



INFOGRAMS

BY MARY WHITMORE
HOME ECONOMIST
AGRICULTURAL
EXTENSION OFFICE

RECYCLE FOR THRIFTY USE

1976 promises no relief in our cost of living, but your family can exercise thrift by getting maximum value from what's on hand. This requires a conscientious effort to recycle every idle item in and around the home into use for the family or for someone else. How many people deliberately retire money into idleness or toss it away? That's exactly what is done when items are stashed away or discarded. Those items represent a financial investment (small or large) from someone. Many of them also represent a potential service for someone. Intending to use later or lack of time for recycling are reasons used to justify retiring into storage or discarding items. These reasons seem legitimate at the moment, but remember intentions succeed only when backed by need and determination, and that time is money whether wasted or used to advantage.

Why not initiate a Recycle for Thrifty Use Campaign at your house? It's a family affair that can be fun, educational, and inspirational as well as economical. These are some suggestions for recycling use of articles:

- Establish an "Exchange Post" or a "Pass-Along System" in community or among friends and neighbors. Exchange items (surplus foods - fresh or conserved, clothing and accessories, equipment and furnishings, tools, educational and recreational materials, toys, etc.)

- Recycle garments to up-date fashions or use creative patches over holes or worn areas of garment (might start a fad). Save the sound portions of holey garments for trims, patches, or for making accessories (belts, scarves, hand or tote-bags.)

- Contribute to charitable organizations surplus or useable items not needed by family. Items that can't be used as is may provide parts (antique jewelry, equipment, etc.)

- Create uses for household products e. g. use colorful papers and cards or small utensils and tools as decorations for packages or novelty gifts; roll newspapers into logs for the fireplace for personal use or gift giving.

- For gift giving, create novelty gifts from items on hand - surplus foods, fabric bits, plants).

Would it be profitable to recycle? Can the use for the recycled item justify the cost? If not, use your time and ability for recycling items that contribute to your needs.



BERNADETTE S. COOPER

ANNIVERSARY SLATED FOR DR. V. E. BROWN



DR. V. E. BROWN

The 14th anniversary for Dr. V. E. Brown, pastor of Gethsemane Baptist Church will take place in a full program during the week of February 8 at the church. Dr. L. H. Welch of Russell Memorial, Bishop Leon Saunders of the Jesus House of Prayer and Rev. W. C. Turner of Fisher Memorial United Holy Church will be among the guest speakers who will deliver the sermons during the week long festivities. Dr. Brown, has been the pastor of Gethsemane for fourteen years during which time a new church was built and fully paid for under his leadership. The anniversary will begin on Sunday with Dr. Percy L. High of Mt. Vernon Baptist Church who will be the guest speaker. The services begin at 3:00 p.m.

Webb, Mrs. Lucy A. Alston, Mrs. Dora Green, W. A. Harris, Mrs. Jessie Taborn, Mrs. Bertha Green "Behold, how good and how pleasant it is for brethren to dwell together in unity." Psalm 133:1

SINCERE SYMPATHY
To the families of the late John Blue (Mr. and Mrs. James Blue); the late Mrs. Lisa Bridge; and the late Mrs. Mary Colson. "Surely he hath borne our griefs and carried our sorrows." Isaiah 53:4
Baltimore, Md., Mrs. Flossie

A POTPOURRI OF RECENT EVENTS

by George B. Russ

The pretty, amiable, superbly secretary of the UBC Christian Board of Education, Mrs. Bernadette Cooper, summed up all the testimonials given during the week (4-11) by friends in "My Profile of Dr. Grady D. Davis" and applied these to an interpretation of letters in his name:

G is for the Godly way you live
R is for the Righteous advice you give
A is for Actions you take in helping everyone
D is for the Determination

you possess in getting God's work done
Y is for the Years of faithful service since day you were born

D is for the Dedication to God's calling
E is for Eagerness to reach the Throne without falling
M is for the Many souls you make happy everyday

U is for Union Baptist that appreciates your leadership in every way
S is for the Smiles and laughs that are enjoyed from things you say.

D is for the Dozens of inmates you have helped to start life anew

A is for Anxious to prove "Everybody is Somebody" no matter what others may think or do.

V is for the "Voice of a Lion" that come from such a small man

I is for the Interest you show in helping the Union Baptist clan
S is for the Sermons you preach to clarify God's Plan

S is for the Songs of Zion that you seem to enjoy so much

R is for Remembering the sick and shut-ins by keeping in touch

The Union Baptist Youth department will climax its Annual "Have A Heart for Missions," Sunday, Feb. 15 at 6:30. Music will be conducted by the NCCU Pentecostal Choir; and, a sermonette will be rendered by a member of the Pentecostal choir. A picturesque Crowning Ceremony will finalize this phase of the Feb. project of the Durham County Youth Missionary Union. Program

chairman, Mrs. Pauline Boxley. Another H. P. F. Production is in the making: "A Calendar Wedding" A color spectacular shown in the various salutes to Red Letter or Holiday dates in each month, 12 months of color, talent and drama. Date: March 28, 6:30 p.m. in the UBC sanctuary. Program coordinator: Mrs. Hattie P. Partin, Co-directors; Mrs. Rozetta Cobb, Mrs. Elaine Pratt, Mrs. Annie E. Daniels, Mrs. Celestia H. Sanders, George B. Russ. Sponsored by the Willing Workers Missionary Circle.

WE'RE WORKING TO PUT PRICE & PRIDE TOGETHER AGAIN

SUPER RIGHT QUALITY HEAVY WESTERN GRAIN FED BEEF

SIRLOIN STEAK lb. \$1.68

"SUPER RIGHT" QUALITY HEAVY WESTERN GRAIN FED BEEF

T-BONE STEAK lb. \$1.88

WHOLE SIRLOIN TIPS lb. \$1.38
9-11 lb. AVG.-CUT FREE INTO STEAKS and TRIMMINGS

USDA INSPECTED FRESH **WHOLE FRYERS** 2 IN A BAG—LIMIT 2 BAGS **lb. 39¢**

"SUPER RIGHT" QUALITY HEAVY WESTERN GRAIN FED BEEF **BONELESS ROAST** CUT FROM THE CHUCK **lb. \$1.18** SHOULDER ROAST lb. \$1.18 BONE-IN

A&P PURE GROUND BEEF 5 lb. Roll **lb. 78¢**

"SUPER RIGHT" TENDER **SMOKED HAMS** **78¢**
SHANK PORTION **lb. 78¢** BUTT PORTION lb. 88¢

A&P ALL MEAT FRANKS 1 lb. PKG. **88¢**

A&P FRESH PURE PORK SAUSAGE 1 lb. PKG. **88¢**

PRICES EFFECTIVE THRU FEB. 8 IN DURHAM

ADVERTISED ITEM POLICY

Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P store, except as specifically noted in this ad.

U.S. NO. 1 RUSSET **POTATOES** **\$1.88**
20 lb. Bag

SWEET EASY PEEL TEMPLE 15 FOR **ORANGES 88¢**

TEXAS CRISP GREEN **CABBAGE lb. 11¢**

SOLID-MEDIUM SIZE **YELLOW ONIONS** 5 lb. Bag **88¢**

Durham Social Notes Of Interest

SYMINER DAYE 314 Todd St. Telephone 477-3370.

USHER BOARD MEETS PRAY FOR SICK

The Usher Board of Red Mountain Baptist Church, 1605 Merrick St., Booker Rougemont, met Sunday, Jan. 25 at 11 a.m. Oliver Bullock, president, presided. Assistant secretary is Mrs. Virginia Kenfon. Mrs. Rosa Johnson was reinstated, and Mrs. Nannie Smith and Miss Acquilla Parker joined as new members. Members present were Oliver Bullock, Virginia Kenion, Pauline Parker, Leslie Daye, Julia Harris, Syminer Daye, Vera Bullock, Robert Harris, Sr., Clyde Parrish, Norman Daye, McKiever Parrish, James Harris, Rosa Johnson, Shelia Mangum, Cynthia Allen, Clinton Bullock, Wanda Harris, Cheryl Parker, Paulette Parker, Harry Bullock, Wallace Harris, Jimmie Harris, Nannie Smith, and Acquilla Parker. Miss Mozelle Harris, Robert Harris, Jr., and Mrs. Doretha H. Simpson resigned from the Board.

REH CLUB TO SPONSOR CLINIC

The Russell Extension Homemakers Club is sponsoring a hypertension screening clinic, Saturday, February 7, at Cains Chapel Baptist Church in Lebanon township.

The screening, available between 10:00 a.m. and 3:00 p.m., will be rendered by Dr. Max Michael, staff physician of the Orange-Chatham Comprehensive Health Service.

The event was organized by Berma Dunnegan, president of the extension group, and Shirley Turrentine, Community Coordinator with the Community Health Education Program of Duke's Dept. of Community Health Sciences.

SPONSORS DINNER

The Victorian Club, Inc., a non-profit organization, is sponsoring a Fish, Chicken and Pig Feet Dinner Feb. 14. Price for the dinners will be \$2.00 each. The event will be held at 1103 Berkeley Street, Durham beginning at 11 a.m. No dinners will be delivered. The public is invited to come by the above address and help the club help others.

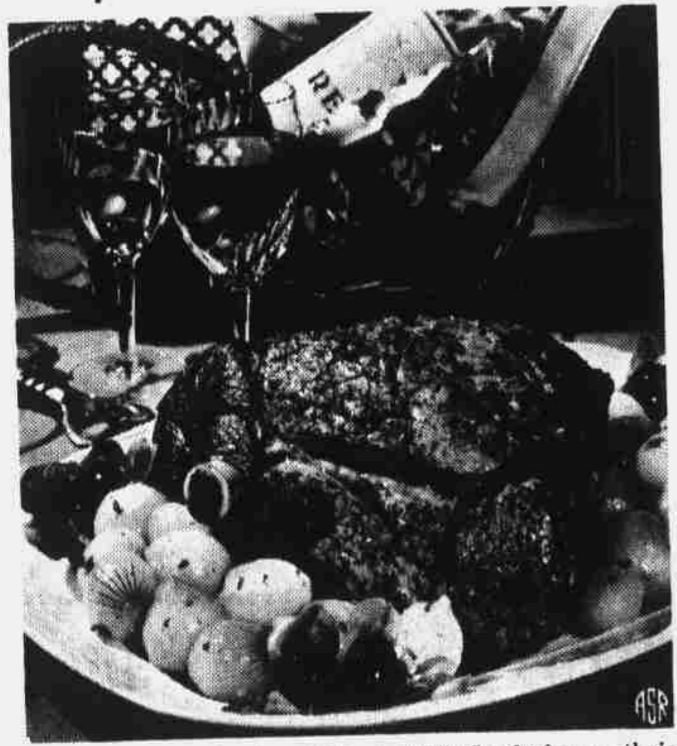
WILL CELEBRATE 67th ANNIVERSARY

Ebenezer Baptist Church, 2200 S. Alston Ave., will celebrate and observe its 67th anniversary, Sunday, Feb. 8 at 3 p.m.

Rev. J. R. Manley, officers, choirs, ushers and congregation of the First Baptist Church in Chapel Hill will be the featured guests.

Everyone is cordially invited to attend

Telly Savalas On Greek Cookery



Born Aristotel Savalas, Kojak star Telly Savalas has an ethnic background which qualifies him as an "expert" on authentic Greek cooking. Attempting to describe the special combination of subtle flavors and seasonings that gives dishes "their wonderful Greek-ness" Telly listed ingredients from some of his favorite dishes.

"There's honey for sweetness, along with lemon, mint, oregano and cinnamon as seasonings. All, of course, are carefully balanced."

Taking a break between rehearsals on a Greek dance segment to be featured on his television special airing February 18 on CBS-TV, Telly expressed a fondness for the following lamb recipe.

"Just serve it with some celery egg-lemon, potatoes a la Greque and chilled retsina" says Telly, "and I'll be right over."

Telly's Lamb Pallakari

- 1 4-5 lb. leg of lamb
- 2 garlic cloves, minced
- 2 tablespoons chopped parsley
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 2 lbs. baby onions
- 2 teaspoons mint flakes
- Rub meat with salt and pepper; pierce on all sides with fork. Combine oregano, mint, garlic, parsley, oil and lemon juice; pour over meat. Cover; marinate in refrigerator overnight, turning occasionally. Simmer onions in enough water to cover, 5 minutes; drain. Place lamb and onions in roasting pan; brush with marinade. Roast at 350°, brushing occasionally with marinade, 2 1/2 to 3 hours or until meat thermometer registers 165° to 170°. Garnish with watercress and olives, if desired. 8 to 10 servings.



A&P OR DOMINO SUGAR 5 lb. BAG **88¢** (LIMIT ONE WITH COUPON & \$7.50 ORDER)

ANN PAGE MAYONNAISE QT. JAR **88¢**

NUTLEY MARGARINE IN QUARTERS 3 PKGS. FOR **88¢**

DEXOLA PURE VEGETABLE OIL 24 OZ. BOTTLE **88¢**

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALEERS

DEL MONTE WHOLE KERNEL GOLDEN CORN 3 17 OZ. CANS **88¢**

DEL MONTE EARLY JUNE SWEET PEAS 3 17 OZ. CANS **88¢**

DEL MONTE TOMATO SAUCE 5 8 OZ. CANS **88¢**

DEL MONTE TOMATO CATSUP 38 oz. Bottle **88¢**

DEL MONTE CUT GREEN BEANS 3 16 OZ. CANS **88¢**

DEL MONTE EARLY GARDEN SPINACH 3 16 OZ. CANS **88¢**

STRATFORD FARMS PURE STRAWBERRY PRESERVES 2 lb. JAR **88¢**

A&P FRUIT DRINKS • Orange • Grape • Tropical Punch • Orange Pineapple 2 46 OZ. CANS **88¢**

ANN PAGE PURE GROUND BLACK PEPPER 8 oz. CAN **88¢**

SAIL, BLUE or WHITE DETERGENT 49 oz. BOX **88¢**

BRAWNEY ASST. COLORS PAPER TOWELS 2 JUMBO ROLLS **88¢**

FINAL WEEK MONTERREY STONWARE
All Pieces on Sale at Special Feature Prices.
GOES OFF SALE FEB. 7

Bakery **JANE PARKER RING GOLDEN POUND CAKE** 30 oz. PKG. **88¢**
Jane Parker Premium Quality Sandwich

DAIRY **LOOK FIT YOGURT** Blueberry - Strawberry - Lemon - Raspberry 4 8 oz. PKG. **88¢**
A&P WISCONSIN MILD CHEDDAR CHEESE 10 oz. PKG. **88¢**

Frozen **Morton's, Chicken - Beef - Turkey MEAT PIES** 4 8 oz. PKGS. **88¢**
A&P GREEN SWEET PEAS 4 10 oz. PKGS. **88¢**

A&P COUPON

Contains Rich Brazilian Coffee

EIGHT O'CLOCK INSTANT COFFEE

SAVE 20¢ YOU PAY ONLY

10 oz. JAR **\$1.79**

LIMIT ONE WITH THIS COUPON GOOD THRU FEB. 8 55

ANN PAGE SOUPS Tomato - Vegetable - Chicken Noodle - Vegt Vegetable 5 10 1/2 OZ. CANS **88¢**
BREMERS 2 lb. SALTINES PKGS. **88¢**

SENECA BIG RED APPLE SAUCE 2 29 OZ. CANS **88¢**

A&P UNSWEETENED GRAPEFRUIT JUICE 2 40 OZ. CANS **88¢**

A&P COUPON

A&P or DOMINO SUGAR

5 lb. BAG **88¢**

LIMIT ONE WITH THIS COUPON AND \$7.50 ORDER GOOD THRU FEB. 8 54