

Don't Wait for Home Made Bread

Would you enjoy biting into a warm slice of fresh, homemade bread but shy away from making bread yourself because of the so-called "fuss and bother"? Well hesitate no more! There is a type of bread that will satisfy your yearning and is easy to make, taking less time to prepare than its cousin, the

Line two 9x5x5-inch loaf pans with heavy duty aluminum foil leaving 1/2 inch collar around edges; grease bottom and sides of foil. Measure all ingredients except flour, carrots, raisins and nuts into large mixing bowl. Beat 1/2 minute on low speed, scraping constantly. Beat one minute on medium speed, scraping constantly until smooth. Stir flour gradually into mixture; mix



Carrot Bread

Quick breads are the answer, and they're growing in popularity, especially with today's current lifestyles demanding shortcut cooking methods.

A tasty addition to any meal, this quick bread selection from the Reynolds Wrap Kitchens, CARROT BREAD is also a nutritious snack to satisfy hunger needs between meals. Shredded raw carrots for the base of the batter to provide essential vegetable fiber and vitamin A value while raisins contribute iron and other minerals.

The ease of it all is there's no having to wait for dough to rise, and then rise again! The batter ingredients are simply mixed together and the poured into prepared pans ready for the oven.

As long as you're making one batch, why not double it and freeze one loaf for busier days when baking time is at a premium. Bake both loaves in heavy duty aluminum foil lined pans to ease cleanup, then freeze one loaf in its own foil lining.

Heavy duty aluminum foil is the correct weight to wrap breads for freezing because it is heavier than regular weight aluminum foil and provides the moisture-proof, vapor-proof protection foods need in freezer storage.

If there's any remaining portion from the bread loaf you serve, wrap the leftover in its foil lining to store until needed again.

Carrot Bread

- 4 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 1 teaspoon vanilla
- 1 tablespoon cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 cups flour
- 2 cups finely shredded raw carrots
- 1/2 cup raisins
- 1/2 cup chopped walnuts

Pork Chops

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meal with a delicious dessert, Blueberry Rum Creme, that combines vanilla pudding flavored with rum extract with whipped cream and blueberries.

Broiled Pork Chops

6 to 8 pork rib or loin chops, cut 1 to 1 1/2 inches thick salt and pepper.

Place chops on grill over ash-covered coals (or on a rack in broiler pan) so surface of meat is 5 to 7 inches from heat. Broil at low to moderate temperature 10 minutes on each side. Continue broiling, turning occasionally, about 10 minutes longer or until well done. Season to taste. For smoked pork chops, place chops (cut 3/4 to 1 inch thick) so surface of meat is 3 to 4 inches from heat and broil at moderate temperature, turning occasionally, 15 to 20 minutes or until meat is heated through.

Divide batter between prepared pans. Bake in a 350 F. oven for 50 minutes or until tested done. Cool in pans for 5-15 minutes; remove from pans and cool thoroughly. To freeze, cover with a piece of foil the size of the top of loaf and collar. To seal, press air out from center towards sides; fold edges up and over, press together. Freeze. Makes 2 loaves.

STRAWBERRIES

Pick-your-own strawberries can be a good summer buy. They can also be easily frozen to enjoy later, say specialists with the North Carolina Agricultural Extension Service.

Make sure the strawberries you pick have ripened on the vine in order to get their full flavor.

Handle them tenderly; any damage that occurs prior to processing makes for a poor frozen strawberry.

If you buy berries, try to get the fresh ones. The fresh berry have a sheen or gloss that becomes dull upon standing. It also has a fresh looking cap.

Keep berries cool on the trip from the vine to the freezer. Wash gently, a few at a time, in very cold water - preferably ice water.

This will keep the berries firm and cool and prevent injury to the

that are a bit underripe will make a good strawberry puree.

Strawberries should be frozen in small amounts at a time, working as fast as you can work well.

First, cap the washed berries. For a container

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tender skin which holds the juice and flavor.

Don't soak the berries in water or they will become waterlogged.

Work quickly, but leave no sand or grit.

Discard underripe, overripe and bruised berries. Small berries that are too ripe (but not near spoilage) and culls

of whole berries, pack clean, capped berries into a container and pour with cold sugar syrup (2 cups sugar to 3 cups water).

For sliced berries, chop the berries into the desired size and add sugar. Or, add sugar to whole berries and then slice or chop.

Crime

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perfect at doing wrong," Green said. The men said also that the way people perceive crime had a lot to do with the way crime is reported. Green is in the Crime Prevention Unit, also organizes the neighborhood crime watch in the various communities.

Landon said that the black community needs to bind their efforts to rid their community of the drug dealers and other criminals in the community.

"The reason most people don't report crime here, is if they want a television set and don't have \$500 to buy the set and can get one for \$50 they will buy it," Landon said. "Most people don't report a crime to the police until they are a victim."

Green said that with the introduction of neighborhood watch in a community reporting of crime has increased. However most people still don't want to become involved.

Landon and Green said that black on black crime is very prevalent because of the way the city is segregated.

"There is a wide area between here and the white neighborhood," Green said. "Because there is such a separation of races in Winston-Salem, there are boundaries for which the crime is located."

Landon added that because of the wide proximity between black and white neighborhoods, blacks would probably get caught before he could get back home.

"If a black was seen walking in a white area, a white citizen would probably call the police," Landon said. "Over here, it is easier for him to blend in."

Green said in order to ward off crime in a neighborhood, the neighborhood needs to become organized and stay together and have a show of unity against crime.

"Communities have to stand up and show them who has control," Landon said. "If they work together they can run the criminal out of their neighborhood."

Audition Set

Urban Arts Dance Plus, is auditioning for Male and Female Dancers from ages 14 to 25. No dance background is necessary but any training in any dance form, gymnastics or good disco dances are especially desired to come down to The Arts Council Arena, at 226 North Marshall Street. Dancers will be seen from 10:00 a.m. to 12:00 noon and from 1:00 p.m. to 3:00 p.m., through Friday June 22.

The company will be directed by Dancer Choreographer Steiv Semien. Velia Lockett will be Ballet Mistress and assistant to Mr. Semien. Male dancers are especially sought. Dancers of all Ethnic backgrounds are welcome to audition.

Church Notes

Cleveland Avenue The Gospel Choir of the Cleveland Avenue Christian Church will observe their tenth Anniversary at 5 p.m. The public is invited.

Mt. Zion The Senior Choir of Mt. Zion Baptist Church is presenting Mrs. Barbara Keller, a graduate of A&T State University, in a Recital at 4 p.m. at the church. Mrs. Keller, daughter of Mrs. Ruth Thompson, will be living in Yeadon, Pa.

Recreation Outlook

Happy Hill Recreational Center

Monday June 25: Story hour at 9:30 a.m., at 10 a.m., Midget Baseball, at 10:30 a.m., outside games, at 1:30 record hour, from 2-4 Junior Baseball, at 3 stunts and tumbling, at 3 p.m., dance class, from 7-9 karate and card games.

Tuesday June 26: Arts and crafts at 9:30, at 10 bat-off-the baseball, at 10:30 a.m., outdoor games, at 1:30 educational games, and tennis class, at 2 p.m., girls softball, at 3 p.m., card games and at 4 p.m., chess and drama class.

Wednesday June 27: Bingo and dodgeball at 9:30, at 10:30 Senior Citizen meeting, at 10:30 Midget baseball, at 11:30 arts and crafts, at 1:30 Cooking class, at 2 p.m., Junior Baseball, at 2:30 horseshoes, at 3:30 card games, and from 7:30-10 disco.

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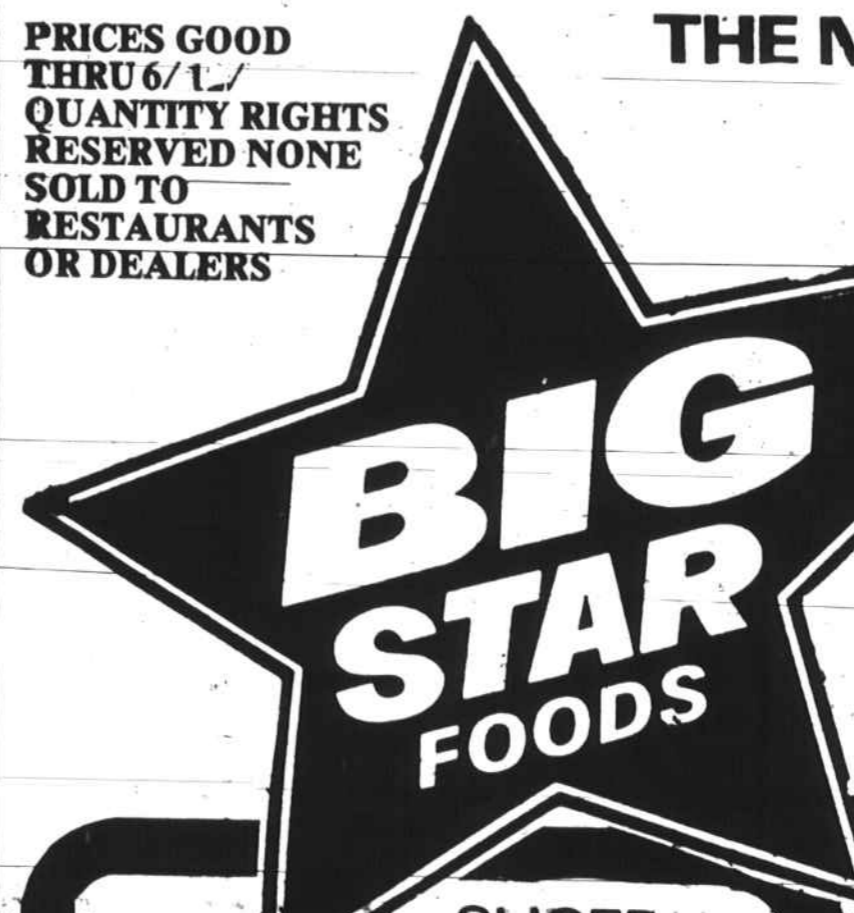
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