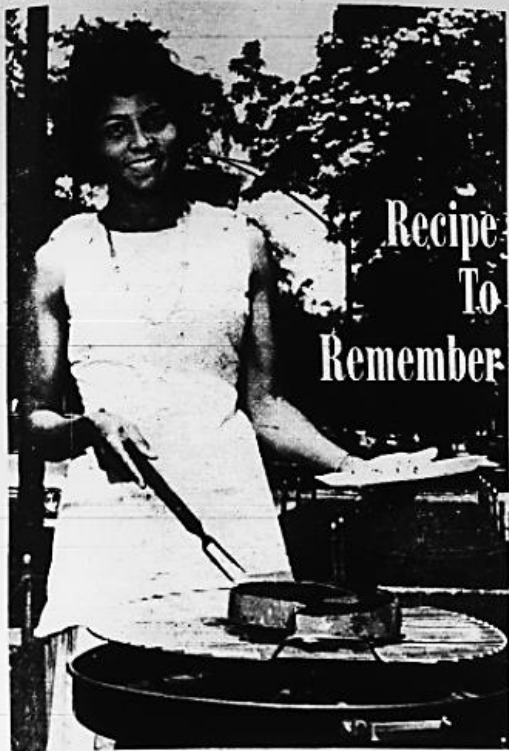


JUNE 25, 1985



Recipe
To
Remember

AS STEAK "heats up" on outdoor grill, MUHAMMAD SPEAKS' "cook of the week," Mrs. Delores Brown, prepares to baste the meat with a delightful and tangy barbecue sauce, the "Recipe to Remember" for this week.

How to Make a Barbecue Sauce for Use on Meats

Outdoor living can be great fun for every member of the family, declared MUHAMMAD SPEAKS' guest homemaker. "We all seem to have such sharp appetites when food is cooked out of doors," said Mrs. Delores Brown.

BARBECUE SAUCE

- 1/2 cup of butter or cooking oil
- 1/2 cup vinegar
- 2 cups tomato catsup
- 1 tsp. of black pepper
- 1 tsp. paprika
- 1 tsp. of chopped onion
- 2 tbsps. of brown sugar
- 1/2 cup lemon juice
- 1/2 cup water
- 1 small can tomato sauce
- 1 tbsp. salt
- 1 clove of garlic
- 1 small green pepper, chopped
- 1 tsp. cummin seed

Franklin Hits Slavery

The Pennsylvania Society for Promoting the Abolition of Slavery, the Relief of Free Negroes Unlawfully Held in Bondage, and for Improving the Condition of the African Race, of which Benjamin

Mix all ingredients together and let stand for half an hour, then simmer. Cook for 20 minutes on low flame. Makes 4 cups of sauce. (Meat should be basted continuously with sauce while cooking. When done cover meat and simmer 'til ready to serve.)