ON CRUISE—A number of Baltimoreans were among passengers aboard the S.S. Veendam which left the Dundalk Marine Terminal Sunday for Mexico, Jamaica and Haiti. Pictured left to right, first panel, Mr. and Mrs. Simon Pocahantas) Parker; Miss Priscilla Blackwell who was among friends and relatives seeing her brother and sister-in-law, Mr. and Mrs. Samuel T. (Pauline) Blackwell, off; and Dr. and Mrs. Thurmon (Lillian) O'Daniel.

Basking in the sun where temperatures are mild mellow

Even though ths sun was shining, it was a bit chilly (30 degrees) on Sunday afternoon as a number of vacationers headed for the Dundalk Marine Terminal. And what a traffic jam it was—hundreds of people nverg ng on the area to board the Dutch liner, S. S. Veendam, for an 11-day trip to Mexico, Jamaica and Haiti.

Adding to the excitement were the dozens of family groups (little children, too), who had come to bid the travellers bon voyage.

Those who were there report it was quite exciting—with champagne parties all over and general good fellowship among all who squeezed through the crowded hallways looking for their cabins or those of their friends. What fun it must have been.

Among hose couples on the cruise from Baltimore are Simon and Pocahantas Parker, Samuel T. and Pauline Blackwell, Alonzo and Emma Kelly, William Rowena Lewis, Dr. and Mrs. Thurmon (Lillian) O'Daniel, and Mrs. Maxine Higginbotham.

Well-wishers otted were the Bernard Bells, J. C. Reaveses and son, Jeffery, Wallace Blackwell, William Browns, Douglass Boones and daughter, Diane, William Jackson, A. D. Watson, A. Paul Mosses, Mason Hawkinses, Clar nce Dysons; Gwendolyn Seaborne, Ruth Walker, Ann Wayne, Iona Collins, Hermioine Weaver, Ella Edemy, Mildred Pearson, Margaret Butler, Gloria Brown, Elizabeth Edwards, Peggy King, Priscilla Blackwell, and Buford Gordon.

BON VOYAGE — Mrs. Maxine Higginbotham, second from left, was joined by her sister, Mrs. Gwendolyn Seaborne; mother, Mrs. Ruth Walker and brother, Leonard Walker, aboard the SS Veendam. She was among those on the winter cruise leaving the Baltimore port.

(Afro photos by Moss)

ABOARD SHIP — The Alonzo (Emma) Kellys were wished well by her daughters last Sunday as they left for the cruise to the West Indies and other ports. They are, second from left, Mrs. Gloria Brown, fourth and fifth from left, Mesdames Elizabeth Edwards and Peggy King.

AFRO-AMERICAN NEWSPAPERS
Week Ending January 10, 1976
Happy New Year!

Community calendar

Jan. 10, 11
Arena Players present Robert Anderson's "Solitaire-Double Solitaire," two one-act plays that deal with marriage in a poignantly sophisticated way, Community College of Baltimore theatre, 2901 Liberty Heights Ave., 7:30 p.m.

Jan. 11
The Octetters of Shiloh Christian Community Church, presents the Male Chorus of Bethany Baptist Church of Mt. Winans in An Evening of Songs, Lombard and Catherine Sts., 5 p.m.

Founders' Day Celebration of the Epsilon Nu Sigma Chapter of the Phi Beta Sigma Fraternity, Inc., Holiday Inn, Howard and Lombard Sts., 2:30 p.m.

Jan. 12
Board meeting of Women's Auxiliary to the United Baptist Convention, Baptist Center, 7:30 p.m. Mary E. Harrington, president.

Jan. 13
Baltimore Assoc. for the Talented and Gifted meeting, Rognel Heights Methodist Church, 801 Walnut Ave., 7:30 p.m.

Jan. 14
Founders' Day Committee Luncheon, Blue Crest North.

Women's Assoc. of the Baltimore Symphony, Evergreen House, 4545 North Charles St., Mary Aiello, guest soloist and speaker, 10:30 a.m.

Jan. 15
Martin Luther King Jr. Memorial Breakfast sponsored by the Baltimore Area YMCA, 7:15 a.m., Hilton Hotel downtown, guest speaker — Benjamin L. Hooks, commissioner, Federal Communications Commission.

Jan. 18
Zeta Phi Beta Sorority, Inc., Alpha Zeta Chapter, Founders' Day Observance featuring the Morgan State University Concert Choir, McKeldin Student Center Ballroom, Hillen Rd. at East Cold Spring Lane, Mary E. Fields, basileus.

Jan. 24
Hutzler's Spring 1976 Bridal Fashion Show, Hilton Inn, Pikesville, Preakness Ballroom, Luncheon, 12:30 p.m. Fashion show, 1:30 p.m.

Jan. 24
Iota Chapter of Lambda Kappa Mu Sorority, Inc., Annual Founders' Day Luncheon, Martin's West, 12:30 p.m. Georgia H. Goslee, keynote speaker.

Jan. 25
Weight Rally and Program for the United Baptist Missionary Convention Ushers, New Pilgrim Baptist Church, 6:30 p.m. The Rev. Halsey, host pastor.

Jan. 25
Rahab Day, Willard W. Allen Masonic Temple, 1307 Eutaw Street, 4 p.m.

Jan. 30-31
YWCA to sponsor a ski trip to Binghampton, New York. For information call 685-1460, International Division.

SEND COMMUNITY NOTES
You can have your notices included free on the AFRO's Community Calendar. Send the dates of meetings, civic and social events, wedding, parties . . . anything of community interest to: Community Calendar, P.O. Box 1857, Baltimore, Md. 21203

A new lifestyle for working women, for single fathers

WASHINGTON — Forty per cent of the American workforce is female and 43 per cent of the women of working age are employed. Some 85 per cent are either single, widowed, divorced, separated, or married to men who earn less than $6,000 a year.

Statistics show that these women have to work — and they often have children and homes with which to be concerned, according to a report, "Food and Home Rates," published by the Dept. of Agriculture, Office of Communication.

Money is a big problem. Women earn less than men — for every dollar in the male's pay envelope the female finds $.60. Reason? Partly due to the type of work women do (traditionally).

The professional areas are small, generally falling into fields of nursing, teaching, librarians, and social workers. Men, now, are even moving into doing traditionally "female-type" jobs faster than the women are moving into theirs — but it's happening.

The Extension Service is sponsoring conferences for women who are seeking a different level of endeavor — who are anxious to move up.

Women's Studies Programs are springing up every area now — the range includes programs for teenage girls trying to find the type of work they want to do to the mature women who are returning to the field for retraining — or even to be trained for a new career. These endeavors are frequently — usually — supported by men ... because, they are also listening now.

Jennie Farley, director of Women's Studies Program, Cooperative Extension Service at Cornell University, reports that the Extension Service is seeking more ways to help working women.

Its programs are geared not only to serving the needs of this new "lifestyle" for women, but to discovering what research institutions can do to help further our understanding of the problem.

Single Fathers

One of the seldom discussed problems of divorce — the single father — is emerging with the advent of a new lifestyle ... a lone man coping with the emotional and physical problems of a youngster.

The trauma of divorce is as shattering to a man as to a woman, according to sociologists who are working with problems concerning this "new lifestyle" which is affecting the homelife of many Americans.

To most newly-single fathers the diverse problems related to rearing a child are complex and they do not know where to turn. Often they do not know how to buy, cook or prepare meals for growing youngsters — they do not know how to cope with everyday problems that develop.

In Mich., some of the newly-single fathers called on the Cooperative Extension Service for help. One father — alone for the first time — expressed deep concern about how he could meet the needs of his young daughter.

The Extension home economist provided many of the answers — one answer was to share his experience with another man whose family situation was similar. This was the beginning of a group now known as the "Single Fathers Association" whose members help each other — and their children — to adjust to their new lifestyle.

A "crisis intervention system" — a 24-hour telephone "hot line" — was organized by the men so that members who needed to "talk to someone" could have an outlet.

Speaking of women...

(A look at what black women are doing locally.)

Do you know a dynamic woman — an outstanding community leader, church worker, businesswoman, mother, club woman — who is great in her own right? The AFRO wants to know about her. Send a brief biographical sketch and black and white glossy picture (or we can arrange to take a photo of her) to: Speaking of Women, c-o AFRO-AMERICAN NEWSPAPER, P.O. Box 1857, Baltimore, Md., 21203. Sorry, pictures can not be returned.

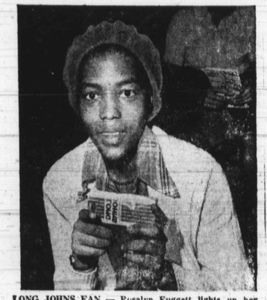
Mary Carter Smith, griot (African folklorist), historian, philosopher and poetess, will be the keynote speaker at the Open House Seminar sponsored by the Black Women's Consciousness Raising Assoc., Inc. on Jan. 21 at the Dunbar Community School.

Mrs. Smith's topic will be "Black Woman and Her Afromatic Heritage."

The seminar will open at 1:30 p.m.

Mrs. Carter's extensive repertoire of stories, poems and dramatic sketches has been developed through a recollection of experiences in her native Birmingham, Ala., towns in Ky., W. Va., Ohio, as well as Baltimore where she currently lives.

Her repertoire is enriched by her careers as a teacher, librarian and activist and extensive travel throughout the U.S., Europe, the Caribbean and Africa. Many of Mrs. Carter's stories of her visits to Africa have been printed in the AFRO-AMERICAN.



LONG JOHNS FAN — Rosalyn Fuggett lights up her favorite cigarette, Long Johns menthols at the recent Metro Basketball Tournament at the University of Maryland Baltimore County campus where she is a senior. The American Tobacco Co. is promoting the new 120 mm brand in the Baltimore Washington area.

R.S.V.P. With Marie

By Marie P. COOKE
Reflections Editor

Have you ever felt so good that you could have kicked up your heels?. . . done a jig? That's just how I've felt these first few days of the month. . . I just feel good all over. And that, I believe, is the making of a dynamite year.

A week away from the office afforded this writer an opportunity to establish several priorities for '76, like the planning for some exciting and interesting features for the Reflections section. With your help we're going to spread the black spirit of '76! (No joke).

Column Items

Mrs. Nettie Hall brought in the new year in retirement. After some 42 years of service to the Jenkins Memorial Home, located at 1000 Caton Ave., Mrs. Hall was feted at a holiday retirement party by her co-workers and the Sisters at Jenkins.

The retiree says she hopes to do some traveling and catch up on visits with friends. Also, she is looking forward to "ignoring" the alarm clock and being able to sleep late.

Sister Agnes Teresa, administrator, sang praises of appreciation at the farewell affair and made presentation on her behalf.

The Harry Lewises couldn't have had a more joyous holiday. Why? Their eldest daughter, Pamela, jetted to her parents Gwynns Falls Parkway home all the way from Landstuhl, Germany where she has been teaching special education in the U.S. Dependents Elementary School System since September.

At age 23, Pam is the youngest teacher employed by that system in the European area. She is a 1973 graduate in Special Education from Coppin State College, and a soror of Alpha Kappa Alpha Sorority, Inc.

Upon graduating from Coppin, she taught special education in the Baltimore City Public School System and at Great Oaks Center in Montgomery County. She is presently directing a Child Development Program at the Second General Hospital in Landstuhl, where she is on a two-year assignment until the summer of 1977.

Her sister, Adrienne, 18, is a freshman student at Spelman College in Atlanta, Ga.

Congenial, warm and welcoming were the greetings extended the patrons and friends of (George) Taylor's House of Flowers at its precent holiday showing and cocktail sip held at the Mondawmin Mall shop.

Upon entering the Mall guests were graciously greeted by hostess of the Flair studio who presented each guest with a carnation.

This year in keeping with the Bicentennial Mr. Taylor's window was dressed with a huge frosty white tree artistically decorated with red white and blue ribbons. Two mechanical dolls dressed in costumes of 1776 were at the foot of the tree.

As an added touch, Mr. Taylor presented a fashion show featuring Profile Models, coordinated by Rae McClellan, narrated by Delores Brown and Artartus Jenkins. Music was furnished by the Three Pieces of Washington D.C. Refreshments by Harry's Catering Service.

The Druid Action Asso., Inc. had its First Membership Holiday Party in the undercroft of Saint Katherine's Church located at Pressman and Division Sts.

The Association, organized in January, 1975, includes the area north of Laurens to North Ave. and from the west side of Madison Ave. to the east side of Division St. is interested in improving conditions in the area.

Some 100 people attended the party; entertainment was provided by the Delletes, a group of some 20 talented young women all under 18. Its choreographer, Miss Joyce Luster, trained and created the 10 numbers presented by the group.

Door prizes were donated by Robert Bonaparte, Mrs. Florence El, Mr. Charles Boyer, Mr. and Mrs. Russell Siggers, Danny's Grocery, and Gabriel Maddox.

The Association meets the fourth Sunday each month at the church, from 2-4 p.m. Mrs. Maggie Quille is president.

Continentals benefits attracts supporters

ON DANCE FLOOR — Mr. and Mrs. Theodore Johnson (Charlotte) were all smiles when AFRO photographer, Benjamin M. Phillips snapped this photo of them at the holiday benefit affair sponsored by the Continentals.

Columbia Capers

By Pinnie L. Ross

There were swanky parties held in the New City last weekend—some couples made three in one night—beautiful people are involved and do memorable things.

One of the pre New Year's parties was the one held at popular Celonia Walden's home where all of the local members of the Link's, Inc. and their spouses had a ball.

Each member brought along her favorite cooked specialty, but just before serving the buffet, the hostess provided the group with chilled rose wine which sparkled the pre dinner.

Mrs. Walden welcomed the Link members in a green, shirtwaist style, floor-length gown. There were tiny gold threads peeping through the material and sparkling buttons cascaded down the front of the blouse.

After dinner there was dancing and conversing and going back to the buffet for seconds.

Another well-planned party was that of Drs. Harvey and Ozella Webb in their very spacious contemporary Swansfield home.

As guests walked up the bridge entrance into the foyer, greeting them were the Webbs' two handsome sons taking wraps and ushering them downstairs where the guests were circulating and enjoying finger pickups.

The Webbs have certainly captured the familiar touch of graciousness and fun in entertaining. Guests got to meet each other as soon as they arrived; Ozella saw to that.

She was quite busy introducing one another, wearing a rust colored sweater with a square

(Continued on Page 15)

SWEET AND SOUR SPARERIBS WITH FRUIT

A delicious spareib dinner

Add a touch of flavor and glamor to a pork spareib dinner for your family with colorful fruit cocktail. Spareribs topped with a tangy sweet and sour fruit sauce is a real feast.

Complete the menu with a two-in-one vegetable and serve a light dessert, such as Pushbutton Parfaits.

Fruited Ming Spareribs

1 can (30 ounce) fruit cocktail
1 medium onion, sliced into rings
¼ cup brown sugar
¼ cup tarragon vinegar
1 tablespoon Dijon mustard
5 pounds spareribs

In saucepan, combine fruit cocktail and syrup, onion, brown sugar, vinegar and mustard. Simmer for 20 minutes or until thickened. Meanwhile, cut meat into 2 or 3-rib portions. Arrange meat, fat side up, on rack in open roasting pan. Bake 1 hour in 350 degree F. oven.

Remove from oven; spoon fruit sauce over ribs. Return to oven and continue baking 45 minutes or until meat is fork tender. Serve.

Serves 4-6.

What cooks can honestly say their families will eat all the vegetables they would like them to have? But wise cooks have their ways of enticing reluctant vegetable-eaters. Everyone is enthusiastic about a big baked Idaho potato, mealy, dry, delightfully fluffy, a texture that takes to butter or margarine in an absorbing sort of way. What a hunger-pleaser is an Idaho baker to man, woman or child.

Get the strategy? Make two-in-one vegetables using an Idaho baked potato as the basis, scoop out the insides, and combine with good vegetables such as carrots, peas and spinach. The recipes that we include make fabulous fillings for baked potatoes, good enough for company and enticing for the family.

Carrot-Stuffed Baked Potatoes are made with mashed cooked carrots herbed with a touch of dried dill. The taste is delightful, the texture of the combined, mashed carrot and fluffy Idaho potato, marvelous. Spinach-stuffed potatoes have grated Parmesan cheese added for richness, and the stuffing with peas is so flavorful in itself, it calls for only a little onion as accent.

In these days of high food prices, a sturdy baked Idaho potato brings the robust factor to a frugal meal. Because of special soil and climate conditions in Idaho, its potatoes have the highest solid content of any on the market, and the flavor is famous around the world. It's hard to find the words to describe the Idaho potato's unique texture but ordinary folks call it a "mealy" potato, and most people will know from experience what that means.

Try the two-in-one vegetable trick to help your family have the nutrition they need in these times when food is an increasingly precious commodity, and every food budget penny spent must yield fine value in health, flavor and well-being.

Carrot-Stuffed Baked Potatoes

4 Idaho potatoes
1 cup mashed cooked carrots
2 tablespoons grated onion
1½ teaspoons salt
¼ teaspoon dried dill weed
¼ teaspoon pepper
2 tablespoons milk
2 tablespoons butter or margarine
1 egg

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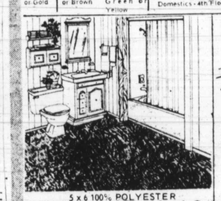

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WEEKEND COLLEGE COURSES START
January 30 and 31
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