PANEL MEMBERS—Members of the panel on integration at the tea held by Zeta Phi Beta sorors in Baltimore, Sunday, included, left to right, Miss Judith Rubin, Goucher College; Mrs. Ethel Payne, moderator; Miss Anna Bertolini, Southern High School; Miss Catherine Wehman, Goucher College; and Miss Alma Webb, Morgan State College.

Zeta Phi Betas entertain at pre-spring formal dance

Members of Alpha Zeta Chapter of Zeta Phi Beta sorority entertained at a pre-spring dance in the Morgan State College Refectory, Friday evening.

The hostesses included:

Soror Weida Alston, Thelma Ashe, Catherine Banks, Marguerite Carroll, Ruth Cleaver, Virginia Coleman, Eleanor Colvin, Isolene Crowner, Althea Cornish;

Sorors Audrey Davis, Gwendolyn deCeslio, Emma Dudley, Goldia Gord, Mary Fortune, Mary Frazier, Mattie Gardner, Alice Hall, Emma Henson, Anne Holt;

Sorors Mary Horsey, Doris Howell, Mary B. Hurt, Clarissa Jenkins, Ellen Johns, Katharine Johnson, Elizabeth Keyser, Beatrice Mayo, Catherine Mayo, Lilyan Nichols, Ethel Payne, Hazel Phillips.

Sorors Beatrice Pitts, Geraldine Powell, Jewell Rawlings, Ruth Ross, Ruth Russell, Josephine Shorter, Mary Taylor, Jessie Valentine, Eva Washington, Lillian Webb, Mamie Williams and Catherine Winslow.

Their guests were:

Messrs. and Mesdames Bruce Alleyne, Earl Anderson, T. W. Anderson, Charles Bankston, Levi Bates, Samuel Beasley, Leslie Bell, Ernest Berry, John Berry, Eugene Bessent, Shepherd Bewse, Charles Blackwell, Clarence Blackwell, Samuel Blackwell, Wallace Blackwell, Bernard Blake, George Boston, Mark Bowser, Percy L. Bradley, Milton Branch, Donald Brandon, Philip Brandon, Bennie Braxton, Carlton Brewer;

Messrs. and Mesdames Samuel A. Brock Alexander Brown, Alvin Brown, Bailey Brown, Charles Brown, Kenneth Brown, Sidney Brown, Frank Buck, Charles Bullitt, Lane Butler, James Bundy;

Messrs. and Mesdames J a m e s Burke, Sydney Burnett, E d w a r d Bush, Douglas Butler, John E. Camper, Raymond Carpenter Jr., Raymond Carpenter Sr., Charles Carroll, James Carroll, Leroy Harrell, Richard Carroll, John Carter;

Messrs. and Mesdames Glascoe Cassell, Clarence Cassell, Leroy Cassell, Bernard Christmas, Jesse Church, James Clark, Oliver Clark, William Clarke, Clarence Coleman;

Messrs. and Mesdames Robert Colemay, Allen Collick, Henry Collins, Howard Contee, Charles Cooper, William Correth, Alphonso Cotman Charles Covington, Joel Crockett, Crosby;

Messrs. and Mesdames Reginald Daniels, Michael Dantley, Clark Davis, Paul Davis, Ernest Dennis, Harold Derry, Franklin DeShields, Alfred Dixon, Ronald Dixon, Edward Dixon, Maurice Dobson, Thomas Dorsey, Charles Dorsey, James T. Dorsey, William Dorsey, Carlton Douglass, Samuel Douglass, David Driver, Milton Dungee, David Echols, Walter Edmonds, Bernard Elwards, Leroy Elliott;

Messrs. and Mesdames George Edwards, Edward Evans, Howard Evans, George Faulkner, Forrest Ferrell, William Ferrell, Benjamin Fonville;

Messrs. and Mesdames A. T. Forte, Carter Frazier, Clarence Frazier, William Freeman, Herbert Fridge, John Fuller, Leroy Gibson, Sidney Giles, Robert Gill, Lorenzo Gilmore, Clarence Gittings, Bennett Givens, E. Green, J. A. Greene, Charles Greene, Vernon Greene, Floyd Gross Theodore Gross, Leslie Gross;

Messrs. and Mesdames Raymond Hunt, William Hutchinson;

Messrs. and Mesdames Houston Jackson, James Jeffries, Armstead Jenkins, Joseph Jenkins, Cleveland Johnson, Earl Johnson, George Johnson, Henry Johnson, Thomas Johnson, Vernon Johnson, Caesar Jones;

Messrs. and Mesdames Clarence Jones, Edwin Jones, Frank Jones, Gordon Jones, James Jones, Louis Jones, Reuben Jones, George Judge, Thomas Kelley, Judson Kerr, Edwin Kess, Charles King, John Koger, Linwood Koger, O'Neal Koger;

Messrs. and Mesdames Albert Lafferty, William Lampkin, George Lane, Percy Lattimore, Winston Lawrence, Lewis, William, Lewis, Vernell Lockwood, Vernon Lindsey, Lawson Logan, Jerry Lack Charles Lynch, Clif Mackay, Priestly Manns; Messrs. and Mesdames Edgar Manns, Cyrus Marshall, William Marshall, Charles Matthews, Benjamin McCutcheon, Edward McDaniels, Hugo McGuire, Sandy McIntyre, Robert Mclver, Julius McRae, Joseph Mercer, Thomas Merritt;

Messrs. and Mesdames Delmas Milhouse, Norlington Mitchell, Clarence Monroe Samuel Monroe, Leroy Moody, Elbert Moore Paul Moore, Phillip Murdock, Edward Murray, Oscar Myles, Thomas B. Nelson;

Messrs. and Mesdames S. D. Newton, Fred Nicholson, Jesse Nichols, J. Lavs Nickens, Lawrence Nickens, Sylvester Norris, Milton Orange, Franklin Owens, Maurice Owens, Stewart Owens, Carroll Palmer;

Messrs. and Mesdames Rayner H. Parker Thomas A. Parker, Douglass Parris, William Parrott, Clarence Patterson, Clarence Payne, Robert Payne, Herman Peebles, Arthur Peterson, James Phelps, Austin Pierson;

Messrs. and Mesdames Raymond Pinderughes, Otho Pinkett, W. Lyndel Pitts, John Poag, Simon Powell, Theodore Powell, Eugene Prettyman, Nathaniel Proctor, Reginald Proctor, William Proctor, Benjamin Quarles, Theodore Randolph, Marsden Rawlings, William Rawlings;

Messrs. and Mesdames Ronald Rayne, Newman Reavis, Alfred Redd, Henry Richardson, Ralph Robertson, Conrad Robinson, Lawrence Robinson, Samuel Robinson, Lawrence Robinson, Charles Rodgers, Martin Rodney, Edward Ross, William Rustin, Frank Russell, William Russell;

Messrs. and Mesdames Frank Sanders, Paul Sanders, Ernest Scott, Harold Seaborne, Wilfred Seabrooks, Howard Shelby, Douglas Sheppard, Everett Sherman, Walter Sherrod, Allen Simms, George Simms, Willie Slade, Deaver Smith;

Messrs. and Mesdames George Smith, Norman Smith, Walter Smith, George Spaulding, James Spencer, William Spencer, Clarence Stanford, C. B. Stanley, Cyrus Stevenson Willard Stewart, Ernest Stewart;

Messrs. and Mesdames John Stokes, Eli Hayes Strider, Ernest Taylor, George Taylor, Raymond Taylor, William Terry, Carlyle Thomas Edward Thomas, Calvin Thompson, John Thompson, William Tolbert, Louis Tucker;

Messrs. and Mesdames Clifton Turner, David Turner, Walter Turner, Norman Uncles, Frank Veney, Frank Walker, William Walker, Lester Wallace, Norman Wallace, Christo Walter, Anthony Ward, John Ward, Alphonso Warrington, George Washington;

Messrs. and Mesdames James Washington, Jesse Watts, Henry Welcome, Harold Weston, George White, Leon White, Raymond White, Benjamin Whitten, Lionel Whitten, Gerard Williams, Howard Williams;

Messrs. and Mesdames George Williams, Grayson Williams, James Williams, Jerry Williams, Leon Williams, Roland Williams, Robert Wilson, Granville Winbourne, John Winder;

Messrs. and Mesdames John Wood, John Woodford, John Woodhous, John Woodland, Milburn Woodland, Reuben Woodland, Albert Wright, Charles Wright, Leon Young and Robert Young.

Mesdames Mary Adams, Mae Allison, Rosalie Bell, Phillip Bishop, Rosalie Bell, Phillip Bishop, Ruth Bright, Gwendolyn Brooks, Mildred Bryant, Pauline Buller, Lucille Byrd, Bell, Catherine Carroll, Lillian Carter;

Mesdames William Cross, Georgia Davis, Juanita DeBerry, Lena Dickerson; Ethel Douglass, Mamie Dowell, Bertha Floyd, Claudine Franks, Minda Frederick, Edna O. Gray, Lorraine Greene, Irene Guy, Alice Hall, Mamie Hawkins, Glynnia Hill, Gertrude Jackson;

Mesdames Louise Jones, Mary Jones, Myrtle Jones, Elaine Mathieu, Dorothy Merchant, Bernice Mickle, Alice Morell Harold Nixon, Lillian Parrott, Bernice Phelps, Antonia Purdy, Mattie Ransom;

Mesdames Eva Rawlings, Ada Smith, Mary Stent, Mary Taylor, Nancy Utley, Dorothy Ward, Celeste Waters, Alma Watson, Dodie Watson, Consuella Wilder, Willard Wom-

ble, Alberta Wylie, Edwina Young, and Nettie Young.

Misses Elizabeth Allen, Rosalind Allen, Elizabeth Arthur, Geraldine Bailey, Martha Bailey, Jeanette Barnes, Audrey Bennett, Gladys Bennett, Dorothy Bosley, Doreen Bowser, Miriam Aubrey Briscoe, Evadne Brooks, Jeannette Brown, Helen Burke, LaVerne Churns, Jo Anne Clarke, Frances Cullen, Edna De-Courcey, Florence Dennis, Ovetta Dorsey, Sylvia Fenwick, Mabel Fields, Gloria Fowler, Doris Gray, Julia Hawkins, Geneva Hill, Alice Hill.

Misses Novene Holt, Vashti Holt, Gretha Howe, Martha Howell, Agnes Hurt, Charlotte Johnson, Irma Johnson, Myrtle Johnson, Mary Jones, Lois Laster, Theodora Lindsay, Eula Mae Lomax, Mildred McNeil, Zefonia Merritt, Sandra Miller, Clara Miller, Dorothy Mitchell, Dorothy Owens, Elizabeth Parker.

Misses Elizabeth Parker, Emily Peck, Bonnie Peasant, Estelle Powell, Gloria Powell, Yvonne Raleigh, Bonnie Randall, Merrill Rawlings, Harriet Smith, Dolores Snipes, Lillie Sturgis, Camille Vaughn, Beatrice Baughter, Pearl Ward, Verdell Washington, Evangeline Williams, Ethel Wise;

Samuel Adams, George Ball, Herman Barnett, Robert Barnett, Earl Britt, William Britt, William Brown, Wilbur Brunson, William Buford, Irvin Bryan;

Charles Darkins, Edward Fisher, Milton Gardner, Evan A. Gilbert, Van Buren Hall, Leo Hilten, Frederick Jackson, Linwood Koger, Samuel Lewis, James McDonald, Lawrence Middleton;

Hilton Miller, Robert Murdock, Charles Noel, Samuel Owings Raymond Purzer, George Rosenon, Herman Scott, Harvey Seay, Vernon Starvis U. Simpson Stubbs, Charles Tilden, LL Whitted, Charles Wright;

Misses Fields, president; Mrs. Pearl Boardley, vice president; Mrs. Bernice Contee, recording secretary; Mrs. William Tenbrook, corresponding secretary; Mrs. Richard White, financial secretary; Mrs. Frank Russell, treasurer; Mrs. Evelyn Weems, sergeant-at-arms; and Mrs. Ruth Allen, chaplain.

MRS. MAE GELLMAN

Zeta award to Mrs. Gellman

Mrs. Mae Rankin Gellman, executive director of Baltimore Fellowship, was cited by Zeta Phi Beta Sorority here, Sunday, as "Woman of the Year."

Mrs. Gellman received the salute from Alpha Zeta and Gamma chapters of the sorority because of her efforts to make interracial and interfaith cultural activities in this city a reality.

The citation was made at a tea in the Morgan Christian Center, which also included a program with a panel discussion on "Youth and the Challenge of Integration in American Life."

Participants included Misses Anna Bertolini and Betty Manalansan of Southern High School; Miss Angela Webb of Morgan State College and Misses Judith Rubin and Catherine Wehman of Goucher College.

MRS. ETHEL PAYNE was moderator, Mrs. Audrey Davis presided. Soloist was Miss Catherine C. Winslow. Presentation of the citation was made by Miss Beatrice O. Mayo, basileus of the graduate chapter; acknowledgements by Mrs. Mary Frazier. The organ prelude and postlude were by Miss Camille Vaughn and incidental music for the social hour and tea were by Mesdame Althea Cornish, Goldia Ford and Hazel Phillips.

The Intercultural Relationship Committee of the Maryland League of Women has scheduled a visit to the Baltimore City Museum, Wyman Park Drive, Sunday afternoon at 2:30 p.m.

The Curator of Education will address the group. The current exhibition at the Museum is "The Seaport" which includes paintings by Winslow Homer.

Mrs. Louise Lamb is chairman of the Intercultural Relationship Committee of the League.

EASY WORKERS — The sewing club was organized last month and the following officers elected:

MISS HELEN STURDIVANT

take the two-week course.

The instructor, Charles Perry, spoke on the great need for such an organization and its purpose. He also, spoke on the necessity of being present at all of the meetings on time until the end of the course.

Walter W. E. Hill is head of the Civil Defense in Mount Winans.

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MRS. LILLIAN Forbes, of Baltimore and Miss Gwendolyn Forbes and her uncle, both of Washington, were the guests of Mr. and Mrs. George W. E. Hill Sunday.

The Mount Winans Methodist Church held its Annual Men's Day, Sunday.

All three services were very well attended and were very inspiring. The highlight of the day was the address, given by Senator Herbert R. Orrington Whitt "Man's Duty to His Fellow Man.

The visiting ministers were the Rev. Richard Allen of the Bethany Baptist Church; Herbert Moore, First Baptist Church, and W. R. Chew of Star of Bethlehem AME Church.

The receipts of the day were $540.

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THE REV. Clinton Johnson choir and congregation visited the Star of Bethlehem Church on Sunday, at 3:30 p.m. The visit was in the interest of Women's Day.

The Rev. Mr. Johnson delivered the message, and the Rev. W. R. Chew was the host pastor. Mr. and Mrs. Walter Hackett and son, and Miss Deloris Hackett, of Philadelphia, were the weekend guests of Mr. and Mrs. Walter E. Hill of 1730 Foerster Ave.

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JOHN WESLEY Avery of 913 Denver St. has been confined home, after serving two years in the U.S. Army.

His wife, Mrs. Avery, is teaching at a school in Snow Hill, Md. She is now in the city taking an examination to teach in one of the Baltimore Public Schools.

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The personality of the week is Miss Helen Sturdivant at 2238 W. Barre Street. Miss Sturdivant is a graduate of Douglass High School, and is now employed at the Social Security Administration as a typist.

She is a frequent visitor of Mount Moriah Baptist Church. She has done much to better the conditions in Baltimore. Her hobbies are reading and cooking, and favorite sports are baseball, basketball and boxing.

Miss Sturdivant is the daughter of Mr. and Mrs. Charles Sturdivant.

SOCIAL EIGHT — The club met at the home of Miss Julia Townsend, 1305 Longwood St. this week. Mrs. Louise Wilson of 1513 E. Chase St. will be the next hostess. Mrs. Mabel Lawson is president.

A Lucky Photo worth $5 to the person whose head is encircled is in this and every edition of the Baltimore AFRO-AMERICAN. Look for it.

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DISTRESS OF FUNCTIONAL "CHANGE OF LIFE" STOPPED OR STRIKINGLY RELIEVED IN 63-80% OF CASES IN DOCTORS' TESTS!

DON'T think you just have to suffer tension tension, irritability, weakness due to "change of life". Even "hot flashes" can be stopped or amazingly relieved in the vast majority of cases, according to doctors' tests!

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Get a bottle of Lydia E. Pinkham's Vegetable Compound or new convenient Tablets with blood-building iron added. See if you don't feel better all over!

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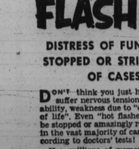
Be the "Light of his Life"...



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Watch the love light glow in his eyes when he sees your new radiant beauty. Begin now to have lighter, smoother, softer looking skin! Use Black and White Bleaching Cream as directed. Its bleaching action works effectively inside your skin. Modern science knows no faster method of lightening skin. See your complexion take on a new beauty glow!

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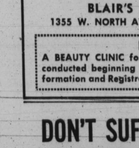

3 Style Shows
5:30 P. M. - 7:30 P.M. and 9 P. M.

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ANN BLAIR
★ The Roman Striped Hairstyle
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NOTICE

A BEAUTY CLINIC for Graduate Beauticians will be conducted beginning Wednesday, March 9th. For information and Registration call MA. 3-9512.

The Woman's Auxiliary to the Monumental Medical Society is seeking funds to pay for a new floor in the emergency and men's surgical ward at Provident Hospital. Proceeds from a mink stole raffle set for March 19 at the Provident Nurses' home, will aid this project. Mrs. Marion Higginbothan models the stole.

4000 attend style show

The Crownsville benefit fashion show which was attended by 4,000 persons at the Coliseum, Friday night, featured not only the latest styles in women's wear, but also an array of some of the best-known political names in and out of Maryland.

Heading the impressive list was Cong. William L. Dawson of Chicago, generally regarded as the top politician in the country.

Mr. Dawson and Cong. Adam Clayton Powell of NYC, were joint guests of honor at the affair. Mrs. Louise D. Fleming, secretary to Mr. Powell, represented the congressman.

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THE SHOW was sponsored by the National Sorority of Phi Delta Kappa, Gamma Chapter, for the benefit of the children's division of Crownsville State Hospital.

Honorary chairmen were Gov. Theodore R. McKeldin, Mayor Thomas D'Alesandro, Congressmen Dawson, Powell and Charles Diggs, Mrs. Louise Quarker, secretary to Mr. Diggs, represented the congressman from Detroit.

Other honorary chairmen were Phillip Goodman and Irvin Mandell; Delegates Truly Hatchett, Emory Cole, and Clifford A. Bachrach; Councilmen Harry Fallon, Edward Garmatz, Samuel Prendergast, City Councilman Frank Flynn;

Dr. Arnold Eichert, superintendent of Crownsville; Mrs. Dorothy A. Rogers, coordinator of volunteer services for Crownsville; Mrs. Carl J. Murphy, president of the Women's Auxiliary of Crownsville; Dr. John W. Powell, president of the Maryland Mental Hygeine Society; Dr. D. O. W. Holmes, Maryland State Board of Education;

Dr. Houston R. Jackson, assistant superintendent, Baltimore City Department of Education; Mrs. Clarence Miles; Dr. Willard W. Allen, Grand Master, Masons of Maryland; and Clarence Wycoff, Grand Master, Prince Hall Grand Lodge, Masons of Md.

MRS. VICTORINE ADAMS of the Charm Centre, who launched the project after a fatal clothes from her women's apparel store, was co-chairman.

General chairman was Mrs. Delores Hunt, past basileus of the teacher's sorority. Mrs. Beatrice Rawlins is present basileus.

Contributions of $50 were received from Mr. Dawson, Mr. Friedel Clothing, Inc., merchant and political leader.

GIFT CERTIFICATES were presented by Congressman Dawson, Mrs. Sylvester Powell, $35; and Senator Cole, $25.

Among those who received gift certificates were Mesdames Ethel Johnson, Sisonia Coltrane, Jessie Jones, Laurette Fish, Bessie Brown, Elsie Levi, Margaret Hudgins; and Misses Edith Gordon, Nellie Jewell, Sylvia Lawson, Annie Smith, Carolyn Dotson, E. Dul-

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Complete expert treatment for the scalp and hair
SPECIAL THIS MONTH
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BIRTHDAY PARTY photo made Saturday at the home of Mrs. Mary Sorrell, 2548 W. Fayette St., where she and Mrs. Elizabeth Kelly gave party honoring her nephew, Spencer D. Sims, center. Mrs. Mary Waddy is at left in photo and Mrs. Kelly at right. Guests present included James Gamble, Linda Tucker, Willie Gamble, Ann McDannie, Rosa Dancey, Emerson Knox, Eloise Knox, Mr. and Mrs. Virgil Dixon and Saddora Maddox.

M. Shephard marks birthday

Milton B. Shephard Jr. of 3105 Gwynns Falls Pkwy. was host on his first birthday on Sunday.

Twenty five of the little set gathered to extend their greetings.

Among those present were:

Cheryc Quick of Washington; Dorena Lynn Gregg, Gail Karen Hilson, Lisa Cooper, Jacques Maultsby, Roxanne Chisholm, Louise Olge, Ray Gilbert, Keith Saunders, Gregory Saunders, Carol Dunston, Marida Goodman, Shelly L. Watts, Lynn Carpenter, Donald Stewart, Marilin Harris, Carmen Newton;

Edward Carter Jr., Carla Shephard, Richard Wallace, Jan Joy, Tyna Bascon and Rosalind Barrett.

Mr. and Mrs. Milton G. Thomas Sr. and Milton G. Thomas Jr. motored from White Plains, New York to attend the affair of their grandson and nephew. Also present were: Mr. and Mrs. Edward Quick Sr. and Mrs. Edward Quick Jr. of Washington and Miss Lorraine Eason.

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The Secret of Long, Good Looking Hair

By Jean Allison

Many women tell me how they envy people with naturally attractive hair—smooth, soft, growing out so rich and healthy. They ask, "How can I have hair like that?"

Scientific facts now give the answer: It all depends on the nature and condition of the scalp. In other words, you can have gorgeous hair like that only if your scalp is ready and able to make it so.

More and more of my friends are discovering that when they seek to improve the looks of their hair they must think about the condition of the scalp too. They are also learning the amazing facts about Sulfur-8 Liquid Conditioner and how it works for the beauty of the hair.

The Power of Sulfur-8

A new scientific form of sulfur is being hailed by hair and scalp experts throughout the world. This penetrating sulfur—called polysulfides, is the wonder drug featured in the great Sulfur-8 Hair and Scalp Conditioner formula. Only Sulfur-8 has that special formula.

Of course, Sulfur-8 cannot give you a new scalp, nor make your hair grow 6" or longer than your scalp allows, but when used in time it usually works wonders on certain conditions that may hold your hair back from looking its best.

You may never know how beautiful your hair can be until you try Sulfur-8 and give it a real chance to do its good work. You will like its new, pleasant fragrance too.

Something Wonderful Happens

Happy Sulfur-8 users have been telling me about the marvelous results in helping the most abused dry hair look softer, smoother and more lustrous. They are thrilled by the new beauty of their hair and have been telling their friends how it came about. The fame of Sulfur-8 has grown so fast that already millions of jars have been sold.

Get Sulfur-8 at the drug store today. See what it can do for you!

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The most trusted aspirin for children, Bayer-Children's Aspirin is made Bayer to give exactly as your doctor orders without having to break tablets; each is ¼ regular adult dose. Pleasant-tasting like pure orange flavor. Does not upset stomach. Use also today!

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World's Largest Selling Aspirin For Children

WHEN KIDNEYS WorktooOften

There is nothing that can make you feel so miserable as disorders of kidney action. If you have to get up many times during the night (Getting Up Nights) too frequent, burning and itching sensations) or Nervous, Tired Feeling due to common Kidney and Bladder disorders, you should use Doctor Kilmer's Swamp-Root, a physician's prescription. Used successfully for more than 50 years. Send for free booklet, and a sample bottle to start you on the way to better health. Both sent postpaid. Send your name and address to Dept. 39, Kilmer & Co., Inc., Binghamton, N. Y. Swamp-Root is sold at all drug stores in two convenient sizes. Don't delay. Write today.

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Note Of Thanks To Public

The National Sorority of Phi Delta Kappa wishes to express thanks for the overwhelming support of the Mammoth Fashion Extravaganza at the Coliseum on February 25, 1955. Special thanks go to Mrs. Betty Murphy Phillips, Mrs. Lula Jones Garrett and Mr. Clarence L. Carter for their valuable help in publicizing the affair.

Acme Super Markets

COMPARE PRICES!

Find out for yourself what so many thrifty shoppers already know — Acme Keeps Your Food Prices DOWN. When you buy all your food at the Acme you are sure of satisfaction and sure of savings. Shop Acme this week and see how many prices are down.

Breast O' Chicken Tuna	White Meat 7oz can	35¢
Campbell's PORK Beans	2 16-oz cans	27¢
Spam, Treet or Prem	12-oz	39¢
Dinty Moore Beef Stew	24-oz	37¢
Green Giant Peas	2 17-oz	37¢
Niblets Corn	New Processes 2 12-oz cans	29¢
Mayonnaise	Fresh, Creamy qt Hom-de-Lite jar	49¢ pt 29¢
Princess Margarine	Golden ¼#	2 lbs 41¢
Louella Evap. Milk	4 tall cans	49¢
Salad Oils WESSON, MAZOLA OR KRAFT'S	pt	35¢
Glenside Apple Sauce	2 303 cans	25¢
Angelfood Mixes or Betty Crocker	Pillsbury pkg	49¢
Ground Black Pepper	Ideal can	23¢
Welch's Grape Juice	24-oz bot	35¢
Ideal Orange Juice	Fancy Fla. 2 46-oz cans	49¢
Pineapple Juice	Libby's 46-oz can	25¢

Cooking Fun

Your family's a lot less apt to miss the meat in Lenten meals if they start off with a nice hot soup.

"Nicaragua Soup" (just a fancy name for an old favorite—vegetable soup) is a good kick off for a March meal. Cooked potatoes, carrots, celery are mashed; then green pepper, onion and ripe olives are added for flavor and color appeal.

So get out your soup bowls and ladle 'em full of steaming hot soup. You'll make meat-less meals much more interesting.

For Nicaragua Soup you will use one-half cup ripe olives, one cup diced raw potatoes, one-half cup diced raw carrots, one-half cup chopped raw celery, one teaspoon salt, two cups hot water, two tablespoons chopped green sweet pepper, two tablespoons chopped onion, two tablespoons chopped tomato, one tablespoon butter or margarine and two cups milk.

Slice ripe olives. Cook potatoes, carrots and celery in salted water until tender, and mash vegetables and liquid. Add milk and ripe olives and simmer for about 5 minutes.

This makes 4 to 6 servings.

By BETTY COOK For ANP

Here's the time way to a use those delicious leftover turkey tid-bits, as a meal-in-one dish combined with a green vegetable, a tasty sauce and fluffy rice So easy to prepare, too, when you rely on the convenience of packaged pre-cooked rice.

There's no real "cooking" involved here, yet—in a matter of minutes—you can be ready to serve a hearty meal that's both delicious and nutritious.

Then too, rice being the most versatile of foods, it can be the perfect go-together with many other recipe suggestions for turkey leftovers. To mention but a few—there is first of all the old favorite and reliable—turkey a la king. Simple to make, easy to serve, completely delicious and filling when served over rice.

Or, perhaps your family would prefer a spicy creole sauce with turkey slices. Creole sauce — always so popular with its combination of delicate flavors, each of which is complimentary to turkey's own distinctive flavor. And, of course, to make the homey little turkey tidbits into partyfare, nothing does the trick so well as a pungent curry sauce. As a final suggestion, there is always stuffed peppers . . . that is, a blend of turkey tid-bits, minced onion and rice.

Indeed, any one of the above suggestions, beginning with the very first recipe and served with fluffy rice — plus a green vegetable, crisp salad—makes simple turky tid - bits complete meals your family will thoroughly enjoy. And all of them made with packaged pre-cooked rice means less time for you in the kitchen and more time for holiday fun.

• • •

HERE'S ALL YOU DO

1. Prepare a 5-ounce package of pre-cooked rice as directed on the package, adding one-half teaspoon savory with the salt.

2. Cook a box of quick-frozen asparagus according to directions on the package.

3. Mix 2 cans condensed cream of chicken soup with ½ cup milk. Dice and add 2 pimientos. Also add 2 tablespoons chopped parsley. Bring to a boil over medium heat, stirring occasionally. Season to taste.

TO SERVE:

Use a large platter. Spoon the rice in a mound in the center. Arrange the sliced turkey and asparagus around the sides. Pour the sauce over the top. Makes four delicious servings.

WEEKLY TREAT RECIPE

A cranberry salad will fit into many of your menus during the holiday period. It is not only flavorful but pretty and ready to serve.

For cranberry-gelatine salads you will need one package lemon flavored gelatine, one cup hot water, one cup pineapple juice, one cup ground cranberries, one cup chopped, unpeeled apple, and one-half cup nut meats.

Dissolve gelatine in hot water. Add pineapple juice and chill until the consistency of thick cream. Add cranberries and pour into molds greased with soft fat. Chill until firm and serve on lettuce with mayonnaise or cooked salad dressing. The above recipe serves 10 to 12).

A time-saving idea on meal preparation will come in handy for many housewives during the busy pre-holiday season.

In preparing such main dishes as casseroles, meat loaves and stews, make double the usual amount. Freeze the unused portion to be on hand for a second meal later.

Be careful, however, not to overcook them. If cooked well-done before freezing, vegetables and macaroni are likely to be too soft when reheated. Cheese or cumb toppings are best added when the food is reheated for serving.

CURRIED FISH STUFFING—To give a lift to that Lenten mainstay, have a curried stuffing add a flavorful tang to baked stuffed fish.

Lemon cups

Here's and ever-so-good dessert which may be served warm or cold — "Date Lemon Cups." This time of year we vote for the warm version. It's one of those grand baked puddings that emerges complete with its own custard. No other trimmings necessary.

For Date Lemon Cups use one cup fresh California dates, one cup granulated sugar, one-quarter cup sifted all-purpose flour, one-quarter teaspoon salt, two tablespoons melted butter or margarine, five tablespoons lemon juice, two teaspoons grated lemon rind, three eggs, and one and one-half cups scalded milk.

Pit and cut up dates. Combine sugar, flour, salt and butter. Add lemon juice and rind. Separate eggs, beat yolks well and combine with milk. Blend into first mixture. Fold in stiffly beaten egg whites and pour into 6 greased 6-ounce custard cups. Set in pan of hot water.

Bake in moderately slow oven (325 degrees F.) 45 to 50 minutes. After baking, each dessert will have custard on the bottom and sponge cake on top. Serve warm or cold.

Makes 8 servings.

Peach tarts

Peach Lemon Tarts are as quick and pretty as a spring bonnet.

Luscious tart lemon filling is poured over sun-ripened canned cling peach slices. A crisp, flaky pastry shell holds all this goodness together. You'll find this very welcome dessert to top off most any dinner.

Peach Lemon Tarts require one-half cup sugar, two tablespoons cornstarch, one - eighth teaspoon salt, three-quarters cup syrup from canned cling peaches, one egg, 2 and one-half tablespoons lemon juice, one-half teaspoon grated lemon rind, one-half cup light cream, and one tablespoon butter or margarine.

Mix sugar, cornstarch and salt. Add syrup and cook and stir over low heat until smooth and thickened. Slowly stir in beaten egg, and continue cooking and stirring over very low heat 2 to 3 minutes.

Clubs

ROMANIA — The club met with Mr. Carrie Hinton of 1903 N. Fulton Ave. Monday.

Mrs. Martha Shelton joined the club. Mrs. Pauline Palmer a member, left. Plans were being made for a musical at the Old Fellows Hall on Mar. 20.

Prizes at pokeno went to Mrs. Annie Jones, first; Miss Mary F. Ransom, second; and Mrs. Kathleen Winston, third.

The next meeting will be with Mrs. Jones at 624 Gold St.

WORTHWHILE — Mrs. Elizabeth Johnson was hostess to the club on Monday night. The club celebrated their third anniversary on Feb. 20. They will have a variety supper at the Cricket Club in April. Mrs. Johnson is president of the club and Mrs. Margaret Rogers is secretary.

SILHOUETTE — The club met with Mrs. Hattie Lyle of 1706 Division St. Plans were accomplished for the fourth anniversary program to be held at Ebenezer AME Church on Sunday, Mrs. Felecia Lemon is president of the club and Mrs. Beulah Carroll is secretary.

DEMOCRATIC WOMEN — The original Democratic Women's Club of Cherry Hill held a political rally, Wednesday evening at 710 Hanover Road. Mrs. Nannie Gibbs, president, assembled the group and 50 others came to hear a number of candidates.

SENIOR DEBS — The club had a party at 2230 N. Howard St., recently.

The hostesses were brown skirts and pink sweaters.

Guests included:

John Jones, George Horton, Donald Savoy, Charles Newton, Donald Cann, James Gardner, William Harris, Julius Atkins, Spencer Pullian,