The great chefs of Baltimore

Helen Fitzpatrick's Date Almond Ring

By Pattie Hedges

Our Chef of this Week is Mrs. Helen Fitzpatrick of Celestial Way, Columbia, Md.

Helen has been cooking since her high school days. She is from a large family and has had many experiences at cooking, which she learned first from her mother, Mrs. Annie Fields.

Originally from Virginia, Helen majored in home economics at Virginia State College and has become a truly fantastic cook. She loves to entertain her family and friends, and her culinary delicacies always draw raves.

Helen likes to prepare all kinds of American food, but likes best to whip up salads and desserts. Her specialties are potato salad and lemon cake.

Helen is a home economics teacher at Wilde Lake Middle School in Columbia. She is married to James Fitzpatrick and has one son, Kevin. Her hobbies are bicycling, bowling and gardening.

She has decided to share with AFRO readers her recipe for Date Almond Ring. This is Helen's modified version of an original recipe given to her by her mother.

DATE ALMOND RING

1 cup of margarine
2 cups of brown sugar
3¼ cups of flour
2 cups of dates
2 cups of raisins
2 cups of almonds
1 cup of water
6 eggs (well beaten)
1 tsp. baking soda
1/2 tsp. salt
1 tsp. honey
1 tsp. cinnamon
½ tsp. allspice

Cream margarine and sugar together in a large bowl. Add beaten eggs, water and honey, and blend well. Sift flour, salt, soda and spices together in a separate bowl.

Add to mixture 1½ cups at a time, blending well after each addition. Fold in dates, raisins and almonds. Bake in a greased tube pan at 275 degrees for 2½ hours.

Optional: Frost with a vanilla butter icing and sprinkle with chopped almonds and cherries (as shown in the picture).

Mrs. Helen Fitzpatrick

Estate planning for handicapped

An "Estate - Planning Seminar for families of the Handicapped Persons" will be held on March 31, 9 a.m. — 2:30 p.m. at the Central Center of the YWCA, 128 W. Franklin St.

Mrs. Judy Volkman, coordinator of the seminar, explains that parents may discuss guardianship, estate planning (wills, taxes and insurance) and trusts at the conference.

Speakers include Ms. Carolyn Heinserling, staff attorney, Developmental Disabilities Council and Ms. Katherine Foldes, staff attorney, Maryland Advocacy Unit for the Developmentally Disabled.

Mrs. Volkman is the President of the Baltimore County Parents and Friends of the Retarded and Director of the YWCA Socialization Program for the Mildly Handicapped.

Registration is $5. A box lunch will be available for $3. Registration deadline is March 23. For further information, call Mrs. Judy Volkman, 377 - 8835, between 9 a.m. and 9 p.m.

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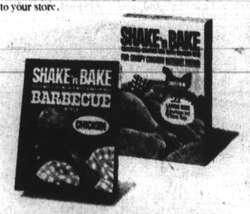

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This coupon is void if it is in excess of your requirements for your own use. Void if transferred or if you violate any other terms of this offer. Any other use constitutes fraud.

Offer expires Dec. 31, 1979 LIMIT - ONE COUPON PER PURCHASE

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Morgan Christian Center annual fundraiser set

The Morgan Christian Center will sponsor a spectacular Tuesday, March 20 7 p.m. at La Fontaine Rouge, 3407 Belair Rd. Proceeds from the affair will be used to complete the renovation of the center begun last year.

Contestants, sponsored by both organizations and individuals, are vying for the title Mr. or Miss Morgan Christian Center. They are Jessica Bond, Derrick Camper, Dana Daniels, Sharon George, Michael Lyle and Michelle Thompson.

Tickets are $15 and may be secured by calling the Morgan Christian Center 254 - 7166.

ANNIVERSARY CELEBRATION — Mr. and Mrs. James Shields of Baltimore marked their 37th wedding anniversary on Saturday, March 10 in festivities with their family members.

The best meal you've ever tasted

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: AFRO-AMERICAN NEWSPAPERS, P.O. Box 1857, Baltimore, Md. 21203.

NEW FOOD STAMP OUTLET (WEST BALTO. AREA) LIEBERMANS GILMOR & WIGGS AVE. 728-4676 CHECKS CASHED MONEY ORDERS DAILY LOTTERY

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Do you sometimes say "just half-a-cup" to good coffee, because you're trying to cut down on caffein? Switch to Brim. Because Brim is always full of the deliciously rich flavor you love. But without the caffein. Use the coupon to save 35¢ on Brim Ground or Freeze-Dried. And you just might end your "half-a-cup" drinking forever.

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Offer expires May 31, 1979.

LIMIT - ONE COUPON PER PURCHASE. This coupon good only on purchase of product indicated. Any other use constitutes fraud.

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SAVE 20¢ on your next purchase of Birds Eye Little Ears Spread and Tender 8 half-ears per package

STORE COUPON 20¢ SAVE 20¢ on your next purchase of Birds Eye Little Ears 8 half-ears per package 20¢

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Columbia Capers

By Pinnie L. Ross

"Roots — the triumph of one man was also victory." It was a statement on the importance of family as our link with the past and on the particular efforts of black people to overcome great odds to maintain their identity and human spirit with each generation. The family of "Roots" took another step toward freedom that most of us take for granted.

"After watching the show, I received news of the death of Delores Harper, the wife of Robert Harper. This made the message of the Alex Haley story especially poignant because this couple's life in Columbia has exemplified both the importance of family and the effort to achieve in a white man's world.

"From the beginning of this city, Rob and Delores labored together to make dreams come true: their own business, Harper's Cleaners and the ideal of Columbia as a place that welcomes all."

"In the sadness of her passing, we can all be warmed by the knowledge that a legacy was left and that future generations will benefit from Delores' example."

Mrs. Delores Harper

The above was entitled, — "A Legacy for Columbia" and was written by Zeke Orlinsky. It was printed in the Columbia Flier of which Orlinsky is publisher.

Service of the Celebration of Life was held last week for Mrs. Delores Purvance Harper at the St. John Roman Catholic Church, Father John Schaffer was the celebrant.

The Roman Catholic Church seats 700 people and it was standing room only. People came pouring in the church to get a last look at the beautiful Delores Harper. It was one of the largest funerals ever to be held in Columbia.

Mrs. Harper was a very modest and loving person. She was known in this community for her beautiful and captivating smile and winning ways. She touched the lives of people in a very special and unique way and her movements were very gentle wherever she went.

Mrs. Harper died in Germany where she was taken by her devoted husband, Robert and their oldest daughter, Jessica for a treatment for her ailment.

I personally have never attended a Catholic funeral, but to me it was quite different and unique in its way.

During the service communion was taken and Mrs. Harper's body was baptized and incense was sprinkled over the remains. The part that was most touching was the Celebration of Life. It symbolized Mrs. Harper's life — for one knew her as a happy person, full of fun and smiles.

Another part of the service which stays in my mind was the family gift giving. The family went up to the altar and presented gifts of articles which Mrs. Harper cherished. Among them were a charm bracelet, a reminder of the trip she took with her husband to Hawaii, her cooking utensils (she was a dynamite cook), pictures of the family with her only grandchild, Jay.

There were tears throughout the service, but many tears dropped when Mrs. Harper and their son presented the deceased with long stemmed roses, which she adored so much.

According to the priest, "She was a rose, loved like one and lived and became a symbol of a rose."

The service also had a mixture of Baptist and other denominations represented. Music was rendered by the St. Cecelia Choir of Baltimore and others presented special traditional tributes.

Highlighting the service, just before the recession was the passing out of roses and baby's breath to the congregation by the ushers.

Mr. Harper said, "instead of taking the flowers we wanted to give them out, because she was a rose and I want her friends to remember her as a rose."

Mr. Harper is the owner of Harper's Cleaners in Oakland Mills Shopping Center. He was the first black businessman to become established in Columbia. He and his wife have aided many other black businessmen there.

Mrs. Harper was born in Baltimore, Feb. 12, 1931 and was educated in the Baltimore City Public Schools. She grew up in the church and became a member of St. Francis Xavier Church at an early age. She was always willing to give service where it was needed.

Mrs. Harper became the loving wife of Robert Harper and together born four children, Jessica, Robert Harper Jr., Robin Martin, and Christy. They have one grandson, Jay.

Also surviving Mrs. Harper are her mother, Josephine Purvance, a son - in - law, James Martin, and aunt and uncle, Mr. and Mrs. Lawrence (Margaret) Wilson.

The funeral was arranged by the William C. March Funeral Home.

House of Ruth benefit auction

The House of Ruth, a non - profit organization that operates a crisis shelter for battered women and children, will sponsor a benefit auction "Going Once, Twice . . . and all that Jazz" on Sunday, April 29 from 4 - 7 p.m. at the Maryland Historical Society, 201 W. Monument St., Baltimore. The proceeds of the auction will be used to maintain the work of the House of Ruth and to guarantee continued state funding.

The auction will offer a variety of items, including tennis lessons, a weekend trip, tax work done by a certified public accountant, lunch at a downtown restaurant with a member of the City Council and a signed water color of the Baltimore scence circa 1895.

William H. Amoss, a member of the House of Delegates from Harford County, has donated his services as auctioneer. A cocktail hour featuring live entertainment will precede the auction.

Marcella Schuyler is the general chairperson for the event. Serving on the fundraising committee are: Ellen Rautenburg, Program, Rikki Baker, Arrangements; Katie Ryan, Refreshments; Michael Quinn, tickets; Courtney Peterson, Auction; and Linda Schulte, Publicity.

Cost of the tickets is $5 each. For additional information, call the House of Ruth at 889 - 6679.

Shawn Gatewood off to Wyoming

Shawn Gatewood of the 2000 block Winford Road in Northeast Baltimore has been selected as one of 16 Girl Scouts in the Central Maryland area to attend an outdoor experience at the Girl Scout Center West in Ten Sleeps, Wyoming. These girls will spend a week camping, backpacking and hiking.

This trip is being sponsored by a grant from the Reader's Digest Foundation.

Shawn is the oldest in a family of four children. She lives with her parents. The 13-year-old is in the eighth grade at the Chinquapin Middle School on Woodbourne Avenue.

She is a member of Cadet Troop No. 1702, under the leadership of Mrs. Brenda Oliver. Shawn's troop is sponsored by the Knox Presbyterian Church, where Rev. Lonnie J. Oliver is pastor.

Shawn Gatewood

The Pacesetters

Travis W. Vauls, president of the Baltimore Urban League, Inc., recently announced the appointment of William H. Gross Jr. as Project Director of the League's Labor Education Advancement Program (LEAP).

As head of LEAP, Mr. Gross will be responsible for continuing the program's progress in promoting, locating, motivating, guiding, assisting, and placing both men and women, primarily minorities, into registered apprenticeship training programs in the building and construction trades.

Prior to joining the Urban League, Mr. Gross was Director of the Transportation Construction Training Institute.

The Baltimore Urban League is a non - profit, non - partisan community service organization dedicated to the principles of "EQUAL OPPORTUNITY."

William H. Gross Jr.

YWCA Leader Luncheon II April 4, 11:30 a.m.

The YWCA of the Greater Baltimore area will host its second Leader Luncheon on Wednesday, April 4, 11:30 a.m. at the Blue Crest North, 401 Reisterstown Rd.

Guest speaker for the afternoon will be Dr. Beryl Williams, Dean of Continuing Education - Community Outreach, Morgan State University.

Dr. Williams entire life has been involved with the YWCA. Over the years she has worked as a student advisor of the YWCA at Claflin College in S.C., served as a member of the Board of Directors of the Bangor - Brewer, Maine YWCA during World War II, served as a member of several committees of the International and Central Centers and long memberships on the board of the Metropolitan Baltimore YWCA.

The YWCA Leader Luncheon provides an event at which organizations in business and industry, education and government join together, each honoring its own women who carry decision-making roles at the management level.

Proceeds from the affair benefit the YWCA, a major voluntary agency concerned with the needs of women and girls in Central Maryland.

MRS. ERLA MCKINNON was appointed to a second term as a Commissioner for Urban Services Agency by Mayor William D. Schaefer. The mayor swore Ms. McKinnon in on Feb. 14. Commissioners of the Urban Services Board are the policy makers for programs under that city agency.

Don't Overlook Deductions!

If you itemize make sure you take all your deductions. Check your tax instructions carefully.

Internal Revenue Service

Good food and families belong together.

That's why Kraft and your grocer are teaming up to bring you big values on the fixin's for family reunions. Big family reunions. And the little family reunions that happen every time your family eats together at home. So clip the family reunion recipes and the coupons below and head for your food store. There couldn't be a better time than this weekend for a family reunion of your own.

EASY CHEESY DEVILED EGGS
(Devilishly delicious way to begin your next reunion)

1 dozen hard-cooked eggs, cut in half lengthwise
1 5-oz. jar KRAFT Neufchatel Cheese Spread with Pimientos
2 tablespoons KRAFT Real Mayonnaise
2 tablespoons chopped green pepper
½ teaspoon salt

Mash egg yolks. Add cheese spread and mayonnaise, mixing until well blended. Stir in green pepper and salt; refill egg whites. 24 egg halves

PANFUL O' BURGERS
(Serve eight burgers from one easy to make recipe.)

2 lbs. ground beef
1 cup soft bread crumbs
½ cup chopped onion
½ cup KRAFT Barbecue Sauce
1 egg
1½ teaspoons salt
KRAFT American SINGLES Pasteurized Process Cheese Food
8 tomato slices
Pickle chips
8 white bread slices, toasted

Combine meat, bread crumbs, onion, barbecue sauce, egg and salt; mix lightly. Place meat mixture into 15" x 10½" inch jelly roll pan; press mixture evenly to within 1 inch of edge of pan. Bake at 350°, 20 minutes; drain off excess fat. Top meat mixture with eight process cheese food slices and tomato slices; continue baking until process cheese food melts. Cut into squares; garnish with pickle chips. Serve on toast. 8 servings

POTATO SALAD SLAW
(Two old favorites get together to start a new tradition.)

6 medium potatoes
4 cups shredded red and green cabbage
½ cup chopped red or green pepper
½ teaspoon salt
½ teaspoon pepper
1 8-oz. bottle KRAFT Low Calorie Thousand Island Dressing

Cook, peel and cube potatoes. Combine with cabbage, green pepper, seasonings and dressing; mix well. Chill. Serve in hollowed out cabbage leaves and garnish with pepper rings, if desired. 6 to 8 servings

KRAFT CLIP THESE COUPONS AND HAVE A FAMILY REUNION THIS WEEKEND KRAFT

STORE COUPON Redeem Promptly Offer Expires: September 30, 1979 10¢ SAVE 10¢ on any size or flavor of KRAFT Jam, Jelly or Preserves TO THE GROCER KRAFT INC. REG. P.O. BOX 1600 CLINTON, IOWA 52734 B8-1 10¢ ONE COUPON PER ITEM PURCHASED

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STORE COUPON Redeem Promptly Offer Expires: September 30, 1979 15¢ SAVE 15¢ on any size or flavor of Cracker Barrel brand natural cheddar cheese TO THE GROCER KRAFT INC. REG. P.O. BOX 1600 CLINTON, IOWA 52734 B9-5 15¢ ONE COUPON PER ITEM PURCHASED

STORE COUPON Redeem Promptly Offer Expires: September 30, 1979 7¢ SAVE 7¢ on any size or type KRAFT Marshmallows TO THE GROCER KRAFT INC. REG. P.O. BOX 1600 CLINTON, IOWA 52734 E9-3 7¢ ONE COUPON PER ITEM PURCHASED

STORE COUPON Redeem Promptly Offer Expires: September 30, 1979 10¢ SAVE 10¢ on any size or flavor KRAFT Low Calorie Pourable Dressing TO THE GROCER KRAFT INC. REG. P.O. BOX 1600 CLINTON, IOWA 52734 F9-5 10¢ ONE COUPON PER ITEM PURCHASED

STORE COUPON Redeem Promptly Offer Expires: September 30, 1979 15¢ SAVE 15¢ on any 12-oz. or larger package of any flavor KRAFT SINGLES Process Cheese Food TO THE GROCER KRAFT INC. REG. P.O. BOX 1600 CLINTON, IOWA 52734 M9-6 15¢ ONE COUPON PER ITEM PURCHASED

STORE COUPON Redeem Promptly Offer Expires: September 30, 1979 10¢ SAVE 10¢ when you buy TWO Pints, ONE Quart or ONE 48 oz. jar of KRAFT Real Mayonnaise TO THE GROCER KRAFT INC. REG. P.O. BOX 1600 CLINTON, IOWA 52734 C9-6 10¢ ONE COUPON PER ITEM PURCHASED

STORE COUPON Redeem Promptly Offer Expires: September 30, 1979 15¢ SAVE 15¢ when you BUY TWO jars of any flavor of KRAFT Jar Cheese Spread TO THE GROCER KRAFT INC. REG. P.O. BOX 1600 CLINTON, IOWA 52734 P9-3 15¢ ONE COUPON PER ITEM PURCHASED