

Durham Personal Notes of Interest

HOME FROM HOSPITAL

Friends and relatives are happy to know that Miss Jackie Watson, daughter of Mr. and Mrs. Theodore Watson, 106 Harrison Ave., Jersey City, New Jersey and granddaughter of Mr. and Mrs. Grover Shaw, 1007 Carroll St. of this city, has been released from the hospital and doing nicely.

MRS. OLINZIE JOHNSON HOSTESS TO MOUNT LEVEL MISSIONARY CIRCLE

The Mount Level Missionary Bible Class held its monthly meet at the home of Mr. and Mrs. Marvin Johnson, 4325 Ward Rd., Monday, March 22 at 8:00 p.m.

Devotion was led by Mrs. Rachel Jones and consisted of Bible verses by each member and prayer by the president, Mrs. Roumania Lipscomb.

The reporting of funds raised from the moth ball and flower project sponsored by the club was

the important item on the agenda.

Enjoying the food served by the hostess were: Mesdames Mildred Neal, Odessa Parker, Rachel Jones, Rose Price, Maggie Tilley, Luretha Hall, Lydia Timberlake, Ollie M. Moore, Virginia Hilliard, Roumania Lipscomb, Melinda Harris, Symir Daye, Rosa Saunders and Janie Evans.

Mrs. Rosa Price thanked the hostess for her wonderful hospitality.

The meeting closed to convene April 19, at the home of Mrs. Nannie P. Lyons, 2506 Dallas St.

VISIT RELATIVES IN DURHAM

Mr. and Mrs. William Perry and children have returned to their home in Washington, D. C. after spending a few days with her parents, Mr. and Mrs. Eddie Kenion, 4425 Ward Rd. recently.

RETURN TO WASHINGTON AFTER BAHAMA VISIT

Miss Arnela Parker and Murheele have returned to Washington, D. C. after visiting parents, Mr. and Mrs. Ulyses Parker of Bahama.

TO SPEND FEW DAYS IN WASHINGTON, D. C.

Mrs. Elsie P. Lyons, daughter of Mr. and Mrs. J. R. Pettiford, recently visited her parents of this city. Mrs. Pettiford accompanied her daughter back to Washington, D. C. to spend a few days.

MRS. MARGA T. J. PARKER ENTERTAINS AT SURPRISE BIRTHDAY PARTY

Mrs. Margaret J. Parker was hostess for a surprise birthday party in honor of her husband, Ulyses Parker of Bahama, and Mrs. Carolina Pettiford, her sister, of 2425 Chatham St. Saturday, March 20, at 8:00 p.m.

It was a very enjoyable time for Mr. Parker who has been ill for some time. There was plenty of delicious food which the immediate family enjoyed.

MRS. THELMA HILL HOSTESS TO DESHAZOR ALUMNI NO. 9

DeShazor Alumni Chapter No. 9 met at the home of Mrs. Thelma Hill, Monday, March 15 at 4:00 P.M.

Personally Yours

... answers questions about Junior Miss etiquette, grooming and interests.



Q. Last year's navy blue coat is going to look pretty dull surrounded by the bright colors of my friends' new spring coats. But Mom says no new coat this year. The lines of this one are all right, but it seems so drab. What can I do to make it perkier?

A. Brighten the coat you wear by teaming it with one or even two — strong, gay colors! Top it with a new roller-type hat in a vivid green or yellow. Or, tuck a contrasting scarf in the neckline, perhaps in red-and-white dots. Change the buttons — a double row of shiny brass ones or extra large white pearl buttons — to add a new look. A brighter-than-springtime enameled daisy or rose pin on collar or shoulder becomes a conversation piece. Your navy blue coat is still "in" and you can alter its look any number of ways. One hint: Use strong, bright colors, not pastels, with navy blue for the latest fashion look.

Q. Sleeves hid my upper arms all winter. But I just took a good look in the mirror, and they're really too flabby. Hurry, please, with an exercise that will get my upper arms in shape for sleeveless dresses and blouses!

A. You've plenty of time to firm up for spring and summer! Start now with these two exercises. First, the Wing Away: Hold your shoulders firm and stand with your arms

straight out at shoulder height. Move your arms forward and back in a small circle. For best results, move quickly — you'll feel the pull in arm muscles. Start with 20 circles a day; build up to 50. For the Backward Stretch, clasp your hands behind your back and breathe in deeply. Stretch your hands up and back as far as they will go. Release breath and relax. Try this one 10 times a day at first, gradually working up to 50. With every day attention to these exercises, you'll be ready for sleeveless fashions in just a few weeks!

Q. My elbows are rough and grimy. I lean on them so nobody will notice, but I won't be able to do that forever. How can I ever get them soft and smooth again?

A. Leaning probably started your elbow problem! Elbows almost always need a little extra attention to keep them surface-smooth and the exact color of the rest of your skin. Scrub them every day with a nail or hand brush. Follow the scrubbing with a generous application of hand or face cream. If they persist in being dry and dingy, try leaning again — leaning your elbows once a week in lemon halves for fifteen minutes. Scrub and apply cream.

(For more answers to your questions on feminine grooming and hygiene, ask your physical education teacher for the free booklet, "Very Personally Yours" from Kimberly-Clark.)

Devotional exercises were conducted by Mrs. Callie Daye. During the business session presided over by Mrs. Willie McKeithan, the president, the group discussed the annual cabaret to be held at the Square Club May 7. Mrs. Pecolia Jones was elected delegate to the State Convention to be held in Winston-Salem April 25-28.

The next meeting will be held at the home of Mrs. Rose Henderson, 1104 S. Alston Ave. Mrs. Josephine Perry thanked the hostess for the delicious refreshments served.

Those in attendance included Mesdames Rose Henderson, Hazel McKoy, Irene Jackson, Pecolia Jones, Fidelia Brooks, Grace McFadden, Classie Brown, Magnolia Leak, Gladys Lassiter, Margaret Harris, Willie McKeithan, Mabel Burnett, Callie Daye, Josephine Holeman, Jannie Swann, Lovell Edwards, Margaret Minor, Josephine Perry, Hattie Geer, Montez Bagley, Julia Higgins, Aleva Monroe, Misses Victoria Moore and Martha Rowland.

YEAR ROUND GARDEN CLUB IN MARCH 15 MEETING

The Year Round Garden Club met March 15 at the home of Mrs. Cora Jackson. Mrs. Lena Gates opened the meeting by leading the club song. The group repeated The Lord's Prayer and Mrs. Gates read a poem, The Rose Leaves Its Fragrance.

The business session consisting of committee reports and other items of importance was presided over by Mrs. Madge Hargraves, president.

Mrs. Wilma Milum led the discussion on Flower Borders. After the timely discussion Mrs. Jackson, assisted by her niece, Mrs. Aline Davis, served a turkey dinner, coffee, punch, nuts and candy to the following: Miss Edna Mason, Mesdames Flossie Torain, Madge Hargraves, Fannie McLean, Rosa Suitt, Hattie Meadows, Eugenia Simmons, Wilma Milum, Emma Randolph, Alma Bennett, Lillian Farrington, Gazella Lipscomb, Lena Gates and Mrs. Alice Collins, guest.

The next meeting will be held at the home of Mrs. Alma Bennett and each member is asked to bring a flower for auction.

Mrs. Lillian Farrington closed the meeting.

YWCA NOTES

The Health, Physical Education, and Recreation Department of the Harriet Tubman Branch YWCA is sponsoring a "Y" Day each week at the McDougald Terrace Community Center.

"Y" Day will be held each Tuesday afternoon from 4:00 p.m. to 5:00 p.m. The YWCA is hoping that through this project it can provide wholesome activity for the children of the McDougald Terrace area.

Simmons-Pettis Vows Exchanged At Maple Temple United Church

RALEIGH—Maple Temple United Church was the setting for the recent wedding of Yvonne Simmons and Pfc. Eugene Pettis of the U. S. Army. The Rev. M. C. Steel officiated.

Given in marriage by her brother, James Simmons, Jr., of Hartford, Conn., the bride wore a waltz-length wedding gown of Chantilly lace over antique satin. The basque bodice was designed with a scoop neckline accentuated by iridescent sequins and simulated pearls. Long sleeves tapered to points over her hands, and the bouffant skirts was highlighted by a scalloped hemline. Her veil of silk illusion was attached to a tiara of orange blossoms. She carried a white carnation bouquet centered with a purple-throated orchid.

Charles Houston of Durham was best man and Mrs. Dennise P. Mills of Culpeper, Va., was ma-

tron of honor. Bridesmaids were Mrs. Dorothy Simmons, sister-in-law of the bride; Mrs. Jean Alston of Chapel Hill, cousin of the bride; and Mrs. Joyce Griffin of Durham.

Groomsmen were Alton Simmons, brother of the bride; Theon Mills, and Luther Dunston.

The bride's mother, Mrs. Alberta Simmons, wore a blue lace dress, a purple orchid, and blue accessories. The groom's mother, Mrs. Elmira Stafford, also wore a blue dress and purple orchid.

Nuptial music was provided by Mrs. Beatrice Highsmith at the organ, and Miss Eula Hinton, vocalist, who sang "Because," "I Love You Truly," and "The Lord's Prayer." Immediately after the ceremony a reception was held at the Bloodworth Street YMCA.

The bride and groom honeymooned in Colonial Williamsburg, Virginia.

Shaw Alumni Chapter to Present Mrs. L. Lewis Vaughn in Concert

The H. H. Hart Chapter of the Shaw University Alumni Association will present Mrs. Latelle Lewis Vaughn of Durham in a recital of songs April 5, at 8:15 p. m. in the Hillside High School Auditorium. She will be accompanied by Mr. Ernest Massenberg who will also render several organ selections.

Mrs. Vaughn was born in Huntington, West Virginia and graduate from Huntington's Douglass High School. She received the Bachelor of Science Degree from Bluefield State College, Bluefield, West Virginia.

She has been presented in recitals in Pittsburgh, Penn., Tyler, Texas and cities in Georgia, West Virginia, and Ohio.

Presently Mrs. Vaughn is employed as a fourth grade teacher at the Thompson Elementary

School, Raleigh. She is a member of the Senior Choir of White Rock Baptist Church and Alpha Kappa Alpha Sorority.

Mr. Massenberg was born in Raleigh, and graduated from Ligon High School, North Carolina College and Indiana State University.

He has been presented in recital in Virginia, South Carolina and North Carolina.

Presently Mr. Massenberg is a teacher of Music at Hillside High School and minister of Music at St. Mark A. M. E. Zion Church. He is a member of the American Guild of Organists.

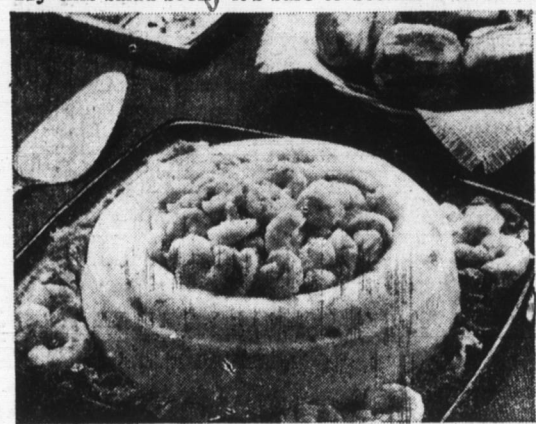
Tickets are now on sale and may be secured from members of the local Shaw University Alumni Association. Proceeds will go toward the new development fund of Shaw University.

CARNATION COOKING HINTS

By Mary Blake
HOME SERVICE DIRECTOR AND HER STAFF



Need a new Lenten idea for bridge club? Then try tasty Lime-Shrimp Mold. It's delicate and light because it's made with Carnation Evaporated Milk, the milk that whips to three times its original volume! Try this salad soon—it's sure to become a favorite.



LIME - SHRIMP MOLD
(Makes 10-12 servings)

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| 2 packages (3-ounces each) lime flavored gelatin | 1 cup drained diced grapefruit |
| 1/2 teaspoon salt | 1 1/2 cups diced celery |
| 2 cups hot water | 1 tablespoon grated onion |
| 1/2 cup cold water | 1 cup undiluted CARNATION EVAPORATED MILK |
| 2 tablespoons vinegar | 2 tablespoons lemon juice |
| | 3-4 cups cooked shrimp |

Dissolve gelatin and salt in hot water. Add cold water and vinegar. Chill gelatin mixture until consistency of unbeaten egg whites. Fold in grapefruit, celery and onion. Chill Carnation in refrigerator tray until soft ice crystals form around edges of tray (15-20 minutes). Whip until stiff (1 to 2 minutes). Add lemon juice. Whip very stiff (about 2 minutes longer). Fold whipped Carnation into gelatin mixture. Spoon into 2-quart ring mold. Chill until firm, about 2 hours. Unmold on bed of lettuce and fill center of mold with shrimp.

WOMEN'S DAY TO BE OBSERVED AT MT. LEVEL BAPTIST CHURCH SUNDAY

Women's Day will be observed Sunday, March 28, at the Mt. Level Baptist Church. Mrs. Evelyn Jones

Gaillard is scheduled to be the guest speaker.

The Women's Choir of the church will render music for the occasion.



by LYDIA FERRINS

Low Calorie Delight

This heavenly casserole has only about 200 calories per serving. If you prefer not to use wine as an ingredient, substitute apple juice or fresh orange juice.

HERBED CHICKEN CASSEROLE

- 2 chickens, about 2 lbs each, quartered
- 3 Tbsp. butter or margarine
- 3 Tbsp. minced parsley
- 3 Tbsp. minced scallions
- 1/2 tsp. crumbled poultry seasoning
- 1 tsp. salt
- 2 Tbsp. butter or margarine
- 1 Tbsp. Lea & Ferrins Worcestershire sauce
- 1-6 ounce can sliced mushrooms, drained
- 1/2 cup white wine
- 2 Tbsp. lemon juice
- 1/2 cup chicken broth

Wash chicken and pat dry. Cream butter until light and fluffy. Stir in parsley, scallions, poultry seasoning and salt. Carefully lift skin of chicken and spread a small amount of herb mixture under skin. Brown chicken on all sides in butter and Worcestershire sauce in a dutch oven or deep skillet. Add mushrooms, wine, lemon juice and chicken broth. Cover tightly and simmer for 30 minutes. Uncover and simmer for 15 to 20 minutes, or until chicken is tender and liquid is almost absorbed. Turn chicken occasionally during cooking. (Serves

St. Joseph's A. M. E Church

"SERVING A WORLD PARISH WITH CHRIST SINCE 1869"
Fayetteville Street Durham, North Carolina
MELVIN CHESTER SWANN, The Minister

- Sunday March 28
- 9:30 A.M. SUNDAY SCHOOL
Subject: "Prepared For His Coming"
Miss Marie Faulk, Superintendent
 - 11:00 A.M. Morning Worship—Annual Women's Day
Mrs. Sarah Horry Jones, Guest Speaker
Subject: "The Christian In A Revolutionary World"
Music by the Cardinals, North Carolina College
Mrs. Constance Allen, Directing
Celia Davidson at the Console
 - 6:30 P.M. Women's Day Candlelight Worship
- FREE PARKING ON ST. JOSEPH STREET

White Rock Baptist Church

Miles Mark Fisher, Pastor
Sunday, March 28

- 6:45 A.M. CALL TO WORSHIP Electronics
- 9:30 A.M. SUNDAY SCHOOL LESSON—
- Dr. Charles A. Ray, Superintendent
- 11:00 A.M. SERMON
Senior Choir, John H. Gattis, Director
- 6:30 P.M. BAPTIST TRAINING UNION
Miss Amelia P. Thorpe, Leader
- 7:30 P.M. SERMON

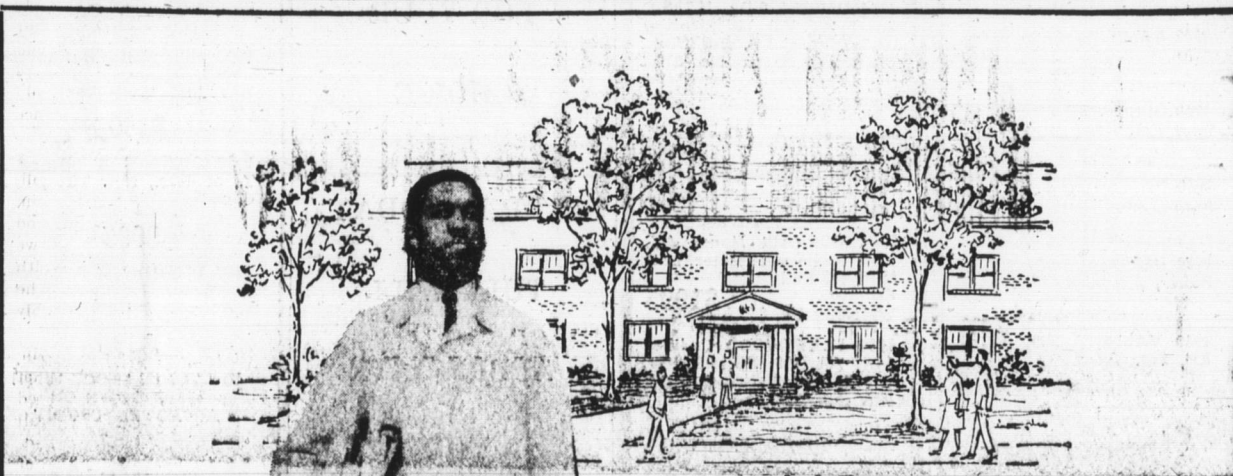
Clock-Watchers' Casserole



Who wouldn't be willing to take pot luck with attractive Tuna Almondine? No one, not even the cook. The Borden Kitchen certainly had career girls and working wives in mind when it started tuna in this casserole. If sauce and noodles are cooked ahead, it takes a scant 30 minutes to do the combining—generous chunks of tuna with olives, sliced almonds, nonfat dry milk and very sharp cheese slices. Bake until sauce bubbles and top's lightly browned. Top, if you like, with almond halves, so texture as well as taste's intriguing. Complement with a crispy green salad and hot rolls made from ready-to-bake packaged dough, spread with plenty of sweet Danish-style margarine.

- Tuna Almondine
(Makes 4 servings)
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| 4 cups cooked noodles (one 8-oz. package medium egg noodles) | 1 (6-oz.) package Velveeta Sharp cheese slices, cut into strips |
| 3 tablespoons butter | 1/2 cup sliced pimento-stuffed olives |
| 3 tablespoons flour | 1/2 cup toasted, sliced almonds |
| 1 teaspoon salt | 2 (7-1/2 oz.) cans flaked tuna fish, well-drained |
| 1/2 teaspoon pepper | |
| 2 cups liquefied Starline nonfat dry milk | |

Cook noodles according to package directions. Drain. In a small saucepan, melt butter over low heat. Stir in flour, salt and pepper until well blended. Remove from heat. Gradually stir in nonfat milk and return to heat. Cook over low heat; stir constantly until mixture becomes thick and smooth. Add cheese strips; stir until melted. Stir in olives, almonds and tuna fish. Turn into a well-buttered 1-1/2-2 quart casserole. Bake in a moderate (350° F.) oven about 20-25 minutes, or until sauce is bubbly and top is lightly browned. If desired, garnish with almond halves.



SOMEONE THOUGHT OF HIS FUTURE

His education is assured... his future is secure. Because of someone's concern and foresight this student has a firm grasp on a bright future.

NORTH CAROLINA MUTUAL'S LOW-COST EDUCATIONAL ENDOWMENT POLICY WILL PROVIDE ASSURANCE FOR YOUR CHILDREN'S EDUCATION.

In giving any child up to eleven years of age this policy, you assure college education. You give him the supreme gift of an enriched, rewarding life as well as practical economic security.

North Carolina Mutual's Educational Endowment Policy offers you one of the largest returns for the money invested. With one of these policies tucked away you can meet your needs easily when the college years come. You assure the child the rosy future he so richly deserves — more than you had, perhaps and more than your parents before you.

Contact your North Carolina Mutual representative today and find out how easy it is for YOU to own... and give such a policy.



NORTH CAROLINA MUTUAL LIFE INSURANCE COMPANY DURHAM, NORTH CAROLINA