

Sorority Continues Blood Pressure Tests

Alpha Mu Sigma Chapter of Sigma Gamma Rho Sorority will conduct its second in a series of three Blood Pressure Screening Tests on Saturday April 2 between the hours of 10 a.m. and 2 p.m. at the Jetway Shopping Center on New Walkertown Road. This service is free and open to the public.

There still exists a number of misconceptions and fears on the need and importance of having one's blood pressure read. It was found that many people were under the impression that blood pressure screening involved needles and the actual removal of blood from the veins. This is not true. Blood Pressure is measured by wrapping a cuff around the arm and inflating air from a squeeze bulb.

Many persons were afraid to take the test because they didn't want to know the reading of their Blood Pressure. We must remember that the more we know about ourselves the more we can help ourselves. One of the many questions asked was "Are there symptoms to warn a person of oncoming hypertension?"

The answer is as follows: Essential hypertension usually first occurs when a person is in his thirties. In the early stages, victims may pass through a transitional or prehypertensive phase lasting a few years in which blood pressure rises above normal only occasionally, and then more and more often until finally it remains at these elevated levels.

About 15% of cases fall under the secondary hypertension classification, because they arise as a consequence of another know disorder. Curing the underlying disorder also cures the hypertension. Usually it is brought on by obstruction of normal blood flow to the kidney because of atherosclerotic deposits in one of both of its major supply lines, the renal arteries. Many patients can be cured or substantially improved through surgery.

You can prevent serious health problems. Stop Hypertension on Saturday April 2 and April 9 from 10 a.m. to 2 p.m. at the Jetway Shopping Center. Sigma Gamma Rho is in the business of offering "Greater Service" to the Winston-Salem Community.

Family Recipes

Florida Chocolate-Orange Cake

Looking for an easy-to-make dessert? Florida Chocolate-Orange Cake uses convenience foods in the recipe that make it a snap to prepare. One of the best, most versatile convenience products is Florida frozen concentrated orange juice. A whole six-ounce can of concentrate, thawed and undiluted, gives richer, tart-sweet flavor to the creamy filling and shiny chocolate glaze.

Because of its square shape, this dessert will serve from twelve to sixteen people, depending on how you slice it.

FLORIDA

CHOCOLATE-ORANGE CAKE

- 1 package (18½ or 19 ounces) yellow cake mix
- 2 packages (¾ ounces each) vanilla pudding and pie filling
- 1 can (6 ounces) Florida frozen concentrated orange juice, thawed, undiluted
- ½ cup semi-sweet chocolate pieces
- 1 tablespoon light corn syrup

Cake: Prepare cake mix according to package mixing directions. Bake in 2 greased and floured 8-inch square pans at 350°F. 25 to 30 minutes. Cool 10 minutes, remove from pan and finish cooling on racks.

Filling: Measure out 2 tablespoons orange juice concentrate; set aside for glaze. To the remaining concentrate add water to make 3 cups reconstituted orange



juice. Empty contents of pudding packages into saucepan. Add orange juice, stirring to blend. Cook over medium heat, stirring constantly, until mixture comes to a full boil. Place wax paper directly on pudding while cooling. Refrigerate several hours. Remove paper and stir briefly before filling cake.

Chocolate-Orange Glaze: Melt semi-sweet chocolate

pieces over hot (not boiling) water. Remove from water. Stir in until smooth, the light corn syrup and reserved orange concentrate.

To Assemble Cake: Cut each square layer into half horizontally. Top with one cup of the filling. Repeat with the other two layers. Spread glaze over the top of cake. Store in refrigerator. **YIELD:** Approximately 12 to 16 servings.



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5 lb. Carolina Best FLOUR 69 ^c	8 pk. MDI BISCUITS 69 ^c	20^c Off 5lb. Sugar With This Coupon Good Thru. Sat. April 2nd