# 'I am Woman, I Can Do Anything'

Should some of the same womanly strengths arise, meaning those that helped create the spirit of 1776 in the making of America — the untold legacies of the women who got this country started, our Nation's founding mothers — then the spirit of 1976 will carry with it real freedom and justice for all.

In an address dealing primarily with the convergence of International Women's Year, C. DeLores Tucker, Secretary of the Commonwealth of the State of Pennsylvania, spoke to an integrated audience last Thursday at the College of Notre Dame of Maryland.

Mrs. Tucker's appearance was part of a series of lecture-discussions being held marking the convergence of IWY and The Holy Year. The programs are being sponsored by the College in conjunction with the Maryland Commission on the Status of Women.

Mrs. Tucker had motored to the Charles St. campus from Harrisburg to give the keynote address. The previous day she had buried her sister, Mrs. Ruth Ross in Philadelphia.

In her unprecedented manner, Mrs. Tucker outlined the ways of renewing the society and the role women can — and must — play in that renewal. She drew several ovations during her talk.

Excerpts of her talk follow:

The women who got this country started—our Nation's founding mothers—would never have had to debate their fitness for such a venture. In fact, the only thing they might have questioned would be the need to declare a year of the woman. For although few people are aware of it, these pioneer movers and Shakers were a far cry from the secondary supporting players that American women later became.

They were a vital force that swung the balance for independence. It is high time that 20th century women realize just how much our sex contributed—and just how far those contributions ranged beyond homely domestic arts that later generations have come to believe are the natural and predestined domain of women.

The truth is that women in the 18th century were actively involved in every kind of activity and occupation. No frontiersman wanted a wife who fainted at the sight of blood or who couldn't defend herself with a weapon. And, the demand for labor was so great that no able worker—male or female—was excluded from any field. Consequently, 17th and 18th century women were blacksmiths, printers, artisans, midwives, successful businesswomen and operators of home industries of every sort.

Our foremothers were not fragile museum pieces who lived their lives under glass. Many used the rifle and the plow as competently as TV would have us believe the 20th century woman uses the floor mop.

And remember, these women had none of our modern conveniences—they routinely tended the garden, raised and slaughtered the domestic animals, ground the meal, dressed the meat, made the butter and cheese and soap, carried water from as far as a mile away, spun, wove, cut and stitched the family clothing, gave birth to a new child every year.

It sounds like formidable drudgery to us today. Yet, with all this, they managed to achieve the equality and status that in many ways we have yet to regain. Theirs was the spirit of '76—the same spirit that is coming alive again 200 years later.

Within a few short years, those incredibly skilled and forceful women had not only lost their equal status but the history of their accomplishments was forgotten.

As a black woman, I can particularly appreciate the tragedy of this loss of equality because it is so similar to the stripping away of black rights in the reconstruction period following the Civil War.

I have recounted this forgotten bit of history to remind you that a woman is **not** by nature the submissive, helpless creature celebrated in 19th century song and story. If we have been followers and onlookers rather than leaders, the culture has made us so, not any innate incapacity for leadership and accomplishment.

As the brilliant nun, Sister Margaret Brennan, puts it, individual women may have limitations, just as individual men do. But there are no limitations to "Women's Role." **The only limitation on any woman is her limitation as a person—she can do whatever she is able and willing to do.**

### Brain Power

Women comprise 53 per cent of this country's population; 53 per cent of its brain power; 53 per cent of its talents and skills. We've been running this country on 47 per cent of its human resources and the effects are beginning to show.

Stereotyped sex models made a certain amount of sense when the future of the nation depended on the physical strength of its men and the fulltime childbearing ability of its women.

But today we have no shortage of muscle or population. What we do have is an abundance of serious problems. Poverty, racism, water and air pollution, urban decay, crime, drug abuse, shortages of everything from wheat to oil, accelerating inflation and unemployment and decelerating public trust—we are not handling even one of these critical problems adequately. And still America wastes time discussing whether it is proper for our half of the population to put our unused talents to the benefit of the nation.

### 'I Am Women'

As women, we have more going for us today than at any period since the American Revolution. The time and the tide are with us. If we can throw off the psychological barriers, we can put our unrealized skills and resources to unimagined pro-

(Continued on Page 38)

C. DeLores Tucker, Secretary of the Commonwealth, State of Pennsylvania, speaking at the College of Notre Dame of Maryland.
(Reflections photo by Benjamin M. Phillips)

# Arena Players, Inc. changes its production schedule

The Arena Players announces several changes to its '75-'76 season. The revised scheduled is as follows:

The present show "The Wedding Band" plays as originally planned Oct. 10 thru Oct. 19, as does the following production, "When You Comin' Back, Red Ryder?", which plays Nov. 7, 8, 9, 14, 15, and 16.

The next show "Tambourines To Glory" changes only in location. Paly dates, Dec. 12, 13, 14, 19, 20 and 21 remain the same, the show will be performed, however, at Walbrook Senior High School.

"Solitaire, and "Double Solitaire" bring The Arena Players back to the Community College of Baltimore theatre playing Jan. 9, 10, 11, 16, 17 and 18.

The remainder of the season will be at the Community College of Baltimore auditorium.

Date changes for the last four shows are, "Celebration" Feb. 20 21, 22, 27, 28, and 29, "Sleuth" plays March 5, 6, 12, 13, and a matinee on the 14th. "Lysistrata" dates are April, 30, May 1, 2, 7, 8, and 9.

The Playshop Showcase closes the season May 21, 22, 23, 28, 29 and 30.

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WEEK'S FOOD ECONOMIES

# Sweet potatoes contain Vitamins A and D; good buy during winter months

On fall days those main dishes you've passed up as "too heavy" during the summer taste extra good; sweet potaties are perfect with many of them, says Virginia McLuckie, food economist, Cooperative Extension Service, University of Maryland.

Besides rich flavor and color, sweet potatoes are substantial enough to satisfy the heartiest of appetites. Baked, boiled or fried, they can be varied endlessly with different seasonings or combined with numerous other foods. Build your menus to include this deep yellow vegetable several times a week for the Vitamin A and C and iron it contributes to your diet.

When selecting at the market, choose sweet potatoes that are smooth, well shaped, firm and bright in appearance. Avoid any potatoes that show signs of decay or severe damage as the result of bruising. One pound, which is two or three medium size potatoes, will make three servings. Store them at home in a cool dry place until they are used.

Boil sweet potatoes in the jackets and the skins slip off easily with the least amount of preparation waste. Sweet potatoes can be cooked and left in the jackets then stored in the refrigerator and eventually used in any recipe calling for pre-cooked sweet potatoes.

To enhance fall meals take advantage of the seasonal foods that are in good supply. With your cured or fresh pork main dish serve this spicy apple-sweet potato casserole along with the green vegetable of your choice, bread and a beverage.

**Sweet Potato Apple Scallop**

8 medium size cooked sweet potatoes
4 medium size apples, cored and cut in rings
½ cup brown sugar, firmly packed
½ cup pecan nut meats
1 teaspoon salt
½ teaspoon mace
2 tablespoons butter

Peel sweet potatoes, cut in lengthwise slices ½ inch thick. Arrange alternate layers of potatoes, apples, sugar, pecans and other seasonings in 2 quart casserole. Cover and bake 350 degrees F., 50 minutes or until apples are tender.

Makes six servings.

## Consumer savers

Apple'n Cabbage Au Gratin: Melt one-fourth cup (one-half stick) butter in a large skillet. Add eight cups shredded cabbage and two cups peeled, thinly sliced cooking apples; saute until just tender, 15-20 minutes. Turn into one and one-half quarter baking dish. Beat one egg; stir in two cups (eight ounces) shreeded Cheddar Cheese. Add three tablespoons dairy sour cream, and one teaspoon, each, salt and prepared mustard. Spoon over cabbage. Bake in a pre-heated 325 degree oven for 10 minutes. Place under broiler until top is lightly browned. Enough for six to eight persons.

As a prelude to dinner or for a late hour get-together, your guests will welcome a Cheese Roll. Prepare it a day or two ahead of time, then bring it out just before the guests arrive and serve with "munchables." At room temperature, most cheeses blend readily. One favorite Cheese Roll is a whipped mixture of two three-ounce packages of cream cheese and one-third cup crumbled Bluecheese. This makes a roll about eight inches long and two inches in diameter. Roll in chopped parsley, wrap tightly and chill in the refrigerator until ready to serve.

# -Local Club Notes

(Continued from Page 27)

Wilkes and children, Barry and Stacey; and Mr. and Mrs. John M. Williams, all of Baltimore.

Friends of the class on the crusie were: Ms. Mary C. Bell, Ms. Gloria J. Bond, Mr. and Mrs. Douglas Boone, Mr. Raymond Clayborne, Mrs. Isolene Crowner, Mr. and Mrs. Charles Demby, Ms. Evelyn Dixon, Mrs. Elizabeth Dyett and daughter April;

Ms. Mary Fields, Mrs. Thelma Green, Ms. Alice Hall, Mr. and Mrs. Leory and Lindsey and son Richard, Mr. and Mrs. George Roberts, Mrs. Rebecca Scott, Mr. and Mrs. Henry Simon, Mr. and Mrs. Matthias Williams, all of Baltimore;

Mr. and Mrs. Lawrence Oliver of California, Md. and Mr. and Mrs. William Vaughn of Alexandria, Va.

# YWCA trips planned

Three trips are planned by the North Area YWCA for October and early November.

A trip to Reading, the "Outlet Capitol of the World" on Oct. 20 will give participants an opportunity to purchase luggage, hosiery and yard goods at whole sale prices. Price also includes a buffet dinner at a restaurant.

Total cost is $16 to YWCA members; $17 to non-members, due as soon as possible. Bus leaves 31 Lan Lea Drive, Lutherville, at 8:30 a.m., returns 8:30 p.m.

On Nov. 8 and 9 a trip to Williamsburg, Va., will include a visit to the Governor's palace, the capital, Wetherburn's Tavern and the pottery factory. Cost is $34.90 for YWCA members; $37.90 for non-memebers.

Bus leaves 31 Lan Lea Drive, Lutherville, at 7 a.m., Sat., Nov. 8 and returns at 10 p.m. Sun., Nov. 9.

On Nov., 11 a trip to the YWCA International Bazaar in Washington, D.C., will offer participants a potpourri of international foods, fashions and gifts. Cost is $5.50 for members; $6.50, non-members. Bus leaves 31 Lan Lea Drive, Lutherville 9 a.m.; returns 6 p.m.

Profit on these trips goes to benefit the YWCA.

For information, call 252-4230.

# Ms. Williams named Fund consultant

Ms. Bettye S. Williams has been appointed as a consultant in the Agency Operations Division of the United Fund of Central Maryland, according to H. Allen Larsen, United Fund executive director.

Ms. Williams is a native of Montgomery, Ala. and a recent graduate of State University College at Brockport, N.Y., where she majored in Political Science and Sociology.

Ms. Williams most recently was an intern in the office of Cong. Walter E. Fauntroy, Washington. Delivery of constituent services through the Congressman's office was her major assignment.

The United Fund of Central Maryland supports over 90 social service and health agencies including the Maryland Children's Aid and Family Service Society, Y.W.C.A., Boy Scouts, Catholic Charities, Associated Jewish Charities, and the Medical Eye Bank.

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## Food clips

"Dried beef" is a cured product and is usually made from the round of beef.

In buying meat — remember — meat from the upper middle sections (rib and loin) is the most tender and can be cooked by dry heat methods. Meat from the shoulder (chuck), round (or rump), shank, and plate is less tender and is usually cooked by moist heat methods.

**Veal tongue may be cured, but other veal cuts seldom are cured.**

**What is "aged" beef? Some high-quality beef is "aged" by holding it at temperatures of 34 to 38 F for 3 to 6 weeks—aging develops additional tenderness and characteristic flavor.**

## Peach Sauce Arlesienne

1 can (29 ounce) cling peach halves
¼ cup fresh orange juice
16 large marshmallows
1 tablespoon grated orange peel
1 tablespoon Grand Marnier, optional
½ cup whipping cream

Drain peaches reserving ¼ cup syrup. Heat orange juice, marshmallows, reserved fruit syrup and orange peel in top of double boiler, stir occasionally until marshmallows melt completely. Cool. Stir in liqueur. Whip cream and fold into marshmallow mixture. Refrigerate until serving time. To serve place one or two peach halves in dessert dish and fill with mousse. Garnish with additional orange peel, if desired.

Serves 4-6.

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