

# THE THINKING WOMAN

## FOOD FORUM

Dorothy Johnson

RECIPE FOR THE NEW YEAR

RECIPE THAT CANNOT FAIL

Take twelve, fine, luscious, full months. See that they are thoroughly free from all memories of bitterness and jealousy. Separate them completely from all clinging particles of spite. Pick off all little specks of pettiness. Have them as fresh and clean as when they first came from the storehouse of time. Cut these months into thirty parts. This portion will keep for only one year. Do not attempt to make the whole bunch up at one time as so many people spoil the entire batch this way. Prepare only one day at a time as follows:

Into each day, put twelve parts of faith, eleven parts of patience, ten of sincerity, nine of cheer, eight of love, seven of confidence, six of rest, five of loyalty, four of hope, three of charity, two of prayer and one of well selected resolution. Add to this one heaping teaspoons of spirits, a dash of fun, a pinch of gaiety, a sprinkling of play, and a heaping cup of good cheer and humor. Pour into the whole a liberal amount of love and happiness, and mix with mirth. Cook thoroughly into fervent heat. Garnish with laughter and a sprig of joy.

Mix well together a measurement of happiness tolerance, kindness and devotion with a liberal dash of understanding, whipped together with a sense of humor, dependability, and firmness; and last, precaution for success. Then serve with quietness, unselfishness and courage, and a full successful year is a certainty.

HAPPINESS CAKE

- 1 cup of kind deeds
- 1 cup of consideration for others
- 2 cups of sacrifice
- 2 cups well beaten faults
- 3 cups of forgiveness

Mix thoroughly. Add tears of joy, sorrow and sympathy. Flavor with love and kindly service. Fold in 4 cups of prayer and faith. Blend well. Fold into daily life. Bake well with warmth of human kindness and serve with a smile any time. It will satisfy the hunger of starved souls.

MY KITCHEN PRAYER

Bless my little kitchen, Lord  
I love it's every nook,  
And bless me as I do my work,  
Wash pots and pans and cook.

May the meals I prepare,  
Be seasoned from above,  
With thy blessings and thy grace,  
But most of all, Thy love.

As we partake of earthly food,  
The table thou has spread,  
We'll not forget to thank thee, Lord,  
For all our daily bread.  
So, bless my little kitchen, Lord,  
And those who enter in,  
May they find naught but joy and peace,  
And happiness therein.

## Miss Pulchritude



Joyce Ellington

## SPACE WOMEN

An all-woman crew of scientific experimenters -began a five-day exercise in December which may lead to the selection of similar experiments to fly on Space Shuttle/Spacelab Earth-orbital missions in the 1980s. The test is being conducted at NASA's Marshall Space Flight Center, Huntsville, Ala.

The experimenters, Dr. Mary H. Johnson, Ann F. Whitaker and Carolyn S. Griner, and the crew chief, Doris Chandler, will spend eight hours each day of the mission in Marshall Center's general purpose laboratory (GPL), a cylindrical structure (14 feet wide, 24 feet long) approximately the size and shape of the European Spacelab being developed for Space Shuttle flights in the 1980s.

Mrs. Chandler, an engineer, is the communications contact between the crew and the "ground station" and, in general, serves as administrator and schedules the daily workload for the mission. Dr. Johnston, who specializes in metallurgical engineering, is the principal investigator for three scientific experiments and co-investigator on one other.

Ann Whitaker, a physicist specializing in lubrication and surface physics, is conducting three experiments.

Carol Griner, an astronomical engineer specializing in material sciences is principal investigator for five experiments and co-investigator with Dr. Johnson on one other.

Inside the GPL, the four women will work under conditions simulating, as nearly as practical, those which would exist in a space station in Earth orbit -- excepting, of course, weightlessness. Air circulation, temperature, humidity and other factors will be carefully controlled.

## WONDERFUL WORLD OF MINORITY WOMEN

The Ann Saunders' Wonderful World of Minority Women, were the guests of Atlantic Richfield Company at a high fashioned high leadership luncheon-meeting in the Garden Room East at the Los Angeles Hilton hotel, Wednesday last.

The luncheon-meetings have become an avenue of interfaced exchange of ideas for the up-grading of each ethnic community, explained Charles Williams Jr., President of the Consulting Firm to Arco.

"Following an annual pattern of pre-Xmas meetings for the past ten years, the prestigious group of "Beautiful People," represent women business and Community activities of almost every ethnic group," according to Williams, "and we're working on that oversight."

Organized by the late Ann Saunders Williams, to broaden the communications and activities of minority women in recognition of the woman's role in every aspect of the American life-style.

Williams said the current format will offer a new dimension to the concept of inter-change of ideas and ways to up-grade our communities. The Eta Phi Beta Sorority, Kappa Chapter, has been chosen to program future annual seminars for the Wonderful World of Minority Women with the petroleum company continuing as full sponsor for the seminar and the Ann Saunders Memorial Roving Trophy as an award to the woman or group who will have accomplished the most for the community. The selections will be done by an impartial panel of male judges chosen from the minorities involved.

Mrs. Marie Chappelle, Basilus of Kappa Chapter, addressed the group reiterating the background of the Ann Saunders Wonderful World of Minority Women and the Eta Phi Beta Sorority. She praised Ann Saunders as a faithful and dedicated worker for the sorority and a woman with exceptional vision in that she recognized years ago the need to bring minority women together for the common good... The Memorial Roving Trophy will be used as a symbol to denote the accomplishments women are responsible for.

Mrs. Chappelle, said that invitations and application blanks to participate in the April 13th Seminar will go out to over 200 individual women and organizations.

Their communication with the "Ground," actually only a few feet away outside the GPL, will be the same as it would be if they were in Earth orbit. Their "shirtsleeve" environment will permit them to wear jumpsuit-type clothing during the mission.

All four agree that women can play an active role in future space programs. "There are plenty of qualified women available for scientific-type missions, Mrs. Chandler said.

She added, and the others agreed, that right now women's roles are primarily scientific, but that there is no reason why women couldn't do almost any job a man could do in space in the future, including pilot, technician or even construction worker.

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