When you're looking for a nutritious luncheon salad without too many calories we suggest cottage cheese and canned cling peaches. This salad doesn't need any dressing and yet is filling and satisfying as well as being nutritious.

New Feature

MRS. ANNIE MAE DAVIS

"I have always enjoyed shopping at Lincoln Credit Clothing and Shoe Store, famous for the latest New York styles in ladies' wear and nationally advertised shoes. Now Lincoln has a New Feature — No Money Down—on famous Saks New York shoes for ladies, Jarman shoes for men, and Chapman's for children." Mrs. Annie Mae Davis of 1839 E. Eager St. further states, "With a New Feature like this, shopping at Lincoln becomes more pleasant than ever. You know Lincoln also has a complete line of latest New York style ladies' wear. You can open a charge account in a few minutes, and the clothes or shoes home with you. Payments are only $1.00 weekly.

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EASY DOES IT

BY ..... HELEN HALE

When you're serving any of your favorite cuts of beef, try those large Spanish onions as an accompaniment. Bake them in cream or scoop out and fill with sautéed mushrooms for a really elegant vegetable dish.

Make a lovely dessert with meringues put together with sweetened whipped cream when you're having guests for dinner. Some frozen berries spooned over the top will add a glamorous touch of color.

Dried herbs soaked in a bit of milk before you add them to ground meat for meat balls will season them delightfully. Soaking in milk helps them regain their flavor.

Recipe Of The Week

Orange Raisin Pork Chops
(Serves 4)

4 pork chops
1 to 2 oranges
2 tablespoons sugar
1 tablespoon cornstarch
¼ teaspoon allspice
1¼ cups hot water
2 tablespoons lemon juice
cup orange juice
¼ cup raisins

Flour pork chops, brown and sprinkle with salt. Remove orange rind with sharp knife; free orange sections from membrane and lay two sections on each chop. Make sauce as follows: mix together sugar, cornstarch and allspice. Gradually stir in hot water and cook until thick. Add lemon juice, orange juice and raisins. Pour sauce over chops and cook over low heat for an hour. Serve topped with sauce.

Use your bits and ends of pie crust for turnovers for the children's snacks or lunches. Apricot marmalade mixed with cranberry sauce is a good filler and so is orange marmalade with cranberry jelly.

Make your next gingerbread in two layer cake pans. When it's baked and cooled, put the layers together with apple butter and top with swirls of whipped cream.

Having neighbors in for an afternoon cup of tea or coffee? Toast bread on one side, then butter untoasted side and spread with brown sugar and broil. Cut in strips to serve.

Shrimp Cocktail

"Gulfport Shrimp Cocktail" is a wonderful way to begin a luncheon or dinner. You'll like the flavor and texture of ripe olives, shrimp and celery; they make a most appetite-inspiring and palatable cocktail.

Gulfport Shrimp Cocktail

1/3 cup ripe olives
1/3 cup cooked or canned shrimp
1/3 cup coarsley chopped celery
¼ cup tomato sauce
2 tablespoons mayonnaise
2 tablespoons lemon juice
½ teaspoon Worcestershire sauce
Dash Tabasco sauce

Cut liver from pits into large pieces. Clean shrimp. Blend olives, shrimp and celery, and arrange in cocktail dishes. Blend remaining ingredients and pour over olive-shrimp mixture. Chill thoroughly.

Serves 4 to 5.

Sunglow Appetizer

"Sunglow Cocktail" assumes all responsibility for one of the best meal starters you've ever had.

Regardless of what you serve following this excellent appetite stimulator, it will taste good. There'll be many occasions at which to serve this good-tasting cocktail.

Sunglow Appetizer

2/3 cup cubed Calavo
2/3 cup orange sections
2/3 cup diced canned pineapple
2 tablespoons granulated sugar
¼ cup orange juice
¼ cup syrup from pineapple
2 tablespoons lemon juice

To prepare Calavo, cut into halves lengthwise, remove seed and skin, and cut into cubes.

Serves 5 to 6.

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1034 N. EDEN STREET

Pineapple Refrigerator Dessert

A delightful party dessert that can be prepared in advance is this pineapple refrigerator mold. It is as handsome, too, as it is delicious.

Pineapple Party Fare

When you have invited several people to dinner, it is a wise idea to prepare as much of the meal in advance as you possibly can.

This pineapple dessert is one that can be made the day before, and stored in your refrigerator until serving time. It is really delicious and hansome enough, too, for any party.

2 cups milk
1 cup granulated sugar
2 tablespoons cornstarch
2 eggs
1 envelope unflavored gelatin
1 tablespoon cold water
¾ cup pineapple juice
1 lemon, juice and grated rind
Lady fingers
Whipped cream
Pineapple Slices
Maraschino Cherries

Heat milk in top of double boiler; Combine sugar and cornstarch; add to milk; stir until thickened. Beat eggs; pour some of hot mixture on eggs; add to remaining hot mixture. Remove from heat. Soften gelatin in cold water.

Add to milk mixture with pineapple juice, lemon juice and lemon rind. Stir until gelatin dissolves.) with halves of lady fingers. Fill pan with alternate layers of pineapple mixture and halves of lady fingers, ending with pineapple mixture.

Chill overnight; unmold. Frost top and sides with whipped cream. Garnish with pineapple slices and maraschino cheeries. Makes 8 servings.

AFRO PATTERNS

MOTHER-TO-BE! Look pretty! Be well-dressed! Here's the maternity ensemble you need for day-to-evening. Jacket is so smart with fashion's best touches, slimming lines. SKIRT cut out to insure even-hemline, a good fit, comfort, too!

Pattern 4880: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4½ yards 39-inch; ⅝ yard contrast.

JIFFY DRESS! Duster-coat! Evening Wrap Beach Coat Get the most use, with the least sewing from this! Make it in a shantung for a spring coat-dress. Later you'll wear it over your suit to beach and back if you make it in a tubbable cotton.

Pattern 4530: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4½ yards 35-inch fabric.

These patterns are easy to use, simple to sew, and tested for fit. They have complete illustrated instructions.

Send Thirty-five cents in coins for each pattern—add 5 cents for each pattern if you wish 1st-class mailing. Send to ANNE ADAMS, care of AFRO-AMERICAN, 211 Pattern Dept. 243 West 17th st. New York 11, NY. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

Cooking Fun

Avocado Soup

Start off your next dinner party with this rich and delicious avocado cream soup. Cook ¼ cup finely chopped onion and ½ cup thinly sliced celery in 1 tablespoon butter about 5 minutes. Add 1 tablespoon butter and teaspoon salt, and heat to boiling. Remove from heat and stir in 1 sieved medium-sized Calavo avocado. Serve immediately.

Recipe Of The Week

This superb recipe for "Baked Sole Sauterne" is one of our very favorite company dishes. It's an excellent Lenten dish, but since it's so popular with our family we serve it many times during sole in wine, then drain off the sole in wine, then drain off the wine and use it as the liquid for the ripe olive, lemon and butter sauce to serve over the fish. Delicious is our only way of describing it!

Baked Sole Sauterne

1 pound fillet of sole
Salt
2 green onions
½ cup Sauterne wine
1 tablespoon butter or margarine
1 tablespoon flour
Dash cayenne pepper
1 tablespoon chopped parsley
½ cup ripe olives

2 teaspoons lemon juice

Sprinkle fish with salt and arrange in greased shallow baking dish. Chop onions and sprinkle over fish. Add wine and bake in hot oven (400 degrees F.) 15 minutes. Melt butter and blend in flour, cayene and salt to taste. Drain wine off fish into butter and flour mixture, and cook and stir over hot water until thickened. Add parsley, olives cut from pits into small pieces and lemon juice. Pour sauce over fish.

Serves 4.

Have you ever tried using grated raw parsnip in a salad or appetizer? For a delicious appetizer we like to combine 1½ cup coarsely grated parsnip with ½ cup ripe olives.

½ cup thinly sliced celery, and ¼ cup ripe olives cut from their pits into large pieces. Over this serve a sauce made of ¼ cup catsup and 1 tablespoon chili sauce with accents of lemon juice, horsebasco sauce.

Cream cheese moistened to spreading consistency with frozen orange juice concentrate and mixed with chopped nuts makes one of the best-tasting spreads ever for hot baking powder biscuits.

Southern Fowl, Lima Soup

For this heavenly "Southern Chicken Lima Soup," mash part of the cooked lima beans to bring out their good buttery flavor. Add them with rich chicken stock to cooked green onions and celery. Stir in the whole limas, chicken and hot milk, and you have one of the best soups we've tasted in a long time. The curry powder doesn't taste like curry, but adds something distinctive.

Southern Chicken Lima Soup

cup sliced green onion
¼ cup finely chopped celery
2 tablespoons butter or chicken fat
½ teaspoon curry powder
2 cups rich chicken stock
2 cups cooked California large limas
¾ cup shredded cooked chicken
3/4 teaspoon salt
2 cups scalded milk (part cream)
Paprika

Fry green onions and celery in butter or chicken fat until soft but not brown. Sprinkle with curry powder and mix well. Stir in chicken stock. Mash half the lima beans and add to mixture. Add remaining whole beans, chicken and salt. Heat thoroughly. Blend in scalded milk and heat to simmering. Do not boil. Taste and add more salt if needed. Serve hot in heated bowls. Sprinkle each serving with paprika.

Makes 1½ quarts of soup.

x/To make stock, cover bony pieces of chicken with water, add a few celery leaves and a small diced onion. Simmer until tender. Or, dissolve 3 chicken bouillon cubes in 2 cups of hot water).

Spicy Slices

"Spicy Peach Slices" are grand with turkey, hot or cold. Be sure to serve them in small side dishes with plenty of syrup.

Their rich color and good taste add much to the enjoyment of the meal.

2½ cups canned cling peach slices
½ cup wine vinegar
½ cup brown sugar (packed)
¼ teaspoon cloves
¼ teaspoon allspice
½ teaspoon cinnamon
1 thinly sliced lemon

Drain peaches. Combine vinegar, sugar, spices and lemon. Simmer 5 minutes. Add peach slices and simmer 5 minutes longer. Chill before serving.

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"Bond Bread IS MY MOMMY'S FAVORITE, TOO"

Says: Miss Linda Sutton
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The extra-special taste and flavor of BOND BREAD just naturally make it a favorite with everyone. And the wholesome nutrition of enriched BOND BREAD . . . the bread with the longer-lasting freshness . . . makes it perfect for the whole family!

Taste tells . . . BOND's your best bread buy!

Misses Bright, Murphy, Dotson Cited For Half Century Of Y Work

Three women who have served with the YWCA for a half century or more received special recognition at the annual meeting of the Metropolitan Y, last Monday evening.

They were Misses Emma Bright, Frances L. Murphy and Sarah Dotson, all members of the Madison Avenue branch.

Citations also went to eight with a service record of 40 years or more and to 14 whose service in the organization covered more than 30 years.

Mrs. -Hawkins Listed

In the 40-year or more group were Mesdames Margaret Hawkins, Veola Coleman, John W. Woodhous, Carrington L. Davis, and Alice Thomsen; and Misses Charlotte Williams, Celeste Webb and Hilda James.

Honorees with 30 or more years of service included: Mesdames William Fitzgerald, Grace Imes, D. Arnett Murphy, Lillian Watty, Bruce McDonald, Henry E. Cowper; Misses Anna M. Grill, Ruth Grill, Florence Grill, Leona Buchwald, Elsie Ottinger, Mary McCully, Mattie White, Eda Meier.

All received corsages of carnations.

Announcement was made at the meeting that Miss Elizabeth H. Bartlett has been re-elected to the board of directors for the term 1953-56.

Miss Bartlett won the election over Mrs. Thomas D'Alesandro, Jr., wife of the Mayor.

Named to the board for a three-year term were Mrs. Bernard Harris, sr. and Mrs. W. A. C. Hughes jr., among others.

Mrs. William L. Fitzgerald was elected to the nominating committee for this year.

CALIFORNIAN IN S.C.

SPARTANBURG, S.C. — Mrs. Carroll G. Winston is here from San Diego, Calif., to visit her parents for a while. Her father, William Gilmore is ill and has been confined to bed.

Cowboys — of all sizes —
get quick energy from pure wholesome
SOCIETY BRAND Easter Eggs.

Two cents, five cents, ten cents . . .
good candy counters everywhere
sell SOCIETY BRAND Easter Eggs
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These are best, too: FLAKO® Pie Crust Mix; CUPLETS® Cup Cake Mix; FLAKES Cookie Mix.
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Trent Given Testimonial

500 In Atlanta Pay Tribute To Him

By FREDRICKA F. HURLEY

Atlanta, Ga.—Thousands of Atlantanians expressed their love and respect for Dr. William J. Trent, president of Livingstone College by honoring him with a testimonial at Butler Street YMCA with the co-operation of the Shaw Temple AME Zion Church.

The Butler Street YMCA sponsored the testimonial out of appreciation of the tremendous sacrifices made by Dr. Trent while he served as executive secretary during 1911-1925.

More than 500 persons came to pay honor to this man who was described by J. W. Dobbs, grand master of the Masonic Lodge as:

"The most moral man, the most well-read man, and the most devoted father and husband I have ever known."

Prior to his coming to Atlanta, Dr. Trent was general secretary of the YMI in Asheville, N.C. He was called to Atlanta because of his many achievements there to take over the YMCA work. Through his efforts, the main "Y" building was erected and dedicated in 1920.

Three minute tributes were paid him by the following local leaders:

A. T. Walden, J. S. Wheeler, S. W. Walker, Roger Henderson, the Rev. W. Potter, minister of Shaw Temple AME Zion, and Dr. Rufus A. Clement, president of Atlanta University. They presented Dr. Trent with a certificate in token of appreciation.

Dr. Trent in response said that this came as a complete surprise to him as did a similar affair held at Livingstone College last February. Music was by the Butler Street YMCA Chorus with solos by Francis Long and James I. Rickey.

USO Marks Twelfth Year

As a member of the Baltimore USO Operating Committee, Mrs. Bruce Alleyne was on hand, Monday, when Mayor D'Alesandro signed the proclamation setting Wednesday, Feb. 4 as USO anniversary day.

Other members of the committee, headed by Henry C. Evans and responsible for the operation of the Baltimore USO Club at Saratoga and Cathedral sts. are: Mrs. Margaret Palmisano and Mrs. Lucille Colliver of the Jewish Welfare Board; William R. McClaren, YMCA; T. Meredith Bonner, Salvation Army; Charles Holoson, National Catholic Community Service.

Bladen J. Darnelle, Travelers' Aid; Mrs. Anne Holland and Tom Dukehart of WBAL-TV. Mrs. Alleyne represents the YWCA.

12th Anniversary

The Feb. 4 date marks the 12th anniversary of the USO, which was established before America's entrance into World War II, and has since won world wide recognition as a "home away from home" for members of America's armed forces, wherever they may be stationed.

The anniversary celebration will be marked by a luncheon at the Advertising Club, according to Mr. Evans. The aim of this year's celebration, he said, is to focus public attention on the contribution which the more than 100,000 USO volunteers throughout the country are making toward the maintenance of the morale of the armed forces.

In his proclamation, Mayor D'Alesandro declared that:

"Since its establishment in 1941, the USO has devotedly fostered a warm friendliness between civilian and serviceman, thus giving expression to the democratic concept of unity between our people and our armed forces."

Created Understanding

The proclamation further pointed out that "a legion of USO volunteers, comprising Americans of all races and faiths, has conscientiously served the religious, spiritual, social and welfare needs of the members of our armed forces through twelve tumultuous years."

It called upon the entire community to join in the observance of the USO anniversary "as a tribute to an organization which has created a profound sense of mutual understanding between our people and our armed forces."

Nannie Burroughs Is Guest Speaker

Miss Nannie Burroughs, director of the National Training School for Girls in Washington will be guest speaker at the NAACP membership meeting on Feb. 15.

Miss Burroughs is also president of the Women's Auxiliary of the National Baptist Convention.

In addition to the nationally known leader of civic, religious and educational activities, the program will feature music by the well-known Town Choir.

The program will be held at 3 p.m. at Sharp St. Methodist Church.

New Annapolis YMCA Secretary Starts Duties

Paul D. Haugton, former physical education director of the Wilmington, Delaware YMCA will take up his duties this week as executive secretary of the Northwest Street YMCA in Annapolis, Md.

Mr. Haugton is a graduate of the University of Iowa and the University of Biarritz, France. The new executive secretary attended law schools at Iowa and Temple Universities. He also holds a teaching certificate from the University of Delaware.

Citizenship Book Authors Speak At Fellowship Tea

Dr. Harry Bard, director of curriculum in the Baltimore public schools and Harold Manakee were guests of honor at the second Meet-the-Author tea given by the Baltimore Fellowship.

The affair was held in the hall of St. Michael and All Angles Episcopal Church, St. Paul and 20th sts.

The authors discussed informally the plan and content of their new book "Active Citizenship."

Dr. Bard stated that "For many years civics books dealt largely with the structure of government, but not with the growth within that structure.

"After World War I" he recalled "students began to turn their attention to the actual services within the structure of their own communities."

The new approach, as given in "Active Citizenship" is geared to arouse the interest of teenagers so that they realize and see themselves as actual citizens while they are in their teens" he said.

"They also have an opportunity to examine their community and civic life with that of other cities."

Both writers spoke of their intensive research in many communities to secure the 60 case histories of students as well as communities.

These chapters also designed to acquaint the students with the "historical background and with the problems of the people of many lands and races who have contributed to our great history."

In City Schools

"Active Citizenship" is in use in the Baltimore public schools, as well as another book by Dr. Bard on "Intercultural Education" written about Baltimore agencies and opportunities in this field.

Clarence Roberts, chairman of the Baltimore Fellowship and master of ceremonies, called attention to the in-service community study groups for teachers which Dr. Bard has formed here as a workshop for first hand study of facts of city life.

An invitation to visit Fellowship House, 22 W. Preston st. and to participate in the intercultural program of the Baltimore Fellowship was extended by Mrs. Mae Gellman, executive director.

Mrs. Anna Nathanson poured tea after a brief musical program by Fellowship Choir, under the direction of William Miller.

Perryman Matron Feted At Party

Mr. and Mrs. Robert Johnson of 837 Erie St. Havre de Grace, Md. gave a surprise birthday party Sun., Jan. 25, for their daughter, Mrs. Mayfield Johnson of Perrymans Md.

The guests present were:

Dr. and Mrs. James Peaco and family of Wilmington, Del. Miss Carrie Giles of Wilmington, Del., Mrs. AlGethia Bryant of Philadelphia; Mrs. Madie Conquest, Mr. and Mrs. Wesley Giles, William Hopkins, Mr. and Mrs. George Monoc of Havre de Grace, Mr. and Mrs. Gallaway.

Mr. and Mrs. Edward Franklin, George Preston, John Bond and Willie Williams, Mrs. Elizabeth Dennison, Ethel Boston and Laura Mitchell.

Mr. and Mrs. Clayton Stansbury, Garfield Johnson of Perryman, Md.; Mrs. Serena Waters, Mr. and Mrs. Oliver Chatman, Mrs. Madie Warfield of Aberdeen Md., George Whemas, Mrs. Nettie Buckhannan, Mr. and Mrs. James Webster, Mrs. Helen Bowser, Miss Effie Hall, Mr. and Mrs. Norman Johnson, Mr. William Johnson of Aberdeen, Md.,

Talks On Africa Beginning At YMCA

The first of a series of lectures and discussions on "African Affairs," featuring Dr. Chas. A. Y. T. D. Agyeman as lecturer, will be held at the Druid Hill branch YMCA on Thursday, Feb. 5, at 8 p.m.

The topic will be "West Africa and the Point 4 Program."

Subsequent lecture discussions will be held on Febuary 12th, 19th and 26th.

WEAVER HEADS COUTS ATTENDING 3RD JAMBOREE

Henry G. Weaver, of Annapolis, master machinist at the U.S. Naval Academy, has been selected to head the Baltimore contingent of 350 boys and the 40 men who will attend the Third National Jamboree of the Boy Scouts of America to be held at Santa Ana, Calif., by more than 50,000 Scouts July 17-23.

Orders Taken Now For Valentine Sweetheart Cakes
Meal Time is Variety Time
Both in rolls and sweet goods for home use or for a change eat out in our dining room.
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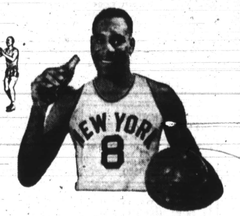

"Sweetwater" Clifton
long-shot artist and famous professional basketball star, pauses with ice-cold Coca-Cola.

Basketball is a demanding game. A man must go full-speed for long periods, giving all his energy and all his strength to the job of winning the game.

The same thing is true in your job, whatever it may be. You, too, must go full-speed . . . with all your energy and all your strength . . . for long periods of time. To be at your best, you must take time out when you can to relax and relax. That's when most people head for the friendly red cooler and a frosty bottle of delicious, ice-cold Coca-Cola. And don't forget—take home a case or carton of Coke for the family.

Follow the Champions. Have a Coke . . . and Work Refreshed

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look kids!
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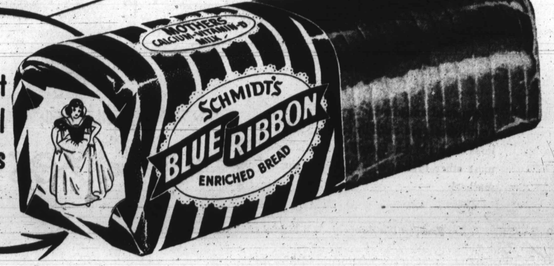
You know that nice grocer who sells Blue Ribbon Bread? Well, just ask him for your free, exciting Snow White fill-in picture!

Then ask Mom to buy a loaf of swell-tasting Blue Ribbon every day, so you can cut out the colorful characters—Snow White, Happy and all the other lovable dwarfs. Paste their pictures on your big Snow White fill-in picture to complete it. Better hurry up and ask your grocer today!

HOW TO COMPLETE YOUR PICTURE
1. Hang your Snow White fill-in picture on the wall with cellophane tape.
2. Ask Mom to remove the little picture from the end of the bread wrapper with a warm—not hot—iron.
3. Cut out the chargter to fit in the space on your big Snow White picture.
4. Paste the character in place.

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