

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.

world.

Book Review The Black Man:

Equal Or Different?

They Are Like That! by say the least. All Americans Warren M. Banner is a col- will look more closely at ection of stories revealing themselves after they read the black-white relationship this book, and perhaps think in the United States and before they proclaim the 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 ty and his Ph.D. in question why the black man, economics from the Univeralthough finally accepted as sity of Pittsburgh. He was equal, still is considered different.

The inferences drawn about relationships, blackwhite, 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 multiracial society.

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

His stores are sobering, to New York City.

Oliver "Buddy" Pough, a quality join us." Suth Carolina State College alumnus, has been named an after three seasons at nearby assistant football coach at his Orangeburg-Wilkinson High alma mater, Bulldog head School where he served as coach Bill Davis announced offensive line and defensive Wednesday.

WITH THE CURRENT RISE in prices, delicious. For those who don't want to give up buying beef is no longer simply a matter of quickly picking up a variety of the family's broiled beef steaks to meet the budget

crunch, there's good news-blade steak can favorite cuts. To serve wholesome, tasty also be broiled. But first it is best to meals without budget stress, most conmarinate to increase tenderness. It is essensumers are now finding it necessary to study the meat counter intently and to tial that the marinade contain an acidic ingredient such as lemon juice, vinegar or tomatoes for it is the food acid that has a Many economy-minded shoppers are tenderizing effect on the muscle fibers and turning to lower-priced meat cuts with which they have been previously unconnective 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

mon way to prepare blade steak, and when 1 beef blade steak, cut ¾ to 1 inch properly done, the results are tender and thick [approximately 2½ pounds]

1 can |6 ounces| cocktail vegetable juice

- 1/4 cup lemon juice l tablespoon Dijon mustard
- 2 teaspoons sugar
- l teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon hot pepper sauce l 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.



Post's Foods



make their selections carefully.

presented to the family.

familiar. And while these cuts are helping

to stretch the meat dollar at the super-

realize that a budget priced meat cut is a

good buy only if it is properly and palatably

a beef cut that usually carries a lower price

tag. But because it is from the less tender

chuck section, it requires special prepara-

tion attention. Braising [Cooking slowly in

a small amount of liquid] is the most com-

BEEF BLADE STEAK is an example of

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

PRICES EFFECTIVE THRU SAT., MARCH 3 AT AAP IN CHARLOTTE ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS



BAKERY FEATURES With A&P's POULTRY SHOP COUNTRY FARM PORK SHOP ASP QUALITY HEAVY WESTERN GRAIN FED BEEF U.S.D.A. INSPECTED-FRESH JANE PARKER-OLD FASHION ROUND BONELESS A&P QUALITY CORN-FED Pough earned a bachelor's TOP OR BOTTOM FRYER LEG PORK CHOPS degree in math education fe bread from S.C. State in 1975 and ROAST LB completed requirements for the master's in guidance and You'll Do Better With A&P's SEAFOOD FOR-SEASON OF LENT QUARTER IN-SLICED counseling in the fall of 1978. BREAST QTRS As offensive tackle for the SALAD SHRIMP 24 OZ. LB. 78 Bulldogs from 1971-74, Pough received All-Mid-Eastern JANE PARKER BAKE FROZEN SHRIMP Athletic Conference once and PORK STEAK FLAKY COUNTRY HAM \$148 was All-NAIA District 6 for FISH (228 11**) ROLLS 1 LB \$1 98 PORK BARBECUE SPARE RIBS 5148 STICKS B OZ. PKG. He is married to the former Josie Reed of Orangeburg. You'll Do Better With A&P's GROCERY SPECIALS NOW ON SALE! Subscribe to the Charlotte GIACOBAZZI **EKCO ETERNA STAINLESS STEEL** Post! 'Your support helps! DEL MONTE CREAM STYLE OR WHOLE KERNEL-17 OZ REGULAR OR DIET COKE LAMBRUSCO g Bowi SHASTA COLA **Golden Corn** TN OF **\$9**49 6 24 ()2. FEATURED ROTTLE GREEN BEANS 32 OZ. BOTTLES WEEK ood Only In Charlotte Good Only In Charlotte 12 OZ **A&P COUPON** AP PURE CANE-GRANULATED SWEET PEAS "CAN 39° Cane Sugar MACARONI & CHEESE 4 100 \$100 A&P SUGAR PINEAPPLE CAUSHED 2 5100 \$100 QUAKER GRITS "SHAT 5 1 89" EKCO ETERNA STAINLESS STEEL ON **Gourmet Cutlery** You'll Do Better With A&P's FROZEN FOOD FEATURES SALE You'll Do Better With A&P's DAIRY FEATURES STANLESS STEEL THIS S UTILITY KNIFE WEEK GOLDEN QUARTERS 4 MORTON DINNERS MRS. FILBERT'S ASP LIMIT ONE COUPON GOOD THRU SAT MARCH 3 AT ASP IN (HARLOTTE BEACHWOOD HANDLES 50 MARGARINE **A&P COUPON** EACH KNIPE IS ETCHED. IDENTIFYI Coutherr PLAIN OR SELF RISING 22 SAVE . ICE MILK CTN 5119 CUT CORN MAN maz 59° You'll Do Better With AsP's GROCERY SPECIALS You'll Do Better With A&P's FRUITS & VEGETABLES AAP LIGHT CRISP & TASTY-ROME U.S. #1 BAKING RUSSET CHUNK TUNA GOOD THRU SAT MARCH) AT AAP IN (HARLOTTE POTATOES AP A&P COUPON 5% OZ. SUPERB BLEND, RICH IN BRAZILIAN COFFEES TUNA EIGHT O'CLOCK COFFEE 4 18 0Z \$100 PORK & BEANS 6: DILL CHIPS 89° TEMPLE ORANGES 15 100 24 OZ. CARROTS OF MADISHES 3 MUNCHES \$100 WATERMELONS . 25° APPLE CIDER GAL 5199 LINIT ONE COUPON GOOD THRU SAT MARCH 3 AT ASP IN CHARLOTTE SEEDLESS GRAPES

149 GREEN PLANTS SCHERT CAN 1299

NO PURCHASE NECESSARY! Amount

GROUND CHUCK

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A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF IN STEAKS 5 PORTERHOUSE OR **T-BONE STEAKS**

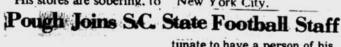
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years. community studies and agency evaluations. They Are Like That! is his se-The instances of cond book, his first being "If We Thot They Ot To Have It ...": Research to Answer

Dr. Banner is a resident of

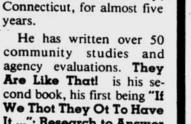
runnerup last season.

two seasons.



tunate to have a person of his Pough moves to S.C. State

line coach for the Bruins. The Pough, who lettered for four Neeses, S.C., native was-also years while playing for the | an assistant baseball coach for OW who was the State 4-A



What Blacks Ought to

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-

