COOKING FUN

Cherry desserts are almost a "must" during the month of February.

They're fine any time of the year, of course, but they're especially appropriate when you're commemorating George Washington's birthday or honoring St. Valentine.

The General Electric Consumers Institute suggests you try Ris A l' Amande for such occasions. This dessert with a Danish name can be served chilled or lukewarm as desired.

Ris A l' Amande is easy to make, and easy to store in your refrigerator. For a special Valentine's Day treat, serve it in heart-shaped dishes to top off a holiday meal or highlight a holiday party.

The following recipe serves eight.

Ris A l' Amande

Tested in the G-E Consumers Institute.

3½ cups milk
2/3 cup uncooked rice, washed and drained
2 tablespoons sugar
1 teaspoon vanilla extract
¼ cup blanched almonds, finely chopped
1 cup heavy cream, whipped
1 No. 2 can pitted bing cherries in heavy sirup
5 teaspoons cornstarch

Bring milk to boil in 3-quart saucepan on a high heat. When boiling, immediately stir in rice and switch to slow heat. Cover and cook 40-45 minutes, stirring occasionally. Remove from unit, add salt, sugar, vanilla extract, and almonds; blend. Cool, then chill in refrigerator. Add whipped cream, folding in thoroughly after each addition.

Drain cherries and reserve about 1½ cups. Put cornstarch in 2-quart saucepan; add small amount of juice and blend. Add remaining juice, and heat on a high heat until thickened, stirring constantly. Remove from unit; add cherries. Chill sauce or serve lukewarm over rice as desired. Makes 8 servings.

Plans For Future

How about preparing a delicious oven meal for your family and at the same time baking an extra cherry crumb pie to freeze for future use?

It's easy to do in a single oven, using a menu of decorated ham loaf and gravy, baked potatoes, and baked frozen corn, says the General Electric Consumers Institute.

The meal for six can be served piping hot from the oven.

On the lower rack of an oven at 400 degrees F., place six medium - sized potatoes, a 2-quart Pyrex casserole of frozen corn, and a ham loaf in a 9½ x 5¼ x 2¾-inch aluminum pan. The potatoes should be placed in the front and the ham loaf and casserole in the back.

Arrange Carefully

The two pies go on the front section of the upper rack in 9-inch Pyrex dishes. They may be put in at the start of the oven meal baking period or after 20 minutes, since they require approximately 20 minutes less baking time.

When the meal is done, turn the oven off. Invert the ham loaf on a Pyrex or heat-resistant platter and return it to the warm oven.

Cut a cross on the top side of the potatoes and gently press the potatoes to soften and to push some of the potato up through the opening. After putting one tablespoon of butter or margarine on top of each potato, place them in a 12¼ x 8 x 2-inch baking dish and place them back in the oven.

Make gravy and serve the meal hot from the oven.

Here are the recipes suggested by the G-E Consumers Institute:

Ham Loaf and Gravy

Tested in the G-E Consumers Institute.

½ cup firmly packed brown sugar
1 No. 1 flat can sliced pineapple
6 whole maraschino cherries, drained
1 pound ham, ground
½ pound fresh pork, ground
1 cup fine soft bread crumbs
1 egg, unbeaten
1 cup milk
¼ cup minced onion
¼ cup minced celery
½ teaspoon salt
¼ teaspoon pepper

Juice from pineapple, meat liquor, and water to make 1 cup
¼ teaspoon bottled brown seasoning sauce
1 cup water
3 tablespoons all-purpose flour

Spread brown sugar in bottom of greased 9½ x 5¼ x 2¾-inch pan. Remove and drain 2 slices of pineapple, reserving remainder of can for making gravy. Cut each pineapple slice in 3 pieces. Arrange pineapple and cherries on brown sugar so some of each can be served with each serving of meat.

Mix ham, pork, bread crumbs, egg, milk, onion, celery, salt and pepper. Pack meat mixture firmly in loaf pan over pineapple and cherries. Bake in oven 400 degrees F for 1 hour. Remove from oven; pour juice from pan and reserve for gravy. Invert meat loaf onto serving platter and keep warm while making gravy.

Put juice, meat liquor, seasoning sauce, water, and remainder of pineapple, diced, in 1-quart saucepan. Shake water and flour vigorously in covered jar until thoroughly blended. Add to liquid in saucepan. Bring to boil on rear unit on a high heat, stirring constantly. Switch to a low heat and boil 1 minute.

Makes 6 servings.

Baked Frozen Corn

Tested in the G-E Consumers Institute

2 10-ounce packages frozen cut corn
¼ cup water
½ teaspoon salt
2 tablespoons butter or margarine

Place corn, water, salt, butter in 2-quart casserole. Cover. Bake in oven 400 degrees F for 1 hour. Makes 6 servings.

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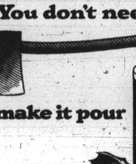
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MOUTH MELTING VALENTINES— Valentine coffee hour will decoratively and deliciously include these heart-shaped cakes.

Diets prevent age declines

For less decline in the so-called "declining years," better food habits are recommended by home economists of the U.S. Department of Agriculture.

As people live longer, they need to give more consideration to diets that will make those extra years healthier and thus happier and more useful. Middle-agers especially should check on what they eat to have diets that will prepare them for healthier later years.

But even the elderly often can do much for themselves by learning what foods they need and why.

Preventative Diets

As research has shown that food has much to do with many of the chronic ills common among the elderly, more attention is being given to diets that will stave off these conditions. A nutritionally adequate diet for the elderly is similar to that for any adult.

First emphasis should be on foods supplying nutrients for repair and upkeep of the body. Then other foods can be added as needed to meet energy needs. Because elderly people are less active than younger adults, they need less foods solely for energy. But their need for protein, minerals and vitamins is the same or even greater.

Thus, from middle age onwards well-balanced diets should include generous amounts of milk and milk products, lean meat, poultry, fish and eggs as well as vegetables and fruits, especially leafy green and yellow vegetables and tomatoes and citrus fruits.

Nutritional Needs

The nutritional problems common among the elderly deserve greater understanding today when more than 8 percent of our population is over the age of 65 years. Three basic reasons for these problems are: Poor food habits of long standing; low incomes; effect on appetite and food intake of difficult adjustments often required during this period of life.

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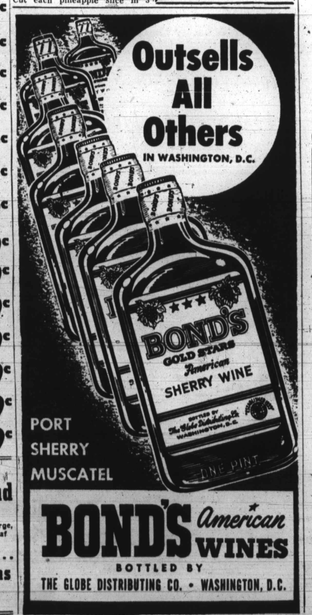
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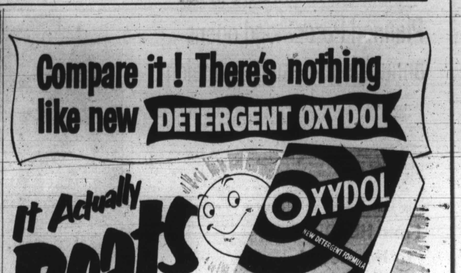

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Dozens of wash tests have proved it—that detergent Oxydol beats the sun for getting clothes white. For instance, we took some shirts and washed them in all the leading suds, and dried them outdoors in brightest sunshine. But a shirt washed in Oxydol and dried indoors—like the one shown here—was noticeably whiter than the other shirts. You can have gorgeous white washes too—with new detergent Oxydol. Get it for your next wash!

How To Save Up To 25 Cents a Pound on Coffee Today

If the rising cost of coffee has got you down—here's a welcome tip: Switch to Wilkins Instant Coffee. Thousands are doing it simply because it makes sense. Most people have already found out that Wilkins Instant gives you more coffee for less money.

Do this: Go out and buy a jar. You'll find that it tastes much better than other instant coffees. And, you'll find that you wind up saving up to 25c a pound over any regular coffee.

Much as we hate to see folks give up the use of regular coffee, we're prompted to print this bit of advice simply because we're as much concerned over the rising cost of regular coffee as you are. And we're the first to admit that Wilkins Instant is cheaper to use than any regular coffee.

—The Wilkins Coffee Family

PLEASE NOTE: If, in your opinion, Wilkins Instant Coffee isn't, without a question of doubt, the very finest instant you ever tasted, return the jar and we'll buy you three jars of any other brand on the market.

Omega Psi Phi fraternity host at colorful costume dansant

Mr. and Mrs. Edward Johnson, posing as Nero and a slave girl, took top honors for costumes displayed at the annual costume festival of Omega Psi Phi fraternity, Friday evening.

The prize was a travel clock.

The Mardi Gras, the largest dance here this season, was held in the Coliseum.

Among those attending were: Messrs. and Mesdames Charles A. Brackett, Kenneth E. Wilson, Roy Hamilton, Guy Bragg, George White, Samuel T. Daniels, Miles E. Harrison, Royal S. Weaver, Jr., Daniel E. Harris, Jr., Walter C. Hill, James Barnes.

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Henry Goodman, Freddie G. Johnson, Spencer A. Key, Harry Anderson, Lee Lynch, Charles Cephas, Alfred V. Miner, Clarence Johnson, Charles W. Jones, Roger J. Johnson,

LA VAY ETT — The social club held a meeting in the home of the president, Mrs. Mary Roane, 3033 Arunah ave., where plans were made for a Valentine party on Feb. 18.

The affair will be held in the home of Mrs. Elizabeth Street, 2418 Presbury st.

LUCKY NIGHT — Mrs. Viola Harrington was hostess to the club at 2710 Ellicott dr., this week.

Mrs. Juanita Jenkins is president of the club; Mrs. Goldie Beverly is secretary; and Mrs. Hilda Holmes is editor.

The next meeting will be with Mrs. Josephine Stanley.

CLUB HELPS SCHOOL PUPILS — The Northwest Child Study Club recently presented $40 each to Jerome Briscoe, principal of School No. 127 and to Miss Anne B. Rowe, principal of School No. 112 to buy shoes for needy pupils. Seated left to right are Mrs. Ellen Johns, Mrs. James A. Laforest, club president; Mr. Briscoe, Miss Bowers, Mrs. Jessica Taylor, Mrs. Margorie Sheffey; standing, front row, Mesdames Virginia Newkirk, Mary Sprow, Gloria Phillips, Marion Myers, Elsie Scott, Eugenia Wade, Harriet Barrett; back row, Mesdames Flozella Clash, Lucille Cephas, Alice Payne and Iona Collins.

DAY TO REMEMBER— The Canton Social and Savings Club recently celebrated its 17th anniversary at Mt. Ararat Baptist Church. Left to right: Mesdames Muriel Redd, president; Louise Savoy, vice-president; Lucy Wilson, secretary; Beatrice Branham, treasurer; Dorothy Young, business manager; Ida Hawkins, chaplain; Beatrice McGee, Addie Ward, Mary Farley.

OFF TO GERMANY — Mrs. Hester Russell of Baltimore will leave, Saturday, to join her husband, M Sgt. George E. Russell in Hannan, Germany.

Iotas plan Valentine dance, 200 at merit awards program

Kappa chapter, Iota Phi Lambda sorority held its monthly meeting on Saturday at the Corner W. Peters Business School.

The date of the meeting was moved up to a week earlier in order that the final plans could be made for the pre-Valentine dance which the chapter is giving on Friday night at the Odd Fellows' Hall.

Delegates were elected to attend the Maryland League Conference. A repast was served by the hostesses for the month.

At the January meeting held at the home of Soror Odessa Howard, 2314 V. Longwood st., the following officers were installed by Soror Evelyn D. Wilkes, eastern regional director:

President, Sorors Emma Brown; 1st vice president, Gladys Palmer; 2nd vice president, Jessie Nicholson; recording secretary, Mary Jones;

Financial secretary, Sorors Mable Waters; corresponding secretary, Ida Newton; treasurer, Margaret Johnson; journalist, Thelma Jiggetts; and dean of pledgees, Marie Lewis.

Mrs. Nixon Speaks

Two hundred guests heard Mrs. Sanoma Nixon discuss "The Point of o Return" at the chapter's History Week presentation, Sunday.

Political organization, preparedness, technical know how and scientific genius, Mrs. Nixon said are the factors which are needed to put the race on the forward march.

Soror Mable C. Waters presided at the program which was held in the Madison Avenue Branch YWCA.

Miss Wallace Sings

Musical selections were rendered by Morgan State College Octet, a portion of the a capella chorus of Frederick Douglass High School, and Soror Josephine Wallace Mrs. Margaret Franklin played a piano solo.

Certificates of merit were presented by Soror Evelyn D. Wilkes, eastern regional director to the following:

James A. B. Callis, educator; Jesse B. Clarke sr., printer; Joan Cole, student; Carrington L. Davis, retired educator; Sarah F. Diggs, civic leader;

Ray Feits, athlete; Philathea Carter Hall, real estate broker;

Thomas Hawkins, entertainment; Odessa Howard, secretary; Anne Mercer, director of Little Folks Theater; Henry G. Parks Jr., businessman;

Fannie Poulson, student; Ralph Reckling Sr., educator; Richard Richardson, radio announcer; Martin Rodney, dentist; Eugene Stanley, associate professor Morgan State college; Cyrus Stevenson, businessman;

John L. Tilley, religious educator; Muriel Wilson, student and Dr. Isaac Young, dentist.

Refreshments were served at the end of the program.

Dinner party for Miss Brooks

Mrs. Evelyn Brooks, 2427 Terra Firma rd., Cherry Hill, was honored at a birthday dinner on Saturday.

Guests were Mr. and Mrs. Theodore Weems Mr. and Mrs. Marshall Hays, Mr. and Mrs. Edward Johnson, Mr. and Mrs. William Campbell;

Mr. and Mrs. James Hill, Mr. and Mrs. James Wooden, Mrs. John Gibson, Mrs. Laura Bacon, Mrs. Sadie Thomas, Mrs. Julia Grey, James Brooks.

Out-of-town guests were Mr. and Mrs. Cephas Rawlings of Washington and Mr. and Mrs. Leonard Pegram of Chester, Pa.

SELBY KEASER GUEST OF PARENTS IN BALTIMORE

Selby Keaser, who is stationed at Camp Polk, Louisiana, and son of Mr. and Mrs. Eugene Keaser of 310 Zeppin ave., is sending a 15-day furlough with his parents and sister, Miss Mildred Keaser in Patapsco Park.

MRS. ROBERTSON FETED ON BIRTHDAY

Mrs. Beatrice Wilson of 613 Appleton st., entertained her sister, Mrs. Mervin Robertson at dinner on her birthday recently. Others included Mr. and Mrs. Charlie Burton, Mrs. Esther Harris, Miss Wanda Robertson and Earl Woddy.

SANS SOUCI — When club members met with Miss Avis Smith, 2537 Madison ave., this week, pinochle prizes went to Mrs. Margaret Johns, first; Miss Hilda Collins, second; and Mrs. Isabella Jackson, third.

Clubs

SOCIALITE—The charity club is having a cocktail dance and party on Sunday, February 14, at the Elks' Home, 1528 Madison ave.

ARVETTA — The club met in the home of Mrs. Sammie Curtis, this week. Mr. and Mrs. M. Isabel of 1332 N. Fulton ave. will entertain the group at its next meeting.

SARDONYX — A meeting of the club was held in the home of Mrs. Anna Smothers, 1523 Retreat st. Bingo was played.

TWIN CITY — Mrs. Inez McCray of 1816 Edmondson ave. entertained the club, this week. Plans were completed for a supper party at 526 N. Stricker st. on Feb. 26.

RUBAIYATS — The pleasure club met in the home of Mrs. Ruth Bagby, 1409 W. Lanvale st., this week.

Mrs. Lillian Banks will be hostess at the next meeting, which will be held in her home, 1639 W. Lafayette ave.

THRIFTY — The club met with Mrs. Lucille Funn on Monday evening.

Attending the session were: Mesdames Mary P. Davis, Viola Lee, Lillian Moore, Lorraine Garrett, Mesars. and Mesdames Thelmon Brown, Richard Perry, Waverly Wiggins, and Stephen Mathis.

The next meeting will be with Mr. and Mrs. Richard Perry of 2306 Edmondson ave. Mrs. Mary P. Davis is president.

EAST SIDE JOLLYETTE — The social club met with Mrs. Mattie Hill of 1414 N. Eden st., this week.

Plans for a dance on March 13, at Pythian Castle, are being made. Mrs. Mabel Williams of 1538 N. Caroline st., will be hostess at the next meeting.

Mrs. Hazel Knight is president of the club and other officers are Mrs. Ida Davis, secretary; and Miss Nora Faggins, business manager.

LILY OF THE VALLEY — The sewing circle met with Mrs. Edna Cornish, 1808 N. Broadway. Mrs. Mary Batson of 2816 Riggs ave. will be hostess at the next meeting.

CAP AND GOWN — The club met, this week, in the home of Mrs. Bertha Sneed, 1723 E. Madison st.

A supper party will be held at 1347 W. North ave. on Feb. 26.

Mrs. Mary Holly is president of the group. Mrs. Mildred Lee of the club recently attended a citizenship banquet in Washington.

ECLIPSE — The pinochel club met in the home of Mrs. Emma Holton, 1130 N. Carrollton ave., Wednesday.

Prizes at cards went to Mesdames Myrtle Dennis, first; Mary Johnson, second and Dorothy Diggs, third.

WILLING WORKERS — The group, of Leadenhall Baptist church met Monday night and completed plans for celebrating the club's anniversary on the 28th.

Following the business session the club had a birthday surprise for Mrs. Beatrice Stevens. Fred Wright was host to the club.

WORTHWHILE — The meeting of the club took place in the home of Mrs. Edith Howard, 1506 Pressiman st., this week. A bus trip has been planned for March 20.

Mrs. Elsie Everett is president of the group; Mrs. Margaret Rogers, secretary; and Mrs. Lillian Barnes, editor.

NEIGHBORHOOD — The club met on Friday, with the president, Mrs. Laura Henson, 1919 McCulloh st.

Plans are being made for a tea on May 2.

After the business session, refreshments were served by Mesdames Rose Burnett, Edna Claborne, Roseanne Tyree and Miss Addie Bundy.

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