

DEAR BETTY CROCKER

Q. I'm taking chicken wings to a gathering four hours away by car. Do you recommend transporting them uncooked or cooked?

O.P.
Sterling, Colo.

A. If you're careful about keeping the chicken cold, you can take them either way. Place raw chicken or cold, fully cooked chicken in a storage container or plastic bag and seal. Pack a cooler with ice and place chicken directly on the ice. If your travel weather is warm, you may need to add more ice during the trip. Refrigerate, cook or reheat the wings as soon as you arrive.

Q. I froze raspberry pie last summer and when I took it out to serve, there was freezer burn. What causes that and is it safe to eat?

TONY BROWN
(Continued from page 4)

We use profits from phone calls to locate businesses nationwide on the Self-Help Directory (1-900-976-6670) to support loan guarantees to start small businesses and create self-employment.

The charge for calls to 1-900-976-6670, \$1.99 for the first minute and 99 cents for each additional minute, will be placed on the caller's monthly phone bill. We estimate that approximately 50 cents of each \$3 phone call will be set aside for loan guarantees.

If you call 1-900-976-6670 and press extension 4120, you will hear Maxine Wilcox describe her new business, offer you a discount and tell you how Wedding Creations provides expensive wedding gowns so inexpensively that the average person can afford a wedding. She received our first loan guarantee.

The \$8,000 loan that the Buy Freedom 900 Network guaranteed from the United Bank of Philadelphia, that city's only black-owned bank, will enable Ms. Wilcox's bridal dress business to hire two of her daughters who are currently on public assistance.

Thousands of talented, but capital-poor, people fall between the cracks because of this kind of oversight. This kind of bureaucratic discrimination against the poor and the young and the resulting social and economic damage emphasizes why it makes the case for self-reliance.

If you want your business listed free on the Self-Help Directory, you can call 1-900-903-3090 and push extension 26. The cost for the call is 99 cents a minute and \$1.99 for the first minute.

Hopefully, we will find more Maxine Wilcoxs so we can break the cycle of poverty and chart a course of success for thousands of needy families and provide a gateway into the world of business for motivated young people.

We hope you will tell your friends to call 1-900-976-6670 and support Maxine Wilcox and other self-help businesses, therefore helping our loan program. We hope to make a millionaire out of Maxine Wilcox within five years.

Maybe, instead of calling our program a "Partner," or a "Su Su," we can simply call it "Buy Freedom." *It's the Network That Pays Off!*

You can hear Tony Brown's weekly commentaries and one-minute news updates on the Buy Freedom 900 Network by calling 1-900-454-0411 (\$1.99 first min./99 cents each addl. min.). Information on the Buy Freedom 900 Network: 212-575-2389.

"Tony Brown's Journal" TV series can be seen on your local public television station.

TIPS ON TRIPS

Be sure never to over-drive when on vacation—not more than 300 miles a day. Fatigue can damage your health, be a safety hazard and detract from your fun.

Happily, it's now wonderfully easy to photograph the widest panoramic views, from Niagara Falls to the Grand Canyon—and get great shots of friends and family as well—with the world's first mid-roll dual format panorama camera. It has a 28 to 56 mm zoom lens that lets you switch from standard to panorama without changing a single roll of film.

F.E. Richmond, Wash.
A. The white spots known as freezer burn are caused when food has dried out in the freezer because it hasn't been sealed completely during freezing. Also, it may appear if food has been frozen

too long. Quality of texture and flavor will suffer, but the food is safe to eat.

Do you have a cooking question? Write "Dear Betty Crocker," Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Wake County Voters Be Sure To Register Your Right Address

Have you moved within Wake County since the last time you voted? If so, take time now to correct your address and you will save time on election day.

Correcting your registration is as easy as returning your registration card, with your new address on the back, to the Wake County Board of Elections. You may also fill out a change-of-address form at any branch of

the Wake County Public Library or mail a letter to Wake County Board of Elections, P.O. Box 695, Raleigh 27602-0695.

If you are a registered voter who has not received your registration card, which was mailed in April, please give us a call at 856-6240 to verify your address and registration. Don't forget to take time now to ensure that voting in November will be a breeze.

Sorority Installs New Members

On June 21, in the chapel at Shaw University, the Upsilon Chapter of Iota Phi Lambda Sorority installed Soror Sygrid Elston and Soror Rebecca McLean.

The following officers were also

elected for the 1992-93 year: Soror Ginnie Wooten, president; Soror Caroline Holloway, vice president; Soror Leonie Harris, treasurer; Soror Jessie Smith, corresponding secretary and journalist; Soror

Ruby Sanders, financial secretary; Soror Rebecca McLean, recording secretary; and Soror Caroline Holloway, dean of pledges.

Other members of the sorority are sorors Marilyn Fields, Brenda Hill-Jackson, Mildred Keith, Mary Newton and Sherby Speight.

This chapter is seeking new members. For information and/or an application, send inquiry to Iota Phi Lambda Sorority, P.O. Box 98523, Raleigh 27624.

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Eva
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I deeply appreciate the support of all those who voted for me in the Primary Run-Off and ask your continued support in the November 3rd General Election

Paid for by the Eva Clayton for Congress Committee
Charles J. Worth Treasurer

Garner Road YMCA Awards Six Scholarships To Graduating Youth

The Garner Road YMCA Black Achievers Program has awarded six scholarships in the amount of \$500 to graduating youth achievers.

The graduating Youth Achievers are:

•Tonita Bridges, daughter of Leon and Rhonda Bridges, who graduated from East Wake High School. She will attend N.C. A&T State University in Greensboro and major in communication and engineering.

•Rachel Cox, daughter of Linda Calander-Cox, who graduated from Garner Senior High School. She will be attending Wake Technical Institute in Raleigh, where she will major in accounting.

•Callie Smith, daughter of Leon and Dorothy Smith, who graduated from Garner Senior High School. She will attend St. Augustine's College in Raleigh, where she will study nursing.

•Corey Steele, son of Vickie Jiles, who graduated from Garner Senior High School. He plans to enlist in the U.S. Navy, where he

will study aerospace engineering.

•Robert L. Utley, son of Robert and Barbara Utley, who graduated from Apex Senior High School. He will attend North Carolina State University in Raleigh, and plans to major in chemical engineering.

•Thomas Washington, son of Eloise Chisolm, who graduated from Enloe High School. He will attend Wake Technical Institute in Raleigh and will study nursing.

The Black Achievers Program goals are to raise the academic standards of Raleigh's area youth, expose students to diverse career options, acknowledge successes of area minority managers and professionals, provide role models and mentors whose success and knowledge inspire youth to reach their full potential in education and

employment, create channels for business and industry's continued involvement in community self-help initiatives and recognize and promote excellence.

Fans Distributed

The Council on Aging of Wake County, Inc., is distributing fans for low-income Wake County residents. Fans may be picked up at any one of the three Senior Centers located in Raleigh, Wendell and Garner. For more information call 866-6444 in Raleigh, 365-4248 in Wendell, or 779-3922 in Garner.

OPENING SOON SIMON OF CYRENE CHRISTIAN BOOKSTORE



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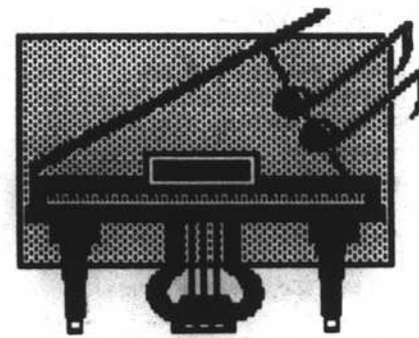
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