

FOODS

TRADITIONAL FRIED CHICKEN

*If you could fix a fryer only one way,
you'd want it Pan Fried...just the way
it's been done since great-Grandma was a
bride! Use a heavy skillet (or electric).
Brown it slowly....cook it well.*

1 Washington fryer, cut-up, 3 to 3½ lbs. (or use equivalent amount
of favorite parts—breasts, thighs, drumsticks)
Basic Recipe ½ c. flour ½ tsp. pepper
1½ tsp. salt 1 tsp. monosodium glutamate (optional)
1 tsp. paprika Shortening or Cooking Oil (¼ to ½ cup)

Rinse chicken and pat dry. Combine flour and seasonings in paper or plastic bag. Shake chicken pieces, 2 or 3 at a time, to coat lightly. Heat enough shortening or oil to make ¼ inch depth in skillet. Place chicken, *skin side up*, in hot skillet (375° in electric pans). Do not crowd chicken. If necessary, use a second pan, or clean the frying pan to brown a second panful. Turn pieces with tongs to brown

all sides (15 - 20 minutes), then reduce heat to low (250°) and cook 45 minutes longer, or until tender. Chicken may be covered during this period, but cover should be removed during last ten minutes to re-crisp chicken. For crispier chicken, do not cover, but turn frequently, as necessary, to develop uniform color and crispness. *Yield: 4 servings*

HONEY-SPICE BREAD

⅓ cup milk
⅓ cup packed brown sugar
2 cups all-purpose flour
1½ teaspoons baking powder
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
⅛ teaspoon ground cloves
½ cup honey
2 eggs, beaten
⅓ cup cooking oil
⅓ cup sifted powdered sugar (optional)
1 to 2 teaspoons milk (optional)
Candied fruit (optional)

In medium saucepan combine milk and brown sugar. Cook and stir over low heat till sugar is dissolved. In bowl stir together flour, baking powder, cinnamon, nutmeg, and cloves. Gradually blend in the milk mixture, the honey, eggs, and cooking oil. Turn batter into a greased and floured 8x4x2-inch loaf pan. Bake in 350° oven 55 to 60 minutes or till done, covering with foil the last 15 minutes. Cool in pan 10 minutes. Remove from pan; cool thoroughly. If desired, combine powdered sugar and enough milk to make of spreading consistency; frost cooled loaf. Decorate with candied fruit. Makes 1 loaf.

Rosa T.S. Negreiros
Rosa C. Negreiros
Cachoeirinha, Brazil

Honey-Spice Bread gets its golden color from honey, brown sugar, and fragrant spices. Frost the loaf with the powdered sugar icing and decorate with candied fruits or spread thin slices with softened butter or whipped cream cheese.

Lack of Artificial Color, Flavor and Caffeine

NEW YORK, N.Y. — The Seven-Up Co. has announced a new thrust in the marketing of its 7UP brand in a campaign which emphasizes that the product contains no artificial colors or artificial flavors, substances which are added to most other major soft drinks.

"The Seven-Up Co. decided to embark on this new and aggressive marketing campaign because there is a growing body of concern among consumers about artificial flavors and artificial colors and of the possible negative health implications of the stimulant caffeine — especially with regard to children, the major users of soft drinks," said Edward Frantel, president and chief executive officer.

"Our perception of increasing consumer concern about artificial colors, artificial flavors and caffeine," he said, "is generally based on four factors: Research by The Seven-Up Co. delving into consumers' awareness of, concerns for, and confusion about artificial colors and artificial flavors added to most soft drinks; continuing research by The Seven-Up Co. concerning consumers' positive reaction to a soft drink without added caffeine; widespread coverage in general readership newspapers and periodicals, as well as health-oriented and scientific journals relating to artificial colors, artificial flavors and caffeine; and continuing interest by the Food and Drug Administration and consumer groups in artificial colors, artificial flavors and the stimulant caffeine."

The advertising will continue to emphasize that 7UP contains no caffeine, a stimulant also widely added to many other major soft drinks.

BLACK POETRY

Here

*Drifting on a cloud
won't take me away
from reality*

*It's only a weak fantasy
that cannot withstand
the weight of my
conscience*

—Marie Porter

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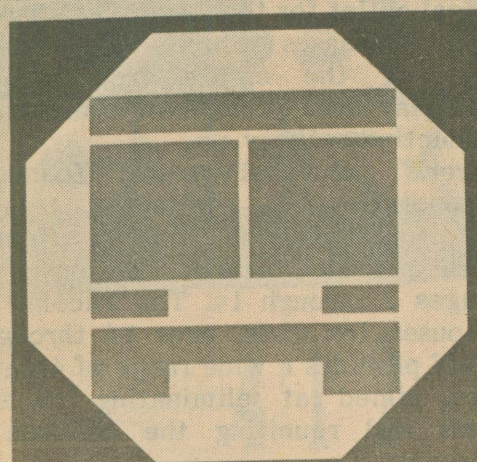
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Carlton B. Tucker,
Manager

P.T. LAUNCHING PAD



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PIERCE
TRANSIT

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and trusted traveler.**