lifestyles, fashions, women, **Reflections** food, youth, society, clubs

Kwanza: The marking of the first harvest; a time of celebration

By Mary Carter Smith

"When the elephants fight, the grass withers." So goes an African proverb. At this time of year, we would do well to remember the wisdom of the Motherland. If we do, we need not hear: "Kwanza or Christmas." You are not black if you celebrate Christmas" or "You are not black unless you celebrate Kwanza." Most sensible people see through the "Buy, buy, buy!" of the marketplace under the guise of celebrating Christmas, forgetting the true meaning of the day.

Personally, I have never told my child the Santa Claus myth. I think it is important that we be honest with our children; that they know the joy of giving and receiving gifts, without regard to commercial values.

More and more many of us whose roots are in Africa are becoming aware of Kwanza. As far as I can find (I am a student of, not an authority on African culture) this holiday is based on an African custom. In this country it takes place during the traditional Christmas season to give black people an opportunity to strengthen family ties and look beyond the mere buying that motivates too much of the Christmas season. As a Christian I celebrate the coming of Christ, as a black person I also celebrate Kwanza, remembering my African heritage.

The Kwanza ceremony was recreated for use by the African Community in the West by Maulana Korenga. The word means "First". In this case it signifies the First Fruits. Celebration of harvesting the first crops or first fruits is traditional in Africa. At this time of year our people in Africa came together to make joyful noise, give thanks and enjoy the blessing of living, and acting together for the community. Each person brought what he grew or made to contribute to the Karamu (feast) that was part of the celebration. They sang, danced, ate and drank in an atmosphere of joy. There are several symbols of Kwanza:

Mkeka — A straw mat on which all other items are placed. It symbolizes tradition as the foundation on which all else rests.

Kinara — A candleholder which holds seven candles and represents the original stalk from which we all sprang. For it is traditionally said that the first-born was like a stalk of corn which produces corn which in turn become stalks which repro — in the same manner so that there is no ending to us.

Mshumaa — The seven candles represent the seven principles on which the society is founded: 1. "Unity, 2. Self-Determination, 3. Responsibility, Collective work, 4. Cooperative Economics, 5. Purpose, 6. Creativity and Faith."

Zawadi — Gifts.

Karamu — The Feast.

Muhindi — Ear of corn representing the offspring.

Approximately a week before Dec. 26, decorations are put up and arranged. The color scheme is red, black, and green. Red for the blood of our ancestors, green for the land, youth and new ideas, black for our skin. The main table should have as a centerpiece a straw basket of mixed tropical fruit and vegetables. The kinara is placed on the center of the mkeka. Then the ears of the muhindi and the Zawadi are placed around the kinara. Finally the mishumaa are placed in the kinara. At dinner, one candle is lit each night and explained in terms of the principle it represents. It is desirable that children explain the principles as far as possible.

On the seventh day, Jan. 1, the Zawadi should be opened. It is important that a large dinner be prepared that day. On the 31st of December there is an all night feast. Food, drink, music, dance, conversation, laughter, and ceremony are part of this night. All things are provided by the different houses that make up the community. The women decide what is needed and the men contribute the necessary money and or materials. Everything is done in the traditional manner.

Pillows are brought and all sit on the floor. All dance to African music tell African stories, make the traditional tambiko (sacrifice offering) and drink from the kikombe (unity cup). After drinking each says "Harambee" (meaning together).

One principle in which I believe strongly is Black Unity. Some blacks celebrate Christmas, some Hanukkah, some Kwanza and some do not celebrate. Our love for one another should outweigh our differences, as I tried to say it in the poem "Black Is."

Black Is

Us
Afro, natural, corn rows, too
Little, big, real, wig
Fried hair, dried hair,
Big, bad, and bald
Africa is Mother of us all
(Repeat first six lines.)
Us
We could not choose
Our birth color
We do choose
Our heart color
To be black and proud
Say it clear and loud
WE ARE ONE PEOPLE

Griot — In Africa those individuals who sang or told stories or recited poetry.
(Black is copyright 1973, Mary Carter Smith.)

The seven days of Kwanza

By Lillian Wiggins

"Kwanzaa" is a holiday based upon "our" rich African heritage. We celebrate Kwanzaa from Dec. 26 to Jan. 1 and during that time we observe the seven principles which we believe will benefit "our" community.

The "Seven Principles" observed:

Unity (Umoja) — Self-Determination (Kujichagulia) — Collective Work and responsibility (Ujima) — Cooperative Economics (Ujamaa) — Purpose (Nia) — Creativity (Kuumba) and Faith (Imani)

Families observing Kwanzaa began by lighting a candle on Dec. 26 and each day thereafter, until Jan. 1. Each candle and each day stands for one principle.

Much preparation is made, like during the traditional Christmas, to stock up on favorite foods liked by the children as

Continued on page 7

Community calendar

DEC. 31
Spirit of Chesapeake Lodge No. 1107, IBPOE of W sponsor New Year's Eve Party at the Elks Home, 2009 Frederick Ave., 10 p.m. Call: 624-4794.

Jan. 1
Jofidelo's Goes Italiano at the Other Barn, Columbia, Md., 5851 Robert Oliver Place, 9 p.m.-1 a.m. Tickets at For-the-Record, Eutaw Street.

125th anniversary of the founding of St. Michael's Parish, Wolfe Street, celebrated with the reenactment of the blessing and laying of the cornerstone by Bishop J. Francis Stafford, Urban Victor, noon.

Jan. 2
Inspirational Choir of Gillis Memorial C.C. Church fourth anniversary, 4016 Park Heights Ave., 5 p.m.

Jan. 6
"Identifying Behavior of Children" will be discussed by Mrs. Bettye Ford at the meeting of the Child Study Association of Maryland, Inc.; 8 p.m. Old Court Junior High School, 4627 Old Court Rd. in Pikesville. Call: 358-3555.

Jan. 8
A painting clinic will be held at the Maryland Historical Society, 201 W. Monument St., 11 a.m.-noon. Call: 685-3750, ext. 52.

Jan. 11
Citizens Democratic Action Organization's swearing-in ceremony for newly elected officers, Bon Secours Hospital, Board Room, 7:30 p.m. Del. Larry Young, chairman, executive board; Ruth Kirk, president.

Jan. 15
"History and Horizons of Bowie" sponsored by Bowie State College and the Bicentennial Committee, Free State Mall, Annapolis Road, Bowie, Md., 10 a.m.-3 p.m.

Jan. 16
Gilbert Sandler will present an illustrated talk at the 1977 meeting of the Jewish Historical Society and the Maryland Historical Society. The talk is entitled, "The Years Between Baltimore From the 1920s Through Today — Nostalgia As History." Maryland Historical Society's Jacob and Anita France Auditorium, 3 p.m.

Jan. 18
"Education of the Bicentennial Tradition" sponsored by the Anne Arundel County Bicentennial Committee Board of Education. Riva Road, Annapolis, Md., 7:30 p.m.

Jan. 23
Ed Health's Troubadours present "An Evening Song to Jehovah," featuring Ed Heath and the Marie Walker Singers at the University of Baltimore, Maryland and Oliver Street, 7:30 p.m. Call: 327-5763.

Jan. 25
"Roles in the Family Grandparents, Parents and Children" sponsored by Bowie State College, Bowie Public Library, Bowie, Md., 7:30 p.m.

Jan. 27
"The Effect of the Vietnam War on Americans' Sense of their National Tradition" sponsored by the University of Maryland, New Carrollton Library, Prince George's County, Md. 8 p.m.

Jan. 28
Shriner's Ball, Martin's West, 10 p.m.-2 a.m. Call: 523-2800.

Feb. 11
After-Five sponsors a shopping trip to Reading, Pa. Buses leave from Mondawmin Parking Lot, 7:30 a.m. Call: 669-1953.

Feb. 13
A Chinese New Year Celebration will be held at the Jacob and Anita France Auditorium, Maryland Historical Society, 2:30 p.m.

Feb. 14
Norman Rukert presents the annual Maryland Historical Society Maritime Lecture entitled, "A History of Fells Point." Jacob and Anita France Auditorium, 8:15 p.m.

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

R.S.V.P. With Marie

By Marie Phillips-Cooke
Reflections Editor

There is now way that I could begin this final column of the old year without giving thanks to you, my readers, for your continuous support and unselfish acts of kindness shown this writer. My good friend and sister in Christ, Bernice Branford Lewis the poetess, has written what I feel:

You Can't Love Without Giving
By Bernice Branford Lewis

You can give without loving, but—
You can't love without giving,
For therein lies the secret of living.
When you freely give, not expecting return,
The gifts of the spirit are prizes you earn:
"Temperance, Peace, Goodness, Faith
Love, Meekness, Long Suffering,
Joy and Gentleness." Galatians 5:22-23

These bring more pleasure that you can afford,
For these come from God to those in accord.
You've done this already, so you know the rapture
That mystical pattern that a Christian can capture.
You realize life has no much more meaning,
When you spend time giving, instead of receiving.

Pre-Holiday Party

Arundel on the Bay was the recent setting for the elegant pre-holiday dinner party hosted at the home of the Larry Knights the Sunday before Christmas.

The hostess sent invitations to friends saying that this dinner party was to set the festive mood for all the gala affairs they would be attending throughout the holiday season.

Guests attending were: Allan and Edwin Burke, Baltimore; Gilbert and Thelma Daley, Baltimore; Charles and Bernice Gibbs, Arundel on the Bay; James and Anne Goodwyn, Severn, Md.; Percy and Barbara Gregory, Silver Spring, Md.; Allix and Sue James, (he's president of Virginia Union); Jerry and Delores Luck, Annapolis;

Joseph and Erniestine Press, Baltimore; Claude and Ida Rogers, Bay Hills, Arnold, Md.; Curtis Simmons, Jersey City, N.J.; Vivian Sydnor, Baltimore; Christopher Tyree, Washington, D.C.; James and Laura Webb, Bay Hills, Arnold, Md.; Jessie Wilson, Washington, D.C.

Lamberts-Browns Affair

Art and Electra Lambert entertained on Sunday at their Randallstown home. Richard and Zelma Brown helped with arrangements . . . the catering by Bluefeld and the cozy location of conversation areas on all three levels making for easy movement and truly elegant atmosphere.

Guest included the couple's relatives, business associates and co-workers and the Lambert children, son, Craig, a student at Morris Brown; daughter, Renee, a student at Coppin. (The third child, baby daughter Kearry, spent the night with friends).

Also there, Mr. Lambert's classmate at Holbert College, Harvey Wiltsey, who came from Cleveland; and Mrs. Lambert's longtime friend, Willene Dickerson.

Mrs. Lambert recently retired as school nurse at Deer Park Junior High, and a number of guests included faculty members there, Mr. and Mrs. Richard Spencer, the Mel Epsteins, Janice Price, Mr. and Mrs. James Watkins, the Frank Whiteheads, Daniel Caplans and Joe Heinsers.

And, the evening also saluted Warren and Ann Parker, who were observing their 19th wedding anniversary.

Other guests about included Sue Miles and Dr. Clifton Jones, Laurie and Walter Mapp, Dr. and Mrs. Dennis Tribble, Dr. and Mrs. James Chavis, Albert Newton, Dorothy Moals, Kenneth Heinen.

Mumbys At Home

Mattie and Bill Mumby's annual holiday gathering was at their Durley Lane home on Thursday. Here from Silver Spring were Augustine and Jack Gloster.

Ledbetter's Home Aglow

Willie and Toni Ledbetter's Paris Road home was aglow with the unique Christmas decor for which they are famous. Their annual holiday party was on Thursday.

Present from out of town were Grady and Audrey Jones, Jersey City; Jane and Frances Cooper and Sadie and James Washington, all of D.C.

Firesiders at Theatre

Firesiders, one of Baltimore's older clubs, held its holiday meeting a Sunday ago with Frances Ashby as hostess. Members were taken to Center Stage to see "When You Coming Back Red Rider?"

After the show, the group went on to her University Towers apartment for dinner . . . . . dishes included the exotic. She served her guests creative dishes for which she is famous. Members about were:

Helen Cawthorne, president; Ada Weaver, Ida Peters, Bea Nixon, Lil Rose, Milburn Brown, Iris Mapp, Irma Dancy, Eula Watkins and Florence Ringgold.

Patersons Entertain

Barbara and Donald Patterson's annual holiday party on Christmas Eve at their Mohawk Avenue home attracted a large crowd. The gracious living room was artfully decorated with huge live plants. There was elegance everywhere from the playing of Lionel Jiggetts at the organ and singing by Northwestern student, Mary Wright to the beautifully arranged buffet tables and the unique decorations in the clubroom which resembled Santa land.

A conversation piece was the old fashioned barber's chair which many guests tried out for size.

Young Weaver Home

Home from Ypsilanti, Mich. . . . ,where he finished Eastern Michigan State University with a major in accounting is Kenneth Weaver, son of the Royal Weavers. He was graduated last week and marked his birthday on Sunday with dinner at his parents' home. He returns to Michigan next week to pursue graduate studies.

Edwards Family Here

Trudy Edwards' Randallstown home was the scene of a family reunion dinner on Sunday. Here from Darlington, S.C., her sister and brother-in-law, Willie and Catherine Johnson; and from Landover, Md., another sister and brother-in-law, Aaron and Gladys Scott.

Members of the Douglass Class of 1931 interested in class reunion call:
Henry Rigby 669-4337
2568 McCulloh St., 21217

HOSTS AT ELEGANT holiday party at their Randallstown Rd. home on Sunday were Mr. and Mrs. Art Lambert, right, shown here with their friends, Mr. and Mrs. Richard Brown.

THE CHISSELLS — AFRO photographer, Benjamin M. Phillips snapped this photo of Mrs. Garland Chissell (Robbie) and her youngest son, Robert at a recent holiday party hosted by the Monumental Medical Association. Young Chissell is studying at the University of Baltimore School of Law.

Inside Reflections

More about Kwanza
Catonsville Notes
Woodlawn Highlights
Local Club Notes
Columbia Capers
And more!

Best Wishes
Hope this New Year means lots of sunny days and smiles for you! Thanks.

Local club notes

By Michele L. McRae

Attention clubs and organizations: Start the New Year off right by sending the AFRO reports of your meetings and activities. Write: Local Club Notes, c-o AFRO-AMERICAN NEWSPAPERS, P. O. Box 1857, Baltimore, Md. 21203. There is no charge for publication of club notes.

Lamba Kappa Mu Sorority —

Iota Chapter, Lambda Kappa Mu Sorority terminated this years activities with a general business meeting and Christmas social gathering at Meushaw's Hilltop Inn.

Members participating were: Thelma Addison, Elaine Alexander, Vivian Bennett, L. Olivia Bates, Barbara Bollins, Joan Bowen, Elizabeth Day, Augusta Amos, Louise Anderson, Arabella Ross, Bertha Sembly, Betty Shelton, Dorothy Smith, Sadie Douglass, Imogene Douglass, Marie Dowell, Fannie Ewell;

Jacqueline Fleming, Josephine Flournoy, Hazel Gause, Veta Greig, Pattie Holloway, Geraldine Smith, Dorothy Stone, Lenora Terrell, Rachel Thompson, Louise Turks, Lillian Johnson, Naomi Johnson;

Evelyn Keene, Virginia Manning, Mary Mitchell, Josephine Maxwell, Barbara Nelson, Dorothy Pollard, Ovella Queen, Alice Roberts, Shirley Watkins, Marguerite Wilkins, Betty Wooden, E. Monterey Williams, Margaret Yates.

Prospective candidates for LKM membership participating included: Lois A. Bryant, Madora Henson, Vivian Jackson, Mildred Linear, Dorothy Smith, Laura Smith and Sandra Wilmer.

Maryland League of Women's Clubs

The Executive Board of the Maryland League of Women's Clubs held its meeting and Christmas party at the home of Bernice S. White.

Members enjoyed dinner that was catered by member Mildred Nelson. Following a brief business session, president, Cornelia L. Smith led the group in games, caroling, and exchanging of gifts.

About were: Emma Dudley, Beryl Williams, Rubye Gill, Vivian Young, Elizabeth Demby, Emma Daniels, June Brown, Thelma Rice, Ruth Marshall, Gilda Garrett, Alice Roberts, Catherine Royston, Fannie Ewell, Viola Lindsay, Margaret Jackson.

Alpha Kappa Alpha Sorority, Inc. —

Epsilon Omega Chapter, Alpha Kappa Alpha Sorority, Inc., recently sponsored two Christmas parties for adults at the Park Hill Convalescent Home and Asburton Nursing Home, Inc. Each patient received gaily wrapped gifts as well as delectable home-baked cookies and holiday punch. Christmas carols were led by Bara Cephas and Paula Montgomery, students at Western High School and Adrian Cephas, student at Friend's School, all who brought a ray of cheer to the patients at the homes.

Members of the committee were: Bonnie Lee, chairperson; Esther LaForest, co-chairperson; Gwendolyn Browne, Nellie Cowling, Heloise Frazier, Alma Gray, Evelena Henderson, Blanche McDonald, Vernice Matthews, Lillian Ried, Ruby Taylor, Gwendolyn Thompson, Jean Turpin, Vera Williams, Charlotte Harper and Virginia Vauls, basileus.

THE SMARTAIRES—Members of the social and charity organization recently held their second Charity Ball at the S and R Restaurant. Members from L to R: Naomi Nash, Olivia Mayers, Ruth Boston, Eugenia Britt, Esther Nixon, Elizabeth Brooks, Lola Weaver, Ann Barbour, Susie Carter, Minerva Carter and Natalie Phelps. Santa Claus is Garry Nixon.

Columbia Capers

By Pinnie L. Ross

What are you doing New Year's Eve?

That season which has traditionally been popularized as the time families and loved ones get together to celebrate their closeness, and their blessings, especially at Christmas and New Year's, should also be a time of self examination, and a time to do some quick thinking as to what life is all about.

We can't turn the clock back for the things we've missed over the years and the time we've lost, because time waits for no one. It passes us by.

A good example will be New Year's Eve: you had better get your party in order which should include friends and old aquaintances, because the clock will not wait one minute before tweleve for you group to assemble to grab their whistles, hats, noise makers, etc.

"Be Ye so ready!"

There are people who feel compelled to ring in the New Year in a grand old way. Some people feel if they don't go out any other night during the year, they must go out New Year's Eve.

On that evening thousands of people jam Times Square in New York City. Around the world greetings are sounded in almost every language. That's all right, too.

But this year, just before the clock strikes twelve, please examine yourself in the way of these questions? Have I wounded any souls this year? Have I caused some poor souls to go astray? Have I helped some falling persons on their way?

Remember the holiday and new year signify a "new beginning."

Some of you may wish to ring in the New Year at Watch Night Service at a church or religious gathering: I am not aware of any church which is not planning for such spiritually rewarding services:

Some may also wish to attend early services prior to going on to your party festivities. Regardless of what your New Year's Eve plans are we hope it's happy and safe and that 1977 is prosperous to you all.

Special get well wishes are extended to Thomas Briscoe. He's polemarch of the Columbia Chapter of Kappa Alpha Psi Fraternity who was in an accident a week prior to Christmas.

His convalescence has been successful; he is up and about in the house, helping to take care of him is his charming daughter Carolyn, who is home for the holidays from Fisk University, Nashville, Tenn.

Best wishes for a new year of brotherhood and peace.

Thought For Today

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." William Penn.

Catonsville Notes

. . . by Liz Williams

Due to space limitations, this column did not appear in last Friday's edition.

There have been a whirl of activites, involving the young adults both in the city and here in Catonsville. These folks are visiting their parents and friends while on holiday leave from the Armed Services or school holiday break. Amazingly these young people are living in all sections of the country.

The telephone lines have been tied up for hours while they brought each other up to date since they last saw one another. We as parents will certainly miss all of this welcomed confusion, until they come home again.

Among our callers wishing us Merry Christmas was personable Rae Ross, daughter of Pinnie and Bill Ross of Columbia, and former Catonsville residents.

Rae graduated from Adelphi University last June, majoring in dance. She is living in New York City where she is teaching dancing, going to school, working and auditioning on Broadway. We are all very proud of Rae and sooner or later we will see her name among the stars.

Continue to send get well cards to our sick and shut-ins in our community and in the city. Leroy Carroll (Marion) is in Special Care at Provident. Carmelita Campbell is at Mercy Hospital. Hopefully, at the writing of this column, Mrs. Julia Williams and Mr. Thomas Fleming of the Golden Age Group are out of the hospital.

Mrs. Frances Coe mother of Flora Williams, was back in the hospital, as of last Thursday. Incidentally, Mrs. Coe is the grand-mother in-law of the very personable assistant manager at Fairlanes North, Reisterstown Rd., Joan Williams. Joan's husband is Mrs. Coe's grandson.

Visiting Bea and Dave Wright and Mr. Frisby (Pop) Lindsay for Christmas were their nephew and grandson, Kenneth Earl Lockett, along with his wife June, and daughter, Lynelle.

Earl's mother-in-law, Mae Radford, from Chicago, was also among the visitors. Visiting Hendrick and Roberta Clark were their daughter and son-in-law, Mr. and Mrs. Sterolyn Carroll of Washington, D.C.

Woodlawn Highlights

. . . by Marjorie Green

I slipped away from the gaiety of the Les Tams Christmas party last Sunday in order to exchange greetings with caterer John Bonds, who was busy in the kitchen with his brother Roger preparing the hot and cold buffet foods for the group of approximately 60 who gathered at the Clifton Avenue Alpha House.

In addition to working full time with the food service that caterers the Woodlawn Social Security buildings, John has privately been catering parties and weddings for the past five years.

He became interested in the food business some 15 years ago while working as a bus boy at the old Edmondson Hotel, formerly located at the corner of Calvary and Baltimore. streets.

John boasts that no party is too small or too big for the Bonds "professional touch." He has a dozen or more men and women including George and Dottie Dozier to assist him with large affairs. He readily credits his success to his wife, the former Ruby McNair, his mother, Mrs. Lottie Bonds, J.D. Howard, the photographer, and the Rev. Arthur E. Jones, pastor of Jones Tabernacle Baptist Church.

Church activities are also an important part of John's life. He is co-chairman of the Turstee board, chairman of the food committee and sings on two of the choirs at Jones Tabernacle Church. His daughter, Sharon attends elementary school.

The volunteers of the Social Security Administration sponsored three Christmas parties this year, two for children and one for senior citizens.

The Vossa party for senior citizens was held on Sunday, Dec. 19 at the Waxter Center, 861 Park Ave.

A Christmas turkey dinner was served with all the trimmings to 300 senior citizens.

Santa Claus was also on hand to distribute gifts. The first children's party was held on Monday, Dec. 20 at Fairfield Elementary School, 1440 Chesapeake Ave.

The second party for children from low income families, mentally and physically handicapped children was held last Tuesday in the Altmeyer building auditorium. Cookies, cake, ice cream and gifts were provided for the visiting children. Entertainment was provided by the Social Security Clowns Club and the SSA band.

Sympathy cards to the family of Cephus Campbell. We were saddened to hear of his death last week.

Best wishes to Allinda Price and Bowen Jackson Jr., They were married last Saturday afternoon.

Get well cards to Mrs. Clarina Nelson.

'Have a good life!'

—The seven days

Continued from page 6

well as the adult members of the family.

The separateness of the black from the mainstream of American life, during the days of slavery created a different form of cooking. Consequently, the smells coming from the kitchen of black mothers smell with the aroma of "soul."

Largely Southern in origin and having a distinctive quality known as "soul." The use of meat, chicken and vegetables combination, often combined with liquor for flavoring . . the use of special seasonings known only to blacks of earlier days.

Many of these blacks had a touch of French, African, Spanish and Indian ancestory. A touch of each because of the cohabitation between blacks and their slave masters who were of all nationalities.

A traditional meal from Western Africa is joloff rice and peanut soup. Both can be easily prepared by using the American adaptation. Boil your chicken, cut up pieces; chunks of beef and hamhocks in a pot. When done, not overly cooked, remove the meats and leave the substance they were cooked in. Skim off the excess fat, add seasoning, green peppers, celery and onions.

Before preparing your rice pour off a pot of the juice and set aside. Now on with the joloff mixture. Clean your rice, rinse several time to remove the excess starch then add the rice to the remaining liquid. Cook until nearly done then add your cooked chunks of beef, hamhocks and chicken. Bring to boil once more then immediately cut off and allow to steam with the top on the pot. This should render some fluffy grains of rice which do not stick together.

Before serving garnish with green peas or black eyed peas. Now go to the small pot with the liquid set aside. Put back on the stove and bring to a boil. Turn fire down to a simmer. Meanwhile in another container thin peanut butter from a large jar or can.

Once creamy and mixed well with a small amount of water . . add to the simmering mixture which once held the meat substance. Add peanut butter until the liquid becomes a bit thick. Season to taste and feed the family. Happy Kawanzaa.

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SPRING 77

GOVERNOR'S ADVISORY COUNCIL ON DRUG ABUSE

NOTICE–PUBLIC MEETING

The Governor's Advisory Council on Drug Abuse will hold a meeting on Tuesday, January 4th, 1977 in Room 552 of the Herbert O'Conor Office Building, 201 W. Preston Street, Baltimore, Maryland 21201 from 6:00-8:00 p.m.

WALLACE MANDELL
Chairman Governor's Advisory Council on Drug Abuse

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