IN THE WOMEN'S WORLD

Buffalo Briefs

— By —
Evelyn Patti
Merriweather

Attends Church In Niagara Falls

Community Baptist Church, 370 Genesee St., chartered a bus to Niagara Falls, N. Y., to take part in the Women's Day observance at Trinity Baptist Church, 1366 S. Avenue. Rev. G. Raven Raybon, is pastor.

To Present Singers Sept. 30

The Patterson Specials will present the Reliable True Tones of Chicago, Ill., Sunday, Sept. 30th, at 7:30 p.m., at Tabernacle Baptist Church, 172 Johnson St.

Annual Women's Day Program Sept. 16,

Corner Stone Church of God In Christ, 84 Rickert St., will hold their Annual Women's Day Program all day, Sunday, Sept. 16th. Theme for the day will be "Women On the Move."

Everyone is invited to attend this service. Elder Jay Dove is pastor. The program is sponsored by Missionary L. Dove.

Halloween Costume Ball Oct. 27

A Hallowe'en Costume Ball will be given by the Hi-Lites, at Guilford Hall, 279 Guilford St., Saturday, Oct. 27th. Live music will be featured. Prizes will be given away for the best costume.

Returns From Trip To Florida

Matthew Smith of 270 Hickory St., returned last week from a 3-week motor trip to New York City and down the coast to Fort Lauderdale, Florida and Miami.

He was joined by two car loads of relatives to attend the Annual Family Reunion, usually held in Buffalo.

They stopped in Baltimore, Augustus, Ga., and also visited Rev. Cornelius Ford, at First Baptist Church, in Ft. Lauderdale. He speaks in Buffalo periodically.

Returns From Funeral

James Daniels went to S. Petersburgh, Florida, recently to attend the funeral of his sister.

For Women Your Body, Your Health

By DR. F. J. CLARK

Dr. Clark's column is prepared with the cooperation of the American College of Obstetricians and Gynecologists. Letters and questions should be sent to: Dr. John F. J. Clark, ACOG, 79 W. Monroe St., Chicago, Illinois 60603.

The word cancer is used to describe a large group of diseases that afflict humans and animals. One of its characteristics is an abnormal, seemingly unrestricted growth of body cells. The mass, or lump, that results from this growth compresses, invades and destroys surrounding normal tissues. If allowed to go unchecked, the abnormal cells break from the original mass and are carried by the blood or lymphatic systems to other parts of the bidy, where they set up secondary colonies.

Cancer of the breast is one of the most serious diseases afflicting women today. Studies indicate that about one women in 20 will develop this disease at some time in life. Unlike uterine cancer, which has had its mortality rate sharply reduced with the use of the Pap smear test for detection, thus far no screening device which could be applied widely and cheaply has been developed for breast cancer.

To decrease the mortality rate, breast cancer must be discovered and treated in its earliest stages. At present, regular self-examination of the breasts is our most effective means of early detection. The woman herself is the first line of defense against breast cancer.

Although about 95 per cent of breast cancer detected by the victims themselves, unfortunately most women do not perform the regular monthy self-examination which would make early detection possible.

As a matter of routine, a woman should examine her breasts after each mentrual period.

To begin the examination stand in front of a mirror with your arms down, Look for dimpling [small hollows] of the skin or changes in breast shape or size. Do the same with your arms raised straight overhead.

Next, lie down flat. Place a pillow or folded towel under your left shoulder and put your left hand under your head. With your right hand -- fingers out flat -- gently palpate [feel] your entire left breast with a circular motion. Lower your arm to your side and repeat the examination. Then place the pillow or towel under your right shoulder and place your right hand under your head. Using your left hand, repeat the procedure on your right breast. Feel gently, carefully and thoroughly. If you find something that may be abnormal -- a lump, a thickening or hardening under the skin, a nipple discharge -- see your physician as soon as possible.

Besides the monthly self examination, every woman should have an annual physical examination that includes a breast examination.The physician's skilled hands can detect abnormal changes by the same simple procedures you follow yourself.

Booklets that describe the steps of the self-examination and contain helpful illustrations are often available in the doctor's offices and clinics, or from local chapters of The American Cancer Society. You can also write for them to The American Cancer Society, 219 East 42nd Street, New York, N. Y. 10017.

Arrival Of Ebony Fashion Fair Oct. 19th At Kleinhans

The Buffalo Chapter of Links, Inc., announce that the Annual Ebony Fashion Fair will be held on Friday, Oct. 19, at the Kleinhans Music Hall. They hope you will be there as usual.

Couple Married In Candlelight Ceremony

Miss Bernardette Isabelle Freeman, the only daughter of Mr. and Mrs. James H. Freeman, Jr., of Buffalo, became the bride of Mr. Lee Vernon Woodbury, son of Mr. and Mrs. George A. Woodbury, Sr., of Florence, S. C., in a Candlelight setting, Saturday, the 25th of August, at 6 o'clock in the evening, at the Lincoln Memorial United Methodist Church.

The Holy Matrimonial ceremony was performed by the Rev. William H. Horner. The bride was given in marriage by her father, James H. Freeman, Jr.

Beautiful organ preludes were rendered by Mrs. Lowell Petties and guest soloist, Mrs. John DeBerry.

The bride wore a high neck long sleeve satin gown, accented with embroidered alencon lace flowers, with a long cathedral train and a silk illusion veil, covered her lace and pearl head piece. She carried a tradition bouquet of off white tea roses and lily of the vallies, accented with a white satin riobon.

The bride, Bernardette, is a former student at Spelman College and the State University of Geprgoa, in Atlanta. She also served as assistant manager of programing for Radio Station WQXI, in Atlanta.

The groom, Lee Vernon Woodbury, is a graduate of Morehouse College, Atlanta, Ga., and presently is a medical student at the University of South Carolina, in Charleston, where both will be attending school.

Long-time friends and relatives of the bride, served as her attendants. Miss Lisa Nicholas, cousin of the bride, served as [illegible]

Other bridemaids were: Misses Rosalyn Oliver, Sandra Williams, Dell Stuckey, Gwendolyn Howard, Mary Catherine Woodbury, Mrs. Gertrude Woodbury and Mrs. Sylvia Freeman.

The bridemaids wore empire style high neck dresses in rainbow colors, each carrying a bouquet of multi color rose buds and mums.

The flower girl was Teresa Woodbury and the ring bearer, Michael Todd Peoples.

Serving as hostesses at the reception, following the ceremony were Mrs. Raymond E. DuBard (Godmother of the bride) director and co-hostess, with Mrs. Book Howard in charge of the guest book.

Other hostesses were: Mrs. Julius Blazen, Mrs. Doris Griffin, Mrs. Julia Palmer and Mrs. Steve Thomas.

Out-of-town guests included the grand father of the bride, Mr. Clarence Anderson, of Atlanta, Ga.; Mr. and Mrs. Ernest Jones of Cleveland, Ohio; Mr. and Mrs. George Woodbury, Jr.; Miss Catherine Woodbury and Mr. Charles Brown, all of Florence, S. C.

After a brief honeymoon in Niagara Falls, Ontario, the couple left for Charleston, S. C., where they will reside.

Pre-Halloween Ball Oct. 14

A Pre-Hallowe'en Masquerade Ball, given by the United Sounds and Glamour Doll House, will be held at Carpenters' Hall, 300 Kensington Ave., Sunday, Oct. 14th, from 6:30 to 12. Prizes will be awarded.

ASK FOR Oscar's
★ TANGY GINGER ALE
★ SPARKLING CLUB SODA
★ 15 PURE FRESH FLAVORS
★ FULL QUART BOTTLE
PRODUCED AND BOTTLED IN BUFFALO
SINCE 1913

Muriel Davidson "Writes"

A salute to the 1490 Enterprises, Inc., of 1490 Jefferson Avenue, Buffalo, because something really new and great is coming into being in Buffalo. I refer to the "Black Achievers In Industry Awards Dinner," Sunday, September 30, at 7 p.m., in the Golden Balroom of the Statler Hilton Hotel. It is gratifying, as the recipients of these awards were selected by their individual companies, where they work. It pays to do your very best, as you never knew who is watching. My sincere congratulations to the persons receiving an award, and may I add that I am one also, beautiful, beautiful!

Mrs. Mary Louise Wright was chairman of a most successful bus ride to Toronto, Canada, sponsored by the Phyllis Wheatly Club, a member of the State Federation of Women's Clubs. They took in the Canadian Exhibition, did some shopping and a good time was enjoyed by all.

Mr. and Mrs. Clyde McGowan of Northampton St., had as their house guests, Mr. and Mrs. Fred Tharpes, Dr. Bessie Tharpes and Mrs. Sarah G. Hayes, all of Richmond, Va. The Tharpes are relatives of Mrs. McGowan. We are told they were elated over Niagara Falls and enjoyed "Our City of Good Neighbors," very much.

Mrs. Florence Willis visited friends in Jamestown, N. Y., and had a much needed rest, and a good time. Mrs. Willis resides in Willert Park in Buffalo.

Mrs. Jessie Roberts had a good time visiting Florida. She even went to Disney World. She also resides in Willert Park.

Mr. and Mrs. Joseph Lovett entertained at a graduation party for their daughter, Caryl Lynette McGowan, who received her law degree from the State University at Buffalo. The party was held in their lovely home on Donaldson Rd. The affair was well attended by many relatives and friends. Miss McGowan, we wish you a most brilliant and successful future.

Mr. and Mrs. James R. Garrett of East Ferry St., were accompanied to Dallas, Texas by their grand daughters, Mrs. Dorothy Garrett and their great grand children, Gregory and Grindl, of Inkster, Michigan. The Garretts were right at home in Dallas, as they come from Texas, originally and were treated like a king and queen by relatives and many friends! These good people were asked to stay and not return to Buffalo, not so, says Mrs. Garrett. Texas is wonderful, but Buffalo, is our home.

The Lackawanna "Go Getters," were in Dallas, at the Elk National Convention. Members are: Mesdames Eula Owens, Ella M. Richardson, Ruth Monk, Carrie Wilson, Beatrice Randolph, Christine Thuston, and Mr. and Mrs. Benjamin Barber. What a great group of people!

The following are Daughter Elks who received their Past Grand Daughter Ruler honors in Dallas, at the National Convention: Daughters Jessie Bradley, Louise Cotmon, Thelma Dial, Callie Humbert, Julia Moore, Velma Williams. They are Buffalo [illegible]

Please send all your news to me, at The Buffalo Criterion, 625 William St., Buffalo, N. Y. 14206, or 98 E. Delavan Ave., Buffalo, N. Y. 14208.

No matter where I am, or what I do, I'll be happy to have news from you.

Rochester, N. Y. — Dr. Horace Judson spent the summer learning about the methods and techniques used in industrial research at the Kodak Research Laboratories here. A chemistry professor at Morgan State College, in Baltimore, Md., Dr. Judson is shown running an organic reaction fro color photography studies.

Rummage Sale

Annual Ort Rummage Sale, at 7 West Utica St., Wednesday, Sept. 13 and Wednesday, Sept. 20th, from 10 to 5 p.m. Clip this ad for 10 percent discount.

Buy Bonds

Voluntary Family Planning Services are now available through the Erie County Health Department's Family Life Program. Services are offered to both men and women who request them. The program is in cooperation with the Family Life Consortium of Erie County, Inc. Call 846-6689 for more information or to make an appointment.

THE EXPLORING COOK

by MURIEL JANSEN

SHE COOKS BY VIBES

If you don't know Verta Mae, then read her cookbook, "Vibration Cooking" (Doubleday). Actress, poet, designer, cook -- you name it -- that's Verta Mae. She impregnates each page with her pride and love for blackness, its pains and its pleasures, its struggles and victories.

In meeting Verta Mae I discovered how much we have in common, I, too, cook by vibration and swear by my black cast iron pots. Verta Mae is a cosmic force with the Sun RA Solar Myth Science Orkestra. I, too, in my own way believe in astrology.

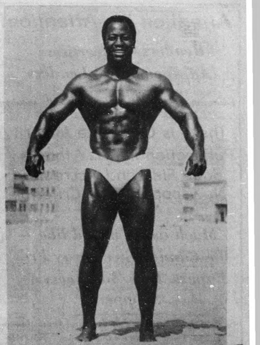
The recipes in "Vibration Cooking" reflect the author's Black heritage and interest in foods from all Black cultures. They are all so personal: Grandmama Sula's Hoe Cake, Nat Turner Apple Pork Thing, Uncle Zander's Corn Muffins, Eddie's Mama's Pig's Feet. One of my favorites comes from my own beloved Caribbean area.

FISH JAMAICA STYLE

2½ pounds fresh fish
Juice of 2 lemons
½ tablespoon onion salt
½ teaspoon seasoning salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1½ cups corn oil
½ cup cider vinegar
¼ cup water
½ tablespoon sugar
½ teaspoon salt
1 large onion, sliced
1 teaspoon hot pepper sauce
½ tablespoon whole allspice

Clean fish. If large, cut crosswise in 2-inch slices. Season with lemon juice, onion salt, seasoning salt, pepper and paprika. Cover and refrigerate about 3 hours. Pat fish dry with paper towels. Pour corn oil in large heavy skillet; heat until very hot (375°F.). Fry fish, turning once, until brown and crisp. Remove from pan and drain on paper towels. Empty skillet, clean and return to heat. Add vinegar, water, sugar and salt. Bring to boil, add onion, hot pepper sauce and allspice, reduce heat and simmer 5 minutes. Place fish in baking dish, cover with onion and pour vinegar mixture over fish. Cover and chill overnight, turning fish occasionally. Serve cold or reheat and serve hot. Makes about 6 servings.

Note: Muriel Jansen is a home economist with Best Foods, a Division of CPC International Inc. She tested the above recipe with Mazola corn oil.



TOP PHOTO

JIM MORRIS HOLDS "Mr. U. S. A." TITLE

Los Angeles — "Mr. America," "Mr. USA — Both of these 1973 Amateur Athletic Union titles are held by a soft-spoken colossus from Los Angeles names Jim Morris. And if "Black is Beautiful," can be realized in one man, the male black beauty stateside has to be 6' 1", 215-pound Jim. But Jim represents all America, not just the black community.

These titles represent the top of the bodybuilding pyramid in this country. Thousands of men compete yearly in AAU contests and, until this year, no one had taken both titles in the same year. Further, at age 37, Jim is the oldest to hold either title or both. He also took the "Mr. America" title by the largest victory margin ever.

A. D. PRICE HOUSING COURTS FLOWER SHOW WINNERS

MIDDLE PHOTO — Edward G. Greczchowiak, chairman of the Buffalo Municipal Housing Authority presents a cup, check and bouquet to Mrs. Thelma Johnson. Winners of first place in the Annual August Flower Contest at D. D. Price Housing Courts section. Samuel Alt, Project Manager, right, looks on.

The lower picture shows, center, Mrs. Dorothy Henderson, 46 F Willert Park Extension, who won first prize in the Flower Show for that section. All winners will appear in the Criterion's next edition. The cups were donated by Mrs. A. D. Price. — Criterion Photos

Bible Facts

The Bible reminds us that "He that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile." 1 Pet. 3:10.

Flats For Rent

Woodlawn Ave. — 3 bedrooms lower.

Eureka Pl. — 3 bedrooms lower.
Cedar St. — Rear cottage.
Woodlawn Ave. — 2 bedrooms. All utilities.

Grape St. — 2 bedrooms.

Call Albert Rapport, 838-2145, or call Ernest Williams, 856-7114, before 8 a.m.

Lower Flat For Rent

4 room rear flat for rent in Michigan Ave., suitable for middle aged man or couple. Call 854-3253 between 8 a.m. and 4 p.m., or after 10 p.m.

NEW ADDRESS OF
Alts Drugs Store
3769 Delaware Ave
Kenmore, N. Y. 14217
Across from:
MT. ST. MARY'S ACADEMY
Phone: 873 - 6924
Hours: Weekdays
10:00 a.m. - 7:30 p.m.
Sundays & Holidays
10 a.m. - 4:30 p.m.