

Iotas Observe Black History Month

Rho Chapter, Iota Phi Lambda Sorority, Inc., held its regular meeting at the home of Mrs. Otelia Stewart Sunday, February 22. Ms. Helen Chavious, Mrs. Stewart and Mrs. Lorraine Weaver were hostesses. The president, Mrs. Omeda Livingston, presided.

To commemorate Black History Month, pictures were shown of Egypt. Dr. Evelyn Schmidt, director of Public Health Service, presented to the group a historical view of and services provided by Lincoln Hospital from its beginning up to the present time and also an artist's conception of how the new Lincoln Community Health Center will appear when finished. John S. Stewart, who is chairman of the local fundraising drive, said the community will be asked to give \$200,000 to encourage private foundations to provide \$1.2 million.

Rho is presently making preparations for the 44th Southern Regional Conference of Iota Phi Lambda to be held in Durham March 13, 14 and 15. The following reports were heard in regard to this event: Sorors Ruth Bolden, chairman of souvenir booklets committee; Ruby Bolden, chairman of program committee, Helen Jones, chairman of registration and housing committee; Barbara Minor, chairman of souvenirs committee and Lorraine Weaver, Phyllis Schumate and Omeda Livingston were elected as voting delegates.

A delightful repast was served to the following members: Sorors Marion Spaulding, Birdie Bates, Lorraine Weaver, Ruth Bolden, Lucille Baines, Ruby Bolden, Laura Bruce, Margaret Coleman, Juliette Cooper, Hazeline Rempson, Josephine DeNard, Eula Harris, Julia Henderson, Barbara Minor, Ruth Lyon, Helen Jones, Omeda Livingston, Evelyn Thorpe, Phyllis Schumate, Julia Henderson and Ernestine Bynum.

Versatile Ground Pork Helps Cut Food Cost

If you have reached a dead end in your search for new ideas for economical family meals, change directions and consider all the delicious and creative things you can do with ground pork.

There are many routes you can take with this budget-stretcher. Simply shape ground pork into patties and serve burger-style, or feature it in meat loaves, meatballs and casseroles. For an economy entree with special appeal, try ground pork, as a savory stuffing for green pepper shells, suggests the National Live Stock and Meat Board.

Savory Stuffed Peppers

- 1 1/2 pounds ground pork
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 can (10 3/4 ounces) cream of celery soup
- 1 can (7 ounces) whole kernel corn, drained
- 1 medium onion, finely chopped
- 3 large green peppers
- 6 tomato slices
- Salt
- Parmesan cheese

Lightly brown ground pork in large frying-pan; pour off drippings. Sprinkle salt and pepper over meat. Add celery soup, corn and onion and cook slowly 10 to 12 minutes, stirring occasionally. Cut green peppers in half lengthwise and remove membrane and seeds; cook in boiling salted water for 2 minutes; invert and drain thoroughly. Fill pepper halves with meat mixture and place on rack in roasting pan. Bake in a moderate oven (350°F.) for 15 minutes. Sprinkle salt on both sides of tomato slices and place on top of stuffed peppers. Sprinkle with Parmesan cheese and bake 15 minutes longer. 6 servings.

Carpet experts warn not to use rubber mats by the door because they can stain carpets. If you use plastic runners to protect your carpet remember to remove them occasionally so the pile can spring back up.



Dignitaries Chat

Dr. Prezell R. Robinson, president of St. Augustine's College; Dr. Joseph Gordon, chairman of the Board of Trustees, St. Augustine's, and Dr. Nathan Wright, keynote speaker for the 114th Founders' Day Convocation.



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