BUFFALO

Briefs

— By —
Evelyn Patti
MERRIWEATHER

Local Elks Attend Nat'l. Confab In Pa.

Members of the various Lodges and Auxiliaries in Buffalo attended the Elks' National Convention which convened recently in the city of Philadelphia, Pa.

Heading the delegation was Grand Exalted Ruler Jay P. Hall of Roswell, N. Mex.

Also attending were Mr. Verna J. Williams, Daughter-Ruler of Elite Temple No. 302, Buffalo; Miss Gwendolyn Jones, Junior Past Ruler; Mrs. Ida Evans, Mother Treasurer and Mrs. Julia Moore, Grand District Deputy.

Mr. Mitchell Mrs. Helen Pool, Daughter-Ruler of Pride of Western New York; Mr. and Mrs. Alexander Jones, Jr. and Mrs. Madeline Jones; Mr. and Mrs. James R. Garrett, Mr. Garrett is the Grand Substitute of the Education Department of the Grand Lodge.

Also attending were the Members of the Section.

MAN WANTED
Part-time evenings to serve customers. Need car. Call 894-2098.

Mr. And Mrs. B. Hall Feted On Visit Here

Mr. and Mrs. Boyd (Bo) Hall, of Gardner Ave., Buffalo, formerly of Buffalo, were Capetrix, Calif., surprised friends in Buffalo when they announced their recent wedding.

Mr. and Mrs. B. F. Hall, Sr., Mr. and Mrs. Russell Hedlund, Mr. and Mrs. Clarence Fields, Mr. and Mrs. William Amiot, Dr. and Mrs. Henry Brewer, Jr. and Mrs. John Jackson and Dr. and Mrs. Lloyd Brewer were some of the honorees.

FAMILY RETURNS

Mr. and Mrs. Alexander Gary of Lenox Ave., and their children have returned from a visit with relatives and friends in Memphis, Tenn., Jackson, and Crawley and Lafayette, La. They reported and had a very enjoyable time.

CABARET PARTY

A Cabaret Party is given by The Chanterettes Saturday, Aug. 29, at 8:30 p.m. at the Northland Hall. 50 Order is ...

Brewster's

Bait and Tackle

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KEEP IT CLEAN
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DEAR MRS. WHITE: At my lovely bowling luncheon guests are raving polite. What can I serve at my next party? — Mrs. B.

DEAR MRS. B.: Why not share Spencer, 63 basis with your guests? Mrs. White's delicious Pineapple Upside-Down Cake recipe is an easy-to-make dessert that features ripe pineapple slices, maraschino cherries and pecans. Super Spencer's generously rich flavor is accented by tangy pineapple juice. Spencer Cake Mixes are always moist and delicious. Try one soon!

DEAR VIRGINIA WHITE: Our family is always on the run. Are there any quick ways to serve hearty and healthful meals? — Mrs. Mary Ann Ryan

DEAR MARY ANN: Nutritionist Esther Rose Hall recommends you describe it first to the family as a "Breakfast Bar." Then serve fruit, cereal and milk. To remove this habitual routine, suggest breakfast in waiting medicine. Fill each bowl with fruit, cereal and milk. Make Breakfast Bar Special for Dinner. DO NOT ADD SUGAR. Sugar is a refined carbohydrate that gives you the result of detergent and diet pills—temporary energy. Perfect for fitness watchers can be found in Mrs. Hall's Breakfast Bar at present.

SPECIAL TIP: To make a delicious fruit and cereal dessert a sliver of shortcake full of fruit, add a dash of milk.

Get a free cereal carousel display from Mrs. Virginia White, Lysoform Disinfectant, 1 Madison Avenue, Chicago, Illinois 60602.

LUNCHEON SLATED

A Fellowship Luncheon will be held at the Gushing Apple Church, 1 Gushing Apple Dr., Cheektowaga, on Sunday, Aug. 30, at 12:30 p.m.

Pastor Rufus Kirby is Captain and Rev. Rena Lewis, General Chairman.

Mrs. J. Pulley Entertains Elite Temple

Mrs. Jewell Pulley of Alton Ave. entertained the members of Elite Temple No. 302, Buffalo, at a dinner party given in honor of Elite Temple No. 302, BPOEW, which convened the Grand Lodge Convention at a dinner party given in her home on Sunday evening.

The meeting was held at the Statler Hilton Hotel, Buffalo, N.Y. Mrs. Ardella R. Gilliam, Grand District Deputy of the Committee Members were Mrs. Mary Davidson, Secretary; Mrs. May D. Walker, Treas. of Chairman and Mrs. Ruth Ann Hall, Chairman; Mrs. Dorothy Switzer, Journalist; Mrs. Mary Bell Gibbs, Flower Chairman; Mrs. Lula Docherty, Mrs. Grace Quince, Mrs. Marilyn Hall and Mrs. Thelma Hall.

Chairmanne Cocktails were served from the full course dinner was enjoyed by all at present.

Sr. Citizens Plan Grand Sept. Tour

Mrs. Marie Stone, Supervisor of Senior Citizens, City Parks Department, announces a 10-day senior citizens tour to Washington, D.C. and Shenandoah National Park. This tour will present some of the most beautiful mountain scenic spectacular views through Shenandoah National Park, the unsurpassed Rocky Mountains.

Leaving Friday, Sept. 11, we will proceed via Chicago, Minneapolis, Fargo, Bismarck, Regina, Calgary, Fort Lake Louise (which has supposedly been restored by the Swiss) and on to Vancouver, B.C. where we will spend two days at Mount Rainier National Park.

For additional information, call Mrs. Stone at 831 City Hall, 856-4300, Ext. 332.

BUS RIDE

A bus trip to Crystal Beach will be sponsored by the Good News Fellowship Tree Church Of God in Christ, 293 Best St., on Sunday, Aug. 30. The bus will leave the church at 8:30 a. m. Adults fare is $2 for children, $1.

In Appreciation

The Family of the late Moses Dennard, wishes to thank their many friends for their kindness, consideration and other acts of sympathy.

Mrs. Annie Dennard & Family
Mrs. Sallie Stroud, Sister

CONCERT NIGHT

"Concert In Concert" will be held at the Memorial Auditorium, 85 Court St. Stevie Wonder, Stevie Mason, Blue Lightnin, with the Vanguard Community Choir, Sunday, Oct. 11, 8 p. m. at the Church. 200 Elmwood Ave. Tickets are $3.50 and $4.50. Tickets are the passes. Refreshments will be served.

INTRODUCING: NEW BOOKLET ON NUTRITION FOR YOUNGSTERS

What does the word nutrition mean? Nutrition is a science. It is the science that tells us all about food and how food helps us grow. It tells us exactly what you eat—and when, and how much—to the food you eat.

This is the very nutrition explained for boys and girls 7 to 12 years old in a new booklet by Jeanne Jacobs. The booklet is Gaines Nutrition, and is introduced by Jeanne herself. It's the first booklet on the subject to be written especially for the youngsters.

The booklet's Guide to Nutrition, Jeanne explains, has been developed by Evelyn F. Spindler, Nutritionist, Technical Information Center, United States Department of Agriculture, and has been approved by Leopold Senator, well-known author and nutritionist for children, M.D.

In addition to explaining the Basic Four Food Groups, "Gaines Guide to Nutrition" tells young readers how many servings they should eat from each group. Jeanne's foods like peanut butter are very nutritious. To make learning fun, it includes delicious recipes and pictures to

Jeanne Jacobs, Famous Nutritionist, Introduces Booklet

tempt readers. Desserts, too, can be enriched by the addition of peanuts. Here are Peanut Butter-Chocolate Cookies, Peanut Popcorn Balls, Peanut Brittle, and even Peanut Butter Sandwiches can be topped with delicious Peanut Butter Frosting. Jeanne shows how to make peanut butter at home.

PEANUT BUTTERSCOTCH CUPCAKES

2 eggs, beaten lightly
1 cup buttermilk or sour milk
1½ cups all-purpose flour
½ cup finely chopped Planters Peanuts
Butterscotch Frosting (below)

Jeanne tells Peanut Butterscotch Cupcakes are pretty treats for youngsters. The cupcakes are filled with chopped peanuts and topped with a peak of fluffy butterscotch frosting.

"Gaines Guide to Nutrition" are available for 25 cents from Jeanne Jacobs, P.O. Box 307, General Foods Corporation, New York, N.Y. 10046. Most likely, she'll be answering your youngster's daily diet complaints of mom's foods. But then she's snacks like peanuts, dried fruit and fruit juices.

peanut and cool on wire rack.

When cool, frost with Butterscotch Frosting (follows). If desired, sprinkle with finely chopped Planters Cocktail Peanuts. Makes 18 cupcakes.

Butterscotch Frosting:

Combine 1 cup white, ½ cup firmly packed brown sugar, ¼ cup butter or margarine and 2 tablespoons water in top of double boiler. Cook over boiling water, stirring until sugar dissolves. Remove from heat and beat in 1 egg yolk. Return to heat and beat until thick enough to spread. Makes enough frosting for 18 cupcakes.

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New York State Inspection Station
Clarence Brown, Prop.
171 Northampton St. Phone: 886-8531

What's keeping you from looking good?
Damaged hair?

Over-processing isn't the only cause of damaged hair. All hair can be hurt by exposure to sun and extreme weather. Or by improper use of harsh, abrasive or greasy hair products. Or just brushing your hair without a soft-bristle brush.

The beauty experts tell you that damaged hair "lubricants" are to your hair—they give a body, lustre and protection. Artificial lubricants are available in many forms. Some are burns from over-processing, chemicals they them. And before you know it, you have dry, brittle hair that's hard to manage, unruly, dry or dull, lifeless.

Now you can bring your hair back to beautiful, Trained Lubrication with Nutrilite Hair Conditioning Shampoo and Rinse. For Troubled Hair.® It actually soft ends, it makes dry, dull and brittle hair shiny, shining and dazzling. Takes just two minutes (for instant Lotion) or a few more minutes (for the Beauty Pack).

If you're concerned about the shape your hair's in, go to the nearest, your professional hairdresser, to check it. You'll end up with a beautiful head of hair. And next on looking "lubricant."

Your professional hairdresser has all the answers...
ask for a free consultation today!

Comments from the Capital —

CONFLICTS OF OUR TIMES
by Yaro Nell

Have you heard of the Dust Consortium? It's a big, expensive wife's unhappy chore. It is for the benefit of the 1,000 men of United Mine Workers Union Local 1810, hand-picked coal miners were penalized in the ranks of Dustmen. They were paid $63 a day, instead of the $53 they might ordinarily were down in the mines. Their job was called "Dusting." or in easy terms. The Dustmen's function is to sweep in return to a particular coalface—by hook or by crook.

Dusting is necessary, it seems, for Dusty Boys, the coming Black Lung disease, but not for Joseph Yablonski, who was murdered. It is reported that union funds were tapped for the union's emotionally high wages. Dusting is not the only reason from the coal miner's eye wipes, supposedly to be put aside for pensions and hospital care would benefit the miners.

Yablonski was one of the few candidates to topple a Tammany-type machine that had better union personnel. But it hardly think that money clipped from the miners should have been used to pay con men—Dusting or otherwise—to provide or create workers for waiting for a particular candidate.

Some miners who had given to the Dustmen's generous methods for their time and money then succeeded on quota "industry-wide" inspections. Only, it seems, they were further overawed. When that didn't work, the money usually did. In brief—the miners were paid to be miners.

This was given an testimony by the son of the late Yablonski before the Senate Labor Subcommittee, in the hope that this is enough and the Dustmen would be disbanded. Testimony, indeed, ironical in view of corruption, should prompt a union to remove the Dustmen by their own methods. Why were further overawed. When that didn't work, the money usually did. In brief—the miners were paid to be miners.

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Note to the Jaffee Prime Minister of Sweden: Part of your country's reputedly liberal policies, wives? Is this why you left the Nicky Ambassador from the United States? Or was it merely because a divorcee's convenience in virtuoso? How well all the American deserves your country's hesitancy? And what about Sweden's Ambassador to old the Vastcorp? As anyone knows, the Swedish government is corrupt, or it doesn't isn't a new role for Sweden. Durbo, Wenner-Gren, Bofors found her "neutrality" by supplying Nazi Germany with iron and steel, machinery, munitions. Both to use in Gen. ers when

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DECORATING MADE EASY

By Richard Butler, Sponsor, Sears Home Fashions Counsel

Does your living room look a center of attention? Is that what streets the eye? Does the room seem to be a jumble of furniture and accessories?

A room can't decorate itself. It reflects the personality and decisions depend on its owner. Decorating doesn't have to be something mysterious and unable to arise on your other hand, it can be fun.

Here's a room ready to feed. It's light and airy and cheerful. Each spot in the room has a furniture grouping, a purpose.

Some large pieces, such as the built-in architectural details like provide a background for the French of handsome bookcases, fireplace and mantel, and window treatment.

For additional attention to these natural assets—through use of color and pattern—you've created a unusual effect.

Use your dominant color in a monochromatic scheme. Neutral details and the one accent color in the upholstery. Let repeated accessories in the bookcase so that don't distract from the overall effect. Keep the color scheme in mind when you're shopping for accessories.

Be simple, large pieces of furniture. Keep the arrangement simple, allowing room to move between pieces. Keep the traffic pattern in mind.

The principle of a center of interest is important in decorating many rooms. Use a fireplace to absorb the entire

decorating, then you must create your own center of interest. A striking, bold window treatment is one way to create a center of interest. Or, a handsome wall, well-placed picture will be a remarkable addition. Or, a new grouping, done in brightly colored accessories will provide a center of interest.

A simple, large picture can be used to create a center of interest. Or, a group of smaller pictures can be arranged to make a large picture.

The principle of a center of interest is important in decorating many rooms. Use a fireplace to absorb the entire

ORDAINED RACHEL

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