The Diet Corner

By Helen K. Fleischer
Director, The Diet Workshop

On the straight to be narrow??????

The most successful method I have found is to think of fattening foods that will make me feel bad.

Now I am not talking about a stomach ache or even a headache. I am talking about an ache in the ego. I mean foods that make me feel bad about myself.

I know that when I stay on the diet I feel good, I glow with well being, I exude pride. When I throw in a clinker like a cupcake or a candy bar or who knows what — I start to feel bad. No more well being. And a little downright shame creeps into my day.

And so now, when faced with a decision about something that I want that is not for me, I stop, I think, and I tell myself that if I eat that unmentionable, I am going to feel bad. Who wants to feel bad? Not me; I want to feel good. So I'm not going to eat it.

Do I feel punished when I give up my unmentionable? Not on your life! I took the punishment out of my dieting by learning how to prepare creative diet foods. Here is one of the latest:

And you know that I am interested in sharing your thoughts and your problems. So if you want to confide in me about your diet dilemmas, just drop me a note. The address is The Diet Workshop 6999 Reisterstown Rd., Baltimore, Md. 21215.

6 chicken breasts
¼ cup tarragon vinegar.
1 packet artificial sweetener
2 t. instant minced onion
½ t. salt
¼ t. paprika
⅛ t. dry mustard
1 lb. can peach halves (dietetic, water-packed)

Combine vinegar, artificial sweetener, onion, salt, paprika, garlic powder, and dry mustard in a jar and shake well. Bone chicken breasts. Wipe chicken breasts and place in a shallow pan. Pour over all but 3 T. vinegar mixture. Bake in oven at 350 degrees for 1 hr. Meanwhile, drain peaches well and marinate in remaining vinegar mixture. When chicken has baked for 1 hr. place peaches in pan with chicken. Pour marinade from peaches over all and place under broiler for 3-5 min. until peaches are lightly browned.

Like everything else about dieting, diet cooking is a mater of thinking ahead. And that is one of the secrets of success — stopping to think it through. Permit yourself some space to do this. You're entitled to five minutes here, ten minutes there, to consider yourself.

Most bingeing is a mindless occupation, completely matter over mind. There's nary a thought involved. Discipline yourself to think, and you can be thin.

Park School Cooking demonstration

The Kitchen Bazaar, in the Reisterstown Plaza, will be the scene of a Park School cooking demonstration on Saturday, November 12 from 11 a.m. to 4 p.m.

"The purpose of the cooking spree is to let the public see how simple and how superb the recipes are that appear in The Park School Cookbook," says Mrs. Ann Neumann, president of the Parents' Association.

"Cooking expert, Barbara Cook, together with Carole Fox will be the demonstrators and they will show how the kitchen-tested recipes in the Park Cookbook can be turned out perfectly in your own home," Mrs. Neumann continued.

The Park School is a co-educational, non-sectarian independent day school which spans the years from Nursery through Twelfth Grade. It is a pioneer in many creative educational programs and can point with pride to the numerous successful alumni who have made outstanding contributions to the community in all facets of business and professions.

Headmaster of The Park School is Dr. F. Parvin Sharpless; President of the Board of Trustees is Samuel M. Feldman.

Senior citizens teach

Community service, so important to many older people, will be given by senior citizens at the 901 E. Eager St. Project SAGA Senior Center, to a group of teenage mothers who are students at Dunbar High School, through the month of November.

Teaching the young student - mothers how to crochet and make dolls for their infants, the older women will visit the Infant - Parent Project site at Dunbar High School every Wednesday, 11:15-noon. Participants at Eager Street are Mrs. Mazie Handy, Mrs. Rosie Williams, Mrs. Eva Crowell, and Mrs. Annie Foster.

Project SAGA's Four A Senior Centers are administered by Family and Children's Society and funded by the Urban Services Agency. For more information, call 462-5505.

GOVERNMENT GIRLS ON THE GO — The Alpha Chapter of the Government Girls On the Go recently hosted a benefit theatre party to raise funds for civic contributions. Members from left standing are: Mildred Ayers, Dorothy Pettaway, Delores Bordley, Shirley Hanks, Carolyn Mello, Pauline Turner, Mary James, Marion Counts and Sarah Gross. Seated from left are: Eileen Manning, Hazel Woods, Mamie Jones, president; Elizabeth Taylor, Betty Hubbard, Rachel Briley and Marceline Clerkley. Not shown are Barbara Alcindor, Vera Day, Brenda Rigby, Shirley Horton and Doris McKinley.

Nubian Baby Book winner
'A Precious Pair'

The BENNETT sisters, ESTHER CORRINE, 10 months, and KRISTINA MICHELLE, 4½ years, reside in Chula Vista, Calif. Their parents are Yvonne and George Bennett. Dad is a cook in the U.S. Navy.

I command you to be
Good runners
To go with grace
Go well in the dark and
Make for high Ground
My dearest girls
My girls
my more than me.

Last Note to My Girls
by Lucille Clifton

Send us your favorite baby photo & win

The Nubian Baby Book

Each week the AFRO will print the best photo of child un[illegible] years old doing anything.

[illegible] black and white photos but color can [illegible] will not be returned unless a postage-[illegible]ed envelope is sent.

[illegible] published the parent will receive [illegible]trated Nubian Baby Book.

[illegible] AFRO-AMERICAN Nubian Baby [illegible]857, Baltimore, Md. 21203.

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Sixth annual UNCF gala

Contestants raise $25,565

FLOYDETTE MURRAY, was crowned Miss UNCF 1977 in the 'Organization Category' at the sixth annual United Negro College Fund gala on Sunday at Martin's West.

"A mind is a terrible thing to waste" was the theme of the sixth annual United Negro College Fund Gala hosted last Sunday evening at Martin's West.

The affair was hosted by the Maryland Women's Committee of UNCF headed by Mrs. Martha Allen and is a benefit for the 41 member colleges of UNCF.

Each year the Women's Committee along with young women competing for the title of Miss UNCF raise some $30,000 to benefit the institutions.

According to Mrs. Mary Lou Latane, financial secretary for the Women's Committee the group has raised thus far $26,565.

This year some 18 women participated in the campaign and competed for the title of Miss UNCF.

Floydette Murray sponsored by Delta Sigma Theta Sorority, Inc. was crowned Miss UNCF in the Organization Category. She and her fund-raising committee turned in a total of $3,555.

First runner-up in the category of organizations was Lynda Bowman sponsored by the Alpha Kappa Alpha Sorority, Inc. Miss Bowman is a student at Towson State University and raised a total of $3242.

Pattie Hinton, a student at Coppin State College sponsored by the Zeta Phi Beta Sorority, Inc. was second runner-up. She along with the help of her family and friends raised $3,121.

Individual Category also crowned a 'Miss UNCF 1977.' She is Valerie Jenkins, sponsored by Mrs. Elnora Fullwood and Dorothy Polk. A student at Western High School, Miss Jenkins' committee raised $4,388.

Linda Langhorn, a senior at Morgan State University was first runner-up with a total of $1,677. She was sponsored by Mrs. Mary Ellis and Olivia Fearon.

Lisa Glaze was second with a final total of $1,569. She was sponsored by Mrs. Doris Wallace and is a student at Western High School.

Carol Bailey sponsored by Mrs. Ruth Pratt was next in place. She raised a total of $1,529 and is employed by B & O Railroad.

Other contestants included: Lavenia Robinson, Maria Jenkins, Pamela Brown, Tracie Hines, Cheryl Harrison, Cheryl Adams, Diane Boone, Beatrice Nathaniel, Lynn Young, Tonya Cooper and Yolanda Pembroke.

Gala Committee

Officers of the Maryland Women's Committee include: Mrs. Milton B. Allen, chairperson; Mrs. Mack S. Williams, first vice chairperson; Mrs. A. Bernice S. Hunley, second vice chairperson; Mrs. Harlow Fullwood Jr., recording secretary; Mrs. Robert M. Latane, financial secretary; Mrs. I. Bradshaw Higgins, treasurer and Mrs. Eugene Prettyman, assistant treasurer.

Committee members are Mrs. Joseph A. Boston Jr., Mrs. Isoline S. Crowner, Mrs. Wiley Daniels, Mrs. Joan A. Datcher, Mrs. Ethel J. Day, Mrs. Charles Demby, Mrs. Glenford Dudley, Mrs. Roslyn Dyer, Mrs. J. Bruce Edemy, Ms. Phyllis Eley, Mrs. Vallen L. Emery Sr., Mrs. Aaron Ellis;

Mrs. Olivia Fearon, Mrs. Elbert Guillory, Miss Patricia L. Hayes, Mrs. W. Theodore Hayes, Mrs. Raymond V. Haysbert, Mrs. Kelly L. Jackson, Mrs. Brenda Johnson, Mrs. Roland N. Patterson, Mrs. Charlotte M. Perry, Mrs. Arnette Polk, Mrs. James Pratt, Mrs. Eugene Prettyman;

Mrs. Ruth T. Rosedom, Mrs. Leonard L. Saunders, Mrs. Daniel Skinner, Mrs. Johnnye Mae Stevenson, Mrs. Ida M. Swanson, Mrs. Robert C. Tarter, Mrs. Raymond B. Taylor, Mrs. Paul L. Vance, Mrs. Lester B. Wallace and Mrs. Mack S. Williams.

VALERIE JENKINS, sponsored by Mrs. Elnora Fullwood and Dorothy Polk was crowned Miss UNCF 1977 in the category of 'Individuals.'

The AFRO goes to a party

Cossocks, Inc. celebrate 25th anniversary

The Baltimore Cossocks, Inc. celebrated its 25th anniversary, Las Vegas style last Saturday night at Martin's West. Some 700 guests attended the dinner-dance fashion show.

Dressed in three-piece gray plaid suits the 22 members of the club entertained guests with the help of the Les Mollies, wives of Cossock members.

While guests enjoyed a full course soul food dinner, the Pauline Brooks Fashion Boutique displayed the latest in fall and winter attire.

Later, while some danced to the sounds of Ray Johnson's Fabulous Esquires Band others participated in gambling Las Vegas style.

A highlight of the evening was the presentation of an award to Pauline Brooks honoring her for serving the community as a businesswoman for the past 25 years. The award was accepted by Mrs. Brooks' daughter, Paula.

As part of the Cossocks anniversary celebration, member will be taking their wives to dinner this Saturday and will later this month sponsor a trip to New York.

The organization was organized in November 1952 when 12 men decided to join their efforts and interests in one common goal. They too wanted to serve the community.

Proceeds from annual Cossocks affairs benefit scholarships, the Urban League, NAACP, Provident Hospital, Maryland Council of Churches and the Robert C. Marshall Recreation Center.

With chapters in Philadelphia, and New York City, the Baltimore Chapter holds its small gatherings at its Pennsylvania Avenue clubhouse.

Cossocks Inc. members include, Edward R. McClurkin, president; Willie L. Crier, vice president; William N. Mason, financial secretary; Ernell Thornton, treasurer; Edwin R. Amos, business manager and Thomas C. Green, historian.

Other members are Lester Bland, Herman G. Brooks, Calvin C. Campbell, Charles E. Coates, John E. Cumbo, William Eastman, Gregory Gaither, Purnell Gaither;

And Charles W. Hardison, Charles C. Lee, Charles A. Marshall, Herbert L. Simmons, Donald E. Smith, Robert L. "Smitty" Smith and Melvin E. Trulett Sr.

BALTIMORE COSSOCKS, INC. celebrated their 25th anniversary last Saturday evening in dinner - dance fashion show style at Martin's West. Officers shown include: Edward R. McClurkin, president; Willie L. Grier, vice - president; William N. Mason, financial secretary; Edwin R. Amos, business manager; Sherman N. Conigland, secretary; Ernell Thornton treasurer; and Thomas C. Green, historian.

All BW photos by Norris L. Spencer

tattle • tales

If you think you know how to ball, then you haven't heard about our "swinging seniors." Child, from what we hear, residents in some of the co-called highrisers-for-the-elderly must have invented partying. They tell us there is so much dancing and co-vivanting 'til the wee hours the quiet ones can hardly sleep. We're looking to the golden years.

We hear Leon Bridges, architect and Satterfield, general contrator, both black will be doing the job for Douglas Memorial C.C. Church's Douglas Garden — new senior citizens apartments.

The compiex will take up the whole block of Madisgn Ave. which the church has purchased. Plans call for restoring the buildings, keeping the original fronts. Neighbors will no longer be faced with the eyesore of boarded-up run-down houses in the 1300 block of Madison Avenue. We like it.

TOUCH TENNIS — We know absolutely nothing about tennis, but we understand that three of the meanest names on the court are Ann Koger, Eva Scott and Lael Jones. You folks that think you're pros will really find out how poorly you play if you buck up to one of these champs.

The Pacesetters

Betty Kirby

Betty Fenner Kirby, a fashion designer and a native of Baltimore is presently touring with the Ebony Fashion Fair, which travels 161 cities in the U.S. including the Virgin Islands.

Featured in the show are two original designs by Ms. Kirby, one of a tangerine chiffon and another of Grecian influence.

A 1971 graduate of Northwestern High school and a recent graduate of the Fashion Institute of Technology, New York, Ms. Kirby has also attended Howard University, Maryland Institute of Art and Roosevelt University, Chicago.

Ms. Kirby has worked as a fashion designer and patternmaker in New York, Chicago and Baltimore. In addition, she also has designed a spring raincoat to be featured in the 1978 Misty Harbor Collection. It is scheduled to appear in the stores in February.

Sherri Fields

Sherri Fields of Millersville will soon be packing her bags for the trip of a lifetime. Sherri is one of two senior Girl Scouts from the United States going to an international seminar at the Sangam World Center of Girl Guides and Girl Scouts in Poona, India.

Attending the seminar along with Sherri and her travel partner, Cheryl Hillen of West Virginia, will be 41 other Girl Guide Rangers and Girl Scout Seniors from 16 countries.

At Meade Senior High School where she is a senior, Sherri is part of the Afro Club and a member of the flag squad of the marching band.

After graduation she plans to attend Spelman College in Atlanta to prepare for a career in law. Sherri is the daughter of Mr. and Mrs. William L. Fields.

Sherri's participation in the India seminar was arranged through Girl Scouts of Central Maryland.

She will leave November 22 for the trip and return December 20.