



My Favorite Recipe

Housewife's 'Blue-Ribbon' Menu, Recipe

Sister Doris X Howard is the unchallenged queen of her household, having won everlasting and unanimous approval from the members of her family with her palate-pleasing, prize-winning menu and recipe.

The housewife, who is a student at Muhammad's Mosque No. 2, M.G.T. Class, recommends the menu and/or recipe "when company drops in" as well as for strictly family eating.

THE MENU: Bean soup, served with cheese, crackers or toast; pot roast, brown rice, buttered broccoli, lettuce and tomato salad, wheat rolls, pound cake, coffee or milk.

SISTER DORIS X HOWARD bastes her prize-winning pot roast, the recipe for which she divulges to the readers of Muhammad Speaks.

Pot Roast

- 4 or 5 lb. pot roast
- 1 medium onion
- 3 stems celery
- 1 tsp. black pepper
- 1/4 cup water
- 1 medium green pepper
- 1 clove of garlic
- 2 tsp. lowery seasoning salt
- paprika
- 1 can tomato sauce
- 1/2 cup catsup

Season roast with salt and paprika. Roll in flour and brown well on both sides. Add chopped pepper, celery, onion and garlic. Mix water, tomato sauce and catsup and pour over roast; cover and cook slowly in a 300-degree Fahrenheit oven for approximately 2 1/2 hours, or until done. Roast should be basted to prevent drying while cooking.

SISTER MEDA'S
Sesame Seed Candy
 (Home-Made)
 113 Lenox Ave., N.Y.C.
 MO 3-9722 MO 3-9766

VISIT
MUHAMMAD'S MOSQUE
 333 NORTH 20th ST.
 THURSDAY 8:00 P.M.
 SUNDAY 8:00 P.M.
COLUMBUS, OHIO

EAST 123rd STREET
FISH AND POULTRY
 Grocery Market
 FRESH FRUIT AND VEGETABLES
 DELIVERED TO YOU
 930 East 123rd St. Cleveland, Ohio
 Phone: 451-2090
 Tommie X., Mgr. Moses X., Asst. Mgr.

GHANA
RESTAURANT & BAKERY
 Cleveland's Newest and Semi-Ultra-Modern Asiatic Restaurant. We serve Asiatic style and American Cooked Foods.
 12434 Superior Ave. Cleveland, Ohio
 MU 1-9841 OPEN 24 HOURS
 Prompt Delivery Service

SHOP AT
Shabazz Foods
 2 GREAT STORES
 1892 FULTON • • • 218 RALPH
 BROOKLYN, N.Y. PR 1-9110

DOMINO	5 lbs.	1 lb. CAROLINA	EXTRA LONG GRAIN
SUGAR	59^c	RICE	16^c

AKBAR COFFEE 79c
 Marcel Pastel Tissue 9c
 Small 29c

LARGE EGGS GRAD "A" 50 DOZE
WHERE? AKB/ 73 WEST 11