 cup hot milk
¾ teaspoon lemon juice
½ cup shredded cheese
2 pounds fish fillets

Melt the fat and blend in flour, salt, nutmeg, and mustard. Stir in the milk and cook until thickened, stirring constantly. Add lemon juice and cheese. Stir until cheese has melted. Place fish fillets in greased baking dish. Cover with cheese sauce. Bake at 375 degrees F. for 45 minutes.

Serves 6.

Food clips

Did you know--Even baked beans should not be allowed to stand out for more than 2 hours at room temperature, according to USDA Extension specialists.

Bicentennial Crab Salad

Bicentennial Crab Salad

Looking for an ideal, gourmet salad to toss together during the '75-'76 Bicentennial get-togethers? Our forefathers enjoyed crabmeat; today, however, there are more crab varieties on the market than they knew existed.

Handy, fresh or frozen packages as well as canned crabmeat are available and ready to enjoy. Bicentennial Crab Salad combines the crabmeat with celry, orange sections, olives, and onion in a flavorful dressing. Served on crisp salad greens, and garnished with more fresh fruits, this salad is sure to tease and please appetites and influence guests.

Bicentennial Crab Salad
1 pound backfin crabmeat or 2 packages (6-ounce each) king or snow crabmeat, fresh or frozen
½ cup salad dressing or mayonnaise
2 teaspoons sugar
1 tablespoon lemon juice
4 teaspoons grated orange rind
1 cup thinly sliced celery
1 cup orange section halves, well-drained
½ cup sliced pitted ripe olives
2 tablespoons sliced green onion
Crisp salad greens
Avocado or cantaloupe wedges, or orange sections (optional)

Thaw frozen crab meat; drain well. Remove any remaining shell or cartilage. Mix salad dressing or mayonnaise, sugar, lemon juice, and orange rind. Combine well-chilled crabmeat, celery, orange section halves, olives, and onion. Add salad dressing mixture; toss lightly. Serve on crisp salad greens. Garnish with avocado or cantaloupe wedges or orange sections, if desired.

Makes 5 cups salad mixture, about 6 servings.

Summery sauces

Sauces add a special splendor to vegetables when they're used to complement or complete their flavors rather than disguising them.

Vegetables can actually take gourment honors when they're sauced with flavorful foods like butter, dairy sour cream or milk. Just think what these ingredients, like butter and sour cream, sparkled with the tang of lemon can do to spinach or brocoli!

Every cook's repertoire should include a peerless mushroom sauce because this is a sauce that can be used with other vegetables, as well as meats, poultry, fish, eggs and even sandwiches.

Or, have you thought of highlighting asparagus, cauliflower or spinach with a Cheddar cheese sauce, pepped up with anchovy fillets?

Dairy-fresh sauces can add new notes to all your vegetables this summer, turning them into flavorful surprises.

Lemon Sauce
2 tablespoons butter
1 tablespoon flour
2 teaspoons sugar
½ teaspoon salt
½ cup water
½ cup dairy sour cream
1 tablespoon lemon juice

Melt butter in saucepan; stir in flour, sugar and salt. Gradually stir in water; cook over medium heat, stirring constantly, until thickened, medium heat, stirring constantly, until thickened. Fold sour cream. Bring to serving temperature over low heat. Serve over hot cooked vegetables.

Makes 1 1-3 cups.

Anchovy Cheese Sauce
2 tablespoons butter
2 tablespoons flour
1 cup milk
1 cup (4 oz.) Shredded Cheddar cheese
1 can (2 oz.) anchovy fillets, drained, chopped

Make a white sauce with butter, flour and milk. Add cheese is melted. Serve over hot cooked vegetables.

Makes 1 3-3 cups.

Fold in sour cream and lemon juice. Bring to serving temperature over low heat. Serve over hot cooked vegetables.

Makes one cup.

Mushroom Sauce
1 cup mushroom slices
OR
1 can (4 oz.) sliced mushrooms, drained
2 tablespoons butter
2 tablespoons flour
½ teaspoon paprika
¼ teaspoon salt
½ cup milk
¼ teaspoon Worcestershire sauce
½ cup diary sour cream

Saute mushrooms in butter 3 minutes. Stir in flour and seasonings. Gradually stir in combined milk and Worcestershire sauce. Cook over

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Hints For Homemakers

INEZ KAISER

At various times in our lives, often unexpectedly, we have to stop work whether we want to or not.

Recently, for almost three weeks, I was hospitalized. Believe me, it wasn't on my schedule, but I had no choice.

WISK FOR STAIN REMOVAL

Each day found me engaged in conversation with the nurses. I observed that most of them were wearing white uniforms soiled with a variety of stains which none of them had been able to successfully remove.

Of course, I urged them to try **WISK**, and I explained how easy it was to put this effective product to work for them.

All they had to do was to moisten the soiled area, pour on a little **WISK**, rub it lightly, put the uniform in the washer, and add the remainder of the measured **WISK** to the wash.

One by one, they reported back that **WISK** had really removed the stubborn stains. To their amazement, they also discovered that **WISK** removed the rings around their collars.

The day I checked out of the hospital I left a large-size bottle of **WISK** for all of the nurses to share in case of an emergency.

LUX LIQUID KEPT THE SECRET

My husband Richard was really busy during my three weeks away from home. He had to cook, launder his clothing and wash the dishes.

In fact, every day I would remind him to keep the kitchen clean, and to please use **LUX LIQUID** for washing the dishes.

Richard had heard me say that **LUX** cuts grease, cleans the dishes and also leaves your hands as soft and smooth as if they had not been in the dishwater.

He was aware of the tests that Lever Brothers has conducted to prove this product's mildness on hands. One of these tests demonstrated that two out of every three women who did their dishes with **LUX** had hands as soft as women who did not do dishes. So Richard knew that **LUX** would be kind to his hands also.

The guys at work were already teasing him about being a housekeeper while I was away. But thanks to **LUX**, my stay in the hospital wasn't an embarrassment for him. His hands never showed any signs of dishwashing.

LIFEBUOY ALWAYS ON THE JOB

Everyone takes certain favorite personal care and grooming items with them upon checking into the hospital—assuming they're lucky enough to have some advance notice.

When I entered I made sure I had an extra bar of **LIFEBUOY** soap in my bag. **LIFEBUOY's** effective deodorant protection keeps you smelling clean and fresh.

I didn't care what bath soap the hospital provided; I intended to shower with **LIFEBUOY**, which really knows what clean should be.

The long-lasting protection provided by **LIFEBUOY** gave me all the confidence I needed for personal satisfaction. The nurses teased me about being so conscious of being a "clean-smelling patient."

The aroma of the many plants and scented flowers brought by my friends added to the clean smell of **LIFEBUOY** and made my stay a refreshing one.

TAKE AIM AGAINST CAVITIES!

My illness gave me an opportunity to talk leisurely with friends when they came to visit. The conversations were always on the "light" side.

One of my oldest friends spent a lot of time telling of experiences with her six-year-old grandson. Whenever he stays with her there always is a scene before he brushes his teeth. She was concerned because he is at a cavity-prone age.

I suggested to her that she buy **AIM** toothpaste. I explained that **AIM** is a new toothpaste that contains the precise amount of stannous fluoride recommended to help prevent cavities—and also tastes better than other toothpastes.

Taste is an extremely important factor with toothpaste, especially in the case of children. The better the taste, the more often and longer they may be expected to brush.

The fact that **AIM** is a blue gel dentifrice means that it spreads the good taste faster, which is another plus. **AIM** is also low in abrasion.

My friend welcomed my suggestions, even though I'm not a grandmother yet. As she ended her visit she said, "You can be sure I'll introduce **AIM** to my grandson the next time he spends the night with me."

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