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Spokesman Says Black Colleges Provide Option

A joint campaign for the United Negro College Fund and its six member colleges in North Carolina was kicked-off at a luncheon held at the Downtowner East Motor Inn in Charlotte last Thursday.

William J. Trent, Assistant Personnel Director for TIME, Inc. was the keynoter for the affair which was attended by

the presidents of each of the participating colleges, representatives of the corporate communities of Charlotte, Concord and Salisbury and campaign workers.

Trent gave the luncheon audience an historical treatise on the United Negro College Fund and spoke defensively of the necessity for the continuation of black colleges. He explained that the UNCF colleges provide a needed option for thousands of students who are economically deprived, many of whom could not get an education if these schools did not exist.

He cited the practice in UNCF colleges of providing a special understanding and special programs which deal with the academic and cultural needs of their clientele. "These schools have provided strong black leadership to their communities and to the nation as well and should be supported financially by their alumni, by the business sector and by others who are concerned about education," he said.

The state-wide joint campaign means that all of the UNCF colleges in North Carolina will conduct their 1975 campaigns simultaneously and the funds raised will benefit both the institution and the United Negro College Fund.



Nutrition

By Anita Shabah

Artfully seasoned vegetables can make satisfying dinners day after day if care is used in their preparation. Most vegetables should be cooked as briefly as possible to retain the most flavor, vitamins, and minerals.

Much has been made of the importance of saving the liquid in which vegetables are cooked for use in soups and sauces since vegetable liquid contains vital nutrients. Still more important is to use a little liquid as possible, whenever possible, to cook vegetables in butter or oil without water. When no liquid is used, obviously none at all is thrown away. If only a small amount of liquid is used, this can be reduced to a few tablespoonfuls, combined with herbs and butter, and poured over the vegetables as a sauce.

Both celery and carrots can be cooked in as little as five minutes time with no added water at all - only butter (margarine or oil). Fresh beans may be ready in as little as seven minutes. In fact, many fresh vegetables can be cooked in the same length of time as the frozen vegetables.

Whether butter, margarine, or oil is used in vegetables is largely a matter of personal preference. Butter, as an animal fat, tends to be higher in cholesterol, which for some people is an important consideration. Of the oils, there is only a slight difference in cholesterol content between one and another. There has been no proof that certain types of oil are more beneficial than others.

Baked Stuffed Tomatoes

- 4 to 6 large firm tomatoes
- 1/4 cup olive oil
- 2 tablespoons chopped onion
- 1 or 2 medium garlic cloves, crushed
- 1/2 teaspoon thyme or marjoram
- 1/2 teaspoon salt
- 1 tablespoon minced parsley
- 2 slices bread, broken in pieces

Scoop centers out of tomatoes, saving part of pulp. In 2 tablespoons of oil, cook onion and garlic about 5 minutes. Combine with remaining ingredients, blend with tomatoe pulp, and use to stuff tomatoes. Pour remaining oil in bottom of baking dish, arrange tomatoes in dish, and bake at 350 for 40 minutes. Tomatoes make their own sauce while baking. Serves 4 to 6 persons.

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Answer

- ACROSS**
- Thick slice
 - Sports
 - Dress
 - Own
 - Culture medium
 - Scene of confusion
 - French artist
 - Sin
 - Mendicant
 - Instructs
 - Toward
 - Muddles
 - Deadly pale
 - Most unctuous
 - Musical instrument
 - Reveries
 - Close to
 - Finery
 - Shoulder wraps
 - A wit
 - French city
 - A U.S. President
 - Coagulate
 - Persian fairy
 - Fowl
 - Industrious insects
- DOWN**
- Participated
 - Canadian peninsula
 - Hail!
 - Chief deity (Babyl.)
 - On the ocean
 - Resolved
 - Unit of work
 - Book clasp
 - Affix
 - Florida city (poss.)
 - Ornamental clasp
 - Norse goddess
 - Voided of death
 - escutcheon
 - King of beasts
 - Wallaba
 - Lair

