THEY'RE SPIRIT LIFTERS

Simple summer suppers

A simple but elegant summer supper can be a refreshing change of pace from traditional warm-weather barbecues and picnics. Here's one that takes a bit of care but has real saviorfaire.

Start with Fruited Brandy Fizzes, aperitifs that are sheer nectar. Contents are pineapple juice, California brandy and strawberry sherbet (a surprise, indeed) all blended smooth, then sparkled with a bit of soda water. They're refreshing, cooling and conversation-making. The light and fruity brandy blends so well the guests will be asking, "What's in this drink?"

Next comes a first course in continental style — melon slices with thin strips of ham. When you can get them, a ripe fig or two and a small cluster of seedless grapes make a nice addition.

Now the main course. Cheese souffle, an elegant souffle flavored with brandy. Timed perfectly, it will be high and light. Toss a few salad greens to serve with it, if you wish.

Instead of dessert, consider iced, spiced coffee served with a puff of whipped cream on top. Or serve your usual good cup of coffee and follow it later with small glasses of brandy.

Fruited Brandy Fizz

8 oz. (1 cup California brandy
16 oz. (2 cups) unsweetened pineapple juice
1½ cups strawberry sherbet
Chilled club soda

Whirl in blender (or beat) brandy, pineapple juice and sherbet together until smooth. Pour into chilled serving glasses and top with a little soda.

Makes 6 servings

Brandy Cheese Souffle

3 tablespoons butter
3 level tablespoons flour
2 cups milk
1 teaspoon onion salt
1 teaspoon dry mustard
½ teaspoon white pepper
Dash nutmeg
½ pound grated cheddar cheese
¼ cup California brandy
6 eggs, separated
½ teaspoon cream of tartar

Melt butter and blend in flour. Stir in milk. Add onion salt, mustard, pepper and nutmeg, and cook, stirring, until sauce boils and thickens. Stir in cheese, and brandy, and cook over very low heat until cheese melts. Do not allow mixture to boil. Beat egg yolks lightly. Stir a little of the hot mixture into yolks. Combine with remaining cheese mixture, and cook a minute longer over very low heat. Remove from heat, cover and cool.

Beat egg whites with cream of tartar until stiff but not dry. Fold about ¼ of the egg whites into cooled sauce, blending thoroughly, then fold in remaining whites lightly. Turn into buttered 7-cup souffle dish fitted with a foil collar extending about 2-inches above edge of dish.

Set dish in a pan with about 1-inch hot water. Bake in moderate oven (350 degrees F.) 50 to 60 minutes, until souffle is well puffed and tip of small knife inserted in center comes out clean. Remove foil collar carefully, and serve souffle at once from the baking dish.

Makes 6 servings.

DISHES—SALADS

Want to find a breand new "vegetable?" Try the banana. This mellow fruit is more than a snack or dessert ingredient. It can take its place in the main course.

An example is Sweet and Sour Pork with Bananas, a brand new main dish. Bananas go very well in vegetable salads. Try them combined with cucumbers in a sour cream dressing, or serve them with chopped raw spinach leaves, tossed with popular Hot Bacon Dressing.

Brandy-based supper takes a bit of care but has real savior-faire.
(Photo courtesy Brandy Advisory Board)

The nutritive value of bananas is a surprise to many because it is more extensive than most people realize. Bananas have Vitamin A, thiamine, riboflavin, niacin, Vitamin C and Vitamin B6; a high supply of potassium; a fair supply of calcium and phosphorous; and 100 per cent available iron.

The sodium content of a banana is low, and the fruit is 99.8 per cent fat free. Though the banana tastes so rich and creamy, a 3¼ ounce (100 grams) 6 inch long banana has only 85 calories.

Here are fresh, new banana recipes for the main course; and place each half on salad greens on individual plates. Serve topped with cucumber dressing.

YIELD: 6 servings.

Bananas with Hot Bacon Dressing

6 slices bacon, diced
½ cup chopped onion
2 tablespoons salad oil
¼ cup water
¼ cup cider vinegar
⅓ teaspoon dried mustard
½ teaspoon salt
1 tablespoon capers
1 chicken bouillon cube
4 bananas, sliced
4 cups chopped spinach or lettuce

In skillet cook bacon until lightly browned; remove and rain on paper towels. Add onion and cook until tender. Stir in oil, water, vinegar, mustard, salt, capers and bouillon cube; heat. Peel bananas, cut into slices and mix with spinach in bowl. Add hot dressing, mix lightly and serve immediately.

YIELD: 4 servings.

Sweet-Sour Pork with Bananas

2 tablespoons salad oil
1½ pounds pork shoulder, cut into ½ inch cubes
1 can (15¼ ounces) pineapple tidbits in syrup
½ cup white vinegar
1 tablespoon catsup
½ teaspoon Worcestershire sauce
¼ cup packed brown sugar
½ teaspoon salt
½ cup sliced celery
2 scallions, sliced
1 green pepper, cut in strips
1 tablespoon cornstarch
¼ cup water
2 bananas, sliced

Heat oil in large skillet. Add pork and brown lightly. Drain syrup from pineapple into measuring cup and add enough water to make 1 cup. Add pineapple syrup and water, vinegar, catsup, Worcestershire sauce, brown sugar and salt to skillet.

Cover and simmer 45 minutes, until pork is tender. Add celery, scallions and green pepper; cook 10 minutes. Dissolve cornstarch in water; stir into pork mixture and simmer 2 or 3 minutes, until slightly thickened. Peel bananas, cut into slices, and add to pork with pineapple. Serve immediately.

YIELD: 4 servings.

Banana Devonshire Salad

1 cup sour cream
1 teaspoon prepared mustard
½ teaspoon salt
2 teaspoons sugar
½ teaspoon paprika
½ teaspoon prepared horseradish
1 teaspoon minced onion
½ cup diced, pared cucumber
3 bananas
Salad greens

In small bowl mix sour cream, mustard, salt, sugar, paprika, horseradish and onion. Stir in cucumber; chill. Peel bananas, cut into halves,

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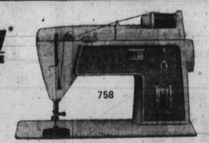

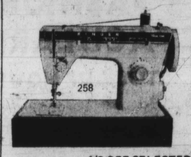

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Rev. Mrs. King is still making mark in community

The Rev. Mrs. Lillian King was crowned queen of the Eastern Coast Assembly in Atlantic City, N.J., by Noble Allie Woods, 33 degree Nobles Imperial Grand Potentate of the Imperial Grand Council, Ancient Arabic Order of Nobles of the Mystic Shrine of North and South America, Inc., recently.

The Rev. Mrs. King represented the Queen of Sheba Court, Order of Daughters of Sphinx of Baltimore City. She was in competition with representatives from other states along the eastern seaboard. Several hundred members of the Daughters of Sphinx and Nobles of the Mystic Shriners attended the annual convention.

The daughter of the late Alexander and Katie Yancey, of Chicago, she is a graduate of the Booker T. Washington Senior High School and the Chicago School of Nursing.

She moved to Baltimore City in 1937 and joined the Mt. Hope Baptist Church, pastored under the late Rev. Rotner. She served as church clerk.

In 1950 she founded the Ivory Temple Baptist Church. She also was graduated from Carver Vocational School of Dressmaking. She completed the course and graduated from the Baptist Center under the Rev. Tilley. From 1950 to 1955 she was president of the Memorial Department of the National Baptist Missionary Convention Inc.

The Rev. Mrs. King is a member of the Evening Ministers Conference of Baltimore. She has served as vice president of the Parent-Teacher Association of School No. 145; served as supervisor of Youth Department in Baltimore and Eastern Shore; served as president of the Dukeland Street Neighborhood Club.

In 1972 she founded New Temple of God Baptist Church; 1974, received the Proclamation from Mayor Schafer marking a day the LILLIAN KING DAY in Baltimore for her great work with the youth of the city.

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(Reflections photo by Norma Spencer)

Local club notes

ECHO HOUSE AUXILIARY

A meeting with plenty of action was the way it was at the meeting of the Echo House Auxiliary held on June 7 at the Alpha House.

Mrs. Hermia Jordan, chairman of the Constitution Committee, presented the Constitution of the Auxiliary under the leadership of Mrs. Bernice Hunley, president.

Mrs. Catherine Gross, chairman of the Pantry Service Committee, presented a well designed plan to keep the pantry of Echo House full to meet emergency food crises of clients who have been affected by the recession.

Auxiliary members present contributed $70 for the Pantry Service.

Mrs. Elizabeth Ramsey, chairman of the Day Camp Program Committee, enthusiastically reported plans for assisting 150 children who were anxiously looking forward to June 25, the day camp opened. A T-shirt was given by the Auxiliary to each child attending camp.

Mrs. Helen Tucker presented a check in the amount of $500 donated by the American Federation of Government Employees Local No. 1923 for services of Echo House.

Other members present were: Connie Butler, Treasurer; Eleanor Anderson, chairman of the Board of Directors of Echo House, Inc.; Sylvia Sartor, Executive Director of Echo House, Inc.; Roxie Staton, chairman of Family Services Agnes Dorsey, Louise Mapp, and Doris Reese.

The Echo House Auxiliary will meet on June 28, 10 a.m., at the Alpha House.

NOTICE

Due to the holiday, July 4, the AFRO's Friday edition will ge PRINTED AND DISTRIBUTED on Thursday, July 3. The AFRO will be closed Friday, July 4.

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C.I.G closes; remember sick and shut-ins

S. Baltimore Notes
By Walter W. E. Hill
AFRO Correspondent

Tucson Lodge No. 96 P.H.A. worshiped with the Grace A.M.E. Church in Catonsville this past Sunday.

Rufus Washington, Worshipful Master of the lodge, introduced the Lodge to his pastor the Rev. Reginald Boston and congregation, and in turn presented past Master George Boston to make the welcome response.

The Rev. Mr. Boston used John 19:5 as the scripture, thus announcing as his theme: "Behold the Man."

Musical selections were rendered by the youth and senior choirs.

* * *

Remember the sick and shut ins with your cards, phone calls and visits Mrs. Mertinia Blocker, Mrs. Edith Allen and Mrs. Mary Rowie, also Master Michael Blackston are on the list this week.

* * *

The Mt. Winans Civic Interest Group, Inc. has closed its regular meetings for the months of July and August. Your help and support are sought in the carnival and theatre activities.

Star of Bethlehem A. M. E. Church, Mt. Winans will worship at Lewin United Methodist

(Continued on Page 35)

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