"Skill. Determination. Self-confidence. That's what it takes to wear these wings."

Navy Wings of Gold. They mean a lot to Lieutenant John Burton, from DeKalb, Mississippi. And they say a lot about him, too. Skill, Determination. Self-confidence.

After finishing college, John entered the Navy's Aviation Officer Candidate School. He worked hard, and it paid off. Now, he's a helicopter pilot facing new and different challenges every day. But, more important, John had what it takes to earn his wings and fly Navy.

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N308

For further information please write:

CAPTAIN H. C. Atwood, Jr., U.S. Navy
NAVY OPPORTUNITY INFORMATION CENTER
P.O. Box 2000, Pelham Manor, New York 10803

Please send me the information that I have checked below:

☐ OCP (Operation Challenge Program) (ØA)
☐ NFOC (Naval Flight Officer Candidate) (ØF)
☐ NROTC (Navy Reserve Officer Training Corps) (ØT)

Name _____ please print
Address _____
City _____ State _____ Zip _____
Telephone _____ area code number Date of Birth _____ mo./da./yr.
College _____ Major _____ Year 1 2 3 4 circle one

Crisp, Colorful Salads For Easy-at-Home Entertaining

IT'S-THE-BERRIES SALAD

1 head western iceberg lettuce
2 packages (3 oz. each) lemon gelatin
Boiling water
1 cup Muscatel or other sweet dinner wine or ginger ale
About 1 cup fresh strawberries
2 packages (3 oz. each) lime gelatin
2 tablespoons lime or lemon juice
½ teaspoon salt

Core, rinse and drain lettuce. Chill in plastic bag or saran. Dissolve lemon gelatin in 2½ cups boiling water; cool slightly. Add wine and chill until mixture mounds on spoon. Slice strawberries to measure about ½ cup. If desired, arrange a few in flower pattern on bottom of 7 or 8 cup mold. Fold remainder into gelatin; turn into mold. Chill until almost firm.

Dissolve lime gelatin in 2 cups boiling water. Cool. Meanwhile, remove outer leaves of lettuce and save for garnish. Chop enough of remaining lettuce to measure 4 cups, tightly packed. Place chopped lettuce, a little at a time, in blender container with lime juice and salt. Whip until smooth. Fold lettuce mixture into lime gelatin. Chill until slightly thickened. Pour carefully into mold.

Chill several hours or overnight. Unmold on plate lined with lettuce leaves; garnish with remaining strawberries. If you wish, serve with a dressing of chopped strawberries folded into sweetened dairy sour cream.

Makes 10 to 12 servings.

NASTURTIUM SALAD

1 head western iceberg lettuce
1 cup nasturtium leaves
6 to 8 nasturtium flowers
2 hard-cooked eggs, sliced
½ cup ripe olives, halved
1 tablespoon capers
¼ cup bottled Italian dressing

Core, rinse and drain lettuce. Rinse and drain nasturtium leaves and flowers well. Chill lettuce and nasturtiums in saran or plastic bags. Tear nasturtium leaves if they are large. Tear enough lettuce into bite-size pieces to measure 4 cups. Arrange greens in salad bowl with egg slices, olives and capers. Garnish with flowers. Serve with dressing poured over. Toss at table.

Makes 6 to 8 servings.

VEGETABLE PATCH SALAD

You can use virtually any fresh vegetables you have on hand. Just arrange them in bite-size pieces to resemble rows of vegetables as they grow in a garden or on a farm. Line a shallow basket with saran or foil, then with outer leaves of iceberg.

Top with a bed of finely shredded western iceberg on which you form your vegetable rows. We used halved cherry tomatoes, halved cucumber slices, sliced cauliflowerettes, thin carrot slices and radish slices. The dressing is made with equal parts mayonnaise and dairy sour cream seasoned to taste with curry powder, salt and pepper. With a garnish of parsley sprigs, colorful "Vegetable Patch Salad" is eye-catching as well as delicious.

LaBelle
Innovative Vocal Trio

By Vanessa Anderson

Patti LaBelle, Sarah Dash and Nona Hendryx, comprise today's most innovative vocal trio, LaBelle.

During the 60's when all female groups patterned themselves after the Supremes, today's LaBelle was known as yesterday's Patti LaBelle and the Bluebelles. They also had one more member, Cindy Birdsong, who left for stardom with the Supremes. On 125th Street they were known as "The Sweet Hearts of the Apollo" singing their hits, "I Sold My Heart To the Junkman" and "Danny Boy."

After Cindy's break, the girls decided that it was time for a change, and off to London they went. When they returned, they were LaBelle. They sing in unison, yet individuality is their keynote.

Nona Hendryx is the young lady who wrote five out the ten songs on their latest album, "Nightbirds."

It is very difficult to express the feeling you can derive from listening to LaBelle. They can not be categorized.

When listening to Patti, Nona and Sarah sing you feel as though you're floating through clouds of fantasies uncovered by realism. Your defenses are completely broken down and you react as a you that would not be easily recognized.

Anything you've hidden behind skirts of phony sophistication you'll feel totally exhausted. Their songs, their feathers, beads and silver space suits, all make suttle controversial statements. Their musical talents confuse people who like to categorize music, and the relevance of their music upsets club owners and producers.

Some groups can not change with time. They wouldn't know where to go without their designer gowns, wigs and entourage.

LaBelle has flowed with the waters of time without all the fuss and bother. They are yesterday, today and tomorrow.