—Partyline

(Continued from Page 15)

If for just a few years we as black people could forego our glorious independent activities and pool our resources, we could establish a gold mine in the midst of our Charm City! It would be something we could really call our own.

We as blacks must learn to be US-CENTERED instead of SELF-CENTERED. We must learn to say US-FIRST instead of ME-FIRST.

The time is past due for us to accept the challenge — it is now time for us to meet the challenge.

Who will make the first step? When will the first steps be made?

Celebrations

Mrs. Alice Powell Moody recently celebrated her 83rd birthday with a surprise dinner at the Howard Johnson's Motor Lodge, Route 40.

Mrs. Moody is and has been a member of St. Paul Methodist Church for 51 years and was born and raised in Annapolis. She has been a resident of Baltimore for the past 57 years.

Surrounding her in an evening of gaiety were four generations of her family, friends and neighbors.

She was showered with many gifts and honored by the presence of the Rev. S. R. Bennett and the Rev. George Allen of St. Paul Church.

Caribbean experience

Islanders' Production presents a Caribbean Experience for Baltimore on Saturday, Feb. 24, 10 p.m.-2 a.m. at the Steel Workers Union Hall, 540 Dundalk Ave.

Entertainment for the affair will be provided by the **Trinidad and Tobago** Steel Band and the Invaders, one of Jamaica's top Reggae bands.

A fashion show will be presented by Ellen Cash Modeling Agency and a variety of West Indian style dinners will be on sale.

For ticket information call 225-8002 or 866-3324.

Sweetheart Ball

The annual Sweetheart Ball sponsored by the Gamma Chapter of the National Sorority of Phi Delta Kappa Inc. was indeed a gala affair.

Guests enjoyed the delicious buffet and sippables supplied by the culinary staff of Blue Crest North.

The set up was perfect — from the beautiful red and white heart - designed name cards of each soror on the red - clothed tables, to the colorful wrist corsages.

The swinging variety of music performed by Bill Cummins kept most of the people on their feet for the better part of the evening.

Orchids to Charlotte Brooks, chairperson, each soror, and especially to the many guests who helped to make this charitable affair a success.

AFRO staff photo by Roman Hankewer

PHI DELTA KAPPA — The Gamma Chapter, Phi Delta Kappa Sorority, Inc., hosted its Annual Sweethearts Ball on Friday evening, Jan. 26 at the Blue Crest North. Shown above from (L) are: Mrs. Charlotte Brooks, chairperson; Mrs. Elizabeth Young, hostess and Mrs. Lucille Johnson, treasurer.

Participating sorors were: Elizabeth Young, hostess; Rose Bishop, PR and publicity; Charlotte Brooks, sweetheart; Ruth H. Fauntroy, Ruth Ann Hollie Boyle, journalist; Adrene Dixon, dean of pledges.

Also, Virginia Hodge, advisor to Xinau; Mildred Barkley, Aurora Chambers, Leona Farrell, Mildred Herndray, Ethel Hunter, Constance Jeffries, Alfreda Johnson, Louie Kyles, Dorothy Rock, Dolores Thornton, Gloria Nicholas, Cecelia King, Aaolee Mitchell, Mildred Avery, Marion Hunt, Louise Jenkins and Bernice Conaway.

Guests enjoying the evening were: Mr. and Mrs. Lewis Blanchard, J. Edward Boston, Emmanuel Butler, Gary M. Beverley, Alexander Brenner, Michael Bailey, Dallas Barclift, Alfred Bailey.

And, Bernard Brown, Bernard Hall, Joseph Campbell, William Chaney, Michael Dager, Elmer Carter, Ian Barker, Chris Dyer, Samuel T. Daniels, Randall Evans.

And, Bryant Edmonton, Joseph Edmonton, Joseph Fenton, William Floyd Sr., Nathaniel Gardner, Robert Wilson, Lawrence Harrison, Leon Harrison, Roland Harris, Samuel Harris, Joseph Harrod.

Additionally, Robert Jordan, Ernest Johnson, Thomas E. Johnson, William Jennings, Edward Johnson, Joseph Jones, Robert Jeffries, Dorrier Lee, Russell Lyles, James C. Lunn.

Also, Frederick Maddox, Lawrence Mc Cullough, Arthur Luther A. Mathias, Mr. and Mrs. Jerry Downey, Lonnie Peake, Calvin Revels, Ronald D. Isaac, Dr. and Mrs. David L. Scott, Mr. and Mrs. Joseph Shaw, Melvin Tate.

And, Franklyn T. Williams, Bernard E. Wales, Reginald Wilson, James E. Walker, Jerome Wilson, John Williams, Bernard Williams, Lawrence Taylor, Joseph West, Clifton Barrier, George White.

Additionally, Charles. Anderson, Lynwood Coleman, Milton Gilbert, James Finn, Andrew Shaw, Lawrence Reed, Peter Jacquet, William J. Hunt, William Brooks, Ernest Gaddins, Nathan Harris.

Also, Ms. Ruth Brown, Jertys M. Bowie, Beverlyn Cooper, Nadine Cropper, Debra M. Cole, Thelma Greene, Pearl Harris, Adrienne Harris, Barb Hall, Lois E. Mapp, Marie Mason, Cecelia Patton.

And, Maggie M. Quille, Almeda Ware, Helen J. Smith, Amelia White, Doris C. Wiggins, Yvette Britt, Marie Cassell, Pearl Lewis, Arnetta Myers, Mildred King, Cecelia Gilling, Bettye Saunders.

Also, Lillian Meith, Thelma Green, Barbara Hairston, Maxine Gaskins, Cathryn P. Stanford, Rose E. Pino.

And, Lenny Belin, Elliot Black, Glascoe Baker, Melvin Brown, Herbert Clardy, Charles Coates, Delmar E. Davis, James Handley, Leon Robinson, Leon Jones, David Jones, Thomas Lacey, John McDonald, Carroll Marsh.

And, Leonard Pollack, George Brewing, Edward Wilcox, Kenneth Bailey, Earl Lott, Clarence Brown, Robert Hunt, George Russell, George Epstein, George Gaymon, Reginald Johnson, James Hatcher, Maurice Dixon, T.C. Taylor and Larry Brooks Sr.

The Diet Corner

By Helen K. Fletcher
Director, The Diet Workshop

February, a short month . . . that's ideal for a small weight loss.

You'll be surprised how your outlook changes with a ten pound loss. I had a young girl work for me who undertook the ten pound challenge. Her comment was that she hadn't realized how fat she had felt. It was, she said, "like being a little bit pregnant with no baby to look forward to!"

Sooo — how do you do it? With a basic 1200 calorie per day, nutritionally balanced diet, that's how. It consists mainly of cutting out the heavy calories and substituting the lighter ones. For example — no beef, lamb, or pork. Instead you eat fish, skinned chicken, veal, and cottage cheese. Bread, 1 slice of it, at breakfast and lunch only. None at night. Lots of vegetables like asparagus, broccoli, green beans, spinach, lettuce, celery, cucumbers, and green peppers at lunch and dinner. Augment the evening meal with a half cup of a vegetable like carrots, beets, squash, peas, cooked onions, tomatoes, or pumpkin. Three fruits (or 4 ounces of juice) per day. And that's basically it.

February is a nice round period of time with which to experiment. You can lose between 5 and 8 pounds in the next few weeks. Then whittle away at the remainder. Your Ten Pound Challenge will have disappeared before you know it!

You'll pick up some great tips on living thin along the way. Like treating yourself to a super special diet lunch. Here's a recipe for just that purpose.

Quiche Lorraine

4 ounces canned crabmeat, drained
2 eggs
1 cup evaporated skim milk
dash of pepper
2 ounces Swiss cheese or grayere, cubed
½ teaspoon salt
½ teaspoon nutmeg

In pyrex pie plate, spread crabmeat. Beat eggs with milk. Add cheese and seasonings. Mix well. Pour over crabmeat. Bake in 375 degree oven for 50 minutes, or until firm. Serve hot. (Filling can be mixed, refrigerated and poured over crabmeat just before baking).

Remember whether your problem is 10 pounds or 100 pounds, I'm here to help. If you can write to me at The Diet Workshop, 100½ Main St., Reisterstown, Md. 21136.

SCHOLARSHIP RECIPIENT — Ms. Bonnie Taylor recently received the first scholarship award of the Ladies Auxiliary of the Maryland Dental Society (LAMDS). Ms. Taylor, a Baltimore resident, is currently in her third year at the University of Maryland Dental School. Present for the occasion were (L to R): Errol L. Reese, dean of the Dental School; Mrs. Vashti D. Christmas, chairperson of the Educational Assistance Committee of the LAMDS; Ms. Taylor, Mrs. Fannie Mathias, president of the Ladies Auxiliary, and Dr. Mark L. Wagner, assistant dean for student affairs.

History presentations to be given at center

The Afro - American Study Center, 12 W. Madison St., is sponsoring a series of lectures and presentations for the month of February, all dealing with the theme, "Torch for the Future."

On Feb. 4, Dr. Gladys Marie Fry, folklorist and associate professor at the University of Maryland, College Park, will present "African Motifs as seen in Afro - American Quilts."

William A. Benjamin, a Fulbright scholar, will present "The W. A. Benjamin African Cultural Presentation," a program of slides, photographs and tapes.

"Careers for Blacks in Science and Technology," a panel discussion, will be led by John R. Thompson of the National Technical Association on Feb. 18.

The final event, on Feb. 25, is a presentation of the Herbert M. Frisby portrait. Also included on the program is Afro - American poetry and prose by Mrs. Lucille Clifton, a Baltimore poetess.

All presentations begin at 1 p.m. For more details, call 383 - 3648.

VUU to mark Founder's Day

Virginia Union University will celebrate Founders' Day to mark 114 years of service to the Richmond, Virginia Community on Friday, Feb. 9.

Other activities include a luncheon and rally at 12:30 p.m. in the College Inn, Henderson Center and the 90th birthday celebration of Chancellor John M. Ellison in the College Inn at 7:30 p.m.

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THREE-BEAN SALAD

Combine 1 can (8 oz.) each cut green beans, cut wax beans, and red kidney beans, drained, with 2 tablespoons chopped onion (optional) and 1/3 cup prepared GOOD SEASONS® Italian Salad Dressing Mix in a bowl. Cover and chill well. Makes 3 cups or 6 servings.

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—R.S.V.P.

(Continued from Page 15)

Golden Wedding Anniversary

Family and friends came from far and near to join Mr. and Mrs. Orlando Jones (Thelma), who were observing their 50th wedding anniversary.

The Saturday event at St. Cecilia's Church had been arranged by their five children. The invitation showed the love and devotion which went into the planning. It said, in part: "The children of Orlando and Thelma Jones wish to share with you a time of love, respect and honor for our parents. . . ."

The celebration began with a 10 a.m. mass with Father Paul Smith, a longtime family friend, officiating. A reception followed in the church hall.

Longtime friends and neighbors joined the family and the reception was highlighted by reminiscences by those whose lives the couple have touched. Youngsters recalled their help in their growing - up years.

Many recalled the days when the Joneses were on Etting Street, Shields Place, Lafayette Avenue, and now on Clifton Avenue, and their influence on the lives of young people as advisors to Boy Scouts, athletic programs and related activities.

Formerly members of St. Plus, the Joneses have been active members of St. Cecelia's for 25 years. Mr. Jones is a retired Custom House employee. Both Mr. Jones, who calls his wife, "Girlie" (she calls him "Lan"), and Mrs. Jones were typically modest in accepting the praises of their family and friends.

Their children who arranged the celebration are: Barbara Bagwell, who came from San Diego, Calif., whereshe is an early childhood coordinator; Yolanda Proctor, Baltimore city school diagnostic resource teacher; Jacquelin Yellowdy and Janet Walker, both Social Security employees in Baltimore, and Nathaniel Jones, employed as a computer specialist in a Baltimore industry.

Their 11 grandchildren and five great - grands were also present. The grandchildren are: Janesta Downey and Burnadette Yellowdy, Nashua, New Hampshire; Orlando Bagwell, Boston; Donald and Brian Bagwell, Los Angeles, Doreen Bagwell, Washington.

And from Baltimore: Gwynette Proctor, Ananna Kambon, J. Leon Proctor Jr., Norman Richardson, Terrence Proctor; Herbert, Estelle and Yvette, Natalie and Nathan Jones.

The great - grandchildren also present: Jaffar Bagwell, Boston, Anna and Jamile Downey, New Hampshire, Camara and Khari Kambon, Baltimore.

Other out - of - town relatives who came for the celebration were: Donald Bagwell, son - in - law, New Hampshire; J. Leon Proctor Sr., son - in - law, Philadelphia; Mrs. Ethel Williams, a cousin from D.C., and these family friends, Pauline Paysour, Waterbury, Md.; Paula Boyan, D.C. and Mr. and Mrs. Charles Nealy Sr., and Mr. and Mrs. Charles Nealy Jr., all of Aberdeen, Md.

Twins are here!

You read it here first — several columns ago we noted that Dr. and Mrs. Robert F. Draper expected their first - born to be twins. The new citizens arrived last Monday at Hopkins Hospital.

Mother is Virginia Draper, the attorney. She and her orthopedic - surgeon husband have named the children, Virginia Cherie (she weighed 5¼ pounds), and Robert Franklin Draper III (he tipped the scales at 4½ pounds).

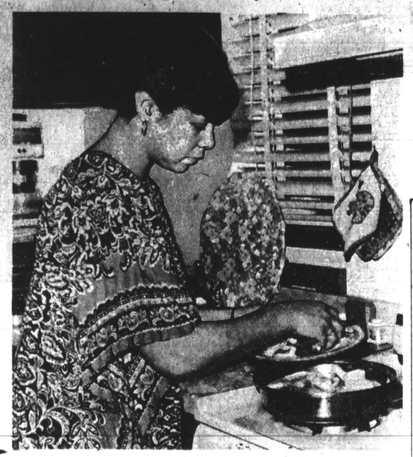
These are first grands for maternal grandmother, Mrs. Lucille Sally, formerly of Niagra Falls, now residing in Baltimore, and for paternal grandma, Mrs. Savannah Draper of Lawrenceville, Va. There have been three sets of twins in the Draper family.

People moving about: William "Box" Harris and his Ivy and the Theodore Perkinses (Hortense), are in from San Juan jaunt.

Illness of an aunt has Earl and Paly Anderson at her bedside in Kansas City. Also ailing, Morgan State U's Joe Perches, doing nicely - after surgery. Also home from the hospital is Royal Waver.

The Great Cooks of Baltimore

Radiologist Mary Blackwell's 'Chicken Lucille'



KITCHEN PIZAZZ — Mary L. Blackwell prepares "Chicken Lucille," a special concoction which bears Ms. Blackwell's middle name. Here she adds fresh green peppers to the chicken in the skillet in her Rockland Run kitchen.

Mary L. Blackwell popular medical worker, loves to cook, does a lot of cooking and is excellent - she certainly ranks as one of the great cooks of Baltimore.

Her interest in the culinary arts dates back to an early age, and was fostered, she says, by her mother, Mrs. Sedonia White, who is also a very good chef.

At age nine Mary prepared her first full course meal. Although she considers herself a good old all - around American chef, Mary is also expert in preparing some international cuisine as well.

Among her best dishes are Japanese Combo, French crepes and flame dishes, Spanish toronados (prime filet braised with wine and mushroom sauce) and African chicken (braised chicken with peanut butter sauce;, the latter sounds yukky but it's delicious!

Mary entertains frequently in her Rockland Run apartment and often surprises her friends with new dishes, as well as cooking for herself and son, Melvin, 19. Whatever she prepares gets raves from both friends and family. Also in her repertoire of culinary delights are several original recipes.

Mary, in preparing food, thinks of economy as well as taste and beauty. One original recipe, which is both delicious and economical, is her Chicken a la Lucille which is Ms. Blackwell's middle name. Her recipe for this delicacy may be found at the end of this article.

Aside from being a master chef, Mary is a radiological technologist at Provident Hospital and also works part time for Dr. Hugh Morgan of this city.

Her hobbies, in addition to cooking, are travel, the theatre and dining out at different restaurants to check out the cusine, to see what other gourmet cooks are doing.

In her travels, Mary has visited restaurants in San Juan, Puerto Rico, (noted for black bean soup), Haiti, (noted for curried lobster and chicken), Nassau, (noted for beans and rice and Grouper - a fish dish), and New Orleans, where she visited the famous Brennan (for its Banana Foster).

Of her culinary talents one can say, "You can rarely get too much of a good thing."

CHICKEN A LA LUCILLE

6 split chicken breasts (or any other part of the chicken)
2 green peppers
1 large onion
2 cups of mushrooms
2 pats of butter (or margarine)
1 No. 3 can of small Italian tomatoes or 4 fresh tomatoes (cored or wedged)
1 clove of garlic
1 tsp. garlic powder
¼ tsp. cayenne pepper
salt and pepper (to taste)

To Prepare:
Wash chicken. Sprinkle on seasoning. Brake in skillet with 2 pats of butter for 1 minute on each side. Slice onions, green peppers and wedge or cube tomatoes. Arrange on top of chicken in skillet. Cover. Cooke over low flame 45 minutes.
Serves 6.

The best - meal you ever had?

The AFRO is looking for the Great Cooks of Baltimore.

Who cooked the best meal you ever tasted? The chef can be male, female, plain or fancy.

Let us know. We want to spotlight folks who create lip - smacking, mouth - watering food.

Send your favorite meal - maker's name, address, and phone number to: Great Cooks of Baltimore, Baltimore AFRO AMERICAN, Box 1857, Baltimore, Md. 21203.

Brokers install officers

The Real Estate Brokers of Baltimore Inc. recently installed William H. Valentine III as the new president for 1979 at its first annual banquet.

Other officers are Mike Cassell, first vice president; Berkley Savage, second vice president; Len Underwood, treasurer; Margaret Wicks, secretary; Joyce Jordan, financial secretary; Florence Valentine, parliamentarian; James Crockette, chaplain and Mildred Hawkins, correspondence secretary.

Nettie Hailes, regional vice president of the National Association of Real Estate Brokers, was guest speaker and installed the officers.

State Sen. Clarence Mitchell III attended and Herman L. Saunders Sr. was banquet chairman.

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