Down Frat-Sor Row

Phi Delta Kappa

Miss Carrie Peat, who recently returned from a teaching post in Liberia, was guest speaker at the monthly meeting of Phi Delta Kappa sorority, at the YWCA Saturday.

Miss Peat showed slides of life in Liberia and shared information on education in this colony. Examples of African Art and other souvenirs were displayed by her.

Hostesses for the occasion were Sorors Bennie Fatio, Ethel Brewington, Ruby Grooms, Mary N. Brooks, Anne Johnson and Naomi Hardy.

On Wednesday, Gamma chapter conducted the first in a series of seminars for prospective teachers at Morgan State College. This is the third year such a project has been sponsored by this group.

Phi Beta Sigma

Zeta Sigma chapter of the Phi Beta Sigma Fraternity met Thursday at the home of Lemmuel Lewie.

Alfred Dixon presided.

A new constitution was approved.

G. Sumner Whyte represented the chapter at the testimonial banquet honoring a former national president, Dr. Felix J. Brown, in Richmond, Va.

Dr. Robert J. Hill, Dr. Evan A. Gilkes, Col. Vernon F. Greene and George S. Whyte attended the Alpha Sigma chapter's Founders Day dinner in Washington.

Guest speaker was Hon. Hulan Jack, president of the Borough of Manhatten, and a member of Epsilon Sigma chapter of New York.

Robert J. Hill, Zeta Sigma's representative to the Baltimore branch of the American Council on Human Rights, attended a meeting of the Delta Sigma Theta sorority to hear an address by Elmer W. Henderson, national director of the council.

The chapter made a donation to the council.

A message was read from U. Simpson Stubbs, a member of the Morgan faculty, who is on leave to complete work for a doctorate.

Major Willard Stewart of the Morgan ROTC was received into the chapter. Hosts were Lemmuel Lewie and Lawrence Middleton.

Present were:

William F. Dorsey, Leroy Gibson, Edward Wilkens, Alfred Dixon, Dr. Robert J. Hill, Dr. J. E. T. Camper, Philip Braxton:

Dr. Caesar Jones, G. Sumner Whyte, Dr. G. Franklin Phillips, Vincent Norris, Ernest Lee, the Rev. W. Lyndsai Pitts; Major Willard Stewart, Dr. Evan H. Gilkes, Joseph Jenkins, Lawrence Middleton, Ernest Lee, and Col. Vernon F. Greene.

Lambda Kappa Mu

The Iota chapter of the Lambda Kappa Mu Sorority met at the YWCA on Saturday with the first anti hostess, Fannie Glascoe, presiding.

The Brotherhood Week committee which included Sorors arranged a splendid program.

They had as their speaker the Rev. Francis B Smith of St. Philip's Lutheran church, and Miss Catherine Pittman of Pratt Library Branch No. 26, who gave several selected readings.

A coffee hour followed.

Among the sorors present were:

Ida Wroten, Fannie Glascoe, Fannie Holly, Dorothy Pollard, Naomi Johnson, Paula Burke, Alma Redden, Eunice Brooks, Pearl Jackson.

Velta Greig, Louise Turks, Vivian Alleyne, and Eleanor Moore.

PARTY GUEST—Mrs. William Dixon was honoree at the party, above, staged by the models affiliated with Valentine's, who surprised her on her birthday. Left to right, front, are Misses Gwendolyn Conoway, Doris Jackson, Patricia Jackson; Herbert Mangrum; Miss Jean Harris, Mrs. Dixon, Misses Louise Hill, Doria Freeland, Lela Terry; back: Miss Pearl Dvson, William Dixon, Mrs. Elsie Colona, George Colona, Miss Ann Wallace and William Alexander.

GAVE PRETTY PARTY—Members of the Socialite Charity club who gave a pretty cocktail party and dance last week at the Ellis Home. Left to right, Mesdames Effie Taylor, president; Mary Domeneys, Beatrice Fennell, chairman of the party committee; Annie Yelveton, Lelia Flowers, Jannie L. Jones, Lucy Short, Mary Anderson and Vashti Morgan.

JUNIOR COUNCILORS—Members of the Baltimore junior council of the National Council of Women meeting in the February session, Saturday, included the above.

ENGAGED — Miss Jean E. Hillen of Baltimore has become engaged to William G. Wright Jr. of Charleston, S.C.

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We urge your support of the SCHOLARSHIP FUND during DAISY WEEK beginning March 7th, 1954. We are now giving two scholarships of $100 each. Let's increase these.
pay your dues of 25c and we can do it.
Dr. Robert J. Hill Pres.; Mrs. Mary Clayton Frazier, Sec'y

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Baltimore Music Guild holds annual banquet, musicale

The annual banquet of the Baltimore Music Guild of the National Association of Music clans was held in the Blue room of the York Hotel.

Along with the dinner there was a musical program of group singing and vocal selections by Marshall Waters and Mrs. Margaret McRae.

Mrs. Margaret R. Franklin, president, delivered greetings to the members and their guests. Charles A. Parker was chairman and toastmaster.

The following attended:

Messrs and Mesdames Alphonso K. Butler, John Carter, Thomas T. Caswell, Julius McRae, Dennis Parker, John Powell, Joseph Toney, John Ward;

Mesdames Mildred Bryant, Marjorie Butler, ulia Calloway, Aileen Cook, Hazel Ellerbe, Mary Fairfax, Margaret R. Franklin, Cora Goodwin;

Mrs. Guy Guest

Mesdames Irene Guy, Gwendolyn Herbert, Myrtle Howard, Eliza Johnson, Rebecca Johnson, Myrtle N. Lee, Inez Lonesome, Nellie K. Parker of New Jersey;

Mesdames Bessie Poindexter, Virginia Robinson, Delia J. Smith, Estelle Stanley, Beulah I. Thomas, Emira Thornton, Geraldine Watty, Marie G. Young;

Miss Carr Attends

Misses J. Elizabeth Carr, Frances Richardson, Mary Robinson, Mae Etta Williams of Washington;

Almac L. Butler, George S. Moore, Henry Patterson, Henry Patterson, William E. Stanley, James Taylor, Marshall D. Waters, and Charles A. Parker.

CHILDREN SLEEP AWAY THESE CONSTIPATION WORRIES!
Next Day Happy, Ready to Play When Tummy Ache Goes Away
When constipation occasionally sours little stomachs, children often act up, fretful and irritable. They don't feel like able, can't eat or sleep right. That's why wise mothers give Syrup of Black-Draught whenever youngsters are sluggish, suffer gassy digestive upset, sour stomach, or bad breath from constipation. Its wonderful laxative action tone up lazy stomachs, liven up sluggish livers. Then how quickly dispositions improve!
Laxative-Stomach Sweetener Works Overnight!
Syrup of Black-Draught tastes honey-sweet so children take it eagerly. Made of Nature's pure vegetable herbs—selected to act thoroughly yet gently. Most satisfactory overnight laxative brings morning relief in morning—this helps sweeten your stomach too. Your child virtually sleeps away these constipation worries! Next day youngsters fresh and gleeful. No wonder Syrup of Black-Draught is America's favorite laxative! Buy Syrup of Black-Draught (non-drugged) today.
ADULTS For constipation try regular strength Black-Draught. Prepared from sweetener, fit for adults or children. Mild and sure in new, easy-to-take TABLETS.

Soothes Protects Relieves
BURNS Scalds • Cuts • Simple Cuts • Scrapes • Dry Nostrils Minor Skin Irritations
WORLD'S LARGEST SELLING PETROLEUM JELLY AT 10¢ —SAVE EVEN MORE ON 25¢ SIZE
MORO-LINE MORLINE

Catonsville News

By SAMUEL TORSELL

The Civic Club has purchased two lots on Garnett ave. near Old Frederick rd., on which will be erected a building to be used as a community center. Leroy Smith is president.

The Republican Club held a business meeting on Monday at the home of Mrs. Violet Ridout, president.

Mrs. Ada Scott Taylor has been confined to bed for ten days.

Services Held

Funeral services for Mrs. Ella Jackson were held Friday at Grace AME Church with the Rev. William Adams as officiating minister, assisted by the Revs. C. C. Brown and Flora Terrell.

Survivors include her husband, Marshall Jackson, two daughters and two sons. Burial was at Hopkins Chapel, Howard county. She was a member of the senior choir at Grace church and a stewardess.

George E. Washington, 148 Winters ave., has entered the armed forces. Mr. and Mrs. Joseph Wise have moved to 2318 Loretta ave.

The Crescent Lodge of Elks held a banquet Monday night at their home. Invited guests were exalted rulers of the Spirit of Chesapeake Lodge, and Joseph Hall of Pride of Towson.

Walter Carter was master of ceremonies. Elijah Green was chairman of the banquet. William C. Jenson is exalted ruler of the Crescent Lodge.

Return To Camp

Pvt. Ringgold Dorsey Jr., has returned to Camp Pickett, Va., after visiting his parents Mr. and Mrs. Ringgold Dorsey Sr., of 6000 Old Frederick rd.

Marva King, three, the daughter of Mr. and Mrs. Herbert King Jr., 210 March ave., was burned Tuesday by burning trash in her yard.

Mrs. Helen Brentley, 8 Roberts ave., has been a patient at Provident Hospital for two weeks. Blood donors are being sought.

"Parents-Friends Day" will be held on Sunday at Grace AME church at 3 p. m., under the sponsorship of the youth choir. The Rev. Harrison J. Bryant of Bethel AME church, will be guest speaker.

The progarm will also feature the youth choir of John Wesley ME church, Mrs. Julia King, Miss Alberta Jackson, James Richardson, the youth choir of Grace AME, and others. The Rev. C. C. Brown is pastor.

No HAIR SILKIER than the HAIR SOFTNESS you get with... NELSON'S HAIR DRESSING

Gadabouting....

(Continued From Page 8)

Hortense Perkins, Nicki Randolph and Ellsworth Rhetta.

PARTY FOR MISS THOMAS

Ten close friends of Miss E. Estelle Thomas gathered 20 others (from here and Washington) at a party on Monday in honor of the MadisonAvenue branch YWCA director.

The 30 (sounded like 58) gathered in the home of Vernice Wynn, had cocktails in the club room, moved onto Mrs. Wynn's spacious and beautiful living room for cards and luncheon.

The majority of the group were either Hampton Institute alumni or wives of Hamptonians, many of whom hadn't seen each other since graduations.

Lois Carter busied herself with seeing that everyone was at ease, Catherine Adams led in the singing of the Hampton Grace. And after luncheon the group settled down to cards, or to just chatting.

Playing were Miss Thomas, Mattie Connor, Rebecca Mills, Lillian Parrott, Mae Parrott, Gwendolyn Lewis, Fannie Mae Hart, Matilda Williams, Ann Newbold, Elizabeth Matthews, Isabelle Braxton, Ivora Rice, Thelma Rice, Ida Washington, Agnes Patterson, and Inez Kent.

Preferring to talk were Mrs. Robert Scott, Malissa Perdue, Ida Collick, Charlotte Shervington, Inez Key, Bessie Reaves.

Prizes went to Miss Thomas and Mesdames Lillian Parrott, Williams, Connor, Patterson, Braxton and Matthews.

The hostesses were Mesdames Adams, Wynn, Carter, Christine Ward, Thelma Rice, Mae Parrott, Patricia Page, Phyllis Tilghman, all that of the Joseph Bracys at their Longwood st home on Monday night.

"We were just going to have some club members in for bridge. Joe thought of others he wanted in. I added another couple or so . . . so the party grew," explained Eleanor.

But twas a grand group which gathered for cocktails and dancing, snacks and bridge, and a full supper to cap the stack.

About were:

Mr. and Mrs. Richard Perkins, Mr. and Mrs. William Harris, Mr. and Mrs. Robert Watts, Capt. Larry Spencer, Robert Matthews, Miss Mildred Williams, Harold Jennifer.

Dr. and Mrs. Daniel Skinner, Mr. and Mrs. Milton Stanley, Mr. and Mrs. Marvin Davis, Miss June Burr of New York and her hosts, Mr. and Mrs. Milton Stanley.

Mr. and Mrs. Emerson Brown, Mrs. Helen Glover, Mrs. Lula Patterson, Mr. and Mrs. Thomas Hawkins, Dr. George Woodland, and Miss Ada Spurlock.

MRS. HOLLAND HOSTESS

Among hostesses at bridge, this week, was Mrs. Helen Holland, whose party took place in her home on Saturday afternoon.

The affair was a meeting of the Les Aldes club and including Mesdames Harris, Dorsey Colcluded as guests Mesdames lins, Margaret McRae and Irene Dotson.

Members of the club playing were:

Mesdames Helen Berry, Claude Jones, Bessie Thomas, Jennie Nixon, Anna Bond, Addie Hill, Edith Scott, Arie Hunter and Mildred Holland.

MRS. BROWN ENTERTAINS

They were mostly Washingtonians (members of the Entre Gi club) that composed the party given by Mrs. Benjamin Brown on Saturday.

Guests came for dinner at three - thirty, remained for cards through the evening.

They included Mesdames Irene S. Powell, Lucie Boyd, Nancy Black, Louise Jenkins, Etta Mason, Blondine McDowell, and Florence King of the Capital; Miss Juanita Collier of Philadelphia; and

Mesdames Mattie Connor, Elise B. Hunt, Theresa Waters, Sadie Murphy and Daisy Jones of this town.

WHOSIS HOSTESSES

Swashes no end was the party given by the Whosis for their husbands and sweethearts in the Adams club an evening ago.

They began with cocktails and dancing around eleven, ended with an elaborate breakfast around two.

The Whosis enhanced the affair with a fine array of fine togs, too.

They included, you know, Llewellyn Walker, Geraldine Quayles, Louise Lockerman, Grace Hunt, Maxine Higginbotham, Mary Pitts, Alma Gray, Olivia Dixon, Vivian Pendleton, Harriet White, Elizabeth Hodge, Emily Jones Mercedes Douglas, and Hermoine Weaver.

The gentlemen they honored were:

Don Watkins, Walter Dixon, Wilbert Jones, Dr. Martina Anologela, Dr. Frederick Jackson, Dr. Nathan Pitts, Irvin Lockerman, Dr. George Pendleton, Dr. Orris Walker, Elson Higginbotham, Calvin Douglas, Winston Hunt and Royal Weaver.

MRS. UNDERWOOD HOSTESS

On a Saturday ago, Agnes Underwood entertained the Tolours Amies in her McKean ave. manse.

Members present were: Daisy Harris, Rosa Gaskins, Effie James, Terrie Gilmore, Elaine Hassell, Mary Holmes, Cora Gibson, Fannie Lawson, and Louise Turks.

The guests were lavishly entertained in Japanese style, with each receiving a miniature Japanese souvenir.

Pinochle prizes were won by Mary Holmes and Rosa Gaskins.

ASTHMA COUGHS
Don't let difficult breathing, coughing and wheezing due to nonspecific Bronchial Asthma or simple Bronchitis ruin sleep and energy without trying MEDIACO. Usually quickly helps loosen and remove thick, strangling mucus. Thus allays coughing and promotes free breathing and sounder sleep. Get MEDIACO under money back guarantee at druggists.

Do CRAMPS give you that monthly look?
Why let tell-tale misery, "nerves" show in your face?
Does your mirror show an older-looking, worn-out, nervous face during your "bad days?" Why let men see that you are suffering from monthly cramps? Try a little Cardui each day at thousands of women do. Let it help build strength and resistance so you have less and less misery each month. Some go through periods without feeling any discomforts at all. Also helps relax jittery nerves—sleep better. Look, feel, act younger, more normal all month. Ask for Cardui. (Say: "card-yoo-eye").
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Cooking Fun

Here's an easy way to serve one of those fancy soda-fountain sundaes at home.

Make a tutti-frutti topping by using canned fruit cocktail. It's a combination of cling peaches, pears, grapes, pineapple and cherries, all cut into bite-sized pieces.

Serve on vanilla ice cream with a sprinkling of chopped almonds and puff of whipped cream.

Easy do - prepare skillet meals are year 'round favorites.

This one serves four:

Brown 4 pork chops, then fry one thinly sliced onion in drippings. Sprinkle with one teaspoon curry powder, add one can mushroom soup, 3 cups milk and three cups cooked California large dry limas.

Top with chops and cook on top of the range or in oven until meat is tender and flavors are blended.

When you're looking for good combinations for sandwich fillings, remember that wonderful-tasting mixture of mashed Calavo and bits of crisp cooked bacon. Spread it on toasted bread with a slice of tomato and a lettuce leaf. Look for the nubby skinned summer Calavo avocados in the markets now.

Lightly spiced prunes add a refreshing taste to salad or sandwich plates. Combine a bit of brown sugar, vinegar and whole spices, and simmer briefly with cooked prunes. Allow fruit to stand in spicy syrup several hours or overnight. These are delicious served with meats too.

Here's an Americanized version of that famous guacamole salad borrowed from our Mexican neighbors.

Remove seed and skin from ripe Calavo. Mash or sieve fruit. Add one small diced tomato, a tablespoon each minced onion, lemon juice and chopped green chili pepper.

Salt to taste and serve on shredded lettuce or tomato wedges. Use one of the thick nobby-skinned summer Calavos now on the market.

Menu planning for low sodium diets is much easier now that unsalted canned vegetables are available at your local grocers. Use the vegetables as they come from the can or in combination with other fresh vegetables.

For the youngster's motor trips, hikes in the woods or picnics in the park, remember to tuck a few small packages of seedless raisins into the lunch bags. They're an ideal sweet and good munching food to eat along the way.

Easy Pie

Easy-does-it with a refreshing peach melba pie. Heap a graham cracker crumb shell with scoops of vanilla ice cream. Cover with canned cling peach slices and fresh raspberries. Spoon a little of the peach syrup over the ice cream and fruit. It makes the best summer dessert we know.

It's interesting to watch food trends and see how the uses of foods are broadened.

We used to think of walnuts in terms of cakes, cookies and possibly pies. With the American love for salads, we now also think of walnuts in chickens, fruit, tuna, lobster and other shell fish salads.

There's no question about it, the crunchy texture and richness of walnuts make salads taste very superior.

Next time junior announces that some of his cub scout chums are going to be on hand around high noon on Saturday, try this:

Serve them some raisin and carrot salad set in scooped out hot-dog buns—together with a hearty lima bean and tomato casserole.

Prune cookies for dessert, and everybody's pleased as punch.

It's the men in our household who hold out for fruit garnishes which they prefer, rather than greens which are "supposed to be good for them."

Here are some of their favorites:

Calavo crescents sprinkled with lemon juice and salt, spiced prunes stuffed with walnuts, canned fruit cocktail in orange shells.

Acme Super Markets
Start the Day with a Good Breakfast--it's Good for You!
GOLD SEAL PREPARED
Pancake Mix 2 20-oz pkgs 25¢
Gold Seal Buckwheat 2 20-oz pkgs 29¢
Lovella Top 'em with America's Prize-Winning SWEET CREAM BUTTER RICHLAND CREAMERY BUTTER (¼ lb) lb 75¢ lb 73¢
Ideal Fancy Fla. ORANGE JUICE 2 46-oz cans 49¢
Orange Bowl or B 'n W ORANGE JUICE 6 6-oz cans 59¢
Win-Crest Coffee lb 94¢
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Ideal Coffee lb vac can 98¢
Ideal Instant Coffee 2-oz jar 55¢ 4-oz jar $1.09
Try Asco Coffee and You'll Never Change! One of these "Crest-Flo" Roasted Blends is just for You. WHY PAY MORE?
For Breakfast Toast and Every Meal Your Best Buy is Nutritious, Delicious, Enriched Supreme Bread
Supreme Bread Large Loaf Still Only 15¢
WHY PAY MORE? You Can't Buy Better Bread!
LOUELLA BUTTER BREAD White or Whole Wheat, loaf 25¢
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Ideal Fancy Calif. Fruit Cocktail 3 large 30-oz cans $1.00
1¢ SALE IDEAL GELATINE Desserts 6 Fruit Flavors & Puddings 4 pkgs 21¢
Reg. 39c Ideal Fancy WHITE MEAT TUNA Eskimo Tuna Light Meat Grated 7-oz can 35¢ 2 7-oz cans 59¢
Macaroni or Spaghetti Gold Seal Semolina Straight or Elbow Macaroni, Spaghetti or Spaghettini. 2 16-oz pkgs 37¢

Larry Steele and the stars of his "Smart Affairs" Musical Revue enjoy Coke between scenes.
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A pause with ice-cold Coke... and the show goes on refreshed
Putting on a gay, glamorous musical revue takes a lot of hard work. Many famous stars of the entertainment world have found that a frosty bottle of ice-cold Coca-Cola helps make their short off-stage pauses really refreshing. You, too, will find that relaxing with a bottle of Coke helps turn a little minute into a big rest. So whenever the going is tough, take time to enjoy ice-cold Coca-Cola—and go back to work refreshed.
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No. 2888 is cut in sizes 10, 12, 14, 16, 18, 20. Size 16: 3¾ yds. 35-in.

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Just off the press! The hand new 1954 SPRING - SUMMER FASHION BOOK is agog from cover to cover with exciting new season styles and ideas for easy sewing and smart going from breakfast until bedtime! IN COLOR, this book includes up-to-the-last-minute fashion forecasts or every age, every size, every occasion! Yours for only an additional 25 cents.

Teen-age girls fare worse in nutrition than same age boys

Teen-age girls fare worse, nutritionwise, than boys of the same age or than younger children, reports Miss Sadye F. Adelson of U. S. Department of Agriculture.

In reviewing nutrition studies of the last decade or so, Miss Adelson finds that girls generally have poorer diets than boys and that adolescent girls have the lowest rating of all youth groups.

Nutrition Important

Many nutritionists have pointed out that good nutrition for girls in the teens is especially important because these girls are the future homemakers and mothers.

Thus, they need to know early how and why to select the right foods for themselves and later for their husbands and children. Miss Adelson suggests that girls will be interested in eating better if they understand that chief effects their looks and vitality as well as their health, now and later.

As girls reach their teens, they often lack the hearty appetites characteristic of boys of this age. Many try to become slim by a reducing diet of their own making.

They may skip breakfast, eat skimpy lunches, or omit all of such valuable foods as potatoes, bread and even milk. Yet they often offset this "dieting" by joining the crowd at the soda fountain or snack bar for rich sweets that add the pounds they want to avoid.

Knowledge Needed

Many girls need to know how to select meals that provide the food essentials, allow them to snack with friends and still keep their weight within bounds. Girls who will be eating after school or in the evening might eat less at the main evening meal.

The three main meals should include the essential nutrients while desserts or extras may be delayed for snack time.

Parents, especially mothers, can help the girl who is inclined toward overweight by encouraging her to cultivate an appetite for fruit for dessert, as many adults are doing these days.

For example, she might have an apple instead of apple pie.

Basics Needed

Suggested to the girl and her mother for planning daily food essentials is "The National Food Guide" which lists the Basic Seven Food Groups to fit into the three main meals.

Here briefly is a suggested schedule of foods for the girl's main meals which will allow her to have some snacks between times and will also fit the general pattern of family meals:

Breakfast: Citrus fruit; cereal or bread (whole grain enriched or restored); milk; butter or margarine; egg.

Noon meal: A main protein dish (Meat, poultry, fish, egg, cheese or dried beans) vegetables, especially green and yellow vegetables; whole grain or enriched bread; butter or margarine; milk; fruit or salad.

Evening meal: Main protein dish (as above); potato; vegetables (as above); whole grain or enriched bread with butter or margarine; mild; fruit, or salad.

Frozen, fresh it tastes good

How do you like your orange juice — fresh or frozen? Needless to say, it's good either way.

But if you're a busy homemaker who likes to take advantage of frozen foods, cake mixes and other quick-and-easy methods of food preparation, you probably serve frozen orange juice at your table.

You'll find, says the General Electric Consumers Institute, that frozen orange juice tastes even more like the fresh fruit if you "aerate" it by using an electric mixer to blend the frozen concentrate with water.

Best Frozen Juice

Just place the frozen juice, plus the correct amount of water, in a mixing bowl or wide-mouthed pitcher.

Use one or two beaters to mix until juice and water are completely blended and full of tiny air bubbles. Serve immediately.

If your family is convinced that there is just no substitute for fresh orange juice, you can cut down on juice-preparation time by using the juice attachment that comes with your electric mixer.

You'll find that with the juicer attachment turned on, all you have to do is hold the fruit on the reamer. The reamer does the actual "juicing" for you.

And the juicer attachment even has a "built-in" strainer, which holds back fruit pulp and seeds. Only the juice, ready for serving, reaches the glass or pitcher.

Sunset filling

The always popular California walnuts team with cream cheese and pungent horseradish to make a spread that tastes great, keeps well and is unusually versatile.

We heartily recommend "Sunset Sandwich Filling" for a lunch box tempter, fancy hors d'oeuvre or on tangy fruit for a really different salad.

Sunset Sandwich Filling

1/3 cup walnuts
1 (3-ounce) package cream cheese
2 tablespoons milk or cream
½ teaspoon prepared horseradish
¼ teaspoon salt

Chop walnuts fine. Soften cheese and blend in milk, horseradish and salt. Add walnuts and mix well.

Makes about 2/3 cup filling.

Rice and turkey a la Creole is budgeteer's best friend

Little gobblers and grown-up gobblers have one thing in common, that is, after a glimpse and a sampling bite of this piping hot dish of rice and turkey.

This main dish of tender rice and unused turkey is fast-to-fix and helps Mom perk up tired menus. The other good companions of the rice and turkey are pantry shelf stand-bys and add their "pleasing personalities" in just the perfect proportions to make a creole combination which will become a classic in every recipe file.

Ingredients

2 cups of water (use turkey broth if available)
1/2 cup chopped celery
2¼ cups tomatoes (No. 2 can)
½ cup chopped green pepper
1/2 cup chopped onion
1 teaspoon sugar
1 bay leaf
2/3 cup uncooked rice
2 cups diced cooked turkey
1 teaspoon salt

Method

Combine all the ingredients in a large saucepan. Bring to a vigorous boil. Turn the heat as low as possible. Cover and cook over this low heat for 14 minutes. Remove bay leaf. Serve hot.

This recipe makes 8 servings.

Fishermen's special salad

If you haven't tried the delightful flavor combination of ripe olives and flaked cooked fish you've a treat in store.

As its name implies, this "Fishermen's Special Salad" is hearty enough to satisfy the hungry male.

Cucumber and celery give good texture and flavor contrast and bright tomato wedges are used for garnish.

1 cup ripe olives
1 cup shredded lettuce
2 cups flaked canned or other cooked fish
½ cup cubed cucumber
½ cup cubed celery
½ cup French dressing
½ teaspoon onion juice
Salt
Lettuce for garnish
Tomato wedges

Cut olives into large pieces. Combine olives, shredded lettuce, fish, cucumber, celery, French dressing, onion juice and salt to taste.

Blend lightly. Serve on lettuce-garnished salad plates with tomato wedges.

Serves 6.

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No Other Instant Coffee Makes This Guarantee:
If Wilkins Instant Coffee isn't the best you've ever tasted, send it back to us and we'll buy you 3 Jars of any other brand on the market.
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