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Over-brook Egg-Nog \ō-var'bruk\ \eg-nag\n.: A light, creamy, 30 proof cocktail made with fresh frozen egg yolks, fresh whole milk and whole cream, natural flavoring, and rum, brandy, and blended whiskey already in it; contains no artificial additives; available in liquor stores; can be served chilled right from the bottle, over ice, or mixed with soft drinks.
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(AFRO staff photo by Norma Spencer)

BIRTHDAY CELEBRATION—Mrs. Anna Davage recently celebrated her birthday with relatives at a party given by her grandchildren in her honor. From left front row are: Dawn Douglas, Jewel Christina Brady being held by honoree, Mrs. Davage, Martia T. Flournor. Donn Pearson. Back row from left are: Michele Douglas, Beryl Flournor, Renata Davage, Ernette Goode, Avis Brady, Jock Pearson. In rear from left: Edward Johnson, Charlotte Goode and Darlynne Goode.

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Red Cross pleads for blood

(UPI) — The blood supply at the Red Cross is dipping toward a critical level for the second time in less than six months.

Red Cross officials, who raised crisis pleas in August because the inventories were depleted, are once again urging donors to give blood to restock the shelves for the Christmas holidays.

"Blood supplies are very low, both at Red Cross headquarters ane at the hospitals," said Patricia Owens, community relations director.

The Red Cross supplies 80 per cent of the blood used in the area, Mrs. Owens said. About 450 pints are needed to meet the daily requirements of all hospitals.

"We had 300 pints on our shelves Monday morning, and that inventory was virtually wiped out by the end of the day," she said. "A one-day inventory on the shelves is not a healthy situation, and what we'd really like to see is an inventory of about 1,200 pints."

Mrs. Owens said the shortage is not yet a crisis, "but we want to make the public aware of what could happen if we don't get enough blood."

Week's Food Economies

'Twas the week before Christmas - and all through the house creatures were stirring—foods for Christmas dinner. Plan ahead and shop early so that all persons can enjoy the festivities, says Georgia Stevens, Consumer and Food Economics Specialist, Cooperative Extension Service, University of Maryland.

Christmas dinner is probably the most elaborate meal planned each year. This may be the occasion to spend a little extra money on food, but a festive meal can be based on seasonally abundant foods.

A fuit bowl doubles as household decoration and snack-time pleasure. Apples, oranges, grapefruit, tangerines, tangelos, and pears are all available, for that attractive fruit bowl.

Snacks and special treats for the holiday parties should be planned. Consider frozen chicken livers, listed as plentiful and prepared in a liver pate spread for crackers. Nuts are in plentiful supply with a good harvest of walnuts, peanuts, and almonds. Enjoy them right from the bowl or baked into special candies and cookies.

Meat choices are better this year than in recent years. One can select from turkey, Cornish hens, chicken fryers and roasters, ducks, geese, or hams. The poultry choices are close in price to last year—or even lower.

Ham prices tend to move upward between Thanksgiving and the New Year, but generally pork prices are lower than they have been for many months. Select meat that is easy to prepare and plan on left-overs to conserve time in other meal preparations.

The menu can be easily planned around the bounty of fall vegetables. Mashed potatoes with gravy, glazed onions, cabbage salad, baked winter squash and candied sweet potatoes are all reasonably priced. Use fresh mushrooms now that they are readily available.

Rice is a staple that is now in plentiful supply and is a best buy for a variety of menus. Use rice as an addition to a vegetable casserole, in the dressing recipe, or in a rice pudding for a different dessert choice.

Keep cool and calm through the extra food preparations by planning ahead, checking food stocks on hand, and purchasing seasonally abundant foods. Write the grocery list before going to the store to save time and resist the temptation of impulse buying.

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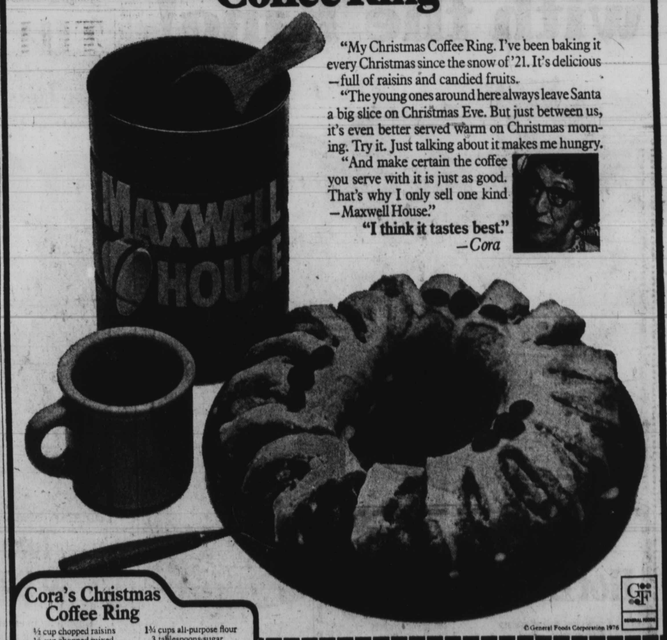

"My Christmas Coffee Ring. I've been baking it every Christmas since the snow of '21. It's delicious—full of raisins and candied fruits.

"The young ones around here always leave Santa a big slice on Christmas Eve. But just between us, it's even better served warm on Christmas morning. Try it. Just talking about it makes me hungry.

"And make certain the coffee you serve with it is just as good. That's why I only sell one kind—Maxwell House."

"I think it tastes best."
—Cora

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Cora's Christmas Coffee Ring

½ cup chopped raisins
½ cup chopped mixed candied fruits
½ cup sugar
2 tablespoons water
1 tablespoon lemon juice
½ cup BAKER'S® ANGEL FLAKE® Coconut
1¾ cups all-purpose flour
3 tablespoons sugar
2½ teaspoons CALUMET® Baking Powder
⅜ teaspoon salt
½ cup shortening
1 egg, slightly beaten
½ cup light cream

Combine fruits, ½ cup sugar, the water, lemon juice, and coconut in saucepan. Cook and stir over low heat until sugar is dissolved and mixture well blended; cool. Mix flour with 3 tablespoons sugar, the baking powder, and salt. Cut in shortening. Add egg and cream, stirring to form soft dough. Turn out on lightly floured board and knead 20 times. Roll into an 18x8x½-inch rectangle. Spread filling evenly over dough, almost to edges. Roll as for jelly roll; moisten edges and press together to seal. Form into a ring on greased baking sheet. Cut 2-inch slices with scissors on outer edge, almost through the ring. Turn slices cut-side-up, overlapping the edges. Bake at 400° for 20 to 25 minutes. Glaze and decorate, if desired. Serve warm.

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Enoch Pratt

Exhibit

"Private Papers of the Lords Baltimore," historic documents relating to the early days of the colony of Maryland, from the Pratt Library's Hugh Hampton Young Collection, at the Central Pratt Library, Central Hall and second-floor cases, through January 16, 1977.

Events For Children

Mon., Dec. 20

Fells Point Center: Film — "A Christmas Carol With Mr. Magoo," 3 p.m. and 7 p.m.

Theater Workshops

Station, one of Baltimore's newest theaters, and Corner Theater, one of Baltimore's oldest, will join forces this January to cosponsor a theater workshop series. The six week series will include workshops in puppetry, acting, improvisational theater, design and other similar activities.

For more information call Station at 837-9140.

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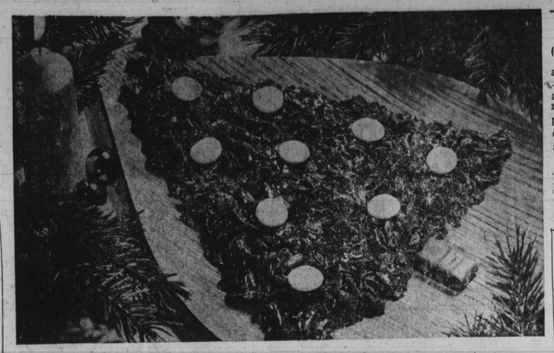


Egg noggin' Cookie dough

Career women, take note: Make one or two Christmas cookie doughs on one evening, cover and chill. Plan to bake them the next evening after removing the dough from the refrigerator about 15 minutes in advance of baking. That 15 minutes is necessary if the cookies are to be "worked" as in rolling and cutting.

When cuting "roll and cut" cookie dough, dip knives and cutters in flour, but shake of the excess.

Jellied Turkey-Vegetable Salad

2 tablespoons unflavored gelatin
½ cup cold water
2 cans (10½ oz.) condensed cream of celery soup
1 quart or 1¼ pounds cooked, finely diced turkey
2 packages (10 oz. each) frozen mixed vegetables, cooked and drained
1 cup salad dressing

Line two 8-inch square pans with heavy duty foil, allowing enough extra foil to fold over top. Soften gelatin in water. Heat soup and gelatin, stirring until gelatin is dissolved. Add turkey, vegetables and salad dressing, folding all together gently.

Divide mixture into each of the two lined pans. Fold foil over top and freeze until firm. To hold in frozen storage, remove frozen blocks from pans, fold and seal foil tightly, label and return to freezer. To thaw and slice for serving, set frozen blocks of jellied mixture in refrigerator.

Yields: 12 servings. (Divide and freeze in smaller containers, if desired.)

Sugar coated peanuts

1 cup sugar
½ cups water
2 cups raw shelled peanuts, skin on

Dissolve sugar in water in saucepan over medium heat. Add peanuts and continue to cook over medium heat, stirring frequently. Cook until peanuts are completely sugared (coated and no syrup). Pour nuts and spread over ungreased cookie sheet and bake at 300 degrees F. for approximately 30 minutes, stirring at five minute intervals.

Christmas Tree dessert

Buffet-style meals are perfect for convenient holiday entertaining and the ideal opportunity to present foods creatively. For an artistic finishing touch to your buffet menu and to the table decor, serve a dessert that's attractive enough to be the centerpiece. This popular corn flakes Christmas Tree is just such a dessert.

Christmas Tree
3 tablespoons regular margarine or butter
½ cup light corn syrup
½ teaspoon green food coloring
3 tablespoons sugar
3 ½ cups corn flakes
Colored candies

1. Measure margarine, corn syrup, food coloring and sugar into medium-size saucepan. Cook over medium heat, stirring constantly, until sugar dissolves and mixture boils. Boil 5 minutes, stirring frequently. Remove from heat. Add corn flakes. Stir until well coated.

2. Place all of corn flakes mixture on waxed paper or buttered baking sheet. With well-buttered fingers shape to resemble a Christmas tree. Decorate with colored candies. Let stand until cool. Use as edible table decoration, placing chocolate candy bar at base of tree to resemble trunk. To serve, let guests break off desired portion.

Yield: 1 Christmas Tree.

Ham-Cheese Casserole

1 cup finely chopped onions
1 cup chopped celery
2 tablespoons butter or margarine
4 cups finely chopped cooked ham
6 eggs, well beaten
3 cups (12 oz.) grated sharp cheddar cheese
1 and one-third cups cracker crumbs
3 cups milk
¼ teaspoon pepper

Saute onions and celery in butter until soft. Stir in remaining ingredients. Line two 10" x 6" x 1½" baking pans with heavy duty aluminum foil. Grease foil generously. Divide ham mixture evenly between the two pans. Bake one batch uncovered in 350 degrees F. oven for 45 to 50 minutes or until brown and firm in the center. Freeze second batch.

When frozen solid, lift from pan. Overwrap tightly with heavy duty foil, return to freezer. When ready to bake, replace frozen block in original pan. Bake covered in 400 degrees F. oven for 1 hour, uncover and bake until brown and firm, 30 minutes. Each batch makes 6 servings. (For smaller families, use smaller containers and divide casserole accordingly.)

Catonsville Notes

(Continued from Page 31)

and PGDR Carrie Scott.

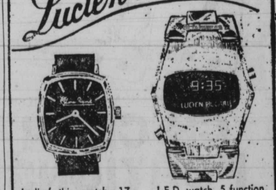
Congratulations to Alice and Augustus Carroll who recently became grandparents, Their Anne (Robert) Dooley gave birth to an 8 lb. 1 oz. baby girl.

Alice's mother, Mrs. Annie K. Thomas, is very active with patient activities at Keswick where she is a patient. She may be seen daily on three TV stations playing the organ.

Sympathy cards to the family of the late Coretha Morris. She is the mother of Mae Medders (Frederick) and the sister of Elmira Miller, former city public school music teacher. Also cards to the family of the late James Jordan (Bernice) whose funeral services were held during the week.

Have a good week and continue to do good deeds during the coming week.

WORLD FAMOUS Lucien Piccard



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Educator, lawyer, state legislator; ffounder of Md. Legislative Black Caucus; founder Mohawk Mothers Club (YMCA); founder of Herbert M. Frisby Hist. Soc.; Researcher on marital types.

Biographee Listed in

1. Who's Who in Commerce and Industry
2. Who's Who in Politics
3. Who's Who of American Women
4. Who's Who in The East
5. TWO THOUSAND WOMEN of Achievement (London, England Publication)
6. Personalities of The South
7. The World Who's Who of Women
8. The Bicentennial Edition of Who's Who in America
9. International Biographee
10. Who's Who Among Black Americans

DEL. LENA S. KING LEE

Congratulates these outstanding Marylanders upon their inclusion as biographees in The Bicentennial Edition of "Who's Who in America;" and wishes them continued success as they enter into America's third century of progressive humanitarian involvement.
(Regrets for any error of omission by the research committee in searching through thousands upon thousands of names).
Congratulations to Afram Expo '76 Committee, Prince Hall Masons, Md. Jurisdiction, and to Delta Sigma Theta Sorority, Inc., and to various organizations recognizing American Black achievement as a Bicentennial contribution; and especially for the rightful place accorded WOMEN.

ALLEN, ARISTEE
Physician; state legislator; minority whip; urban transp. adv. council to Sec. of Transp. Dept.; Fellow Am. Bd. Family Practice; USAF

ALLEN, MILTON BURKE (Lt.B., J.D.)
State's attorney Baltimore; Judge; Writer

BLOUNT, CLARENCE WILLIAM
College administr.; State Senator; majority whip

CHESTER, JOSEPH ARRATHEN
State legislator, ordained minister, recipient Distinguished Service Award Gov. of Md. USNR

CARROLL, EDWARD GONZALEZ (B.A., LL.D., D.D., M.A., Ed.D.)
Clergyman, resident bishop Md., N.H., So. New Eng. confs. Boston, Writer

DEAN, WALTER RALEIGH, JR.
Educator, State legislator; USAF

DOUGLASS, JOHN WILLIAM
State legislator, Gilman Fellow, Rohrn and Haas' Fellow; chr. of state joint budget and audit com.

GOFF, REGINA MARY (B.A., M.A., Ph.D.)
Educator, U.S. office of Ed., Asst. Commr.; Cons. Ministry of Edu. Iran, Writer

JENKINS, MARTIN DAVID (B.S., A.B., M.S., Ph.D.)
edni. administr., dir. urban affairs Am. Council on Edu.; Author

McGUIRE, ROSALIE JOHNSON (Mrs. John Thomas)
association executive, member steering com. President's com. on Employment of The Handicapped; educator.

MITCHELL, CLARENCE M., JR.
association executive; member Pres. Com. to Empl. Physically Handicapped U.S. rep. 13 general assembly U.N. Spingarn Medal recipient; Lawyer

MITCHELL, PARREN JAMES
Congressman, 1st lieut., inf., AUS. 1943-1946; rec'd Purple Heart. Author

MYERS, SAMUEL LLOYD (A.B., LL.D., M.A. Harvard, M.A. Boston U., Ph.D.)
College pres., economist U.S. Dept. Labor, Advisor Inte-Amr. Affairs U.S. Dept. of State; served to 1st lieut. AUS (1942-1946)

PARKS, HENRY GREEN, JR.
CORPORATE EXECUTIVE; FORMER City Councilman, member of corporate boards of directors

PATTERSON, ROLAND NATHANIEL (B.S., M.A., Ed.D.)
Supt. of schools; consultant tchr. training programs; mem. on National Council on Crime and Delinquency; Navi Res. Officer Training Corps AUS (1946-47) professional journalist

QUARLES, BENJAMIN ARTHUR (B.S., M.A., L.H.D. Ph.D.)
Educator, author; U.S. Office Ed. Library Services; hon. cons. Amr. history Library of Congress; Soc. Sc. Research Council fellow; Rosenwald fellow; authority on Negro and black history.

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