



Recipe To Remember

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, Knoxie X, is a taxicab driv-

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

CURRIED RICE

Lots of margarine or butter— $\frac{3}{4}$ cube
2 big onions (don't brown)
 $\frac{1}{2}$ 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 $1\frac{1}{2}$ 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.

