

- 1 can (8 oz.) tomato sauce
- 1 pkg. (10 oz.) mixed vegetables
- 1 1/2 cups rice
- 1 cup grated Monterey Jack cheese

Brown ground beef in skillet with onion, leaving meat in large chunks. Sprinkle with chili powder, salt and pepper. Add water, tomato sauce and vegetables; bring to a full boil and boil 1 or 2 minutes. Stir in rice. Cover; remove from heat. Let stand 5 minutes. Fluff with fork. Sprinkle with cheese. Serve with tortilla chips or taco shells, if desired. Makes 4 servings.

Pea Soup with Franks

- 1 pkg. (8 oz.) green peas
- 2/3 cup water
- 1 1/2 cups milk
- 1 tablespoon butter or margarine
- 2 teaspoons lemon juice
- 3 frankfurters, sliced

Thaw vegetables at room

temperature just enough to separate. Mix half the peas and half the water in blender; blend until smooth. Gradually add remaining vegetables and water, blending again until smooth. Pour into saucepan; add milk and butter. Bring to a boil, cover and simmer for 5 minutes, stirring occasionally. Add lemon juice and frankfurters and heat thoroughly. Makes 3 servings.

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for this month's recipes, you will want to use:

- Arm & Hammer baking soda
- Baker's Angel Flake coconut
- Bird's Eye frozen foods
- Calumet baking powder
- Good Seasons Italian salad dressing mix
- Kraft Monterey Jack cheese
- Land O'Lakes butter
- Post natural raisin bran

MONITOR Mail.....(Continued from Page 2)

and the know-how to apply from the Black College Conference, I am happy to say that I have been accepted to Spelman and Clark College in Atlanta, Georgia.

In closing, I would like to say to anyone striving for a higher education who is trying to determine what to do on that next step, remember

that our Black colleges have that extra advantage. You enter with a fresh, new mind ready to tackle the world. You come out believing in yourself and with a sense of dignity and pride. And just think, you've accomplished it all because you are young, gifted and black!

—Felicia L. Slider, Portland, Oregon

Editorial Notes.....(Continued from Page 3)

They will be reporting not only on what they are doing in Congress to help us "complete the unfinished work" of Dr. Martin Luther King Jr., but also they will be letting us know how they feel about the things all of us should be doing toward the same salvific end.

Additionally, we will be covering the Hunt's Valley Educational Conference sponsored, in part, by the chairman of the House Education and Labor Committee, Congressman Augustus F. Hawkins of California.

Surely, too, it matters in pride-engendering ways that all that we write and all that you read in the **National BLACK MONITOR** will become an important part of our written history. Also, our staff—along with the dedicated educators in the National Sorority of Phi Delta Kappa, Inc.—amass the facts and put together *The ADVANCER* and

the *Who Am I Guide to Learning* on a weekly basis.

Obviously, nothing could be more important than this kind of material in terms of providing the positive role models needed by our young and older potential learners.

This is one of the many reasons why we are asking all of our AOIP-affiliated organizations to see that as many of our classrooms as possible have access to these materials and other AOIP motivational tools on a regular basis. It is this opportunity that gives us the most pride.

The June issue of the **National BLACK MONITOR** will include the names of—and basis for selecting—the corporate and other entities to which we should be providing priority support in a variety of ways.



Hints For Homemakers/Inez Kaiser

No Need For Confusion On Protection Against Cavities

DEAR INEZ: I'm terribly confused! Every toothpaste on the market today claims something. Some say they remove plaque. Others tell you they help keep your gums healthy. And still others say they help remove tartar. But all I want is a toothpaste that helps prevent cavities. Can you help me?

—CAVITY-CONSCIOUS CATHY

DEAR CAVITY-CONSCIOUS CATHY: Let me end your confusion. Marketing research studies reveal that most consumers still rank cavity protection as No. 1 in importance just as you do.

The perfect answer for you is EXTRA-STRENGTH AIM. This new addition to the popular AIM toothpaste line provides extra cavity protection because it contains 50% more fluoride than other standard toothpastes.

EXTRA-STRENGTH AIM is the only toothpaste on the market with 50% more fluoride. This means that it has 1,500 parts fluoride per million compared to just 1,000 parts for other standard fluoride brands. That's a big difference.

New EXTRA-STRENGTH AIM was tested in extensive clinical trials with over 4,000 people. The results were impressive: new EXTRA-STRENGTH AIM reduces cavities up to 22% better than a standard fluoride toothpaste. This amazing product provides the strongest cavity protection ever.

That's why it is being hailed as the most important breakthrough in the dentifrice business since fluoride toothpaste was introduced 30 years ago.

Toothpaste is like everything else. You get what you pay for. So buy EXTRA-STRENGTH AIM. It's the best cavity-prevention toothpaste you can buy.

PROMISE YOURSELF A HEALTHY HEART
HEART DISEASE IS STILL THE NO. 1 KILLER among minorities and all other parts of the population. But now we can do something about it.

Recent medical evidence has shown that your family's risk of heart disease can be reduced by lowering their serum cholesterol levels.

One way to accomplish this is by eating foods low in saturated fat and cholesterol. So in the Kaiser household and to all of my friends, my advice is to "Get Heart Smart."

This means eat PROMISE, a new spread that contains no cholesterol and is low in saturated fat. PROMISE is made with sunflower oil and contains 10% less fat and calories than margarine. It is also low in sodium.

So you can see why PROMISE is the perfect food to include in any diet designed to lower the risk of heart disease. PROMISE is also so delicious that your family will find it enjoyable to eat "right."

You can learn a lot more about how to modify your diet to help reduce the risk of heart disease. Just send a self-addressed, stamped business-size envelope to Promise Information Service, Suite 1900, 40 West 57th St., New York, NY 10019, and ask for a copy of "Promise Yourself a Healthy Heart."



BEFORE YOU DRESS, CARESS

THE IMPORTANCE OF SOFT AND SMOOTH SKIN commands increasing attention these days among women concerned about how they look and feel.

Younger women are constantly looking for a beauty bar to give them the softest, smoothest skin possible. That is why so many choose CARESS, the body bar with bath oil.

CARESS does exactly what its name implies—it caresses the body. Why is this so? Because CARESS is not a soap. Best of all, it can't dry your skin the way soap can.



CARESS gives you the soft you can't get from soap. So as a regular rule before you dress, don't forget CARESS.

Your body actually feels different when you use CARESS. It makes your skin feel smoother and softer than almost anything that touches you.

So be good to yourself, no matter who you are you always should want to look your best and to feel your best. Just put CARESS to work for you.

Women all over the country are increasingly turning to CARESS because this marvelous body bar does just what its name implies—it caresses the skin for the soft you can't get from soap. Try it and see for yourself.