

INFOGRAMS

By Mary J. Whitmore,
Home Economist



WE PAY FOR CONVENIENCE

If you're interested in getting more for your money at the food store, take a look at your shopping habits. You may find that you are taking advantage of "built-in" maid service.

If you don't have time to do-it-yourself - you buy foods with the job already done. And usually, cut-up chicken costs more than whole chicken; sliced cheese is more expensive than chunk cheese; and readymade cookie dough costs more than that made at home.

Do TV dinners cost you more than home-cooked meals? If you do not consider the cleaning, peeling, mixing and cooking that is done for you in the TV dinner - yes, they do cost more.

A survey found that, in general, TV dinners cost about one-and-a-half times more than dinners prepared at home.

There's a long aisle of all kinds of soups at the grocery store today - so the problem is getting the best buy. Knowing the characteristics and conveniences of each kind of soup can help you decide - and it might save you some money, too.

Soup that only requires heating is the most expensive. This kind of soup is usually more hearty and less watery than other forms.

Next in cost is the dried soup base where you just add boiling water and stir. This kind is especially convenient for those who only want one cup of soup as this dried soup base is packed in individual packets.

Condensed soups that require dilution with milk or water are next down the price range. These soups are really versatile since they can be used in sauces and casseroles too.

Dry soup mix that requires a fair amount of cooking is the least expensive.

If you are at home all day and have the time to prepare meals, you will save by preparing everything yourself. If you work and have little time for cooking, you may find the extra expense of TV-type dinners and other convenience foods very worthwhile.

New Asst. Attorney General

SALISBURY - Mrs. Shirley Greenard Steele, native of Salisbury and recent recipient of the doctor of jurisprudence degree at Drake University School of Law, following her admittance to the State Bar of Iowa and commended for her work with the Iowa Supreme Court by Chief Justice C. Edwin Moore, was appointed to the position of assistant attorney general.



MRS. STEELE

Scheduled to be on the job February 1, Mrs. Steele is a

widow and the mother of three, Sheryl, 17, Joan 13 and John 10.



MODERN BONELESS SMOKED HAM HEADS tempting Easter table parade of festive foods.

Choose baked smoked ham, as traditional as new spring bonnets and bright colored eggs, to triumphantly lead the parade of fine foods on your Easter table. A modern "fully-cooked" boneless ham makes minimum demands on cook and carver yet provides that wonderful smoked meat flavor associated with ham for centuries. It's simply a matter of bake, carve and enjoy, says Reba Staggs, National Live Stock and Meat Board home economist. Or if desired, dress the ham for the day in a sparkling coat, easily provided by a jar of apple or currant jelly.

To be assured of time to relax with the family and enjoy Easter, plan to include do-ahead dishes on the menu.

A molded-fresh vegetable salad, made the day before, will bring spring to the table.

Baked Boneless Smoked Ham

Place a 7 to 10-pound boneless smoked "fully-cooked" ham on a rack in an open roasting pan. Insert roast meat thermometer so the bulb is centered in the thickest part. Do not add water. Do not cover. Roast in a slow oven (325°F.) until thermometer registers 140°F.; allow approximately 15 to 18 minutes per pound.

To glaze the ham, slowly heat 1/2 cup apple or currant jelly and 1 teaspoon of lemon juice, stirring until smooth. Brush warm glaze over ham during last 15 to 20 minutes of baking.

Time Table for Hams

(Roasted at 325°F. Oven Temperature)

Type and Style	Weight	Approximate Total Cooking Time
Canned Hams	1-1/2 to 3 lbs.	1 to 1-1/2 hrs.
	3 to 7 lbs.	1-1/2 to 2 hrs.
	7 to 10 lbs.	2 to 2-1/2 hrs.
Boneless Ham, Fully-Cooked	3 to 5 lbs. (half)	1-1/2 to 1-3/4 hrs.
	7 to 10 lbs.	2-1/2 to 3 hrs.
	10 to 12 lbs.	3 to 3-1/2 hrs.
	13 to 16 lbs.	3-1/2 to 4 hrs.
Bone-In Ham, Fully-Cooked	3 to 4 lbs. (portion)	1-1/2 to 1-3/4 hrs.
	5 to 7 lbs. (half)	2 to 2-1/4 hrs.
	10 to 13 lbs.	3 to 3-1/2 hrs.
	13 to 16 lbs.	3-1/2 to 4 hrs.
Semi-Boneless Ham, Fully-Cooked	4 to 6 lbs. (half)	1-3/4 to 2-1/2 hrs.
	10 to 12 lbs.	3 to 3-1/2 hrs.
	13 to 16 lbs.	3-1/2 to 4 hrs.
Bone-In Ham, Cook-Before-Eating	3 to 4 lbs. (portion)	2-1/2 to 2-3/4 hrs.
	5 to 7 lbs. (half)	3 to 3-1/4 hrs.



SORORITY TO PRESENT TAUGADETTA - The planning committee for the annual Taugadetta sponsored by Tau Gamma Delta Sorority announced the date and some of the activities. The date set for the crowning of "Miss Taugadetta" and the Taugadetta Ball is April 22. A dance group from South Ozone Park, New York will perform during the occasion. The purpose of Taugadetta is to encourage and promote talent among young people. The funds raised from this project, is for scholarship. Girls participating in this program will enjoy a trip to the circus, Teenage Frolic and a big party. Seated from left to right: Mesdames Ora Bryant, Chairperson, Sue Jarmon, Corinne Morrison, Lillie Daniels, and Omega Parker, president of Lambda Chapter. Junior high school girls interested in participating may contact Mrs. Ora Bryant, 682-4189 or Mrs. Virginia Alston, 596-6629. (Photo by Henry Garner).

DURHAM SOCIAL NOTES

SYMNER DAYE 314 Todd St. 477-3370

Darius Wingfield, son of Mr. and Mrs. Harry Wingfield, of Greensboro was given a birthday party by his parents on January 16 at 4 p.m. In charge of the games was Mrs. Nettie McNeit. She also showed a film to the children.

Darius was celebrating his 10th birthday. Those enjoying the happy occasion were: Keith, Kelvin and Karen Artis, Nina Bridges, Kenneth and Kim Doggitt, Lewis Byers, Rudolph, Gerald and Jewel Hinnant, Keith and Dwayne James, William McKee, Anthony McNeil, Roderick Milliken, David and Lynn Richmond, Kerry, Jarrod and Cheryl Riddick, Keith Sellars, Rodney, Reginald and Derek Tonkins, Gilda, Glenda and

Carl Waddell, Lady and Tonya Wade, Regina, Aquella, Paulelle Tony Parker of Bahama; Viva, Dexter Wingfield, Mr. and Mrs. Wilbur Parer, Bahama; Miss Vivian Parker, Mrs. Margaret J. Parker, Mrs. Symner Daye. Other parents were Mrs. Artis, Mrs. Hinnant, Mrs. Sellars, Mrs. Tonkin, and Mrs. Waddell.

All the children and parents had a lovely time and Darius received many lovely gifts.

Sincere and heartfelt sympathy is extended to the family of the late Mrs. Beatrice Spencer; the family of the late Oscar Glenn; the family of the late Mrs. Varnessa Holloway; the family of the late Mrs. Mary Louise H. Norris;

the family of the late Will Harris; Mr. and Mrs. Bob Lee Burton and family; Mrs. Ola Summerville and family; the Weaver family.

He healeth the broken in heart, and bindeth up their wounds. Psalm 147:3.

The Usher Board of the Red Mountain Baptist Church held its regular monthly meeting Sunday at 11 a.m. with the president Mrs. Oliver in charge.

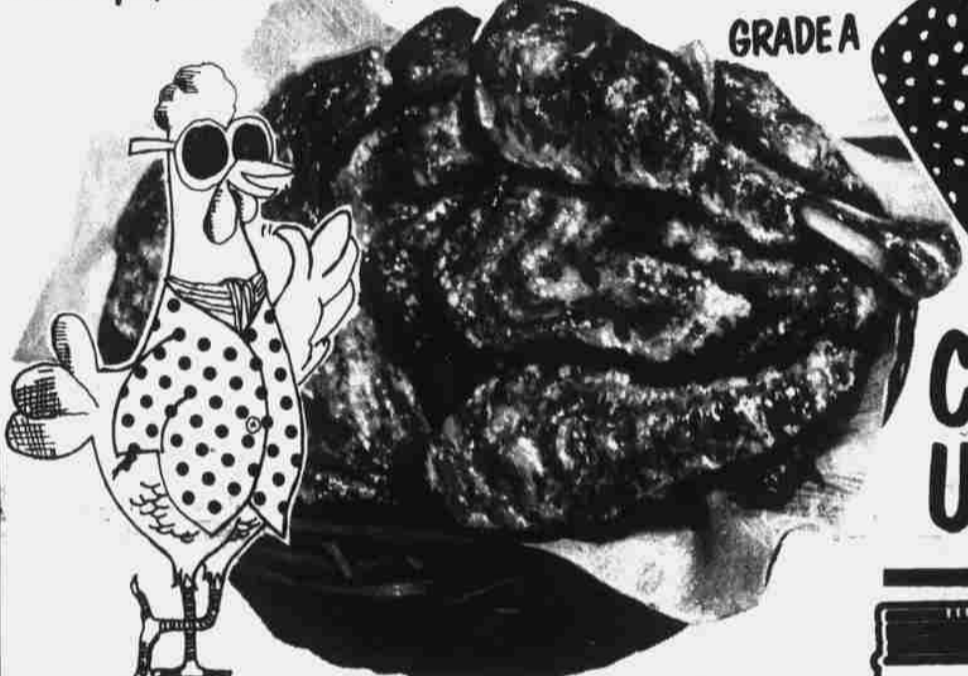
Members of the group welcomed newcomer, Mrs. Gayle Harris. Present were: Gayle Harris, Oliver Bullock, Pauline Parker, Emma L. Bullock, Julia Harris, Leslie Daye, Norman Daye, Robert Harris, Wallace Harris, David Harris, McKeiver Parrish, Clyde Parrish, Rosa Johnson, Georgia M. Lyons, Harry Bullock, Jimmie Harris, Paulette Parker, Wanda Harris, Ricky Harris, Acquilla Parker, Raymond Bass, Symner Daye.

Pray for sick and shut in: Mrs. Viola Smith, Eddie Bolden Kenion, Harvey Tilley Barmore Kenion, Mrs.

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BYRD'S FOOD CENTER

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Fryers WHOLE LB. **39**

CUT UP LB. **43** with PULLY BONE LB. **45**

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LB. PKG **39**

OLD VIRGINIA JELLY **49**
Grape & Apple 16 OZ. JAR
STRAWBERRY PRESERVES 16 OZ. JAR **69**

DIXIE CRYSTAL SUGAR **89**
5 LB. BAG

Vanity Fair TOWELS **39**
Large Roll

FOX FROZEN PIZZA **79**
CHEESE SAUSAGE BEEF PEPPERONI 13 1/2 OZ.

FAB **1.19**
49 OZ.

GREER APPLE SAUCE **1.00**
17 OZ. CANS

NABISCO SALTINE CRACKERS **53**
1 LB. BOX

WISE POTATO CHIPS **69**
7 1/2 OZ. TWIN PACK

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