



INFOGRAMS

By Mary J. Whitmore
Home Economist

ENERGY SAVINGS ON YOUR REFRIGERATOR

GET YOUR FREEZER READY

The arrival of spring weather and tempting seed catalogs fan the home gardening fever. Quite naturally, gathering the food in days to come will be followed by food conservation. Now is the good time to get your freezer ready for your summer's bounty while it is perhaps not full. Taking an inventory of what you have will allow you to use up all of last year's vegetables and fruits before you start putting in next year's supply.

Defrosting the freezer should be done quickly. Here are suggestions: - 1. Remove food from the freezer. Place it in grocery cartons that you have placed in bigger cartons. (The space between the two cartons acts as insulation.) Crumple newspapers and pack around the food in the smaller inside carton. If cartons are not available, wrap food in newspapers and blankets and put in the coldest place available.

2. Unplug freezer. Place papers or shallow pans in the bottom of the chest freezer to catch frost. An electric fan placed so that the air hits the frosted surface helps speed defrosting. Do not put pans of hot water in the freezer. Pans of slightly warm or tap water will help. Keep the water in the pans as this should be a dry process. You do not want excess water in the freezer.

3. As frost and ice looses, lift them out. Use no sharp-edged tool that will damage the walls of the freezer.

4. Wipe out the freezer with a cloth or sponge wrung out in soda water (2 tablespoons soda to a quart of water). Then use clear water. Wipe freezer dry and close the lid. Plug in freezer and let it run at least 15 minutes.

5. As food is returned to the freezer, wipe each package if it has any frost or dampness on it.

Give your freezer a good check-up while you are in the process. Check the freezer door to make sure the closure is good. Moisture may be entering at the door. Check this by closing the door on a piece of paper. If the paper moves or pulls out the gasket does not fit. Have this corrected.

Your freezer should hold a temperature of 0 degrees or lower for storage of foods. To be sure that it does this at all times, it should be frequently checked with a thermometer. If you buy a thermometer to keep in your freezer, be sure to get a good one that will check a very low temperature. Read it while it is still in the freezer, or if you take it out, read it quickly. Air temperature can change the thermometer reading immediately.

If your freezer is not a manual defrost one, you might have an automatic defrost, which allows hot refrigerant to flow through

Racism [Continued From Page 13]

when they rioted during World Wars I and II and in the mid-to-late 60s.

As a consequence, McConahay and Hough say, "northern whites never had to confront their racial feelings," as southerners did.

As long as the civil rights movement remained principally in the South, the nature of the conflict had made Northern whites real - if somewhat reluctant - allies of blacks for at least three reasons, according to McConahay and Hough:

- Viewed from a distance, the struggle was seen as a moral one. The blacks were clearly on the side of justice.

- Civil rights laws passed by Northern congressmen were all aimed at imposing reform on the South.

- The attack on de jure segregation and individual racism "not only did not inconvenience Northerners, it did not threaten any of the basic institutions, values, systems or prerogatives of Northern society."

But as the movement gravitated northward, the nature of the struggle changed dramatically, McConahay and

Hough say. In the North, a diffuse de facto racism flourished.

Blacks had possessed the freedom to compete for years. Now it was an equal opportunity they wanted, and their demands for reform were not specific and limited.

"They threatened every Northern institution," say McConahay and Hough. "Here the conflict was between a different kind of black and a different kind of white."

Many northern whites cannot, or will not, express old-fashioned racism "while they still harbor a great residue of unacknowledged anti-black feeling," or symbolic racism directed against change, the social scientists argue.

Northern suburbanites view themselves as morally outraged, not as bigoted, and appeals to them "to repent of their racism will seem incomprehensible," say McConahay and Hough. "They will not understand what all the fuss is about."

"This enables them to view racism as 'somebody else's problem' while they concentrate upon their own private lives."

BITS AND PIECES

By Jesse H. Walker

The Interracial Council for Business Opportunity is honoring Judge Alsandor, a Lafayette, Louisiana businessman at its 1976 Bicentennial Dinner at the New York Hilton on April 28 with its "Business Achievement Award." Alsandor, already a contractor with a \$1 million annual business, went to ICBO with a proposal for help to start catering and housekeeping services on the off-shore oil drilling rigs in the Gulf of Mexico. The business started in 1973 and with a five-year contract from Amoco expects to gross \$2.5 million this year.

The Opportunity Funding Corporation, a non-profit corporation formed to demonstrate how risk capital can be moved most effectively in disadvantaged communities has triggered over \$40 million in minority investments in its first five years while holding losses to slightly under \$700,000. Positive businesses include the Mana Hill Farmer Cooperative in Palmetta, Fa., the Outdoor Venture Corporation in Kentucky and the Fort Greene Co-op Supermarket in Brooklyn, N.Y.

The Creative Black Group, a minority-owned advertising agency headed by Kelvin Wall is behind the new A & P ad drive in the minority media, "Making Our Bag Your Bag." "This is a conscious effort to relate to the black community," says John J. Miles, an A & P executive. The new ad now appears in national black-oriented magazines, 56 newspapers and in commercial spots on 61 radio stations.

Bert Mitchell, Managing Partner of the CPA firm of Mitchell and Titus of NYC and first vice president of the National Association of Minority CPA Firms will be one of the luncheon keynote speakers on April 28 at Symposium Workshop, "Minority Minds Make Minority Money", sponsored by Solid Base Associates of Linden, N.J. and the Urban Loan Authority. The Rev. S. Howard Woodson, Speaker of the House of the N.J. State Assembly is the second speaker. The luncheon will be held at the Holiday Inn Jetport opposite the Newark Airport.

the cooling coils at present time intervals, which melts off accumulated frost. Another style, the frost free food freezer, collects frost on a plate between the walls. The frost free freezer costs more initially and operating cost is greater than for the manual or automatic defrost one.

If you are in the market for buying a freezer, you will find two main styles are available. Chest freezers are generally lower in initial cost and spread the weight of appliance and food over a larger floor area. Little cold air is lost when the freezer is opened. Items may be difficult to remove if they are near the bottom of the freezer.

Uprights take less floor space, but concentrate the weight in a smaller area. Food is easier to locate and remove but cold air has a tendency to spill out when the door is opened.

Freezing and storing food adds 10 cents to 25 cents per pound to the cost of the food itself. The food freezer becomes a good investment financially only if half or more of the family's food is home produced or purchased at "bargain" prices, and when the family uses the freezer continually and to capacity.

City School Lunch Menu

Monday, April 26
Pizza Burgers
Mixed Green Salad
Buttered Corn
Chocolate Cake w/ White
Frosting
Milk

Tuesday, April 27
Hot Dog w/ Chili
Cole Slaw
Great Northern Beans
Gelatin w/ Fruit
Milk

Wednesday, April 28
Chicken and Noodles
Green Beans
Carrot Sticks

Cheese Biscuit
Milk

Thursday, April 29
Spaghetti w/ Meat Sauce
Green Peas
Applesauce
Yellow Cake w/ Chocolate
Frosting
Milk

Friday, April 30
Fish Sandwich w/ Tartar
Sauce
Cole Slaw
French Fries
Cornmeal Cookie
Milk

Cameras Televisions Typewriters Record Players SAM'S PAWN SHOP

Phone 682-2573
122 East Main Street,
Durham, N. C.

The Carolina Times

MAILED TO YOU EACH WEEK

PLEASE ENTER MY SUBSCRIPTION

(PAYABLE IN ADVANCE)

[] 1 Year - \$8.84

[] 2 Years - \$17.68

(Tax Included)

[Out-of-State \$8.50 and \$17.00]

Mr.

Mrs.

Miss

Address

City

State

Zip

If this is a gift, the card should read "From

Send coupon to:

THE CAROLINA TIMES
P. O. Box 3825
Durham, N. C. 27702