

When a youngster reaches for the experience of preparing an entire meal for the family, a supportive adult "cooking coach" will want to assist in the planning. To insure the greatest chance for success, it's wise to limit the number of dishes your beginner attempts at one meal.

For newcomers to the kitchen, one-dish meals have plenty of advantages. They are easy to prepare, and they require few accompaniments to complete the menu. Most of the meal is prepared in a single cooking utensil which may be a skillet, a casserole, a pie plate, a saucepan, or a Dutch oven. This makes cleanup easier for children by decreasing the number of utensils they will need, and it lessens counter top clutter. In addition, ingredients often can be cooked, chopped, or sliced in advance, reducing any pre-serving-time pressure a youngster might feel.

When a one-dish meal is planned, well-balanced nutrition can be provided



From THE **KRAFT** KITCHENS

ed by including foods from each of the basic food groups. If the dish to be prepared lacks an item from one of the groups, plan to have your child prepare a side dish that includes it, such as a simple fruit salad, or an interesting bread.

When selecting a one-dish meal for preparation by your junior cook, the Kraft Kitchens recommend that you consider a recipe that uses convenience products for ease of preparation. A wide variety of available convenience foods can make the assembly of one-dish meals faster and easier. For example, packages of premeasured pasta and spices can be the basis of casseroles, stews, or pasta topped

with meat or sauce. Canned or frozen fruits and vegetables are time-savers. Sliced, shredded, or grated cheese also makes preparation quick and easy.

Hearty Spaghetti Stew is made with versatile convenience products, so it's a natural for beginners. It is completely prepared in a Dutch oven, without any cutting, chopping, slicing, or measuring of ingredients except for water. It delivers hearty flavor, and presents an impressive, colorful appearance. The secret is a package of Kraft tangy Italian style spaghetti dinner, which provides premeasured ingredients: spaghetti, herb-spice mix, and grated parmesan cheese. The

expertly blended herbs and spices complement the pork sausage and vegetables to provide a unique dinner in a dish that tastes as if it took all day to fix.

Provide a long-handled wooden spoon for your youngster to use when browning the pork sausage. First the meat should be crumbled in the Dutch oven; then stirred as it browns to break it into smaller pieces. An adult will need to assist as it browns to break it into smaller pieces. An adult will need to assist with draining the drippings from the meat after it is browned. Most youngsters will not be able to manage this easily and safely.

The frozen vegetables are "partially thawed" before adding to the stew. Remove them from the freezer and allow the packages to stand at room temperature about 15 minutes. The vegetables need to thaw only enough to separate them.

Speight

(Continued from Front)

blacks (today) than fifty years ago."

Going back in history a bit, Speight says a combination of ineffective leadership, the lack of preparation for integration and lack of business appreciation has effectively crippled the black business effort.

"During the 40s," he said, nostalgically, "we organized the builders, grocers, taxi companies and a lot of others. They would buy their products together and save money. The cab people would buy their gas together and get a break on the price. (But) we've lost that togetherness and, as a result, we're hurting today."

He said white businessmen are doing that today on a larger scale, noting that they merge and incorporate and white businesses continue to thrive.

Then he gives a quick business lesson.

"I can give examples of people right here in Durham, of white businesses started by the old man. When he died the business didn't close, instead the children took

over and even expanded the place."

He brings the lesson home. To get where we are, it took forty years of hard work and sacrifice," he said. "When you build a business from the ground, it'll take a lifetime to make it solvent. So it takes one generation picking up from the other."

And Speight says he's blessed to have children who took an interest in

the business.

His son, Melvin, manages the auto service center and his daughter, Theodora, is the secretary. They've been working in the business "since they were children," he said.

He and his wife of 46 years, Mary 72, have three other daughters — Betty Lou, Ethel and Lacy.

Speight's brother, Charlie, joined him in 1946.

The business was incorporated in 1967, and Speight has resigned himself from the many of the daily rigors of turning screws, opting for a more administrative level of service, overseeing board meetings and the like.

The business, he says, is his way of "rendering a service and making a contribution."

He says young people today should prepare to go in business and "learn how to use a dollar."

TO THE CITIZENS OF DURHAM AND DURHAM COUNTY



I am most grateful to all my loyal workers, supporters, voters and well-wishers in the General Election.

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Sincerely,
Elna B. Spaulding
Elna B. Spaulding
Your County Commissioner

Paid for by Elna B. Spaulding Finance Committee

HEARTY SPAGHETTI STEW
6 servings

- You will need:
1/2 cup Miracle Whip salad dressing
3 tablespoons flour
1 cup milk
2 cups ham cubes
2 cups cooked rice
1/2 cup chopped green pepper
1/2 cup Kraft grated parmesan cheese
1/4 cup chopped pimento

- Take out:
cutting board and small sharp knife
glass and metal measuring cups
measuring spoons
spatula
2 1/2 to 3-quart saucepan with cover
wooden spoon
rubber scraper
1 1/2-quart casserole with cover

1. Combine salad dressing and flour in saucepan. Slowly add milk, stirring constantly with wooden spoon.
2. Cook over low heat, stirring constantly, until mixture is thickened.
3. Add all remaining ingredients. Mix well.
4. Spoon mixture into 1 1/2 quart casserole; cover.
5. Bake at 350°, 40 minutes.

Microwave Oven Directions

1. Combine salad dressing and flour in 2-quart casserole. Slowly add milk.
2. Microwave on High 4 minutes or until sauce boils and thickens, stirring every 2 minutes.
3. Add all remaining ingredients. Mix well.
4. Cover. Microwave 7 to 8 minutes or until hot, stirring after 4 minutes. Stir before serving.

HAM 'N RICE CASSEROLE
4 to 6 servings

- You will need:
1 pound bulk pork sausage
5 cups water
1 28-ounce can tomatoes (do not drain)
1 10-ounce package frozen whole kernel corn, partially thawed
1 9-ounce package frozen cut green beans, partially thawed
1 8-ounce can tomato sauce

- Take out:
Dutch oven
wooden spoon
glass measuring cup
rubber scraper

1. *In Dutch oven, brown meat over medium-high heat.
2. *Drain off fat.
3. *Stir in water, tomatoes, corn, green beans, tomato sauce and herb-spice mix.
4. *Break spaghetti into thirds.
5. *Add to Dutch oven.
6. *Bring mixture to a boil.
7. *Reduce heat.
8. *Cover.
9. *Simmer 20 minutes.
10. *Sprinkle with grated parmesan cheese to serve.

When your youngster is ready for a dish that's a bit more involved, but still within the range of a beginner's ability, Ham 'n Rice Casserole is ideal. It's a delightfully creamy casserole that can be made almost entirely of leftovers! The delicious sauce which binds and blends the casserole's flavors is prepared with Miracle Whip salad dressing. The secret blend of spices adds a lively taste, and smooth, creamy texture blends so easily with the casserole's ingredients. If it's more convenient, your child may prepare the casserole early in the day, or even the day before, the cover and refrigerate it until baking. Simply increase the baking time (not the temperature) by about 10 to 15 minutes.

Police Beat (Continued from Front)

McLaughlin, one of the organizers of the association, "but the problems that we face are far from over."

McLaughlin said that the noticeable presence of the police has helped, but that those people who want to avoid the police simply wait until they leave.

"I have talked with other black business people in this city," McLaughlin said, "and they are experiencing problems similar to those that we have experienced here."

McLaughlin said that he talked to one store clerk who works at a black-owned business and that she told him that young street thugs harass that business's customers.

"The problems that we have will have to be addressed by our total community," McLaughlin said. "We will have to educate people in the churches, the community centers and in the schools."

In an effort to educate people, the Black Mer-

chants Association is planning lectures, seminars, and youth-oriented projects for the Durham community.

"We intend to continue our relationship with the police," McLaughlin said, "but that alone is not going to be enough. There has to be more."

Sister Tee Williams, who is also one of the organizers of the Black Merchants Association, said that the police presence was "overwhelming", but that she hoped that the police would not disappear once they thought that they had solved the problem. She said that her customers had commented on the police presence and there was virtually no harassment by street thugs of people who shopped in her store.

"It should be this way all the time," she said. "We should not have to worry about our safety and people should not be afraid to shop in our shopping center."

Valentine (Continued from Front)

The write-in effort started in August after Michaux, a Durham attorney and businessman, lost a bitterly fought runoff race July 27. He had led a field of three in a June 29 primary but the margin, though large, wasn't the 50 per cent plus one vote required by state law. Blacks want that law changed, along with the second primary practice.

The Democratic Party and its leader, Gov. Jim Hunt, avoided the Michaux campaign and a Democratic Party leader, who asked not to be named, recently said party leaders feared a Michaux primary victory would have meant a defeat in the general election.

So with blacks upset

over the lack of Democratic support of Michaux, the 2nd District Black Caucus voted to back a write-in campaign. Meanwhile, Michaux endorsed Valentine, but the Black Caucus persisted.

And when the Durham Committee endorsed the write-in about four days before election, the effort got a new boost.

In the district's eastern end, blacks led by Caucus chairman Frank Ballance of Warrenton, Dr. James P. Green of Henderson and others, started taking the write-in seriously the day after Michaux's defeat. Vance, Warren and Granville counties were known throughout the race as the strongest write-in supporters.



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