2-1-1968

Clarion Defender-February 1, 1968
Editorial

WOODEN NICKELS

MR. TOM WILSON, DIRECTOR OF JOB COUNSELING AND PLACEMENT FOR NEIGHBORHOOD SERVICE CENTER, AND MRS. HAZEL HAY, ADMINISTRATIVE ASSISTANT OF THE MODEL CITY PROGRAM, HAVE PREDICTED MORE SUMMER RIOTING THROUGHOUT THE NATION BECAUSE OF THE BLACK OF HUMANITY AND ECONOMIC SECURITY. WE ARE AWARE OF MUCH DISCRIMINATING, BUT IT IS HERDweise OUR FUNCTION TO LAY ALL ON THE CHASTE TITLS OF PORTLAND ON THE DOORS OF LAKE OSWEGO.

SPEAKING OF HUMANITY AND ECONOMIC SECURITY, AS THE RESIDENTS OF LAKE OSWEGO WELL KNOW, THEIR MUTUAL FRIENDS, MR. TOM WILSON AND THE REST OF THE ESTABLISHMENT ARE TRYING TO ENSURE OUR INTEL-

LIGENCE. WHY DON'T THEY GO DOWN TO THE BUREAU AT THE STATE OFFICE BUILDING AND TALK TO THEIR FRIENDS DOWN THERE ABOUT EMPLOYING THE LAND AGAINST DISCRIMINATION IN EMPLOYMENT? THIS MIGHT HELP A LITTLE WITH OUR LIVING CONDITIONS AND THE CREDIT SITUATION BESIDES.

MR. WILSON HAS SAID THERE WILL BE OPEN REBELLION -- WHERE DOES HE GET HIS INFORMATION? WHO DOLL. MR. WILSON SPEAK PROJ.

AS ONE OF THE DIRECTORS OF THE ALZA SERVICE CENTER, MR. WILSON SHOULD KNOW REALITY THAT MANY BLACK YOUTH HAND HANDS TO EVERY WORD. IT IS THEREFORE IMPERATIVE UPON US TO SPEAK AT ALL TIMES WITH RESTRAINT OR AT LEAST SOME CARE.

LAKE OSWEGO HOUSEHOLDS HAVE BOUGHT OUT TWO USE SHOPS AND IN FOURTH BLACK MIXES AND WIFI. IN LAKE OSWEGO THIS SUMMER -- THEIR BLOOD WILL BE ON THE HANDS OF MR. TOM WILSON AND HIS WIFE BLACK AND WHITE EXECUTIVES, FOR ALLIGATIONS WITHOUT THE MEAL AND WELL-KNOWN CHICKS CAN ONLY LEAD TO A FURTHER POLARIZATION OF THE RACES AND AN EVER-WIDENING SCHISM.

Patricia Ann Bradford, 21, daughter of Mr. and Mrs. John V. Bradford, 540 N. E. Stanton Street, recently graduated from Continental Airlines hostess training school at Los Angeles. She has been assigned to Denver. A native of Portland, Miss Bradford is a 1964 graduate of North Catholic High School and attended Portland State College. Before joining Continental she was a dance instructor and choreographer for the Portland Recreation Department.

QUARRY’S TOO INCONSISTENT TO WIN

San Francisco -- "Jerry Quarry is too inconsistent and too inexperienced to beat me," says Thad Spencer.

...Spencer adds that it takes more than one or two years to turn a rank amateur into a world class heavyweight contender.

"Quarry needs a teething ring and they’re feeding him raw meat," states Spencer.

"Quarry fought a few near rounds against Patterson, but fought even more weak and sporadic rounds," states Spencer. "I’m a faster and stronger fighter than Floyd," says Thad, "and I’ll be able to stand off the few good rounds that Quarry is capable of putting together.

"In the meantime, I’ll be blasting him with my own artillery."

Spencer has broken camp in Southern California and is now training in the Bay Area. Veteran fight observers consider that Spencer is in the best shape of his career.

Spencer and Quarry meet on Saturday, Feb. 1, in the Oakland Coliseum in the second semi-final fight in the HBO tourney to name a successor to Muhammad Ali.

Jimmy Ellis, Ali’s former sparring partner, has already earned the other final berth.

The championship fight will be held in the Houston Astrodome in May or June.

Thad Spencer is sure that he’ll take it all.

GOV. ROCKEFELLER AND MINORITY JONE

By Jackie Robinson

A Negro author who has earned some prominence by writing a highly acclaimed novel about the Harlem ghetto, said on television recently that Jackie Robinson is Governor Rockefeller’s “house Negro.” I have never met the gentleman and that is a cross I am willing to continue to bear.

A second black writer, who edits a magazine in Harlem from whose editorial board Oscar Davis and James Baldwin recently withdrew, also accused the governor of anti-semitism, went even further than the author. He not only called Mr. Rockefeller’s “house Negro” but also accused the author of having had an act at the Tropicana and his authors might be helpful in really understanding some of the “divide and conquer” influences at work in the black community.

Now, however, I would like to make some brief observations about New York’s Governor and the historic action he has taken to guarantee fair and equal opportunity to the Negro and Puerto Rican peoples.

Unlike so many other public officials, Governor Rockefeller ACTED rather than talked. He issued a blant, no-nonsense, unequivocal order to the heads of all departments in the State to make arrangements NOW to employ more minority group members in all possible categories. We set a Jan. 15 deadline for the department heads to notify his Executive Offices of the number and nature of jobs available.

The Governor is not fooling, nor playing petty politics. He has acted with bold and firm determination after sitting down with civil-minded community people who had complaints and did not blame their issues in rioting them. Thus, he passed with flying colors, one of the acid tests of real statesmanship -- the willingness to listen. By his action, he demonstrated that he has the perception and sensitivity to be responsive to legitimate appeals and the courage to go all the way in commanding and demanding unbiased justice.

In my view, it is now up to the grass roots leaders within the black community to spread the word -- especially to the young -- that the doors are now open in service to the State -- open as they have never been before. Let our Urban Leagues, our NAAPs, our churches, our societies and clubs, our organizations, nationalists, social -- organizations of all kinds -- join in a mighty recruitment drive. This time, let’s make sure it cannot be said that the opportunity was provided for us and we failed to respond.

I shall continue, next writing, to speak of people who indulge in the same name of calling others Uncle Toms. (AEP Feature.)

POSTER PAGE:
CAROL LA BRIE

Miss Carol LaBrie started out as a high fashion model in Portland to star in the "Paris Is Right" T.V. show, wet the latest Otis Redding when she went to L.A, to dance at Whiskey A Go Go. She danced there for eight months. While she danced at Halabalo and cast parties.

After she left the Whiskey A Go Go and moved to Las Vegas where she had an act at the Tropicana Hotel; danced with such rhythm and blues greats as Joe Tex and Otis Redding.

Presently on tour with John True Review at Portland’s Club Venus.

Poster Page: CAROL LA BRIE

GOV. ROCKEFELLER AND MINORITY JONE

By Jackie Robinson

A Negro author who has earned some prominence by writing a highly acclaimed novel about the Harlem ghetto, said on television recently that Jackie Robinson is Governor Rockefeller’s “house Negro.” I have never met the gentleman and that is a cross I am willing to continue to bear.

A second black writer, who edits a magazine in Harlem from whose editorial board Oscar Davis and James Baldwin recently withdrew, also accused the governor of anti-semitism, went even further than the author. He not only called Mr. Rockefeller’s “house Negro” but also accused the author of having had an act at the Tropicana and his authors might be helpful in really understanding some of the “divide and conquer” influences at work in the black community.

Now, however, I would like to make some brief observations about New York’s Governor and the historic action he has taken to guarantee fair and equal opportunity to the Negro and Puerto Rican peoples.

Unlike so many other public officials, Governor Rockefeller ACTED rather than talked. He issued a blant, no-nonsense, unequivocal order to the heads of all departments in the State to make arrangements NOW to employ more minority group members in all possible categories. We set a Jan. 15 deadline for the department heads to notify his Executive Offices of the number and nature of jobs available.

The Governor is not fooling, nor playing petty politics. He has acted with bold and firm determination after sitting down with civil-minded community people who had complaints and did not blame their issues in rioting them. Thus, he passed with flying colors, one of the acid tests of real statesmanship -- the willingness to listen. By his action, he demonstrated that he has the perception and sensitivity to be responsive to legitimate appeals and the courage to go all the way in commanding and demanding unbiased justice.

In my view, it is now up to the grass roots leaders within the black community to spread the word -- especially to the young -- that the doors are now open in service to the State -- open as they have never been before. Let our Urban Leagues, our NAAPs, our churches, our societies and clubs, our organizations, nationalists, social -- organizations of all kinds -- join in a mighty recruitment drive. This time, let’s make sure it cannot be said that the opportunity was provided for us and we failed to respond.

I shall continue, next writing, to speak of people who indulge in the same name of calling others Uncle Toms. (AEP Feature.)

ARMY AID TO FAMILIES INCREASES

An increase of 26 percent in the numbers of families helped was reported in 1967 over the previous year by the Salvation Army Family Welfare Bureau, according to Mrs. Marian Bass, director. In 1966, there were 2,532 families and 8,318 individuals. In 1968, the totals were 1,982 families and 8,318 individuals.

The Family Welfare Bureau offers material assistance to those not eligible for aid from other welfare organizations.

Mrs. Bass said that the increase was due to many factors. The increase was all year long, with all months showing a gain in requests for aid.
Oliver is in Seattle, Washington on vacation. Watch for his exciting, revealing column on prostitution for February the 15th.

Commentary

I Am Black America

Lin Harburn

I am as old as the nation. I was born in 1492, revered through slavery and reborn in 1865. The blood lines of the world run in my veins, not because I wanted it, but because I have always been able to adjust, no matter the circumstances. I am many things, many wanted it, but because I have always been able to adjust, no matter the circumstances. I am many things, many things, many things, and in the United States.

I am Crissius Attucks, but I am also a black Pharaoh named Kanes. I am Olitius, black commander of Alexander's fleet's cavalry at the battle of Auesla. I am the wise son: Gaspard, king of Ethiopia; Melchor, king of Nobia; and Baltazar, king of Saba. Yes, I am Pedro Alonso Rino, pilot of one of Columbus' three ships. I was with Halibon when he discovered the Pacific Ocean. I blazed the trails west and discovered two areas now known as western states. I am William Tucker, first recorded American born black man.

I am the creator of the Three Musketeers. I am not always passive, but I believe in freedom. My blood, as red as any, stains crimson battlefields of the world in mute testimony to my willingness to give the last full measure for my belief. I led a slave revolt in 1712 in New York City. I led another slave revolt in 1800 in Virginia. I am Denmark Vesey Fighting for Freedom in Charleston, S. C. in 1821. I am Nat Turner rising through the fields in 1831.

I am proud to say I was the famed Black Division on Sept. 29, 1864. We were on New Market Rd. leading into Richmond, Va., where General Butler ordered us to take a Confederate-held hill.

I am one among the 16 black Americans who won the Congressional Medal of Honor before 1900. I am P.B.M. Pinchback, governor of Louisiana, Blanch Felso and Hiram Revels, black U.S. Senators from the state of Mississippi. I am Norris Wright Cuney, candidate for mayor of Galveston, Texas, in 1870. I am the famed Buffalo Division of Fort Huachuca, Ariz., the 99th Pursuit Squadron of Tuskegee, Ala. I am Booker T. Washington, George Washington Carver and Dr. William Benjamin 0. Davis.


I am Lena Horne, Ella Fitzgerald, Jimmie Lunceford, Sammie Davis Jr., and Sidney Poitier.

I am a nation within a nation. You can look at me and see Doris Miller at Pearl Harbor, Ralph Bunche at the United Nations, Carl Stokes in Cleveland's city hall, and Edward Brooke in the United States Senate.

I am the dishwasher, broadcaster, black cotton picker, bus driver, schoolteacher, scientist, forest ranger, architectural draftsman, and the astronaut. Yet, I am the invisible American.

Wherever you look, I am there; yet, few ever really see me, I am the mournful voice of the dispossessed. I am the American hybrid.

I am the only American that other Americans expect to be silent and wary, politic and shrewd. I am expected to be pleasant, endure petty insults with a smile and to apologize to all wrongs against my people. I am expected to replace malice, impurities, and courage with patience, humility, and adroitness. This is expected of me even though I live physically each day in the jungles of Vietnam and mentally each day in the isolation of race hatred in the United States.

Still I am an American. I thrill to the Star Spangled Banner. I pledge allegiance to the flag. I love the rocks and rills, the sand and purple hills from Maine to California, from the Canadian border to the Gulf of Mexico. And though I know there is a long way to go to reach the place the Constitution spoke of, I will not rest. I will not retreat; I will, God willing, enter as a full partner in freedom and progress into goodness of the land of my birth.

I am Black America. I am Lin Harburn, with commentary.

Stepping up his campaign for the Democratic nomination to the U.S. Senate, Phil McAlmond will spend the week of February 5 filling a series of major speaking engagements in the central Oregon area.

Tuesday, February 5, McAlmond will speak at a noon meeting of the Prineville Lions Club, and that evening will journey to Mitchell for a not luck supper sponsored by the Mitchell Democratic Club.

That black commercial artist, who painted those white Christmas carols for his lamp, also has a dog starring with his little-white group on Sobe, a white dog. 6th and N. E. Al成果转化. Please tell him he can take them down now.

Nobody knows why, but "The Ole Lady" of a post office worker no longer wants to keep their illicit romance under cover so now she will at the wrong times in the right places.

I am a nation within a nation.

I pledge allegiance to the flag.
1. The Pioneer Birthday Club met Thursday, January 25, in the home of Mrs. Bennett to celebrate all members who had birthdays in January. After the business session a lovely repast was served by the hostess and games were enjoyed to finish off the meeting.

2. Mrs. John Leftline, Sr., arrived some last week after spending a fortnight in Los Angeles, California visiting her daughter and family.

3. Funeral services were held Tuesday, January 30, at 11:00 a.m. in the Vancouver Avenue First Baptist Church for Rev. Edgar Harris who passed away Saturday, January 27.

Rev. Harris was a retired railroad worker; also a member of Billy Webb Lodge No. 1050, I. B. P. O., Elks, Urban League and W. A. F. C.

Survivors are sons Ulidius, Melvin Harris, step-son Talmage; daughter, Mrs. Neila Jackson, Mrs. Hunter Wilson, Mrs. A. Skinner, all in Portland, and Mrs. Amie Harris, Oakland, Calif., 38 grandchildren and 9 great grandchildren. Interment was in Greenwood Hill Cemetery.

4. Mrs. Roberta Melcho and her sister, Mrs. Katie Haynes, returned home last Monday from Little Rock, Ark., where they attended the funeral of their sister.

5. Symphony is being extended to Mrs. Mary Gertrude Hudson in Chicago, Ill., on January 27. Funeral rites were held on January 29 from Grant Memorial A.M.E. Church in Chicago.

6. The Vanity Cook Missionary Society met Thursday noon in the home of Mrs. Estelle Gray. A lovely luncheon was served following the Lesson Study period.

7. Mrs. Gladys Darley was hostess Thursday evening for the O.N.R. Club. Following the business session a lovely repast was enjoyed by the members.

8. Congratulations are being given to Mrs. Robert Cooahan on his appointment to a new position with Pacific Maritime Association. His position will be Allocation-Industrial Relations Training. He will assume the position Feb. 10.

1. The Pioneer Birthday Club met Thursday, January 25, in the home of Mrs. Bennett to celebrate all members who had birthdays in January. After the business session a lovely repast was served by the hostess and games were enjoyed to finish off the meeting.

2. Mrs. John Leftline, Sr., arrived some last week after spending a fortnight in Los Angeles, California visiting her daughter and family.

3. Funeral services were held Tuesday, January 30, at 11:00 a.m. in the Vancouver Avenue First Baptist Church for Rev. Edgar Harris who passed away Saturday, January 27.

Rev. Harris was a retired railroad worker; also a member of Billy Webb Lodge No. 1050, I. B. P. O., Elks, Urban League and W. A. F. C.

Survivors are sons Ulidius, Melvin Harris, step-son Talmage; daughter, Mrs. Neila Jackson, Mrs. Hunter Wilson, Mrs. A. Skinner, all in Portland, and Mrs. Amie Harris, Oakland, Calif., 38 grandchildren and 9 great grandchildren. Interment was in Greenwood Hill Cemetery.

4. Mrs. Roberta Melcho and her sister, Mrs. Katie Haynes, returned home last Monday from Little Rock, Ark., where they attended the funeral of their sister.

5. Symphony is being extended to Mrs. Mary Gertrude Hudson in Chicago, Ill., on January 27. Funeral rites were held on January 29 from Grant Memorial A.M.E. Church in Chicago.

6. The Vanity Cook Missionary Society met Thursday noon in the home of Mrs. Estelle Gray. A lovely luncheon was served following the Lesson Study period.

7. Mrs. Gladys Darley was hostess Thursday evening for the O.N.R. Club. Following the business session a lovely repast was enjoyed by the members.

8. Congratulations are being given to Mrs. Robert Cooahan on his appointment to a new position with Pacific Maritime Association. His position will be Allocation-Industrial Relations Training. He will assume the position Feb. 10.

**Briefing The News**

By Pleasant Seem

Viviane Burnett put a 295 in the record book, as Burnett Realty 2-1 won over Sorenson Realty, but then in a second place tie in the Miss Ohio League at KINETO Lanes.

Lee Tourlock trimmed the sticks to the tune of 695 on Games of 189-236-200 as 4 & A Amusement story's Gorky's Tavern 2-1 in Interstate Classic League. Miffie Price was a consistent shooter (under light in the Ladies Classic at Interstate Lanes. Miffie rolled games of 165-173-172 for a 510 Series, with Wilson Application registered a 2-1 win over C. T. Parker Construction.

Big Joe Flowers finally found the range at Jantzen Beach Lanes, in the Pro Am Travel League. Mr. Flowers 167-219-223 was good for a 603 Series, nice outing for Joe, but don't forget the script. Use the same next week.

Maxine Dayton shoots a 509 in a losing cause, as One Hour "Hustling" drops a 3-1 decision to Karen Beauty Salon.

Der Johnson rolls his second 600 plus series in three weeks, as Milties Garden also lose 2-1.

Watch out for this Louis Barnes, fellows. He was picked up a couple of weeks ago by the Oregon Invitational League, and now is operating out of Jantzen Beach Lanes.
**Punctuation**

Punctuate the following sentences:

That is it. It is not that it is not that it is.

"It was and I said not no."

**Answers**

<table>
<thead>
<tr>
<th>Directions</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add 1</td>
<td>25</td>
</tr>
<tr>
<td>Add 5</td>
<td>120</td>
</tr>
<tr>
<td>Multiply by 10</td>
<td>1200</td>
</tr>
<tr>
<td>Subtract 100</td>
<td>1200</td>
</tr>
<tr>
<td>Strike off last two digits</td>
<td>12</td>
</tr>
</tbody>
</table>

**Your Age**

Your friends will think you are a mathematical wizard when you try this with them. Ask them to write down numbers according to the directions you give them. An example of the directions and results is shown below.

<table>
<thead>
<tr>
<th>Age</th>
<th>Double</th>
<th>Add 1</th>
<th>Multiply by 5</th>
<th>Add 5</th>
<th>Multiply by 10</th>
<th>Subtract 100</th>
<th>Strike off last two digits</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>24</td>
<td>25</td>
<td>125</td>
<td>130</td>
<td>1300</td>
<td>1200</td>
<td>12</td>
</tr>
</tbody>
</table>

**PUPPY MAZE**

**CAN YOU HELP THIS LITTLE PUP FIND HIS WAY TO THE BONE?**

**IN EACH BOX THERE IS ONE OBJECT WHICH DOESN'T BELONG. WHICH IS IT?**

**Answers**

<table>
<thead>
<tr>
<th>Box</th>
<th>Box</th>
<th>Box</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>B</td>
<td>C</td>
</tr>
<tr>
<td>D</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Editor Note:  

Now at the age of twenty-four, Dr. Lawrence Bernard has dedicated himself to the field of dentistry, a passion that he developed during his high school years. His journey towards becoming a dentist began with his early interest in medicine, which led him to pursue a career in dentistry.

**NEED DENTISTRY?**  
No Need to Delay  
Use my Liberal Credit Plan—Terms to Fit Your Budget

![Dental Insurance](Image)

**DENTAL PLATES**  
Prompt Service  
No Appointments Needed

**Dr. Lawrence Bernard**  
DENTIST

Office also In  
SALEM & EUGENE

---

**THE BIG HAPPENINGS!**  
LOCK WHAT'S HAPPENING!  
By Gordon Harrison

Friday night at the Coliseum, Jefferson won their game against Cleveland. The February 16 game was the first of the season for both teams. Jefferson will be on the television dance program, "This Is It," tonight on Channel 2.


The Allina Art Center is sponsoring a Cook Book Party for the people who contributed recipes to their cookbook. The tickets are being sold at the dam, January 31, from 7:00-11:00.

A Coloring Book of Negro History: The research and data behind the book done for an informative and fun-to-color book of black artists, scientists, and other professionals. This will be the second book published by the Allina Art Center.

The Oregon Arts Commission recently announced the approval of a $1,500 grant to strengthen the music department of the Allina Art Center. The grant makes possible the immediate installation of six sound-proof music practice rooms.

The Allina Art Center is having a Hobo Show for people with interesting hobbies, but needs help in discovering them.

Don't forget the Allina 3rd Annual Valentines Day Dinner which begins at 6:30 on February 14th. The entry fee is $3.00, and there will be cash prizes. Show will be held at the A.C.G. Auditorium, 500 S. W. Wishes. Admission will be $3.50.

Scadie College will have their presentation of the Hopkins Court in the Jefferson Auditorium at 7:30 p.m. The Homecoming Game will be Jefferson's gym with George Fox College at 8:00.

---

**MUSICAL TALENT SEARCH**  
Portland Boys and Girls Entering Sound of Youth Music Contest

Musically talented boys and girls here in Portland between the ages of 16 and 19 are being given an opportunity to win public recognition along with a recording contract with a major record company, cash prizes and a 20-city performing tour. The United States by entering the Sound of Youth Portland contest on March 22, Lincoln High School Auditorium.

Mrs. Kay McFarland, Chairman of the South of Youth Committee of the Bureau of Parks and Recreation, announced that entry blanks are available until February 29th for all young people in Portland in this area group at the Park Bureau Office, 1107 S. W. 4th Avenue.

No musical equipment is needed. There are these talent categories: male vocalist, female vocalist and groups of five members or less. Music may be vocal or instrumental and may include jazz, classical, country, folk, or any other style.

Contest forms are the Albina Art Center, and will be judged on creativity of material, showmanship and technical aspects. Entries must be filled out and in the mail by midnight, March 1st.

The national Sound of Youth, U. S. A., of which the Portland contest is a part, will culminate after a statewide competition later this spring, in the national grand final awards presentation in the latter part of June.

Sound of Youth, Inc., sponsors of the national youth program, was formed to provide, in cooperation with cities across the nation, an athletic showcase for public recognition of the musical talents of our young people. It is the first national program to coordinate the interests of government, labor, and industry with those of the entertainment world through such a constructive recreational activity for American youth.

Prominent leaders from five different segments of American life who are members of the Sound of Youth, U. S. A. Board of Directors, are: Edward S. J. Johnson, Johnson R. Johnson, Jefferson Airplane, Duke Ellington, The Association, Al Hirt, Del Milford (National Association of Television and Radio), Henry Mansoul, Father Norman O'Connell (the Jazz Pellegrini), and Andrew Anderson (of the New York Board of Trade) and others.

Community groups and city agencies throughout the country are joining Sound of Youth, U. S. A., to run local youth talent competitions, thus giving all the "hometown kids" a chance to "make good" musically.
Parsley Adds Color

Vegetable and Cheesy Soup

Advice Is Avoid ‘Fads’ on Fats

A leading nutrition scientist, Dr. Frederick J. Stare, professor of nutrition and chairman of the Department of Nutrition at Harvard's School of Public Health, has recently again cautioned against the fad of faddism in the field of dieting. Again Dr. Stare stated that dieting is still experimental, and he urged people to leave experimental dieting up to their physicians.

When it comes to up-to-date health foods, the U.S. Food and Drug Administration and the American Medical Association have reported that Americans spend about $1 billion annually for health foods which offer no more protection to health than do the foods readily available at any super market or regular grocery. Food fads not only can be expensive but can prove downright harmful, say authorities on the subject.

All seem to agree, however, that people don’t need to be so fat and the majority subscribe to the idea that simplicity is the best way to solve the problem of obesity. They feel that Americans—57 per cent—will lose weight simply because they eat more than they need. The only way to “reduce” is to reduce the intake of calories, day after day, month after month. Often monotonous, yes, but rewarding.

Many Good Buys

Caused food specialties are many right now. Stock up on green beans, corn, tomatoes, peas, garbanzo beans, cranberry sauce, seasoned hams. Watch store displays and the grocery ads in this newspaper.

Rhubarb is in abundance along our coast all February. Almost any cooking method is possible with this fish, including brandy sauce, cranberry sauce, seasoned hams. Watch store displays and the grocery ads in this newspaper.

Advice Is Avoid ‘Fads’ on Fats

A leading nutrition scientist, Dr. Frederick J. Stare, professor of nutrition and chairman of the Department of Nutrition at Harvard's School of Public Health, has recently again cautioned against the fad of faddism in the field of dieting. Again Dr. Stare stated that dieting is still experimental, and he urged people to leave experimental dieting up to their physicians.

When it comes to up-to-date health foods, the U.S. Food and Drug Administration and the American Medical Association have reported that Americans spend about $1 billion annually for health foods which offer no more protection to health than do the foods readily available at any super market or regular grocery. Food fads not only can be expensive but can prove downright harmful, say authorities on the subject.

All seem to agree, however, that people don’t need to be so fat and the majority subscribe to the idea that simplicity is the best way to solve the problem of obesity. They feel that Americans—57 per cent—will lose weight simply because they eat more than they need. The only way to “reduce” is to reduce the intake of calories, day after day, month after month. Often monotonous, yes, but rewarding.

Many Good Buys

Caused food specialties are many right now. Stock up on green beans, corn, tomatoes, peas, garbanzo beans, cranberry sauce, seasoned hams. Watch store displays and the grocery ads in this newspaper.

Rhubarb is in abundance along our coast all February. Almost any cooking method is possible with this fish, including brandy sauce, cranberry sauce, seasoned hams. Watch store displays and the grocery ads in this newspaper.

Recipe Card

Vegetable and Cheesy Soup

Cheesy Vegetable Soup

2 cups pared cubed potatoes
1½ cups shredded cooked cabbage
1 cup sliced carrots
1 cup cubed potatoes
1 cup sliced onions
1 cup cubed potatoes
1 cup sliced onions
1 cup cubed potatoes
1 cup sliced onions
2 cups milk
1 cup cream
1 cup cheese
Cook potatoes, cream, cubed potatoes, and cheese in milk until potatoes are tender. Add chopped vegetables and mix. Pour over mixture, cover, and bake at 350 degrees F. for 30 minutes or until bubbly.
Fruited Lamb Chops

A combination of French, French, Sweet potatoes, and cranberries make this dish a delight. Sautéed onions, then covered in a rich sauce of tomato paste, orange juice, and honey. The dish is then simmered to perfection before being served over fresh vegetables. Grilled or roasted lamb is a perfect accompaniment.

This Meat Loaf Pizza

Style One

Canned meatloaf gives this meatloaf its name. The completed loaf is garnished with green peppers and chili sauce. PIZZA MEAT LOAF

8 servings

Square baking pan, 9 x 9
Preheat 350 degrees oven
2 pounds ground beef
2 cups instant minced onion
1/4 cup chopped celery
1 egg, slightly beaten
1/4 cup grated Parmesan cheese
1 1/2 teaspoons salt
1 teaspoon beef extract
1/2 cup grated cheese
1/4 cup cooked onion
1/4 cup canned mushrooms, drained
1 cup milk
1 can (10 oz.) fruit cocktail
1 cup grated cheese

COOKED ON Roll pizza sauce over
1/2 the bottom of a greased 9 x 9
baking pan. Cover with
1 1/2 cups of the mixture above.

Bake at 350 degrees for
50 minutes.