AFRO bridal register

MR. AND MRS. DENNIS S. JAMES
(former Miss Marlene Fountain)
(AFRO photo by Benjamin M. Phillips)

MR. AND MRS. CHRISTOPHER C. MYERS
(former Miss Patsy Ann Hall)
(AFRO photo by Benjamin M. Phillips)

James — Fountain

Miss Marlene Fountain and Dennis Stevens James exchanged marriage vows on July 26 at the Providence Baptist Church.

The Rev. Marcus G. Wood officiated the double ring ceremony.

The bride is the daughter of Mrs. Mable K. Knuckles and Oasie Knuckles of Baltimore. Mr. James of Troy, Mich., is the son of Mrs. Mary E. James of Baltimore and the late Charles W. James.

For her wedding, the bride wore a traditional white lace gown with lace accessories. Her head attendant was Ms. Carolyn Lucas of Baltimore.

Bridemaids were Annette Norton, Anita Hall, Ann Veal, Betty Pettiford, Irma Thrower and Shirley Brown, all of Baltimore.

William A. James, of Buffalo, N.Y., and brother of the bridegroom was the best man.

Ushers were Charles W. James, Marvin E. Fountain, Ronald T. James, Herbert J. James, Donald Norton, all of Baltimore, and Russell Pettiford of Dayton, Ohio.

Shanelle Lucas was the flower girl. Tyron James was the ring bearer.

Following the 3 p.m. ceremony a reception was held in the ballroom of the McKeldin College Center at Morgan State University where some 400 guests were in attendence.

The new Mrs. James is a graduate of Western High School and Coppin State College. Mr. James, a graduate of Baltimore City College and Morgan State, works as a product supervisor of Tubular Products for Bethlehem Steel Corporation in the Detroit (Mich.) sales office.

The couple is now making its home in Detroit.

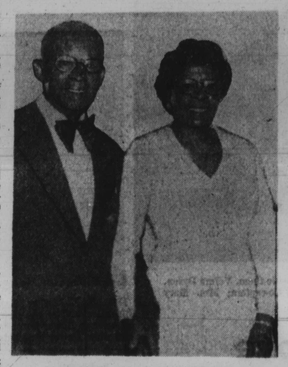
Wiggins - Crosby

Mrs. Ineta Crosby of the Alameda recently became the bride of Albin J. Wiggins of Walbrook Ave.

Mr. Wiggins is a member of Trinity Baptist Church and is chairman of the deacon board. The new Mrs. Wiggins holds membership at Second Baptist Church.

Turner - Newman

Mr. and Mrs. Oscar C. Newman have announced the marriage of their daughter, Miss Rachel Evangeline Newman to Gerald S. Turner.



MR. AND MRS. ALBIN WIGGINS
(former Mrs. Ineta Crosby)

The marriage was performed by the Rev. Isiah Lewis on July 19 at Fountain Baptist Church.

Mr. Turner is the son of Mr. and Mrs. Joseph Turner, Sr. of Mt. Holly St.

Serving as the bride's maid of honor was Miss Cheryl E. Newman, her sister. Best man was Wayne Turner, the bridegroom's brother.

Bridesmaids were Angela Alexander, Vanessa Alexander, Shirley Woodard and Stephenie Bright. Michele McDowell was the flower girl.

Ushers were Garv Nevrdon, Howard Turner, William Newman, Reginald Newman. The ring bearer was Christopher Augins.

A reception followed at the home of the bridegroom's parents.

The bride is a graduate of Western High School and Morgan State College (University).

The bridegroom was graduated from Polytechnic High School, Morgan State and the University of Md. He holds a J.D. degree.

The couple is making its home on White Pine Rd.

Myers - Hall

Mr. and Mrs. Otis Hall, Sr. have announced the marriage of their daughter Patsy Ann Hall to Christopher Clifton Myers, son of Mr. and Mrs. Clifton C. Myers.

The wedding was held July 26 at The Word of Faith Cathedral. The Revs. Vernora Hammond and Ernest W. Williams of First Baptist Church of Fairfield officiated at the ceremony.

Attendants were: Miss Mini Brice, maid of honor; Cynthia Hall, Juanita Sample, Karen Myers, Joyce Dukes, and LaVerne Pitts, bridemaids;

Byron Myers, best man; Curtis Pitts, Paul Hall, Elmer Reed and Milton Venney, ushers. Ringbearer was Jeffery Myers.

A reception followed at the church hall where 200 guests attended.

The bride is a graduate of Essex Community College. Mr. Myers also attended the same school.

MR. AND MRS. GERALD S. TURNER
(former Miss Rachel E. Newman)
(AFRO photo by Benjamin M. Phillips)

Send for form

Attention brides-to-be: You can have your wedding story printed in this section at no charge. Send for special AFRO wedding form: P.O. Box 1857, Baltimore, Md. 21203 or call 728-5200, ext. 31.

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ROBINSON-BROOKS — Michael D. 21; 3209 Elmley; Gwendolyn, 22, 2319 E. Biddle.

MCGURRIN-CARDWELL — Lawrence B. 24, 3410 Leverton; Diana V. 21 3118 Sutheastern.

BETRAND-SMITH — Rufus, 38, 1927 N. Castle; Margie, 35.

ROSEN-BURGAN — Michael, 26, 7014 Park Heights; Gail, 23, 1010 St. Charles.

CAMERON-HICKS — Willie L. 23, 3011 Southlane; Rebecca L. 20, 3518 Haywood.

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FINAL ARTICLE IN SERIES

Freeze vegetables in six easy steps

By Michele L. McRae
Reflections Staff Writer

(Editor's Note: This is the last article in a series on "Home Canning and Freezing." This week's article deals with the proper way to freeze vegetables.)

Freezing vegetables is an easy and safe process if you follow directions carefully.

Best for freezing are fresh, tender vegetables right from the garden.

Begin by washingt. This is the first step in the preparation of most vegetables for freezing. However, lima beans, green peas, and other vegetables that are protected by pods may not need to be washed.

Wash vegetables thoroughly in cold water. Lift them out of the water as grit settles to the bottom of the pan.

Sort vegetables according to size for heating and packing unless they are to be cut into pieces of uniform size.

Heating

An important step in preparing vegetables for freezing is heating or "blanching" before packing. Practically every vegetable, except the green pepper, maintains better quality in frozen storage if heated before packing.

The reason for heating vegetables before freezing is that it slows or stops the action of enzymes.

Up until the time vegetables are ready to be picked, enzymes help them grow and mature. After that they cause loss of flavor and color.

If vegetables are not heated enough the enzymes continue to be active during the frozen storage. Then the vegetables may develop off-flavors, discolor, or toughen so that they may be unappetizing in a few weeks.

Heating also wilts or softens vegetables and makes them easier to pack. Heating time varies with the vegetable and size of pieces.

For home freezing, the most satisfactory way to heat practically all vegetables is in boiling water. Use a blancher, which has a blanching basket and cover. Or fit a wire basket into a large kettle, and add the cover.

For each pound of prepared vegetable use at least 1 gallon of boiling water in the blancher or kettle. Put vegetables in blanching basket or wire basket and lower into the boiling water. A wire cover for the basket can be used to keep the vegetables down in the boiling water.

Put lid on blancher or kettle and start counting time immediately. Keep heat high for time given in directions for vegetables you are freezing. Heat 1 minute longer than the time specified if you live 5,000 ft. or more above sea level.

Steam heat

Heating in steam is recommended for vegetables such as broccoli, pumpkin, sweet potatoes, and winter squash both steaming and boiling are satisfactory methods.

To steam, use a kettle with a tight lid and a rack that holds a steaming basket at least 3 inches above the bottom of the kettle. Put an inch or two of water in the kettle and bring the water to a boil.

Put vegetables in the basket in a single layer so that steam reaches all parts quickly. Cover the kettle and keep heat high. Start counting steaming time as soon as lid is on. Steam 1 minute longer than time specified in directions if you live 5,000 ft. or more above sea level.

Pumpking, sweet potatoes, and winter squash may also be heated in a pressure cooker or in the oven before freezing. Mushrooms, may be heated in fat in a fry pan. Tomatoes for juice may be simmered.

Cooling

After vegetables are heated they should be cooled quickly and thoroughly to stop the cooking.

To cool vegetables heated in boiling water or steam, plunge the basket of vegetables immediately into a large quantity of cold water — 60 degrees F. or below. Change water frequently or use cold running water or iced water.

If ice is used, you'll need about 1 pound of ice for each pound of vegetable. It will take about as long to cool the food as it does to heat it. When the vegetable is cool, remove it from the water and drain thoroughly.

To cool vegetables heated in the oven, a pressure cooker, or a fry pan — set pan of food in water and change water to speed cooling.

Either dry or brine pack may be used for most vegetables to be frozen.

Directions for vegetables

Corn, sweet — Whole-kernel and cream-style. Select ears with plump, tender kernels and thin, sweet milk. If the milk is thick and starchy it is better to freeze corn as cream-style.

Husk ears, remove silk, and wash the corn. Heat ears in boiling water for 4 minutes. Cool promptly in cold water and drain.

For whole-kernel corn, cut kernels from cob at about two-thirds the depth of the kernels.

For cream-style corn, cut corn from the cob at about the center of the kernels. Scrape the cobs with the back of the knife to remove the juice and the heart of the kernel.

Pack corn into containers, leaving ½-inch head space. Seal and freeze.

On-the-cob. Selecte same as for whole-kernel sweet corn.

Husk, remove silk, wash, and sort ears according to size.

Heat in boiling water:

Small ears (1¼ inches or less in diameter) 7 minutes.

Medium ears (1¼ to 1½ inches in diameter) 9 minutes.

Large ears (over 1½ inches in diameter) 11 minutes.

Cool promptly in cold water and drain.

Pack ears into containers or wrap in moisture-vapor-resistant material. Seal and freeze.

Greens — beet greens, chard, collards, kale, mustard greens, spinach, turnip greens: Select young, tender leaves. Wash well. Remove tough stems and imperfect leaves. Cut leaves of chard into pieces as desired.

Heat in boiling water for the following periods:

Beet greens, kale, chard, mustard greens, turnip greens — 2 minutes.

Collards — 3 minutes.

Spinach and New Zealand spinach — 2 minutes.

Very tender leaves — 1½ minutes.

Cool promptly in cold water and drain.

Pack greens into containers, leaving ½-inch head space. Seal and freeze.

Carefree summer coolers

Banana-Blueberry Sherbet Sundaes

¾ cup sugar
1 tablespoon flour
⅛ teaspoon salt
1 tablespoon water
2 teaspoons lemon juice
1½ cups blueberries
2 pint lime sherbet
4 bananas

In medium saucepan mix together sugar, flour, and salt. Stir in water and lemon juice; add blueberries. Stir over low heat until sugar dissolves. Simmer 10 minutes, stirring frequently. Remove from heat; chill. Scoop sherbet into dessert dishes, Peel bananas, slice and spoon over sherbet. Top with blueberry sauce.

Yields: 4 servings.

Chocolate Orange Banana Sundae

1 pint orange sherbet
2 bananas
Hot fudge sauce

Scoop orange sherbet into 4 dessert dishes. Peel bananas, cut into diagonal slices and add to sherbet. Top with hot fudge sauce.

Yield: 4 servings.

Melba Banana Split

¾ cup sugar
2 cups sliced peaches
4 bananas
1 pint raspberry sherbet

In medium bowl sprinkle sugar over peaches. Let stand 15 minutes. Peel bananas, cut in half lengthwise, and place two halves on each dessert plate. Scoop raspberry sherbet over bananas. Top with peach sauce.

Yield: 4 servings.

Food clips

Have you tried Honey Butter at breakfast? Place one-half cup (one stick) of butter in a mixing bowl and let it soften at room temperature for about an hour. Then stir in one-half cup of honey with a fork. Serve the honey butter on pancakes, waffles or French toast.

For a smacking good spread, mash one cup creamed cottage cheese with two tablespoons sour cream or fresh milk. Then add one-half cup mashed blue cheese. Spread on crispy crackers or bread rounds. Folks will love it as a snack.

Bring on the surprises during summer months. This one has pears. Top chilled, peeled, sliced fresh pears with scoops of vanilla ice cream. Pour on chocolate sauce and top with slivered almonds. Plan other surprises with melon slices or peach halves.

If it's an eye-opening beverage you'd like to serve your family on these summer mornings, how about an Oranze Breakfast Cooler?

Blend one can (five and one-half ounces) sweetened orange juice, one-half cup vanilla ice cream, one egg, one-eighth teaspoon vanilla and a dash of nutmeg. Makes one 12-ounce serving. Serve the cooler in a tall glass, garnished with an orange slice.

What happened to the good old-fashioned idea of "three squares a day"? Fifty years ago, Americans ate three meals a day and consumed two pounds of sugar per year. In the last few years, it has been reported that Americans are eating twenty snacks a day and consuming two pounds of sugar a week. How times do change!

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