

COMMUNITY SHOPPER'S GUIDE



Try Nutty Tomato Soup Squares, a time-honored classic adapted with a touch of today.

Recipes

Condensed Soup Is Standby

What is versatile, convenient and nutritious? The answer to this riddle is simple, canned condensed soup. A long-time staple in many kitchen cupboards, it continues to adapt to changing consumer tastes and trends.

January has been declared the first ever National Soup Month. Join in the celebration by using canned condensed soup in a favorite family recipe or by trying one of our updated ideas.

Recipes using canned condensed soup have become standbys in many households. One updated classic, with a touch of today is Nutty Tomato Soup Squares. Tomato Soup Cake was introduced in 1922. Over years, variations with all kinds of ingredients, such as apples and zucchini, have popped up. This newest version is seasoned with cinnamon and allspice and chock full of oats, chopped peanuts and dried apricots. These spicy snack bars are versatile enough for breakfast or as a bedtime snack.

These days, just about everyone is looking for convenience. Canned condensed soup provides an easy start for cooks creating new recipes as well as those preparing time-honored classics. If weeknights are particularly harried, serve Tetrastini. This quick range-top dish teams cooked spaghetti and chicken, turkey or ham with shredded sharp Cheddar cheese. The sauce is made simply by the blending of canned condensed cream of mushroom soup and sherry with the colorful touches of pimiento and parsley.

Another sign of the times is an increased general awareness in eating right and light. Salads play a big part in today's lifestyle. They have been elevated to a meal's main event instead of a ho hum side dish. There are almost as many kinds of salads--vegetable, pasta, fruit and green salads for example, as there are salad dressings. Many creamy and clear salad dressings can be made easily with the aid of canned condensed soup. Our Four Way Dressing is a quick way to add excitement to all types of salads. The basic dressing made with cañned condensed cream of celery soup and blue cheese, then

seasoned with dry mustard and pepper, is an excellent choice for a green salad. A dash of this and a pinch of that changes the look and flavor of the dressing. Try the creamy garlic variation with egg salad. The traditional ingredients of Parmesan cheese, anchovy fillets and garlic blend with the soup for a dressing Caesar salad fans will love.

Make the most of today. Make the most of the versatility, convenience and good nutrition that canned condensed soup has to offer.

NUTTY TOMATO SOUP SQUARES

- 1½ cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon ground allspice
- 1 can (10 ¼ ounces) Condensed Tomato Soup
- 1 cup packed brown sugar
- ½ cup shortening
- 2 eggs
- 1 cup dark seedless raisins
- 1 cup uncooked quick-cooking oats
- ¾ cup coarsely chopped peanuts
- ½ cup chopped dried apricots

1. Preheat oven 350 F. Grease a 13 by 9-inch baking pan. In medium bowl, combine flour, cinnamon, baking powder and allspice.
2. In large bowl with mixer at medium speed, beat soup, sugar, shortening and eggs until smooth.
3. Add flour mixture to soup mixture; beat until smooth, occasionally scraping bowl with rubber spatula. Stir in raisins, oats, ½ cup peanuts and apricots.
4. Spread mixture evenly in greased baking pan. Sprinkle with remaining peanuts. Bake 30 minutes or

Please see page B11

Coping

Federal Laws Protect The Minds Of Children And Adults Alike

By DR. CHARLES FAULKNER
Syndicated Columnist

The mind of the young child is impressionable and receptive to suggestion. Even though the young child is able to reason, there must be information previously acquired to which the child can compare new information. If no such information is available, the child will accept new information as true without question.

Here is an example: If you tell a child that the world is flat the child will accept it as new, correct information and will pass it on to anyone who is interested. If you tell an adult the same information, the adult will say, "Wait a minute, I recall having read that the world is round. I will accept the statement that the world is flat only if you can provide strong evidence to support your statement."

The child has no basis for challenging or even analyzing new information and accepts it, therefore, as being

true. Thus, a child will respond with fear if told that all dogs are vicious, that ghosts exist, that water is dangerous or that people who wear red coats are inferior. These concepts will comprise the child's basic philosophy of life and will hound the child for the rest of his life.

In 1981, the Federal Communications Commission (FCC) passed a law which outlawed the use of psychological thought control techniques in advertisements that appeared on children's television shows. Years earlier the FCC passed a law to protect adults from thought control techniques when it outlawed the use of subliminal advertisements.

Subliminal techniques, no longer legally in use today, used a procedure that by-passed the conscious, reasoning process entered immediately into the subconscious mind without the individual's knowledge placed a psychological "need" in the subconscious mind for a particular advertised product and motivated the in-

dividual to buy it with no questions asked. This led the person who was victimized by the advertisement to think that he, the victim, had made the decision to buy the product with no outside influence. This is why brainwashing is so dangerous.

Yet, subliminal suggestion is so simple in application that it seems difficult to accept it as powerful and dangerous. When a picture of a product is flashed on the television or movie screen it enters instantaneously into the subconscious mind and becomes the individual's own idea. A common misunderstanding is that people can see the subliminal message if they watch closely enough. The message is so quick and brief that you cannot see it. If you think that you have seen such a message, you can be certain that it was not subliminal. Actually, any message that is detected by the conscious mind is analyzed by the individual and allows the observer to decide to accept it or reject it.

Brainwashing has precisely the opposite objective. Its intention is to by-pass the conscious mind so that a need or desire is created that the individual has not thought about. The need originates from within the individual rather than from outside. Instead of asking, "Do I want this cake?" The individual feels a need or a taste for the cake and says, "I want some cake!" Instead of asking, "Is it right to act this way?" the individual simply carries out the action.

It is clear from the above examples that no one, child or adult, is immune to the effects of thought control techniques. The fact that the federal government found it necessary to pass laws to protect children from television commercials and to protect adults from subliminal suggestion substantiates the danger of thought control. The human brain is constructed in such a manner as to respond to external stimuli.



Springs

Ingram

Bilal

Bratton

Chronicle Camera

Solutions To Hunger Problem

By AUDREY L. WILLIAMS
Staff Writer

The Chronicle polled area citizens and asked what solution they would offer to the growing hunger problem in America.

Sharon Riddick, student at WSSU: "This may sound crazy, but you know all the game shows on TV? Well, some of that money could be used to feed people. They give away thousands of dollars every day."

Rueben Bratton, R.J. Reynolds employee: "Jobs, jobs, jobs. Give the people more jobs. It's the only thing that can feed them."

G.H. Vaughn, retired insurance executive: "Increase social services, but that's just one answer to the problem."

Enid Sheppard, housewife: "It would help a whole lot if the government would stop sending the food everywhere else. Get the Red Cross to work here."

Kevin Robbins, unemployed: "The richer people should have to pay more taxes so the food stamp program can be increased."

Keith Marcus, mechanic: "One thing I think could help the hungry is to get Reagan out of the chair. We need another president."

King Bilal, third-grader: "Give the hungry people food."

Riston Ingram, finance agent: "If some of the philanthropists would help, then it would be a tax write-off for them and in turn feed the hungry."

Lester Springs, auto mechanic: "The black people should stick together. It would be a big help. Then we can take the hunger problem from there."

Better Living

Rudeness: A National Epidemic

By JOANNE FALLS
Home Economics Extension Agent

Rude behavior is becoming so widespread throughout the country that some people on jobs dealing with the general public are finding it very hard to cope with the situation.

This problem of rudeness has prompted several writers to focus on the subject. The following analysis of some causes of rudeness are from David Wiessler of US News, and Dan Baugher, associate professor of management at Pace University.

What causes some people to be downright rude?

Some experts trying to find answers blame this behavior on the way Americans are forced to live and work in our society. Some people live and work under so much pressure that they do not have time to be polite, some writers say. This is true in big cities where people are surrounded by strangers. They feel that they can get away with their bad behavior because they will not have to face the people they are rude to at some later date.

In small towns, we usually deal with people that we will see again soon, so small-town people are more concerned about the way they treat their fellow citizens.

New York City is sometimes called the capital of rudeness because everybody is always in a big hurry. Nobody cares about anybody else. In big cities, pedestrians carry their stereos in the streets going at full volume blasting people's ear drums. Cab drivers and pedestrians yell at each other. Motorists cut in front of people and blow their horns.

Stress causes some people to be rude. Some motorists are rude because they are under great stress trying to meet deadlines and make meetings and traffic is moving too slowly. Some nurses under stress are rude because they are working under life and death situations and often overworked.

Some men are rude to women because of women's press for equality. News reports show that more men are cursing in the presence of women than ever before. More men are refusing to help women carry heavy loads on jobs. More men are refusing to give up their seats and let women sit down on buses because they say women want to be equal with them. How can you deal with rude people?

Professor Baugher says:

- don't argue with rude people because it makes the situation worse.
- tell the offender very coolly that you will not put up with that kind of behavior.
- if possible, get away from the problem for a brief period and relieve your tension, exercise more.
- try to prepare yourself in advance for a rude encounter and map out your personal strategy for dealing with the problem.

These are some of the victims of rudeness:

- elevator passengers where some people blow cigarette or cigar smoke on fellow passengers and almost strangle them.
- public officials.
- bus drivers.
- utility crews such as power company representatives.
- school principals, teachers and students.
- handicapped people.



Falls