# 800 guests brave downpour to dance with Alpha Kappa Alphas

Eight hundred guests braved the steady downpour of rain to attend the annual spring dance of Epsilon Omega chapter of Alpha Kappa Alpha Sorority, held in the Morgan State College Refectory, Friday evening. Music was by Rivers - Chambers. Pink gladioli, peonies and palms, against backdrops of pink and green metallic, set the color theme for the formal dance.

**HOSTESSES WORE** wrist corsages of pink roses tied with pink and green ribbons, the sorority colors. On the dance committee were Sorors Esther Johnson, chairman; Elsie Sessoms, co-chairman; Rosa'ine Allen; Mary Young; Beatrice Butler; Rachel Carroll;

Also Sorors Bonnie Pesant, Blanche Colbert, Appie Hurt, Florella Clark, Alma Parker, Marian Barcliff, Dorothy Brock, Frances Vessels, Hermia Jordan, Elizabeth Allen, Gladys Reed and Cleo Diggs.

Hostesses also included:

Sorors Mary Adams, Nancy Brown, Bernice Brown, Margaret Buck, Beatrice Butler, Gloria Carpeter, Leona Carpenter, Alice Coleman, Jessie Colson;

**Sorors Ruth Davis, Erma DeBeal, Flossie Dedmond, Doris Bemby, Florence Dennis, Norma Dillard, Shirley Douglass, Frances Drye, Sarah Barty, Bernita Freeman, Emma Gilkes, Alma Gray, Edna Gray.**

Sorors Marion Gregory, Edith Gordon, Helena Hall, Evelena Henderson, Edythe Holmes, Evelyn Holsey, Blanche Hughes, Bernice Hunley, Mary Young, Margaret Land, Vernice Matthews;

Sorors Vernice Matthews, Gloria McDaniel, Blanche McDonald, Katherine McDonald, Beatrice Myers, Elizabeth Parker, Lillian Parrott, Agnes Patterson, Melissa Perdue, Ann Pinkney, Rosa Raye;

**Sorors Sarah Rayne, Beatrice Reesby, Vernice Reynolds, Estella Rheubottom, Jeanne Robinson, Mildred Deaborne, Carolyn Smith, Charlotte Swann, Helen Thornton;**

**Sorors Gertrude Urquhart, Robye Walker, Verdeen Washington, Betty Williams, Livia Williams, Thelma Winder, Grace Winkier and Viola Wright.**

Guests were:

**MESSRS. AND MESDAMES** Hendricks, Clark, Edward M. Richardson, Michael Dautley, Powell Shelfey, John Fuller Jr., William Perrell, U. Theodore Hayes, Paul Scott;

Messrs. and Mesdames Laws Nickens, C. David Turner, Edward Tarter, George A. White, Goodrich Brame, Harold Nixon, Joseph Felton, Yancy Whittaker, Richard H. Hunt, Leslie A. Bell, Rufus Wells;

Messrs. and Mesdames James H. Dyson, Paul Henderson, Elijhu Norris, C. O. Byron, Walter T. Dixon, Preston Watson, Walter Mapp, John L. Bailey, William M. Gardner, A. U. Forte, William A. Lewis, Errol Taylor;

Messrs. and Mesdames Edward Lansey, Harry Mercer, H. L. Small, Guy Bailey Jr., Marque Holiday, Kenneth Carter, Robert Curtis, Harold Fokes, Charles Lakson;

Messrs. and Mesdames Bassie McCoy, Calvin Thompson, Joseph Locks Jr., Ira Mosely, William Beuford, Antoine Bonaparte, James Chambers, Judson Kerr, William Hill, R. L. Scott;

**Messrs. and Mesdames C. Dudley Lee, Meredith Goodman, Lonnie Spruill, Charles Fletcher, P. E. Matthews, Henry Collins, E. Smith, Sherlock Grinage,**

Messrs. and Mesdames George Grant, Charles Brackett, Harold White, Calvin Ashe, Julius MacRae, Clarence Abrams, Queenie Willis, Cecil Johnston Sr., Ben Foreman,

Messrs. and Mesdames Clyde Bryant, Rivers Chambers, John M. Wood, H. P. Hughes, F. A. Owens Jr., S. Reginald Watts, Carroll Lee, Leo Woods, William Pinderhughes;

**Messrs. and Mesdames Emile Cornish, J. Edward Fisher, Crawford Colvin, Otis Sprow, E. W. Lee, Franklin DeShields Walthall M. Berry, Walter H. Cook, Samuel Douglass;**

Messrs. and Mesdames J. Bruce Edemy, Charles K. Price, George Fields, John L. Staten, E. Bernard Blake, William Stanford, William E. Lewis, Rayner Parker, George Payne, Milton Allen,

Messrs. and Mesdames James L. Bundy, Ernest Stokes, Charles A. Covington, Leonard Crosby, R. Clarke Davis, John J. Hurt, Vernon Lindsay, Armstead Jenkins,

**Messrs. and Mesdames Wilbert P. Jones, Cyril F. Atkins, Charles Ballard, Osserew Gee Jr., Charles Rice, Charles Bullitt, Kenneth Brown, Charles E. Bush, Pierre Davis, Isiah Dixon;**

Messrs. and Mesdames James G. Carter, George Barrick, John A. Gardner, W. Ernest Dennis, W. Eugene Payne, George T. Wood, Newman Reavis, William B. Dorsey, J. Steadman Greig;

Messrs. and Mesdames Fred James Robinson, C. C. Jackson, Edward Wilkins, Warren Weaver, Edward Shipley Jr., George Boston;

**Messrs. and Mesdames G. L. Washington, Melville Yancey, George A. Jones, Spencer Watts, William Shanard, Harry Bruce, James Crowner, George P. Bush, John Williams;**

Messrs. and Mesdames Garnie Newsome, William Russell, Paul L. Jenkins, Raymond Hunt, Vernon Dennis, Arthur Peterson, Nathan Pitts, David Driver, John McGuire, Lonnie W. Greene;

Messrs. and Mesdames Bernard Bell, Otis Froe, Wellington Ross, William M. Payne, D. Avery, Charles L. Hall, Charles Brown, Ernest Gambrill, C. H. Watson Jr.

Messrs. and Mesdames J. D. Lomax, Kenneth Stotts, Ralph Smith, J. Harvey Joyce;

**Mesdames Doris Howell, Vivian Newcome, Anna Wayne, Lelia Powell, Christine Anderson, Elsie Alstork, Minnie Davis, William Nealy, Ruby Grooms;**

Messrs and Mesdames Bernard Jones, Joseph Taylor, Pauline Raysour, Bessie Chester, Katharine A. Johnson, Pearl W. Jackson, Lillian M. Nichols, Charlene Byrd, Ethel Hodges, Thelma Carter, Louise M. Church, Gloria Basfield, L. H. Dickerson;

Misses Dorothea Evans, Carrie Sephus, Stephanie Fraser, Hilda Thompson, Mary Hurley, Catherine Winslow, Loraine Grayott, Zelma Cole, A. Dukye Woode;

**Misses Ellen Christmas, Lorraine Green, Geraldine Scott, Laura Lipscomb, Martha Gover, Lil Strusis, Lillie Patterson, Barbara Locke, Thelma Lucas;**

Misses Muriel Davis, Fredericka Carroll, Margaret Spriggs, Zada Malachi, Chandler Ricks, Catherine Woodland, Doris Polk, Ruth Russell, Inez Redmond;

Misses Florence Nutter, Venaris Williams, Jean Williams, Shirley Queen, Iva Jones, Miriam Hughes;

**BERT HALL,** James R. Nalle, James E. McDonald, Marshall Bright, Elwood Brown, Dr. Benjamin Brown, Hiram Butler, Raymond Carpenter, Harry A. Carpenter Jr., Harold Clark;

Glen L. DeBeal, Dr. Frederick Dedmond, Dunbar Denby, Herbert Kenny, Donald Stewart, James E. Early, Walter Gray, Abdella Campbell, Robert Carter, William F. Henderson, W. A. C. Hughes,

Robert J. Allen, M. Young, M. McDonald, Stanley Beckett, M. Jordan, William H. Land, William Matthews, Kiah Carter,

Clarence Gross, John B. Myers, Donald Parker, Ellsworth Wilson, Elmer Patterson, Thomas Wallace, Saul Perdue, James Jones, Joseph Raye;

**Grafton Reed, Dr. McKinley Reesby, Medford Reynolds, Claude Urquhart Jr., Welford Robinson Jr., John W. Sessoms, Sinclair Swann, Edward Thornton, Claude Urquhart Sr., Frank Walker, William E. Jones, Linwood Koger Sr., Raymond Winckler, G. Albert Wright,**

James Jeffries, Warren Maith, Dr. A. Buchanan, Earl S. Britt, Dr. William Mason, Calvert Blaney, William Herring, James Forrest, William Tate, Joseph Taylor, Donaldo Rico, Otis Morris;

Ford H. Lewis, Dr. Herbert Thomas, Linwood Koger Sr., Douglass Shepperd Jr., Dr. Frederick A. Jackson, John W. King, Jesse Foxx;

**Roland Green, Alfred Taylor,**

# Girl Friends to hold conclave in Nation's Capital May 28-30

The Washington chapter of the the national group next weekend. Girl Friends will play hostess to Delegates from 20 chapters are expected to attend the national conclave here, May 28-30.

**HONORED**—Mrs. Mary Chase, mother of seven children, 14 grandchildren, who received honorable mention in the AFRO's Ideal Mother contest is presented AFRO certificate by Mrs. Medford Reynolds during reception Friday evening which honored the winner. Mrs. Irene P. Martin. Mrs. Eli Lofton, a mother of six, was another Baltimore honorable mention winner.

Registration will take place at Alpha Fraternity House Saturday. There will also be a cocktail party at Kappa Alpha Psi fraternity house. In the evening a formal dance will be held at the Lincoln Colonnade.

Business sessions are planned for Sunday at the Statler Hotel where a cocktail hour and banquet are also slated. A closed dawn cabaret party on Monday morning will conclude the conclave activities.

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**NATIONAL OFFICERS** of the Girl Friends are:

Mesdames Billie Brown, Pittsburgh, president; Corinne Cotterell, New York, secretary; Rebecca Ward, Newport News, treasurer; Agnes Balore, New Haven, editor of The Chatterbox; Mary Burch, Newark, education chairman; and Miss Sylvie Lawson, Roanoke, parliamentarian.

Delegates are expected from chapters in Albany, Baltimore, Boston, Brooklyn, Buffalo, Chicago, Cleveland, Columbus, Detroit, Fairfield County, Conn., Louisville, New Haven, New Jersey, New York City, Norfolk, Philadelphia, Pittsburgh, Richmond, Roanoke, and Springfield, Mass.

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**THE LOCAL** chapter, originally a group of the Jolly Eight, was accepted into the national Girl Friends on May 8, 1936 under the sponsorship of the Baltimore Unit. Charter members are of the awakening group are:

Mesdames Julia Singleton Jackson, Vivian Wilson Johnson, now of Arlington; Bettie Tyler Julian, now of Baltimore; Marbelle Steele Fraser, now of Clinton, Mass.; Elise Fletcher Nichols, now of New York City; Garice Booker Williams, Dorothy Howard Sayles and Thelma Lane Baltimore.

The aims of the local Girl Friends are both charitable and social. They present gifts each year for crippled children at the Anthony Bowen School, provide Thanksgiving baskets for underprivileged families, and give toys to the Harrison nursery school.

They have also made financial contributions to the YWCA, NAACP, and the National Student Scholarship Fund.

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**IN ADDITION,** members of the group have provided housing and lunches for the International Student Group and have served as hostesses for Foreign Exchange students at International House. For two years they gave a scholarship to a student at Rockford College.

Their patriotic activities have included service as air raid wardens, first aid instructors, Red Cross drivers, and hostesses to servicemen, as well as instructors in conservation.

Entertainments sponsored by the club include a pint-sized fashion show, "kiddie karnivals" and baby and child contests.

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**PRESIDENT** of the local Girl Friends is Mrs. Doris Robinson, a schoolteacher in Washington. Other schoolteachers in the club are:

Mesdames Thelma L. Baltimore, treasurer; Carlyn W. Stewart, service chairman; and Alicia L. Webb, business manager. Mrs. Dorothy H. Sayles is a school principal.

Mrs. Helen W. Evans, vice president, is a librarian and Mrs. Vay Fortune, secretary, attends American University. Dr. Ruth S. Lloyd, journalist, is associate professor of anatomy at Howard University.

**MRS. MAZELEN BAIRD** is a secretary at Howard where Mrs. Georgia Quarles is on the staff of the Dean of Women. Mrs. Fanny S. Wilson is a real estate agent.

Mrs. Carolyn H. Stewart is widely known as an actress and Mrs. Josephine Rout is a housewife. Mrs. Jacqueline Robinson, also a housewife, attends graduate school at Catholic University. Mrs. Marion Johnson is a social worker.

The late Dr. Ethel L. Nixon-Mooney, psychiatrist, was also a member of the local Girl Friends.

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Relax in a hot, sudsy Resinol Soap foot bath. Then relieve dry, itching, burning skin with soothing Resinol. Begin today this helpful foot care.
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This striking different cotton modernistic print lends itself to any informal gathering. The low cut neckline and very bouffant skirt gives mildly that cool, chic look that is a must for spring and summer. Miss Weaver chose this stunning cotton from Valentine's, "The Store for Women of Discriminating Taste."
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"I took a tip from an ad showing a professional model who uses Black and White Vanishing Cream to hold make-up on longer, fresher and cleaner perfect. It did the same for me!"
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Yes, you can beautify your complexion the same way professional models do.
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For face powder that clings like mist, lipstick that stays on—for both, use Black and White.
BLACK AND WHITE VANISHING CREAM

Announce New Way to Relieve Pain of Arthritis and Rheumatism Without Pills!
Greaseless, odorless cream penetrates deep—speeds up flow of fresh, rich blood into sore areas—actually helps drive away pain-causing congestion and pressure.
New York, N. Y. (Special)—Science has now developed an odorless, greaseless cream that acts in a new way to relieve the kind of relief from pains of arthritis, rheumatism, and muscular aches and pains. This new cream relieves these pains without the need of taking pills and other internal medicines that may only upset the system.
Gently rubbed into painful areas, this cream penetrates so deep and completely that it actually vanishes. Quickly a comforting feeling of warmth develops and the whole painful area takes on a pleasing glow. This is a striking evidence of the power of this cream to penetrate quickly and stimulate the circulation of the blood. This glow illustrates how it speeds up the flow of fresh, rich blood into the sore areas and actually helps drive away the pain-causing congestion and pressure.
146 British and French doctors are so satisfied with this new help for patients suffering from arthritis and rheumatism that they have prepared written reports of success based on hundreds of cases. Further, one of the leading arthritis and rheumatism clinics in the United States has now confirmed the findings of these doctors.
Now for the first time this remarkable cream can be obtained without a prescription at drug stores throughout America—under the name InfraRUB®. The price of InfraRUB is only 98¢ for a large tube. InfraRUB is backed by the amazing guarantee that sufferers from the pains of arthritis, rheumatism, lumbago, neuritis, neuralgia or muscle injuries or sprains will get hours and hours of comforting relief or their money will be refunded in full.

# Among The Clubs

**ROMANIA**—The club met with Mrs. Carrie Hinton of 1903 N. Fulton Ave., Monday.

Plans were made for an anniversary celebration service at Macedonia Baptist Church on May 22 at 7:30 p.m.

Pokena prizes went to Mrs. Martha Shelton, first; Mrs. Florence Douglas, second; and Mrs. Kathleen Henson, the booby.

The next meeting will be at 624 Gold St.

**IRADELLE WILLIAMS** — The Neighborhood Club held its meeting last month at the residence of Mr. and Mrs. Manookie, 2000 Madison Ave.

The club remembers the sick in the community and sends condolences in case of deaths. Cards of thanks were read in the meeting from Mrs. Lillian Carr, Mrs. Geneva Randall and Mrs. Thelma Bridges for such remembrances.

Members also accepted invitations from the Lads, Lady White and St. Peters Charity Club to affairs they are sponsoring.

Mrs. Mabel Coleman gave a talk.

The club began making plans to visit Mrs. Mae Fortune's home here.

Mrs. Smith and Mrs. Manookie served a repast.

The next meeting will be held at the residence of Mrs. Rebecca Taylor, 1827 Madison Ave., on Friday, May 27, at 8 p.m.

**CHUMS**—The club will have a cocktail party at the Sphinx Club, Sunday evening.

Hostesses are Hilda Smith, Ruth Fortune, Bernice Pemroke, Mae Leonard, Recila Williams, Nina Scott, Clarence Dixon, Eunice Robins, Doris Parker, Lorraine Northington and Phyllies Barnum.

**BLUE STAR** — The savings club entertained at a cocktail party at Club Casino, recently.

Members are Mesdames Myrtle Smith, Ruth Holiday, Mary Spencer, Elnore Spelsar, Mary Briscoe, Alma Gardner, Frances Arrington, Alma Anthonina, Elnora Cole and Louise Williams.

# Lambda Sorors executives meet

NEW YORK — Lambda Kappa Mu Sorority held its executive board meeting, Saturday, at the YWCA, 175 West 137th St., here.

Officers of the sorority are Vivian G. Alleyne, grand basileus; Eleanor M. Jones, national first anti-basileus; Eleanor F. Rogers, second anti-basileus; Anna M. Price, recording grammateus; Ida B. Wroten, correspondent grammateus; V. Esme Dear, tamiochus, Grace McCray, keeper of the Seal, Enid Baird, Syntaktes, Eleanor T. Guilford, Ass't. Syntaktes.

Also Eva Archer, regional director; Louise G. Turks, episboleus; Edris A. Bloomfield, historian, and Margaret H. Hawthorne, parliamentarian.

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**LAMBDA KAPPA MU** Sorority is very proud of its newest chapter, Xi Chapter of Syracuse, N.Y.; which was installed on Saturday, April 23.

The sorority is now making plans for its 19th, annual conclave to be held in New York City on June 24, 25, and 26. Headquarters for the conclave will be the Park Sheraton Hotel.

Only 2 weeks left to save GOOD LUCK Margarine "Clovers" and help your Afro newsboy win a prize!
This is the "Good Luck Clover" you save
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53 BIG PRIZES IN ALL!
Every boy who enters this contest can win one or more of 53 exciting prizes. And each of the ten top national winners will also receive a $1000 college scholarship!
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Why look older, worn out, jittery for 5 or 6 days each month? Why let every look know your "time" is here? Thousands of women now take Pamprin. It's a fast-acting aid to help build new energy resistance. They look, act, sleep better for less and less misery each month. Bonus over go through periods without pain after a while. Stay lovely all month—ask your dealer for Cardui. (Bar) "cord-you-eye".
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# FOR WOMEN ONLY

Food, beauty, garden, career tips for home makers.

# Americans In Paris Go For 'Down Home' Food In Big Way

**CLIFTON S. HARDY**

PARIS (ANP) — It was in April, 1953, when, as income tax accountant for the Republic of Liberia, I had to come to Paris on a special mission.

I called on a friend of mine (she was stationed at the American Embassy in Monrovia, but recently transferred to Paris) to take her to dinner.

As befitting my position (and her's too) I wasked her "Which shall it be, Maxim's or Ciro's for dinner?"

"Would you settle for some barbecued spareribs instead?", she queried.

"Listen," I replied, "I'm too hungry to joke about food, let's shove off."

"All I want to know, is, if you will settle for some good old barbecues spareribs," she retorted.

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**"AS HUNGRY** as I am right now, I could eat the spare and let the ribs go. But since when did Maxim's start selling barbecue? I've never seen any there, and none on the menu," I replied.

"Quiet boy," she cracked, and dialed a telephone number. "Leroy, I've got a VIP from Monrovia at my house," she lied, "and he wants ribs. Can we give him the works?"

I don't know just what Leroy said, nor who he was, but my friend grabbed her bag and said, "Let's blow." So we "blew," out to the Monmarte section of town, not too farm from the Pigalle.

"This is it," she said, as we alighted from the cab on Rue Manuel. And this I got my first introduction of the American bar, run by Leroy Haynes and his beautiful wife "Gabby."

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**IT WASN'T** a pretentious place. Neither Haynes, nor his customers would want it that way, but it was immaculately clean and just large enough to give it a "chummy," intimate atomosphere.

Haynes himself greeted us and showed us to the only two seats in the place which were vacant, (thanks to my friend's telephone call which reserved them).

The checkered tablecloths and napkins not only added to the warmth of the place, but dissipated that formality which one might expect.

I was presented to Haynes and later met his charming wife, "Gabby," a little slip of a French girl, as efficient as they come. They have an adorable son whom I hope to meet one of these days.

• • •

**HAYNES IS** a guy you've got to like, whether you want to or not. His affable manner, his witty come - backs, his ready hand - shakes are as much a part of his business as the food he serves.

I've since watched him operate under some exasperating cumstances, but never once have I seen him upset or angry. He's boss of the kitchen, and when you get your food you can tell he's given it the full treatment.

You can't hurry him into slamming something down in front of you and calling it a meal. Often I've tried to needle him into quicker action, but had to give up. He just doesn't operate along those lines.

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**THE MEAL** he sat in front of us (ribs, with Haynes' famous sauce, cole slaw, French fries and salad) would have been a gastronomic delight to the most discriminating bon vivant.

Before I started eating I felt sure I would have to have an extra order, but I was full before I had finished the first. It took me exactly five weeks to find out why.

For, despite the fact that the portion of ribs served compares favorably with that in the States, the fact is — there's more meat than there is on the American hog. Don't ask me why. I don't know.

All I know is that the French hog's ribs are spaced more widely apart than the ribs of the American hog, and that there's more meat between them.

I soon found that his was not just a restaurant; it was a gathering place for many of the "brethren" who for one reason or another happened to be in Paris.

GIs from all over Europe manage to find their way here, and so do their French girl friends. Famous name band and orchestra leaders are still coming here. Their pictures adorn the walls everywhere.

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**STARS OF** stage and screen should also be included, because I've seen them there. Mitt Meezrow, author of "Really the Blues," is just as much a fixture here as the stools at the bar.

It's a sort of "Information Center" about activities of our folks in Europe, and the pattern changes every hour with the customers going and coming.

Much as I hate to admit it, I find myself coming over two and three times a week to find out who's in town, from where, and on their way to what place. Keeps one pretty busy at that.

But don't get the impression that just because I had ribs, that's all Haynes serves. Far from it, I don't care how "down home" you want it, Haynes will see that you get it.

I've seen him serve them hog jowls, pig feet, black eyed peas, ham hock, turnip greens, corn bread, and all the rest. All you have to do is just name it. He's got it.

SETS PRECEDENT IN TOWN

# Mrs. Beatrice H. Hill named chief dietician at Mass. school

By LYDIA T. BROWN

NORTH ATTLEBORO, Mass. — Mrs. Beatrice H. Hill, of 183 Fisher St., North Attleboro, was appointed this week to succeed Miss Ann Murphy, dietician at North Attleboro High School dining rooms, who retires in September after serving twenty - five years in that capacity.

Mrs. Hill who has served a full year on a special assignment as Miss Murphy was unanimously selected by the principal, Mr. Mott, the entire North Attleboro school board.

This is the first time a colored person has been employed in the school system here as head of a department.

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**MRS. HILL,** the former Beatrice Hamilton, of North Attleboro, is a graduate of the Austin - Cate Academy, Center Strafford, New Hampshire and Hampton Institute Virginia, with a bachelor of science degree in home economics. She has a graduate work in education at Fisk University, is a graduate of the Dickinson Secretarial School, Springfield, Ill., and also took a refresher course in nutrition at the University of Illinois Extension Department.

Mrs. Hill, since returning to Massachusetts, has served as a camp dietician several summers at Camp Foss, Barnstead, New Hampshire.

While in the West, she was vocational home economics teacher at Allen - White High School, Whitesville, Tenn., for three years, served as a Red Cross nutrition instructor during World War II, at Springfield, Illinois, for a year, and as secretary, law clerk and bookkeeper to Clarence Davis, attorney, in Springfield, four and half years.

**SHE ALSO** has been part time bookkeeper, at the Samson Buff Jewelry Company, North Attleboro, for four years and camp dietician at the Massachusetts Sportsmen's Junior Conservation Camp Monterey, Mass.

Miss Hill is a native of North Attleboro, and is married to Jeremiah Hill, formerly of Springfield, Ill, a chemist at the Brockton Veteran's Hospital, Brockton, Mass.

# Fish, shellfish at season high

Fish and shellfish production is at a higher level now than at this time a year ago and should remain high as the new season for some of the fresh fish gets under way.

As a nation, we do not take full advantage of the treasures of the waters — fish. In 1950, we ate an average of 10 pounds of fish apiece and 1½ pounds of shellfish or about 1 pound of fish a month says, Gwendolyne Claytal, Food Economist, Baltimore Office of the Department of Markets, University of Maryland. While the supply is great with many varieties to choose from, now is the time to include fish in the diet at least twice a week.

Shad has been on the market for several weeks and much has been one of the most reasonable fish offerings. Since this fish is now coming from nearby waters, the supply will continue to be available at attractive prices. Perch, another of our fresh water fish, is now available and normally reaches peak production during June. On March 1, the bulldozer of perch was 14 percent greater than at the same date in 1954. It can be expected that perch will increase in supply and remain at reasonable price levels. Frozen haddock and ocean perch fillets are especially plentiful and are selling in the low cost range.

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**THE FRESH SEASON** for oysters is just coming, however. One pack of canned oysters in the Gulf States was about 55 percent ahead of the pack for the 1953-54 season. This will extend the season for this shellfish for those who want to use it in dressings, creamed dishes, soups, etc. Fish sticks, the new breaded food item, are gaining in popularity. A relatively new fishery product, fish sticks are uniformly shaped pieces of fish dipped in batter and bread crumbs, then frozen and packaged in containers suitable for family-sized portions.

They are sold in pre-cooked and uncooked form. Cod is the principal species used in this product, however, some haddock, ocean perch and others are used. This is an item worth considering when there is little time in which to prepare a meal.

Fresh, frozen and canned fish have similar nutrients. They all contain high quality protein, the kind that provides for maintenance and growth of the body. Fish also provides some of the B vitamins, thiamine and riboflavin. Seafoods offer some iodine and iron, too. Fish can be used alternately with meat as the main feature of the meal. This can be a big help in stretching the "meat portion" of the food dollar.

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**THE SUPPLY OF FRESH** asparagus is increasing as the locally grown vegetable is making its appearance on the market. The price of this early spring vegetable is moderate. Mushrooms have been good values for several weeks and receipts now available are locally grown or coming from nearby Pennsylvania. Mushrooms are important as "dressed up" extenders for other foods.

Other fresh vegetables included in this "Week's Economics" are tomatoes, new cabbage, and carrots. Spring greens continue in plentiful supply with a good variety to choose from. Use some of these fresh greens to perk up winter-weary appetites and add color and flavor interest to the menu.

The supply of eggs remains plentiful and the price is well below that of a year ago.

**NEW YORK CHAPTER OF SMART SET** members, who will be hostesses to members of national chapters at the eighth annual conclave in New York, May 27, are, left to right, front row: Mrs. Farrell McClain, president; Mrs. Ada Jones, Mrs. Judy Bates; second row: Mrs. Betty Speight, Mrs. Mary Cowan, Mrs. Mai Morson, Mrs. Gloria Brown, Mrs. Gladys Cates; back row: Mrs. Nancy Carter, Mrs. Gene Willis, Miss Louise Hill, Mrs. Edith Boyd, Miss Clymene Davis; and not shown: Mrs. Marjorie Hewlett and Mrs. Dorothy Granger.

# Fluffo makes bow in East

BALTIMORE — An entirely new, all - purpose shortening, golden Fluffo, is being introduced this week by Procter and Gamble throughout Maryland, Delaware, the District of Columbia, in nearby Virginia counties and parts of West Virginia.

Golden Fluffo, the company reports, is a completely new blend of shortening ingredients that is the result of 16 years of research.

Although it is golden in color, P and G emphasizes, this new shortening is not artificially colored, intended for use as a table spread.

• • •

**RATHER,** it is a pure all-purpose shortening for baking and frying which P and G says will produce superior results in any and all recipes.

"Fluffo also has special blending and mixing advantages," said Miss Lydia Cooley, director of home economics at Procter and Gamble.

"Imagine being able to see when all cake or pastry ingredients have been completely blended! This is possible for the first time with Fluffo, because its golden color serves as a guide to show when it is evenly distributed throughout a batter or dough mixture."

# Protect rugs from moths

"Spray your wool carpets once a year with a 5 per cent DDT oil spray solution, and they will be protected from damage by clothes moths and carpet beetles," states Vivian L. Curnutt, Extension specialist in home furnishings at the University of Maryland.

The specialist suggests the use of one and one-half to two quarts of the oil spray for both sides of a 9 x 12 foot medium-weight rug. Clean the rug before spraying. Give special attention to spraying parts that will be under heavy furniture, and to the edges of a wall-to-wall carpeting.

Whether the rugs get heavy or light wear, they will be safe from damage by carpet beetles and clothes moths for a year to 18 months . . . if adequately treated.

Miss Curnutt continues, "Actual tests have been run to prove the lasting qualities of the recommended solution." "After 18 months' use, a rug which has been treated on both sides had lost considerable DDT on those parts exposed to heavy walking traffic. The rug had been cleaned weekly with a vacuum. However, enough of the treatment remained to prevent all but very slight injury by insects.

In this experiment, Miss Curnutt concludes that the parts that had little wear still held 80 per cent of the DDT, so were well protected against damage.

# Nutrition experts hold leader training session

SANDSVILLE, Ga. — The "Nutrition Express" came through Washington county recently, leaving information about foods with some 50 Home Demonstration Club women who attended a leader training meeting here.

"The Nutrition Express," explained Mrs. Mamie B. Warren, home demonstration agent, "was a miniature train with seven cars, loaded with foods representing the basic seven food group."

Principal speaker for the leader training program on nutrition was Dr. Evelyn Hallman, nutrition specialist for the Federal Extension Service, U.S. Department of Agriculture, Washington.

Dr. Blanchard talked about the basic seven foods, and urged the Home Demonstration Club members to include them in the family diet.

**OTHER SPEAKERS WERE** Miss Juanita Stubbs, Hancock county home demonstration agent who discusses pre-school child feeding; Mrs. Minnie D. Davis, assistant county health nurse, on parental nutrition; and Mrs. G. F. Rice, home economics teacher at T. J. Elder High School, about food preservation.

Accompanying Dr. Blanchard on her visit to Washington county were Miss Eddye Ross, assistant associate director of the Georgia Agricultural Extension Service, and Miss Mary Gibbs and Miss Vickie Rickett, Georgia Extension nutrition specialists.

Mrs. Doris T. Owes, assistant state agent for Extension work, also attended the meeting.

**YOUNG FASHION DESIGNER IN NEW YORK SHOWING**

NEW YORK (ANP) — John Harris, youthful designer who made history over a year ago when he broke racial barriers in St. Louis, Mo., in becoming the first member of his race to be employed as chief designer for a leading firm, has returned to Brooklyn where he will present his first fashion show Sunday, May 22, in the Club Louise Hall.

# Easy Does It

Line a single drawer in your dressing table with an oilcloth to match the bedroom color scheme. In this drawer keep all your lotions, creams and make-up. There will be no grease spots that you can't wipe off in a few minutes with a damp cloth.

Most mildew stains on material will yield to a sponing with detatured alcohol. You may need more than one treatment if the stain is stubborn.

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**MARK YOUR** spools with ink where the slit holds the thread and you'll find it easy to locate. It certainly saves time when you want a length of thread in a hurry.

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**CARRY A** damp cloth around with you in a plastic bag placed in your apron pocket. You can wipe grime and fingerprints off furniture and woodwork in a hurry and still keep the apron clean.

Two vegetable bins placed right next to each other and painted in ray enamel offer a wonderful place in which to keep toys well organized whether it's in the bedroom, nursery or basement playroom.

Use the old razor strap or leather belt if you want to give straight-edge knives the smoothest edge. Strop the blade while you hold the belt tightly so there is no sagging.

# Charm

By LOU LuTOUR

NEW YORK — You do not have to have unsightly hands. If you do, it's your own fault. First and foremost, see that they are kept immaculately clean. If there is a tendency toward dryness, see that you cream, oil and massage them regularly, and especially before going to bed.

It is quite profitable to secure a pair of white cotton gloves to put on at night after the treatment has been given. This keeps the lubricants from rubbing off on the bed linen and assures your hands greater benefits.

The hand that is lovely to touch is the hand that is so treated.

# Smart Set to hold conclave

NEW YORK, — The New York chapter of the Smart Set will be host to members from Boston, New Jersey, Philadelphia, Roanoke and Washington when the eighth annual conclave is held here, May 27-29.

Since the National Smart Set is a civic and social organization devoted primarily to projects concerning the welfare of children, the theme established for this year's conclave will be "Meeting The Needs of the Children in Our Communities."

Opening the national convention will be a formal dance on Friday evening, May 27, at the Park Terrace Ballroom in the Bronx.

On Saturday afternoon, May 28th, there will be a delegates luncheon at Delmonico's at the 440 Club. That same evening, membership awards will be entertained with a champagne and orchids party.

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**HIGHLIGHTING THE LUNCHEON** meeting will be an address by Dorothy B. Dumpson, who has recently been appointed acting director of the Bureau of Child Welfare of the City of New York.

A farewell get-together will be held on Sunday afternoon at the home of Mrs. Farrell McClaine. Miss Morgan will receive the national president and coutourier showing at her salon.

New York Chapter Smart Set members are Mesdames Farrell McClane, president; Mai Morson, vice president; Ada Jones, treasurer; Judy Bates, corresponding secretary; Edith Boyd, recording secretary; Gloria Brown, Gladys Carter, Dorothy Granger, Marjorie Hewlett, Gene Willis, Nancy Carter, Betty Speight, Gene Willis, and Misses Clymere Davis and Louise Hill.

# Needlecraft News by Nancy Baxter

In 1908, Mrs. John Bruce Dodd of Spokane, Washington suggested that a tribute be paid to a noble father who reared several of his children after the passing of his wife. As a result, an official proclamation was made, in 1910, to set aside every third Sunday in June in honor of all fathers. On June 19th, for the 45th year, grateful sons and daughters will be observing Father's Day by giving dad a royal celebration.

**GIFTS FOR DAD**

Men always appreciate gifts that are made especially for them. Dad would be as proud as a peacock to receive a handmade present on HIS day. Numerous Father's Day gifts can be crocheted or knitted, for instance, slippers, scarfs, slippers, and for the latest expression of sartorial smartness — crochet ties. Men's neckties are so easy to crochet that you could make several for dad. The tie is made in one straight piece with just a little shaping at the neckband. When crocheted of cotton, little blocking is needed, but if necessary, simply pin it down to keep the edges straight, and press light