

The KITCHEN BEAT

Combine mashed sweet potatoes, water, 2 tablespoons of the brown sugar, the butter, instant breakfast drink, cinnamon, nutmeg and salt; blend will and spoon into 1-quart casserole. Sprinkle with remaining brown sugar. Cover and bake at 375 degrees for 25 to 30 minutes, or until thoroughly heated. Makes about 2 cups or 4 servings.



In today's black American home, cooking frequently is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. The Kitchen Beat is designed to meet some needs of the various cooks of the modern black family.

SOUL "ON THE RUN"

Busy schedules do not allow for a lot of time to be spent in the kitchen like we did in the past. Let's face it, times have changed, we have changed, and food and eating habits have changed. Nevertheless, it is easy to become a little wishful when we think of tables heavily laden with fragrant soul food. Although many of our foods come packaged, canned or frozen today, we can still prepare hearty and nutritious dishes that are quick and still have that old-time flavor.

This recipe for Sweet Potato Casserole is an excellent example of what can be done to modern convenience foods to make them taste like they've been made from "scratch." If anyone can remember how long it used to take to make this delicious orange-flavored casserole, this shortcut method will certainly be appreciated.

Tang instant breakfast drink supplies the subtle orange flavor to the canned sweet potatoes, so there's no need to even squeeze or grate oranges—just measure from the jar. This traditional "Soul" side dish of mashed sweet potatoes flavored with Tang instant breakfast drink and brown sugar provides all of your daily requirement of Vitamin A and almost half of your daily need for Vitamin C.

A recent national survey showed that the food intake of many black Americans was particularly low in Vitamins A and C. With this recipe you can prepare quickly a dish that is not only good for you but has that soul flavor. That's what is known as "Soul On The Run."

SWEET POTATO CASSEROLE

- 1 CAN (17 oz.) sweet potatoes, mashed*
 - 1/3 cup water
 - 3 tablespoons brown sugar
 - 3 tablespoons butter or margarine, melted
 - 2 teaspoons Tang orange-flavored instant breakfast drink
 - 1 teaspoon salt
 - Cinnamon and nutmeg to taste
- *Or use about 1 pound (3 medium) sweet potatoes, cooked and mashed.

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SUPERMARKET SAVINGS

Ideas To Help You

Contradictory as it may seem, there are times when buying small is where the big savings are. Most of the time it's true that the larger size of a product is more economical—but not always, say experts at the Food Marketing Institute.



UNIT PRICING IS THE ICING on a smart shopper's cake.

Small sizes of canned and packaged food can be lower priced during special promotions or when a new product is being introduced. Unit pricing is your key to knowing when you should be alert to choosing the smaller size.

Families with small children often save money by buying small apples, bananas and oranges, which frequently cost less, and match the smaller appetites of youngsters.

Buying the larger size of a can of tomato paste, for instance, because it's cheaper, is no bargain if you wind up using only half of it, and have to throw the rest away.

Supermarkets are helping the consumer take the bite out of inflation by offering a wide variety of store and national brands, unit priced so that you can choose the size that best suits—and best saves!



News About Pain Relief

By Dr. Arthur S. Freese

CARING FOR A CHILD'S FEVER

Fevers and colds are an inevitable part of childhood. While there is no way to avoid all fevers and colds, an ounce of prevention helps. Encourage your child to eat a balanced diet and get plenty of sleep. Outdoor exercise in warm, but not confining, clothing helps keep your child vigorous and healthy.

If your child does get a cold, with the accompanying runny, sniffling nose and fever and aches, proper care and some pampering should make the child well again in a few days. Keep your son or daughter resting and comfortable, and away from other children.

Take your child's temperature morning and evening, or more often if he or she seems particularly restless, uncomfortable or develops unexpected symptoms.

In bed, cover the child lightly—no covers or a single sheet is best. Don't bundle up the child even if he or she feels cool.

Give lots of cool, clear liquids. Popsicles, water, ice, sherbet and carbonated



beverages are good. Milk may cause stomach upset.

Give medication to help bring the fever down. The two most commonly used fever reducers are aspirin and **TYLENOL**® acetaminophen. Both are equally effective in reducing fever and relieving pain. But, acetaminophen rarely upsets the stomach and does not build up in the body possibly causing problems the way aspirin can.

Call your doctor if the fever is high, if it persists, or if the child's symptoms suddenly change.

For a free, detailed guide in caring for your child's fever, write to: Suite 603, Dept. W, 733 Summer Street, Stamford, CT 06901.

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