



Recipe  
To  
Remember

er. offers her delicious version of Curried Rice, easily prepared by the home-maker.

**CURRIED RICE**

- Lots of margarine or butter—3/4 cube
- 2 big onions (don't brown)
- 1/2 bell pepper (cut up)
- 1 small can stewed tomatoes
- a few cardamon seeds (or ground cardamon)
- pinch of tumeric
- pinch of saffron
- heaping tablespoon of curry powder
- pinch of ginger may be added

Cook all spices in the butter (or margarine) and let simmer for about five minutes. Add 1 1/2 cups of rice, which has been steamed slowly in 2 cups of water. Stir thoroughly. Serves six.

**Africans Prefer One Party Political Plan**

NAIROBI, Kenya—Whether the western world likes it or not, the trends in Africa today are moving towards one-party system, Mr. Oginga Odinga, Kenya's Home Affairs Minister, said.

"The oppositions are incompatible with the African traditional systems and are, therefore, of no use in Africa," he told an International Press Institute course here.

Mr. Odinga warned foreign correspondents who, he said, had been hired either by the opposition or the imperialists with the sole aim of distorting news with a view to causing dissention among the Kenyan people.

DELICIOUS CURRIED rice is on the menu as Sister Joyce X Darensburg of Muhammad's Mosque No. 26, San Francisco, Calif., a catering instructor and long-time cook, prepares the dish.

San Franciscan Offers  
New Delicious Curried Rice

No one knows any more about the preparation and serving of food than Sister Joyce X Darensburg of Muhammad's Mosque No. 26, San Francisco, Calif. Dishes coming from her kitchen have a special flair not found in many of the dishes of the same name, for Sister Joyce X is an experienced cook, long-time catering instructor and decorator.

The mother of a grown whose husband, Brother daughter, Sister Joyce, Knoxville X, is a taxicab driv-

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**For And About You**

DEAR HARRIETT, A few months ago, my husband and I met a woman at a party, who seemed to be quite likable. We parted with the intention of meeting again at another time. This woman was an acquaintance of a friend of mine, and had my friend put us in contact again. She told me that she had "taken" to me, and wanted us to be good friends. I invited her over and that was the beginning of our "friendship."

I began to notice that my friend always seemed to come over when she knew my husband was there. I watched some more and found that she was deliberately playing up to him.

I haven't said or done anything, as of now, because I want to see just how far she will go and how far he will let her go. He seems to be blind to what she is doing. Can't he see through her without my saying anything, or is it that he just doesn't care for me any more? He is fast making me lose my respect for him by being taken-in by this "friend's" plays. What do you suppose is wrong with his reasoning?  
**BEWILDERED.**

temptation?

What kind of respect do you think your husband would have for you if he knew what you were doing? What kind of respect does this "friend" of yours have for you, since you allow her a clear field? These are some of the questions you had better answer for yourself before you set back smug in your condemnation.

It COULD be that her plays are having no effect upon your husband because he IS aware of what's going on. It COULD be that he is aware and IS being tempted by your "friend" but lacks the support to fight it. IT COULD be that he's wondering what kind of a wife he has that would allow this to continue without intervening in any way.

Whatever happens to be the case, you had better check a little further and take some action to protect yours and your husband's interests. For, if he becomes an unfaithful husband, is not the blame EQUALLY on the three of you? Take care.

DEAR BEWILDERED,  
 Don't be so quick to pin the blame of this situation on your supposedly unsuspecting husband. What about YOUR reasoning? How can you sit on the side-lines and experiment with your husband's feelings and the security of your home? Do you think you married some kind of a saint who is beyond

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