

Found: Zora Neale Hurston

By ALICE WALKER
In 1973, Alice Walker travelled to Eatonville, and Ft. Pierce, Florida, "In Search of Zora Neale Hurston." She went to Eatonville to meet the people and see the town Zora had so eloquently immortalized in her writing. She went to Ft. Pierce to find Zora's final resting place and mark her grave.

Alice Walker's discoveries about Zora Neale Hurston, the towns, the people, the creativity of Black women and ultimately about herself are revealed in a current Ms. Magazine article.

Zora Neale Hurston was born in Eatonville, Florida. A Barnard graduate she was the author of four novels, two books of folklore, one volume of autobiography and was an important collector of Afro-American folklore in America. Yet she died in a community welfare home in Ft. Pierce, Florida and friends in town took up a collection for her burial.

"Not many black people in America have come from a self contained, all black community where loyalty and unity are taken for granted. A place where black pride is nothing new." Eatonville is such a community, and as Alice Walker says in Ms. perhaps this begins to explain why Zora was against desegregation.

Alice Walker has always asked herself how the creativity of the Black Woman was kept alive, year after year, century after century, when for most of the years Black people have been in America, it was a crime for a Black person to read or write. She wrote in an earlier essay, "What did it mean for a Black woman to be an artist in our grandmothers' time? In our great-grandmothers' day?"

It is a question with an answer cruel enough to stop the blood," and she suggests, "Listen to the voices of Bessie Smith, Billie Holiday, Nina Simone, Roberta Flack and Aretha Franklin among others and imagine those voices muzzled for life. Then you may begin to comprehend the lives of our mothers and grandmothers."

And then you begin to comprehend why Alice Walker has dedicated herself to making the life of Zora Neale Hurston a part of our American heritage.

Alice Walker's prose and poetry explore the black experience in the South, a subject she studied first-hand in Eatonville, Georgia as one of eight children born to sharecropping parents and as an activist in the Civil Rights movement. Ms. Walker is contributing editor to Ms.



VALENTINE DAY was celebrated at Durham College with the crowning of "Miss Sweetheart 75" during the intermission of the Sweetheart Ball which was held on Friday night in the college auditorium. Dr. James W. Hill, Durham College President, presents to "Miss Sweetheart 75" Annie Lou Sanders of Estill, S.C., the Royal Bouquet of Roses. Looking on are Sharon Gray, Washington, D.C., Second Attendant, and Mattie Giles, Easton, Md., First Attendant. (Photo by Floyd Woodard, II).



FSU GIFT is presented by Fayetteville State University Chancellor Charles "A" Lyons Jr., (left) to African scholar and writer, Miss Ama Ata Aidoo during a recent visit to the campus. A native of Ghana, Miss Aidoo lectured to the student assembly and received praise from student body president (right) Tommie Mitchell. (FSU Photo by John B. Henderson).

Vets Are Eligible for New Low Cost Insurance

An estimated 2.7 million Vietnam-era veterans separated from April 2, 1970, through July 31, are eligible for new low-cost Veterans Group Life Insurance but they must apply before Aug. 1. The new program is designed as interim protection during readjustment to civilian life, according to the Veterans Administration.

Servicemen discharged since Aug. 1 receive application forms automatically, but those discharged before the insurance became available must apply, VA said.

Nonrenewable, five-year term coverage is available in \$5,000 increments up to \$20,000. Monthly premium for the maximum coverage is \$3.40 for veterans aged 34 and under and \$6.80 for those 35 and over.

Former servicemen may convert Servicemen's Group Life Insurance to VGIL without medical examination if applications are received within 120 days of separation.

Applications after that time must include evidence of good health. This requirement is waived for veterans with VA-rated, service-connected disabilities.

THE EXPLORING COOK

by MURIEL JANSEN

PEARL BAILEY COOKBOOK NOW IN PAPERBACK

With hard cover cook books so expensive, it gives me extra pleasure to write about the paperback edition of "Pearl's Kitchen." (New York: Pocket Book, 1974, \$1.50.) I have read it from cover to cover and enjoyed every word. Pearl Bailey, delightful woman, dedicates her book with these words: "To Humanity, who has so surrounded me with 'love,' my cup runneth over-Love returned, Pearl." What a beautiful beginning for any book.

In the first chapter entitled "Mama Looking Over My Shoulder" Pearl Bailey writes about the way Mama raised the family and reminisces about her mother's Sunday morning fried chicken. The chickens were picked up early in the morning, freshly killed and cooked soon after in the big familiar skillet. They were, according to Pearl, crisp on the outside, tender and moist on the inside and cooked to the bone.

Instead of including a recipe from "Pearl's Kitchen," for this column I share my own fried chicken recipe with you-one developed in the Mazola corn oil kitchens. And with it, I urge all my readers to think about entering the 1975 National Chicken Cooking Contest. Look for the entry blanks in your local supermarket, or write to me (Muriel Jansen, Best Foods, A Division of CPC International Inc., Englewood Cliffs, N.J. 07632) and I will send you all you need to know in order to enter the contest. Maybe one of you will be the winner of a July trip to San Antonio, Texas where you will cook chicken and compete for one of the big cash prizes. The grand prize is \$10,000, but there are other prizes, too. I'll tell you all about them if you will write to me. Entries must be in by April 1, 1975, and the way time flies, April is just around the corner.

HERB FRIED CHICKEN

1/2 cup flour
1 teaspoon salt
1 teaspoon Accent flavor enhancer
2 teaspoons finely crushed rosemary leaves or other dried herb leaves
1/8 teaspoon pepper
1 broiler-fryer chicken, cut in parts
Water
1 pint Mazola corn oil

Mix together flour, salt, flavor enhancer, herb and pepper. Moisten chicken with water and coat with flour mixture; shake off excess. Dry on wire rack 1/2 hour. Heat corn oil in deep skillet over medium heat. Add chicken and fry, turning once, about 30 minutes or until golden brown and fork tender. Drain on absorbent paper.

DIET:

KEY TO HEALTH AND HAPPINESS

Proper eating won't keep you from being hit by a truck or poisoned by a snake. But good eating habits can help you recover more quickly from an accident or illness. Plus, a good diet can help insure your day-to-day happiness.

Healthful eating is especially important during the long winter months when susceptibility to colds and other winter-related illnesses is greatest.

"Many people consider eating three meals a day a healthful diet," says Dr. Sam Rehnberg, Ph.D. in biophysics and executive vice president and director of research at Nutrilite Products, Inc. "The key factor to remember, however, is not how often you eat, but what you eat."

Many foods taste and look appealing. Taste and appearance, though, are not a safe guide to what is good for you. For instance, rich pastries are a tasty, eye-appealing food, but they add little nutrition to your diet.

Another dietary problem to which so many Americans have fallen prey is eating only when hungry. People will eat almost anything if they are hungry enough. Unfortunately, this syndrome is aided by our "on-the-go" lifestyle and numerous snack foods which satisfy hunger but don't accommodate good health.

Most people actually don't know what foods contribute to a well-balanced, three-meal-a-day

diet. In addition, people who do have some concept of the four basic food groups - milk, meat, vegetable-fruit, and bread-cereal - still may have a diet lacking in essential vitamins and minerals. This is because many important vitamins and minerals are lost during food processing, storage, and cooking.

Dr. Rehnberg says homemakers should concentrate on selecting and preparing foods from the four basic food groups and cooking them so as to minimize valuable mineral and vitamin losses. Also, because prepared and ready-to-eat foods necessarily make up a large portion of the average diet, it is wise to substitute missing diet essentials with a food supplement.

An increasing number of nutrition-conscious people eat food supplements with their regular meals. The Nutrilite line has multi-vitamins, individual vitamins, and minerals, as well as a special food supplement based on watercress, alfalfa, and parsley.

Nutrilite food supplements and vitamins are owned and distributed by Amway Corporation, one of the largest direct sales firms, with over 200,000 independent distributorships in the U.S., Canada, Australia, Hong Kong, and the United Kingdom. For the name of your nearest distributor, check the white pages of your local telephone directory under Amway.

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