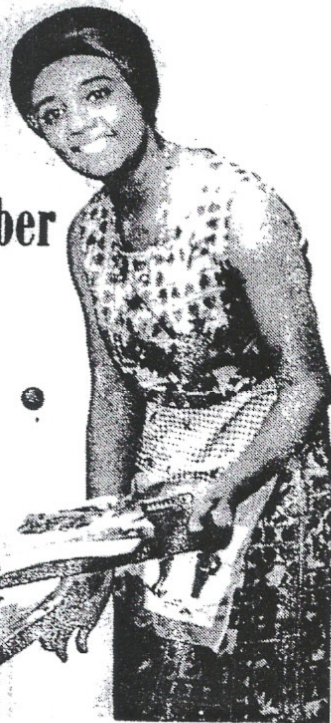


Menu to Remember



BUSY CAREER girl Ann Williams pauses to smile in anticipation before popping her mouth-watering version of Old Fashioned Broiled Steaks into the oven.

Busy Career Girl Cooks Flavorful Broiled Steaks

Though working on a tight schedule that has her energies booked in three different directions, beautiful Ann Williams, of Chicago, who models professionally, is majoring in education and pointing toward a career in music, still finds time for culinary accomplishments.

Skilled in the kitchen, 22-year-old Miss Williams offers readers of Muhammad Speaks her favorite recipe for broiled steaks.

- OLD FASHIONED BROILED STEAKS**
- No. of steaks needed
 - 2 cloves of garlic
 - 1 medium-size onion
 - 1/4 lb. butter
 - Salt to taste
 - Pepper to taste

Melt butter in a large fryer. Add chopped onion and garlic cloves, and simmer until the onions are tender.

Dip each steak in hot but-

ter, place on a broiling sheet and broil in oven until done.

Pour juice from steaks in butter and add the steaks. Simmer on top of stove for 5 to 10 minutes and serve.

For And About You

By Harriett Muhammad

DEAR HARRIETT: I'm a mother, 43, trying desperately to save my marriage for the sake of my 10-year-old daughter. I have reason to believe that my husband is courting our next door neighbor, a young and fairly attractive girl. I can't understand why, after all these years of marriage and after already having raised three older children, he has to act like an old fool after this girl. We have never discussed the situation, because I'm afraid of what I might say or do.

I know I can't compete with a young woman, but is there any way I can save my marriage? I can't go on pretending that I don't see anything when I do.

—UNDECIDED

DEAR UNDECIDED

When a boxer in the ring is being hit hard, that's when he starts hitting his hardest. If you want to save your marriage, you're going to have to compete with a younger woman in order to get your husband back.

When many women reach your age, they sometimes like to think they know so much more than their husbands; that their experiences in life make them their husband's equal in knowledge. They get into the habit of fussing and bossing their husbands around, taking them for granted.

You should know the nature of a man and what pleases him. You should know that a man likes a woman to look up to him and respect him — this is probably what this younger woman does. He likes to be served and pampered and given consideration. He likes to feel that you care.

If you react negatively and show anger, you will be driving him away from home faster. Put your charms and

experience to work for you, mother. If your husband starts to realize that he will benefit from as much sweetness from you as from his girlfriend, he'll stay with you — for in you he'll have a real wife and a mother for his child.

DEAR HARRIETT: I have two children from a previous marriage. My former wife is now sick and totally unable to care for the children. Since I have remarried, I intended to place my children in the care of people I approve, or bringing them into my home with me. However, when my former mother-in-law heard of my intentions, she sent my children to some other city so that I could not see them.

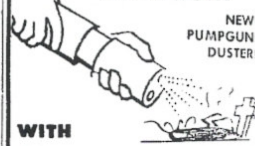
She has shown no consideration for me as the father and legal guardian and has committed an act of kidnapping. Nevertheless I hate to have her arrested. When I

tried to reason with her our talk just ended in a big quarrel. What can you do with such an unreasonable person? —HESITANT

DEAR HESITANT: Get a lawyer. When family relations have deteriorated to such an extent, the only way to avoid further conflict is to go through legal channels. You know your legal rights of custody, so let your lawyer talk for you. It's just a matter of procedure.

Your lawyer can demand that your former mother-in-law tell him the whereabouts of your children, then he can arrange for a sheriff in the city to take custody and return them to you. In this way you can gain custody of your children without having to file charges against their grandmother.

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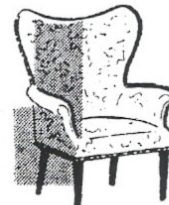
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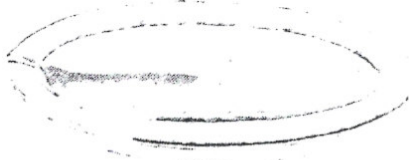
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