

Clubs and Socials

Delta Seminar For Teens To Be Held In Chapel Hill

CHAPEL HILL — On Saturday, April 11, from 10 a.m. to 3 p.m., at Hargraves Recreation Center in Chapel Hill, the Chapel Hill-Carrboro Area Alumnae Chapter of Delta Sigma Theta Sorority, Inc., will present its third Delta Seminar for Teens. Registration will begin at 9:30 a.m. and is open to all area junior and senior high school students. No fee is involved.

Some of the topics to be covered are personal rights and responsibilities of teenagers, survival skills, goal setting and academic motivation as well as focus on self-awareness and family, school, and social life interaction.

Sam Perkins, ACC Rookie of the Year, from UNC-CH and David Simmons, UNC football player now with the Green Bay Packers, will lead discussions on interpersonal relationships and conflicts in organized sports.

Other program participants are Attorney Emma Jean Levi, UNC associate professor of sociology Dr. Darnell Hawkins, UNC clinical psychologist Dr. Denise Barnes; Michael Young and Ms. Irma Best, Ph.D. candidates in clinical psychology, UNC; Hayden Renwick, associate dean, UNC college of arts and sciences; Clifton Cotton, graduate students in counseling psychology, UNC; and Ms. Carolyn Moore, graduate student in clinical psychology from St. Louis University.

A free lunch and transportation will be provided upon request.

For more information, call 929-8209, 929-2642 or 933-7052.

Up-To-Date Galeda Club

The Up-To-Date Galeda Club met Sunday, April 5, at the home of Mrs. Grace Hyman, 1021 Rosedale.

After an informative and inspiring devotion led by Mrs. Lottie Kee, the president, Ms. Annie Dunegan called the meeting to order for a business session.

Commendations were made by the president concerning the club's successful celebration of its 58th Anniversary.

Plans were discussed concerning the group's visitation to the State Capitol at a later date.

Following the meeting, Mrs. Hyman served a delicious meal.

Members present: Snoda Bell, Helen Blair, Leetta Braswell, Lois Bruson, Grace Hyman, Gertrude Cannady, Estelle Clinton, Annie Dunegan, Annie Ellison, Lena Elba, Elizabeth Edwards, Minnie Ford, Doris Holland, Pauline Hart, Marie Harris, Annis Jones, Lottie Kee, Addie Mack, Mona Perry, Elenora Ransom, Plassie Sexton, Cora Waddell, Tempie Young, Alice Wilson, Rosetta Cobb, Lula Hill and Rev. Grady Davis. Visitors were Susan Bagley, Louise Harvey, Claude Walker and Willie Glenn.

Encouraging remarks and dismissal were given by Rev. Davis.

Martha E. Graham Class Meets

On Sunday afternoon, April 5, the monthly meeting of the Martha E. Graham Sunday School Class of the West Durham Baptist Church was held at the home of Mrs. Mary McClary, 1023 Cornell Street.

The business session was presided over by the president, Mrs. Mary T. Horton, and a number of coming events and ideas were aired for the future.

Mrs. McClary and her sisters, Mrs. Naomi Parker and Mrs. Margaret Bridges, the co-hostesses, served a delicious repast to the following members:

Mesdames Sallie Cooper, Alease Bynum, Margaret Hedgepeth, Clara Bowling, Rosa Artis, Anna Duke, Flossie Ewing, Josie Powell, Mary Love, Maurine Jones, Mary Horton and Miss Mary Louise Stephens. Other guests were Messers. Lee E. Jones, Earl T. Artis, Milton Love and Benjamin McClary.

Health-Wise

WHAT AMERICANS EAT

Alan R. Maglio, Ph.D., M.P.H.

Recent government surveys reveal some interesting facts about the American diet. Higher prices, short supplies and new lifestyles are all reflected in the changing eating habits.

In brief, more vegetables and fewer animal products were eaten in 1978 than in 1977. On a per-person basis Americans ate more potatoes, vegetables, cereals, melons, turkey, chicken, eggs, fish, dairy products, vegetable oils and sweeteners. They ate less beef and fruit and drank less coffee.

The average American ate almost 222 pounds of meat. This comes out to be 98.2 pounds of beef, 66.9 pounds of pork, 54 pounds of turkey and chicken, 18 pounds of fish, 3.2 pounds of veal and 1.5 pounds of lamb and mutton. Hamburger remained the national favorite. While sales of other types of red meat declined, sales of ground beef increased.

America satisfied its sweet tooth too, even though obesity and other sugar-related health problems are a major concern to many. In less than 60 years per-person consumption of sugars, including honey, has risen about 25 percent. Most of this has come from a tremendous increase in the consumption of soft drinks. Twelve times as much sweetened soft drinks were used in 1977 than in 1919! The average American ate the equivalent of 127.8 pounds of sugar during 1977. About one-third of this—almost 35 pounds—was hidden in soft drinks.

Consumption of candy, the old-time favorite, is declining. In 1977 each man, woman and child ate the equivalent of 18.4

pounds of this high-calorie delight. This is the smallest average since 1988. One factor that may account for the decline is that the average price-per-pound of candy was 94 cents in 1977, nearly six times as much as in 1988.

Teen-age boys eat the most sugar per person. At the other end of the "sugar scale" are women over 35, eating less sugar, perhaps, because of the association of sweets with weight gain.

As might be expected, the preferred type of sweet varies with age. Candy is popular with children and teen-agers. Sweetened soft drinks rate high during the teens and early twenties. Ice cream is popular with children, teen-age boys and men over 35. Males of all ages favor cakes, pies, doughnuts and cookies.

Diet-related health problems are not going to dramatically improve with this high-sugar diet. Obesity, diabetes, heart disease, dental caries and high blood pressure will continue to plague this country until reason—not flavor—rules the appetite.

And, speaking of flavor, America may be surprised at the delicate, delicious flavors of fruits, vegetables and other natural foods.

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Thrifty Service Club

The Thrifty Service Club met at the home of Mrs. Beatrice Holman in order to celebrate her birthday with the members of the club. She received many gifts.

Mrs. Stattie Russ led the devotion with Easter songs; minutes of the last meeting were approved; and plans were completed for the trip to Wilmington to visit the Azalea Festival on April 11.

Members decided to have their Easter Breakfast at a local restaurant on Easter Monday morning.

Mrs. Davis, the president, invited the club to worship with her at Mount Vernon Baptist Church on Sunday morning June 21.

Members present were Mesdames Mattie Jones, Willie M. Jones, Lillie Adams, Bessie Pratt, Mozell Flintall, Pearl Walker, Queenie Cooper, Stattie Russ, Vergie Mangum, Mable Bryant, Elnora Ransom, Rosetta Cobb, Mary Vanhook, Luna Holman, Aline Davis and two visitors, Ms. Lola Justice and Mrs. Celestia Sanders.

A delicious meal was served by the hostess. The next meeting will be held at the home of Mrs. Pauline Hart, 306 Gray Avenue.

Friendly Ladies

The Friendly Ladies Club met at the home of Mrs. Hastie Price, 711 Massey Avenue, Sunday, April 5. Mrs. Agnes Hinton and Miss Annie Cruse were co-hostesses.

Devotion was led by Mrs. Lina M. Saunders, after which Miss Cruse presided over the meeting. Birthday surprises were given to Mrs. Betty Green and Mrs. Mary Hayes.

A very tasty dinner was served to the following members: Mmes. Hannah Roberson, Magdaline Llewellyn, Ella Crawford, Lillie Newkirk, Ernestine Fikes, Susie Dilihunt, Mattie Tillman, Agnes Hinton, Lina M. Saunders, Gussie Ray, Mary Hayes, Evangeline Page, Lennie Rose, Betty Greene, Myrtle Taylor, Annie Cruse and Hastie Price.

The next meeting will be held with Mrs. Lina Saunders and Mrs. Ella Crawford at 1606 S. Roxboro St.

Williams Family Circle

The Williams Family Circle held its regular monthly meeting on April 5 at the home of Mr. and Mrs. Lee Horton, Sr., on Fayetteville Street.

The main topic of discussion was the Family Reunion in May which will be held at the home of Jesse and Cloyce Lassiter immediately following church. A memorial service will be held during the afternoon. Also discussed was the Birthday Social to be held later this year.

A special prayer was offered for sick members. They are: William T. Bailey, Durham; Tony Atwater, Chicago, Ill.; Shirley Dorman, New York City; Hayes

Cooper, East Orange, N.J.

Members present were: Mr. and Mrs. Fannie Horton, Mmes. Rader Prince, Ethel Perry, Stella Alston, Marion Alston, Grace Williams, B.V. Allen, Jessie Horton, Lucy Bennett, Ray Bennett, Thelma Hill, Janet Kennell, Madge Turner, Lillie Horton, Fayden Richardson, Cloyce Lassiter, Mabel Allen; Raymond Williams, Roland Alston, Jr., Lee Horton, Sr., Ellis Allen, St., Katrina Boykin, Cecilia Horton, Ellis Allen, III, Mathew Mitchell.

The May meeting will be held at the home of Mr. and Mrs. Fannie Horton, 605 Elmira Avenue.

Daughters Of Dorcas

On April 2, Mrs. Lorraine Thorpe hosted the meeting of the Daughters of Dorcas. In the absence of the president, who was indisposed, Mrs. Clumpertee Tucker presided.

After the customary opening, the business included some innovative plans for future meetings, and the adoption of a budget of charitable donations.

During the pleasurable socializing which followed, Mrs. Thorpe, assisted by young relatives, served a delicious repast to the following: Mesdames Lottie Campbell, Julia Harris, Sallie Harris, Maggie Henry, Lillie Hudson, Ada Leach, Margaret Mack, Johnnie McLester, Lyda Merrick, Lorraine Thorpe, Clumpertee Tucker, Lyda Wray and Ernestine Young.

Next meeting is scheduled for May 7 with Mrs. Marie Torain at the YWCA on Proctor Street.

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Schlitz Beer 12 12-oz. Cans \$3.99
SUN GOLD Sandwich Bread 24-oz. Loaf 49¢
KROGER SHARP, PIZZA OR MOZZARELLA Shredded Cheese 8-oz. Pkg. \$1.29
KROGER Cream Cheese 8-oz. Pkg. 73¢

Diet Pepsi or Pepsi Cola
\$1.49
8 Pak PLUS DEPOSIT

Fresh Cauliflower Head \$1.29
FRESH Mushrooms 1-lb. Carton \$1.49
INDIAN RIVER, WHITE Grapefruit 8-lb. Bag \$1.99
4-lb. Bag Rome Apples 99¢
113 SIZE, CALIFORNIA Navel Oranges Each 10¢
138 SIZE, WASHINGTON EXTRA FANCY, RED OR GOLDEN Delicious Apples Each 17¢
WASHINGTON Anjou Pears 4-lb. Bag 69¢

Any Size Pkg. Ground Beef
\$1.39
lb.

REGULAR OR CHUB PAK Chicken Thighs 89¢ lb.
U.S.D.A. INSPECTED FROZEN, 5-7-LB. AVG. Baking Hens 49¢ lb.
HOLLY FARMS, U.S.D.A. INSPECTED Mixed Fryer Parts 59¢ lb.

Fountain Square Ice Cream
\$1.99
1/2-Gal. Ctn.

Captain's Choice \$7.99
Fish Bucket Bucket SLICED OR BY THE PIECE, LONGHORN \$3.59
Colby Cheese 8-lb. \$3.59
FRESH BAKED, STRAWBERRY Rhubarb Pie 8-inch Pie \$1.69
FRESH CARROT OR COCONUT Layer Cake 8-inch Cake \$4.49
FRESH BAKED French Bread 16-oz. Loaf 79¢

Deli Style Boiled Ham
\$2.99
lb.

Hot Dog Buns 8-CT. PKG. 44¢

Embassy Tea Bags 100-CT. PKG. \$1.59

Embassy Mayonnaise 32-OZ. JAR 89¢

COUNTRY OVEN Potato Chips 8-OZ. PKG. 89¢

Country Oven Pretzels 69¢
KELLOGG'S Special K Cereal 15-oz. Box \$1.09
GOLD CRUST Marshmallows 1-lb. Bag 59¢
AVONDALE Pear Halves 16-oz. Can 49¢

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Kroger Mustard 32-OZ. JAR 59¢

Ice Cream GAL. CTN. \$1.09

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