

Dr. Pauli Murray To Address Durham Deltas Saturday

An address by The Reverend Doctor Pauli Murray, Episcopal priest, lawyer, writer, educator, will highlight the Fiftieth Anniversary of Deltas in Durham, May 22-24.

Members and guests of Durham Alumnae Chapter, Delta Sigma Theta Sorority, Incorporated, will hear Rev. Murray at a Saturday reception-luncheon, according to Mrs. Carolyn I. Thornton, event chairman.

This occasion will also afford the local unit the opportunity to honor two of their founders, Mrs. Mary Lee Fisher Morris, of Owensboro, Kentucky, and Mrs. Minnie Pearson Spaulding.

Dr. Murray, ordained in 1977, serves as associate clergy at The Episcopal Church of the Atonement, Washington, D.C., where the Rev. Robert B. Hunter is Rector.

The speaker's academic achievements have led to Doctor of the Science of Law degree from Yale University School of Law and Master of Divinity degree, New York's General Theological Seminary.

Proud Shoes: The Story of an American Family and Dark Testament and Other Poems are prominent among Dr. Murray's many publications.

Among the many honors conferred on the priest are doctorates from Yale University, Dartmouth College, Radcliffe College and Virginia Theological Seminary.

Further order of Durham Alumnae Chapter's afternoon program will announce names of some annual scholar-



REV. DR. PAULI MURRAY in Eucharistic vestments, Holy Nativity Church, Baltimore, Md. Photo by Susan M. Weil

ship winners as well as recipients of individual awards and contributions in support of local projects.

The sorority's luncheon activity, in the W.G. Pearson facility will have been preceded by a Friday

evening Golden Anniversary gala at the Civic Center. Concluding the weekend observances, area Delta Sigma Thetas will celebrate the Sabbath together at Saint Joseph's AME Church.

Mrs. Clara Lawson Named New Child Nutrition Director

Mrs. Clara Lawson, assistant director of Child Nutrition Services since December, 1980, and former home economics teacher at Hillside High School, has been appointed as the new Durham City Schools Child Nutrition Director, effective July 1, by the city school board. She will replace Mrs. Annabelle D. Selph, who is retiring after 38 years with the school system.

Child nutrition services was formerly known as the School Food or Lunchroom services.

Mrs. Lawson believes that health and learning go hand in hand since proper foods play such a key role in a child's development. She plans to continue to emphasize the nutritive aspects of foods that are currently offered in the city schools. She plans to more involve the Youth Advisory Councils, a nationwide group with chapters in the city schools, to increase nutrition advancement among the children, youth and adults. Such groups usually work with student councils and food service managers to improve the atmosphere and morale of cafeteria-related activities. They also work to introduce proper eating habits, new foods as well as learning the nutritional values of various



Mrs. Lawson

foodstuffs.

Mrs. Lawson taught home economics at Hillside High School from 1971-1980. She also worked at Duke Power Company as a Home Economist, with Operation Breakthrough as a Home Management coordinator, and in the Weldon City Schools as a Home Economics teacher. She was reared in Clayton and is a graduate of Shaw University. She

earned the Master of Science in Home Economics degree from North Carolina Central University in 1977.

Mrs. Lawson has traveled to Nassau, Puerto Rico, and France as chaperone to junior high school students and has appeared on television shows in various capacities.

She is a member of several professional organizations including local, state and national

Mrs. Francis Steward To Be Honored

The women of the Durham County Chapter of the North Carolina Black Women's Political Caucus have selected Mrs. Francis Haskins Steward to be one of four recipients of its annual "Unsung Heroine's Award" for 1981.

Each year, the Caucus has selected four black women from the Durham County Community to honor and applaud for the contributions they each have made over the years to both the black community and the total Durham County community.

The women of the Home Economics Associations, local, state and national NEA and local, state and national Vocational Home Economics associations. She is also the recipient of several awards.

Mrs. Lawson is a member of St. Joseph's A.M.E. Church where she is active with the Senior Choir and Ladies Aide Society. She is also active with Durham Committee on Affairs of Black People, Alpha Kappa Alpha Sorority, City Vocational Educational Advisory Committee and Red Cross Council.

Mrs. Lawson is married to Robert Lawson and they are the parents of one daughter, Apryle Vanessa, 12.

Caucus believe that the contributions Mrs. Steward has made to both communities are "truly outstanding. The laudable endeavors reflect a conscientious concern for people, a willingness to unselfishly work to help people, and a loving generosity of giving of both money and time to others. Your contributions have definitely made a difference in the lives of many people."

A banquet to honor the "Unsung Heroines" will be held on May 30 in the Alfonso Elder Student Union, Fayetteville Street, on the campus of North Carolina Central University.

RECIPE

By Sarah Anne Sheridan
Oven-Fried Chicken

Preheat oven to 400 degrees. Place butter in 13 inch by 9 inch by 2 inch baking pan and set in oven to melt. Mix bread crumbs, corn meal, curry and 2 teaspoons salt; use to coat chicken well.

Place chicken pieces in melted butter in pan; roll potatoes and carrots in butter, and arrange them around chicken. Sprinkle vegetables with salt and pepper to taste.

Bake, uncovered, 45 minutes. Turn chicken and vegetables; bake 20 more minutes. Sprinkle potatoes with parsley.

Mrs. Ethel Heard an A&P customer for 45 years.



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About Your Medicines

by The United States Pharmacopeial Convention, Inc.

VITAMINS AND FLUORIDE

This medicine is a combination of vitamins and fluoride. Vitamins are used when the daily diet does not include enough of the vitamins needed for good health.

Fluorides are compounds that have been found to be helpful in reducing the number of cavities in the teeth. Fluoride is usually present naturally in drinking water. However, some areas of the country do not have a high enough level of fluoride in the water. To make up for this, extra fluorides may be added to the diet. Some children may require both dietary fluorides and fluoride treatments by the dentist. Use of a fluoride toothpaste or rinse may be helpful, as well. Taking fluorides does not replace good dental habits. These include eating a good diet, brushing teeth frequently, and having regular dental checkups.

This medicine is available only with your doctor's prescription.

Applies to:
Multiple Vitamins and Fluoride
Vitamins A, D, and C and Fluoride

Proper Use of This Medicine

● Take this medicine only as directed by your doctor. Do not take more of it and do not take it more often than your doctor ordered. Taking even slightly too much fluoride over a period of time may have serious effects.

● If you miss a dose of this medicine, take it as soon as you remember. If it is almost time for the next dose, do not take the missed dose at all and do not double the next one. Instead, go back to your regular dosing schedule. If you have any questions about this, check with your doctor.

Precautions While Using This Medicine

● The level of fluoride present in the water is different in different parts of the country. If you move to another area, check with a doctor or dentist in the new area as soon as possible to see if this medicine is still needed or if the dose needs to be changed.

● Inform your doctor or dentist as soon as possible if you notice white, brown, or black spots on the teeth.

● Keep this medicine out of reach of children, since overdose is especially dangerous in children.

Side Effects of This Medicine

● Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects appear very often, when they do occur they may require medical attention. When the correct amount of this medicine is used, side effects usually are rare. However, stop taking this medicine and check with your doctor immediately if any of the following side effects occur as they may be symptoms of overdose:

Bloody vomit Shallow breathing

Diarrhea
Drowsiness
Excessive salivation
Faintness
Nausea and vomiting

Stomach cramps or pain
Tremors
Unusual excitement
Watery eyes
Weakness

● Check with your doctor or dentist also if the following side effects occur:

Constipation Stiffness
Loss of appetite Weight loss
Pain and aching of bones White, brown, or black discoloration of teeth

● Other side effects not listed above may also occur in some patients. If you notice any other effects, check with your doctor.

● You may have heard or read about the controversy over whether fluorides (specifically, fluoridation of drinking water) increase the risk of cancer. While one study found this, the answer is not clear and there has been no firm proof that fluorides do cause cancer. It is currently felt that fluoride is too important in the building of healthy teeth to avoid using it because of this unproven risk.

ADDITIONAL INFORMATION

For patients taking the chewable tablet form of this medicine

● Tablets should be chewed or crushed before they are swallowed.

● This medicine works best if it is taken at bedtime, after the teeth have been thoroughly brushed.

For patients taking the oral liquid form of this medicine

● This medicine is to be taken by mouth even though it comes in a dropper bottle. The amount to be taken is to be measured with the specially marked dropper.

● This medicine may be dropped directly into the mouth or mixed with cereal, fruit juice, or other food.

● Keep this medicine in the original plastic container. Fluoride will interact with glass and should not be stored in glass containers.

NOTE: The above information is abstracted from the 1981 editions of *About Your Medicines* and *USP Dispensing Information*. It is not sufficient to make an evaluation as to the risks and benefits of taking a particular drug in a particular case or to provide medical advice for individual problems and should not alone be relied upon for these purposes. Should you desire additional information or if you have any questions as to how this information may relate to you in particular, ask your doctor, nurse, or pharmacist.

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Here's how to weigh your dog or cat. Step on the scale with the animal in your arms. Then weigh yourself alone. The difference is the pet's weight.