Woodlawn Highlights

... by Marjorie Green

A memorial program honoring Dr. Martin Luther King, Jr. was held at the Social Security headquarters in Woodlawn last Friday, Jan. 14.

The panel discussion reflecting on the goals of Dr. King was moderated by Pearl C. Brackett, Deputy Manager of the Baltimore Regional Chapter of the American National Red Cross. Other guests sharing the panel spotlight with Mrs. Brackett were: Dr. Elizabeth Frances Johnson, director, division of Consumer Education, U.S. Products Safety Commission; Dr. Bettye C. Thomas, author and historian; Dr. Augustus Adair, professor of Political Science, Morgan State University and Isaiah C. Fletcher, assistant superintendent, Personnel Services, Bethelehem Steel Corporation.

Other activities honoring Dr. King during the week included the showing of a film "Legacy of a Dream," that was prepared by the Martin Luther King Jr. Center for Social Change and art work prepared by the children of Martin Luther King Jr. School No. 254 displayed in the lobby of the Altmeyer Building.

While a large number of Social Security employees were participating in the special salute to Dr. King, another 185 were in the adjoining multi-purpose room saluting Howard E. Holland at a farewall retirement luncheon.

It was in 1949 that Holland started to work as a mail clerk in the service section of the Candler Building. Some 20 years later he became a Health insurance Clerk. He remained in this position until August, 1973 when he accepted his current assignment working with the supplementary security income program.

Prior to his employment at the national headquarters building, Holland served with the navy in the Pacific theatre where he earned the Philipine and Pacific Theatre ribbons, and the Victory Medal.

In 1950 he married the former Helen V. Dorsey. They attend the Full Gospel Tabernacle Church in Cooksville, Md.

Holland holds memberships in several community organizations including the Howard County Bicentennial Commission and the Howard County Branch of the NAACP. He is a past Grand Master and a 33rd degree mason in the Landmard Masonic Lodge No. 40, Catonsville, branch.

Members of Howard's family attending the luncheon included his wife, Helen; sister, Rosie Sands; Freeman Sands, nepheew; Martha Sands, neice-in-law; Agnes Holland, sister-in-law; and brother, the Rev. John W. Holland, who closed the luncheon celebration with the benediction.

Others seated at the head table and participating in the program were Supervisors Daniel Diggs and Marilyn Crusse, Stanley and Laverne Wilson, Josephine Dotson, retired school teacher; the Rev. Arthur E. Jones, pianist who accompanied soloist Geretha Turner, also Rosa Humphries, Helen Fannon, Abe Riley and David Ross who brought greetings from Howard's fraternal family.

Those responsible for the luncheon arrangements were, Betty Little, Agnes Holland, Una Grassaway, Eunice Stewart and Vera Martin. Marie Clarke served as coordinator and toastmistress.

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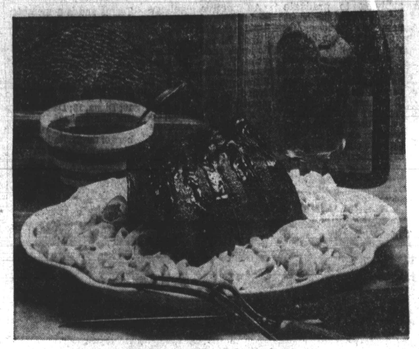
Basic foods are favorites

As more cooking is done in the home, we find ourselves turning more and more to basic favorites. Nutritious egg noodles, spaghetti and elbow macaroni fit into this scheme beautifully.

A fine case in point is sauerbraten with tender egg noodles. Plan to serve when your local supermarket is having a "beef special". If some meat and gravy are left, refrigerate and reheat the two together in a couple of days and spoon over freshly cooked spaghetti. It's a brand new dish!

Ham and Apple Noodle Skillet is a good company selection. Toss a green saiad to go with. Pass chunks of crusty Italian bread.



Egg Noodles And Sauerbraten

Egg Noodles And Sauerbraten
(Makes 6 to 8 servings)

2 cups red wine vinegar
3 cups beef bouillon
3 medium onions, sliced
2 carrots, sliced
1 stalk celery, chopped
Salt
¼ teaspoon pepper
2 tablespoons light brown sugar
10 peppercorns
4 bay leaves
6 whole cloves
4-pound beef rump roast
Flour
¼ cup vegetable oil
½ cup dry red wine (or beef bouillon)
2-3 cup crushed gingersnaps
1 pound medium egg noodles (about 8 cups)
4 to 6 quarts boiling water

Combine vinegar, 2 cups of the bouillon, onions, carrots, celery, 2 teaspoons salt, salt, pepper, brown sugar, peppercorns, bay leaves and cloves in a large bowl.

Place meat in bowl; cover and marinate in refrigerator 3 days, turning on the second day. Remove meat from marinade, reserving 2 cups of marinade and vegetables. Dry meat well and coat with flour. Brown slowly on all sides in hot oil in Dutch oven. Discard excess fat. Add reserved marinade, vegetables and wine; cover and simmer 2-½ to 3 hours, or until meat is tender.

Remove meat to a platter and keep warm. Strain juices into a 4-cup measure and skim off fat. Add the remaining 1 cup bouillon and enough water to make 4 cups. Return to Dutch oven and add gingersnaps; heat until gravy boils, stirring constantly.

Gradually add noodles and 2 tablespoons salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander and toss with a few tablespoons gravy. Arrange around roast on platter and serve with gravy.

Ham and Apple Noodle Skillet
(Makes 4 servings)

8 ounces wide egg noodles (about 4 cups)
1 tablespoon salt
3 quarts boiling water
¼ cup butter or margarine
1 ham steak, about 3-4-inch thick
1 can (20 ounces) apple slices
1 cup sour cream
Salt and pepper to taste
½ teaspoon nutmeg

Gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Meanwhile, heat butter in large skillet. Add ham steak and brown over medium heat on both sides. Remove ham steak and place on heated platter. Add noodles, undrained apples and remaining ingredients to skillet; mix well. Cook over low heat, stirring frequently, 5 minutes. Serve noodle mixture with ham steak.

Little helpers

It is not safe to freeze uncooked, stuffed, poultry according to U.S. Department of Agriculture home economists. You should not stuff cooked poultry, either. Freeze separately.

Iodized salt and seafoods are reliable sources of iodine. Regular use of iodized salt is the most practical way to assure that there is enough iodine in your diet.

Butterfly pork chops are boneless double chops, split most of the way through the center and opened to form a butterfly shape.

A pork cushion is a square, flat piece made by removing the bones from the shoulder. This provides a pocket for stuffing.

Fruited Pork Chops

Traditional service for pork calls for a fruit garnish. The tang and color of fruit cocktail give a deliciously different touch while conserving the traditional approach. Combined with mustard and wine vinegar the fruit forms a sweet-sour sauce that is simple to prepare but adds a truly lavish touch to the pork.

Fruited Pork Chops

1 can (17 ounce) fruit cocktail
4 lean pork chops
½ teaspoon salt
Dash pepper
1 tablespoon prepared mustard
2 tablespoons wine vinegar
¼ teaspoon dried dill
½ cup reserved fruit cocktail syrup
1 teaspoon cornstarch
1 teaspoon cold water

Drain fruit cocktail, reserving ½ cup syrup.

Rub hot skillet with a bit of fat trimming from pork chop. Brown chops slowly on both sides. Drain off fat. Sprinkle chops with salt and pepper. Combine mustard, vinegar, dill and reserved syrup; pour over chops.

Cover and simmer about 45 minutes, until meat is tender. Combine cornstarch with cold water, and stir into liquid on meat. Cook, stirring until clear and thickened. Add fruit cocktail and heat 2 or 3 minutes longer.

Serve at once.

Makes 4 servings.

Needlepoint class at YWCA begins, Feb. 3

The North Area Center YWCA announces a new class in Needlepoint Design, to be held at First Christian Church, Lake and Roland Avenue, starting Feb. 3, 1977, 9:30-11:30 a.m.

The class will be led by Marsea Moylan, who has taught for the YWCA for several years. Students will create their own designs, explore various methods of transferring designs to canvas, use of different stitches and color, and the combination of unusual materials in one design. The six week class session, Feb. 3-March 10, is sixteen dollars per student.

For further information and registration, call the North Area Center YWCA, 252-4230.

(Continued on Page 36)

Catonsville Notes

... by Liz Williams

"Thinking of you and get well cards to all of the sick and shut-ins. Special hellos to Lorraine (Handy) Coughbourne who is in Bon Secour Hospital and to Charles (Mary) Thompson. Cards also to Russell Frisby (Catherine).

Despite her ailments, our dear friend, Mrs. Violet Hill Whyte was able to carry on her annual holiday project-distributing gifts to many institutions throughout the state. Kindly remember this beautiful lady with a phone call or a card.

"Sympathy" cards to Alan and William (Bill) Wood, the brothers of Taylor Wood of Old Frederick Road. Mr. Wood is also survived by sister, Mary Williams and many nieces and nephews.

Sympathy cards to the family of Vickie Mitchell, daughter of Dr. and Mrs. Jethro Mitchell (Frances). Vickie, who was a very personable young lady, was a senior at Western High School.

In order to meet the needs of their community, the residents of "The Pines" in Catonsville recently reorganzed the group.

The group, under the leadership of Hawthorne Smith Jr., has been doing a lot to improve conditions in this part of the Catonsville.

The Pines includes the 5990 and 5990 blocks of Old Frederick Road and the unit blocks of Cargil and Lincoln Avenues. The group had a get-together at the home of Henry and Mary Horsey last week. Despite the cold and ice outside, the folks made it including the Rev. Arthur (Odell) Payne, who is looking good.

Last Saturday was a very cold night but the burning logs in the Horsey's fireplace made you forget about the elements outside. Mary Horsey, a former principal in the Baltimore City Schools has been ill for some time and has been confined to her home. Kindly pay her a visit, call her or send her a card. A group of us, including Mary, enjoyed the evening talking about the old days.

We learned that Mrs. Catherine Dixon and Hawthorne Smith Sr. had recently fallen on the ice and had broken some bones and are in casts.

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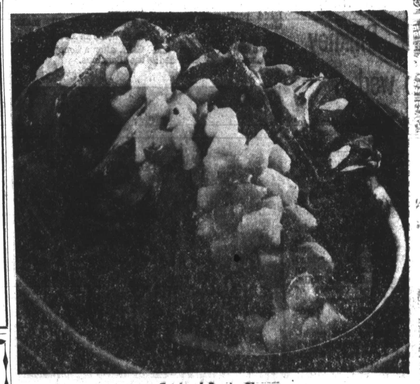

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