



When it's time to serve an impressive dish, Chicken Oriental with Fruit Slices will fill the bill. Chicken marinated in Chun King soy sauce and spices is topped with tropical fruits. This dish is a flavorful and dramatic menu idea to serve guests.

Book Review

The Black Man:

Equal Or Different?

They Are Like That! by Warren M. Banner is a collection of stories revealing the black-white relationship in the United States and abroad. It is published by Dorrance and Company.

Dr. Banner searched two dozen foreign countries and approximately fifty urban centers in the United States to find the answer to the question: why the black man, although finally accepted as equal, still is considered different.

The inferences drawn about relationships, black-white, at home (U.S.A.) and abroad are deductions from first-hand experiences over the period of three decades. The stories are told to illustrate aspects of behavior as people communicate with each other in our multi-racial society.

The instances of discrimination suffered by blacks serve as a reminder that there is still a long way to go before prejudice is eradicated.

His stores are sobering, to say the least. All Americans will look more closely at themselves after they read this book, and perhaps think before they proclaim the ideas which our democracy propagates to and for the world.

Warren M. Banner received his B.A. and M.A. from Pennsylvania State University and his Ph.D. in economics from the University of Pittsburgh. He was director of research for the National Urban League for three decades. After leaving the League, he served as director of the Model Cities Program in Waterbury, Connecticut, for almost five years.

He has written over 50 community studies and agency evaluations. **They Are Like That!** is his second book, his first being "If We Thot They Ot To Have It...": Research to Answer What Blacks Ought to Have.

Dr. Banner is a resident of New York City.

Pough Joins S.C. State Football Staff

Oliver "Buddy" Pough, a South Carolina State College alumnus, has been named an assistant football coach at his alma mater, Bulldog head coach Bill Davis announced Wednesday.

Pough, who lettered for four years while playing for the Bulldogs, will serve as offensive line coach and director of recruiting, taking over the former duties of Davis who took over the head coaching job last December.

"We feel Pough will be a fine addition to our staff," Davis said, in making the announcement. "He has been in our program both as a player and a student assistant and is very familiar with our offense.

"His proven ability to work with our players will be an asset to the team," continued Davis. "We are really for-

Lauch Henry helped find the missing ingredient to educate minority engineers. Money.

Lauchland Henry is a teacher. And a scientist. And an engineer. He's genuinely concerned about other people. And he has expressed some of that concern in his participation with the National Fund for Minority Engineering Students.

The fund is a non-profit organization attempting to increase the number of Blacks, Puerto Ricans, Chicanos, Spanish-Americans and American Indians enrolled in engineering schools. These under-represented minorities constitute a rich untapped resource to help fill the growing need for engineers, a need that is expected to continue through the mid-1980's.

IBM's social leave program enabled Dr. Henry to take a year's leave to assist the fund. And IBM continued to pay him his full salary.

The National Fund for Minority Engineering Students is a very worthwhile program. We think so. Lauchland Henry thinks so. But most important of all, lots of minority engineering students enrolled at colleges and universities all over the country think so.



Serve Beef Blade Steak With New Orleans Flair

WITH THE CURRENT RISE in prices, buying beef is no longer simply a matter of quickly picking up a variety of the family's favorite cuts. To serve wholesome, tasty meals without budget stress, most consumers are now finding it necessary to study the meat counter intently and to make their selections carefully.

Many economy-minded shoppers are turning to lower-priced meat cuts with which they have been previously unfamiliar. And while these cuts are helping to stretch the meat dollar at the supermarket, they often present problems at home for cooks who don't know how they should be prepared. It is important to realize that a budget priced meat cut is a good buy only if it is properly and palatably presented to the family.

BEEF BLADE STEAK is an example of a beef cut that usually carries a lower price tag. But because it is from the less tender chuck section, it requires special preparation attention. Braising [Cooking slowly in a small amount of liquid] is the most common way to prepare blade steak, and when properly done, the results are tender and

delicious.

For those who don't want to give up broiled beef steaks to meet the budget crunch, there's good news-blade steak can also be broiled. But first it is best to marinate to increase tenderness. It is essential that the marinade contain an acidic ingredient such as lemon juice, vinegar or tomatoes for it is the food acid that has a tenderizing effect on the muscle fibers and connective tissues.

MARINATING BEEF BLADE STEAK can actually turn an economy meal into a gourmet's delight for many unusual and interesting flavors can be added to the beef through the marinade. You'll find this to be the case when you sample Bayou Beef Blade Steak with its intriguing flavor of New Orleans.

For optimum tenderness and flavor, the meat should marinate at least six hours. Another step to tenderness is broiling the steak just to rare or medium.

BAYOU BEEF BLADE STEAK

1 beef blade steak, cut 3/4 to 1 inch thick [approximately 2 1/2 pounds]

- 1 small green pepper
- 1 can [6 ounces] cocktail vegetable juice
- 1/4 cup lemon juice
- 1 tablespoon Dijon mustard
- 2 teaspoons sugar
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon hot pepper sauce
- 1 clove garlic, minced
- 1 bay leaf
- Green pepper rings and tomato wedges, if desired.

REMOVE SEEDS AND membrane from green pepper; grate green pepper into saucepan. Add vegetable juice, lemon juice, mustard, sugar, salt, paprika, hot pepper sauce, garlic and bay leaf; mix thoroughly. Cook slowly, uncovered, 10 minutes. Cool. Place steak in utility dish or plastic bag and add marinade, turning to coat. Cover dish or tie bag securely. Marinate in refrigerator 6 to 8 hours [or overnight], turning at least once. Remove steak from marinade and place on rack in broiler pan so surface of meat is 4 inches

from heat. Boil 7 to 10 minutes on each side, depending on degree of doneness desired [rare or medium], brushing steak with marinade occasionally. Garnish platter with green pepper rings and tomato wedges, if desired. 4 to 5 servings.

The green pepper rings and tomato wedges made for an attractive platter. Fluffy rice cooked with minced onion and chopped fresh parsley is a nice accompaniment. Fill the vegetable slot with cooked greens and the bread basket with hot biscuits to round out the main course in fine Southern fashion.

For a refreshing combination that serves as both salad and dessert, arrange individual servings of cut-up apple, pear, orange and banana on shredded lettuce. Top the fruits with dollops of yogurt, sweetened with a little sugar and spiced with a little ground cardamon.



PLAY SUPER CASH BINGO!

\$252,000 IN CASH PRIZES! NO PURCHASE NECESSARY!

50,000 INSTANT \$1.00 CASH WINNERS
 WIN \$1, \$5, \$10, \$25, \$50, \$100, or \$1000
 57,785 CASH PRIZE WINNERS
 66,000 FOOD PRIZES!

Number of Winners	Winning Amount	Odds 1st Prize	Odds 2nd Prize	Odds 3rd Prize	Total
1	\$1000	1 in 1,000,000	1 in 100,000	1 in 10,000	1
10	\$100	1 in 100,000	1 in 10,000	1 in 1,000	10
100	\$10	1 in 10,000	1 in 1,000	1 in 100	100
1000	\$1	1 in 1,000	1 in 100	1 in 10	1000
50,000	\$1.00	1 in 20,000	1 in 2,000	1 in 200	50,000
Total Prizes: 57,785					



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Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

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SIRLOIN STEAKS
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A&P QUALITY TENDER FULLY-COOKED
SMOKED HAM
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 LB.

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A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF
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MIXING BOWLS
 Do not retain food odors
 Smooth rolled rims - Tarnish-proof
 Multi-purpose - Easy to clean
 Stackable - Highly Durable
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 CREAM STYLE OR WHOLE KERNEL—17 OZ.
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3 CANS ONLY
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REGULAR OR DIET
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