

# Young Families Enjoy Rice Dishes

Today's modern convenience foods are most appealing to brides and young marrieds...the generation which has grown up knowing the marvels of frozen and packaged prepared dinners and speedy mixes.

Rice verdi, which is rice with bell peppers and parsley, is a palatable dish that can easily be given an Oriental flavor. Here it is enlivened with onion, diced water chestnuts and soy sauce. The succulent rice mixture is packed into custard cups, then unmolded on a hot serving platter. Pretty enough for a party, let Fried Rice Verdi be the focal point of a dinner. Select several frozen Chinese entrees from your grocer's freezer case to complete the dinner, including egg rolls and a variety of chow mein and chop suey main dishes.



Rice Verdi

### FRIED RICE VERDI

Two packages frozen rice verdi (rice with bell peppers and parsley)

- 1/3 cup frozen chopped onion
- 1/3 cup diced water chestnuts
- 2 tbsps. butter or margarine, melted
- 2 eggs, slightly beaten
- 2 tsps. soy sauce
- Snipped parsley

Cook rice verdi according to package directions. Meanwhile, in a large skillet, saute onion and water chestnuts in butter. Add cooked rice. Combine egg and soy sauce; add to skillet. Cook over low heat, stirring constantly, until eggs are cooked. Pack rice into five custard cups or individual gelatin molds; unmold on hot platter. Garnish with parsley. Serve immediately. Yield: 5 servings.

Or why not make Regal Rice Casserole the star of your

next luncheon attraction? It will rate bravos from your bridge club. The tender, long-grain fluffy rice comes sparkled with perky green peas and succulent sliced mushrooms. Add crisp bacon bits and sliced green onions to make this casserole with an exciting new flavor contract. The tasty topper is zingy Cheddar cheese and smooth dairy sour cream.

# Energy Woes Cause Fires

Hundreds of people are installing wood stoves and fireplaces in an attempt to have alternative heat in their home in case the need arises. Since the clouds of oil uncertainty seem to be gathering and becoming darker every day, the installation of alternative heating devices, like chimneys, fireplaces and portable fuel-oil heaters, is gaining momentum every hour.

Home fires are also on the increase, because many people are not taking the time and money to install the heating devices properly.

The National Fire Protection Association has published a set of guidelines in installing chimneys and fireplaces and covering heating devices in general. These guidelines in a brochure entitled *Home Fires Burning*, by the National Fire Protection Association says:

All open flame devices need air for combustion. Any heater that is not electric depletes oxygen from the air that you need to breathe. You can assure the resupply

of oxygen through proper ventilation for such devices in your house. All appliances require clearance from combustible materials.

Have permanent installations made by a licensed heating contrac-

dampers open. Never use a flammable liquid to start or freshen a fire.

If an outdoor grill, hibachi, or brazier must be used indoors place it in the fireplace where the chimney will draw off the carbon monoxide.

Install and use according to local laws and regulations. Learn how to fuel, start and tend the fire.

There is a knack to operating dampers. The necessity for frequent stoking involves frequent regulation of dampers to prevent overheating.

Assure space around, above and below stove to prevent ignition of adjacent combustibles. Place a sheet of not less than no. 24 U.S. gage metal on the floor under the stove if the floor is combustible. Never freshen a fire with gasoline or other flammable liquid. Sudden flare-ups from such action have caused fatal fires and explosions.

Do not use gas ranges for comfort heating. They can release toxic gases into your house if used for long periods because they are not vented to the outdoors.

Portable electric heaters should be installed according to manufacturer's instructions and or guidance from local fire department or electrical inspector's office.

## Better Living

By JoAnne Falls



tor and checked by enforcement authorities.

Keep chimneys and chimney connectors tight and clean. Have the chimney cleaned once a year. Dispose of ashes in tightly covered metal containers - never in boxes or bags.

Have the brickwork checked in older fireplaces. Use a screen to prevent flying sparks & logs from rolling out of the fireplace. Keep

Carbon monoxide is a deadly poison gas. Open the damper. Use paper or kindling to start a fire, never flammable liquids such as gasoline or kerosene. Never freshen the fire with gasoline or other flammable liquid.

Coal and wood-burning stoves have a poor fire record because they require and do not receive special knowledge of installation and constant, careful tending.

## Chronicle Letters

### Who Is Communist Workers Party?

America is rapidly failing the vast majority of its young people.

We are not of one color, economic background, or social class.

We are young Americans. Born and raised on Cherrio's, Wonderbread, and daily doses of commercial television.

We are well educated, hard working and disillusioned.

We fight the common foe: inflation, a failing bureaucratic government, high taxes and a devalued dollar.

We are the atomic babies. We were born under the sign of an atomic fallout mushroom.

America, a country built on dreams, has handed us a nightmare.

We feel alienated, lost, not fitting in the whole picture of this jangled jigsaw puzzle.

With the church adopting its other world attitudes, it has rapidly lost its credibility as a controlling factor in the real world.

The Communist Workers Party (CWP) has come in time to fill the void, like a fresh wave of cold autumn breeze.

The CWP has come in the nick of time to shoot us in the arm, like a much needed booster shot to ward off the disease of

apathy.

The CWP has come just in time to fill in the void of those young black, white, red and yellow American's who have been disillusioned by a pathetic two party system that has haunted us for too many years. The CWP must be reckoned with, for it is not a fly by night group of unorganized, unorthodox, uncouth degenerates.

We are young America, exercising our right to protest under the Consti-

tution of these United States of America.

We are your sons, your daughters, your wives, your husbands, your neighbors.

We are young revolutionaries and we know that nothing, especially a revolution, come about without sacrifice, being that of time, money and, if necessary, one's own life's blood.

Richard Blue  
1976 Locust Ave.  
City, N.C.

### Connections from page 5

which is exactly where they belong in a democratic society.

The problem, then, becomes one of educating the citizenry and its elected representatives to understand the potentialities and limitations of scientific-technical advances.

Finally, Technology Assessment asserts that we can control our own technology and that we are not the creatures of a mindless technology which could crush us underfoot.

Based upon the premise that we can use our own technology to help bring about the kind of life and society we want, Technology Assessment clearly asks: If ours is a man-made world, why can't man remake it?

### Black-on from page 14

The real shame in the whole situation is two fold. first Timmy Newsome will not get a shot a breaking the 1,000 and 4,000 yard barriers respectively and secondly the Rams have finally peaked at the end of the season rather than during the "blood alley" journey.

Bill Hayes probably won't say it but this writer has a sneaky suspicion that the coach feels his team is the CIAA's best at this writing.

## WELCOME TO KONNOAK HILLS

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2 Doz. Med. <b>Eggs</b> <b>1.25</b>	Turnip <b>GREENS</b> <b>.49</b> lb.
<b>BANANAS</b> <b>.22</b> lb.	16 oz. <b>Pepsi or Coke</b> <b>.99</b> plus deposit
Sealtest <b>Whole Milk</b> <b>1.73</b> gal.	Sealtest <b>Low-Fat Milk</b> <b>1.69</b> gal.

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Campells Tomato <b>SOUP</b> Can Just <b>20¢</b>	Pocahontas Cranberry <b>SAUCE</b> 3 14 1/2 oz. Cans <b>\$ 1</b>	Save On Quick <b>QUAKER OATS</b> 18 oz. Box... <b>49¢</b>
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Shedd's Spread <b>MARGARINE</b> Quarters Lb. <b>33¢</b>	Marcal Bathroom <b>TISSUE</b> 4 Roll Pack <b>59¢</b>	All Flavors Sealtest <b>ICE CREAM</b> 1/2 Gal. <b>\$ 1.29</b>

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