

Mrs. C. Williams Retires From N.C. Mutual

Mrs. Coyle H. Williams, retired from North Carolina Mutual Life Insurance Company August 31, after 33 years of service.

A native of Roxboro, Mrs. Williams attended North Carolina College in Durham. She joined North Carolina Mutual in 1948, and was a senior research clerk in the Central Records Department at the time of her retirement.

A reception was held at the home office in her honor, August 28.



PART 4 IN A SERIES

Let's All Cook Safely

NOTE TO PARENTS: Many times parents hesitate to let children do certain tasks because of the fear that their children will get hurt. It is wise to be cautious, but children can do many more advanced tasks than many parents realize.

Of course, knives and hot ranges can be dangerous. But if children are taught carefully and supervised with patience, they can learn to handle every piece of equipment in the kitchen.

These tips are written for children to follow and can be clipped for posting in your kitchen.

Sometimes you are having such a good time creating a tasty new dish that you forget to be careful... and, oops! There's a nasty cut or burn to spoil the fun.

These accidents can be avoided if you always remember to handle tools carefully, especially things that are sharp, hot, have moving parts, or that break easily. Have an adult work along with you until you feel comfortable with these things.

Knives:

- Pick up knives by the handles only, because the blades are very sharp.
- Watch out for the points, too. Knives should be put in dish drainers with the points down.
- Don't put a knife in a dishpan of water. Someone could reach in and get cut.

When someone is using a knife on a cutting board, everyone else should keep their hands away.

Moving Parts:

- Electric mixers can be especially dangerous. Keep your hands far away from the moving beaters when the mixer is on.
- Even after turning the mixer off, keep hands away until the beaters have stopped rotating. Then, it's best to insert and remove the beaters while holding only the center post (see illustration).
- Keep the cord out of the way.
- Turn the mixer off to scrape the sides of the bowl.
- Handle the sharp parts of blenders and food processors with care... as if they were knives. Don't put your hand inside the container while the appliance is plugged in to electricity.

Range-Top Safety:

- Use potholders to hold pan handles.
- Do not wear long floppy sleeves or jewelry around the range; they could catch on something or touch hot range-top and ignite.
- Be careful of steam that rises from a hot pan when you raise the lid... or when you pour boiling water off cooked pasta.
- Never reach across range-top or touch it unless you are sure it is cold.
- Use a wooden spoon for stirring; it doesn't get hot.
- Keep towels, recipes, curtains, etc. away from the range-top.
- Turn handles of pans toward the center of the range, to keep pans from accidentally being tipped over.

Oven Safety:

- Use pot holders to remove pans or the racks from a hot oven.
- Always use a long-handled spoon or fork to baste, stir or test, to avoid burns.
- Sometimes the oven sides and door get hot, too; be careful.
- Be extra careful with the broiler; it gets very hot and grease may spatter.



Studying from the first day of classes to the very last is the attitude of Lovely Miss Nikita Evans. This is her way of staying ahead. She is a sophomore from Raleigh.

a voteless people is a hopeless people.

National Urban League Publishes Adoption Guide

As a result of detailed research into the adoption of minority children, the National Urban League Adoption Resource and Advocacy Center has published a guide designed to facilitate the procedures of agencies and persons involved in the adoption process.

Entitled "Guide to Working with Black Families in the Adoptive Process," the 118-page publication seeks to sensitize adoption workers to some of the experiences and attitudes of blacks as a way of improving the adoption process.

Its sections include a look at the homestudy process; the emphasis or lack of it, regarding cultural factors; agency pitfalls, particularly in their over-emphasis on age, wealth, health or marital status; black strengths which agencies often ignore, such as religious ties or community support systems; and potential tools the agencies can use to better the process.

The number of children in need of adoptive placement is steadily rising, mainly because of an increased recognition on the part of officials that children who have been in foster care for years and who have been abandoned by their natural parents, have a right to permanent, stable and loving family. The Children's Fund

estimates that 120,000 children fill the adoption rolls nationwide.

The majority of these children are seven years of age and older, and at least 35% are black, Hispanic or interracial. Many have special physical, mental or emotional needs, and often there are sibling groups of three or more in need of a shared home. These children have traditionally been labeled "hard to place," and have been the victims of poor recruiting efforts for parents.

In the case of black children, agencies contend that the black community is apathetic toward the questions of adoption.

Studies, however, indicate the reverse, as blacks have shown a sincere interest in providing homes for these children.

Copies of the guide are available for purchase through the National Urban League at \$3.50 each. Requests should be addressed to: The Communications Department, National Urban League, 500 E. 62nd Street, New York, N.Y. 10021.

The National Urban League, founded in 1910, is an interracial non-profit, non-partisan community service organization, designed to secure equal opportunities in all sectors of American society for blacks and other minorities.

Mrs. Pauletta Bracey Appointed To Library Science School

Mrs. Pauletta B. Bracey has been appointed as an assistant professor in the North Carolina Central University School of Library Science. The appointment was announced by the dean of the school, Dr. Annette L. Phinazee.

Mrs. Bracey holds a bachelor of arts degree from Fisk University, and the Master of Library Science degree from the University of Pittsburgh. She is a doctoral candidate at the University of Michigan.

Mrs. Bracey's doctoral dissertation, dealing with intellectual freedom, censorship, and selection policies related to the

school media, was the basis of her July, 1981, presentation at the Research Forum of the American Association of School Libraries in San Francisco in July.

She will teach courses in school librarianship, audio-visual librarianship, and children's literature at NCCU. Mrs. Bracey was for a number of years a librarian in the public schools of Pittsburgh, taught in Flint, Michigan, in the extension program of the University of Michigan.

Mrs. Bracey's doctoral post at the University of



SOOPER COST CUTTERS

SOOPER COST CUTTERS

COMPARED TO OTHER BRANDS* AT KROGER. FOR SOME SOOPER COST CUTTERS, NO OTHER BRANDS ARE STOCKED.

HERE ARE JUST A FEW OF THE HUNDREDS OF EVERYDAY SOOPER COST CUTTER PRICES. A COMPLETE LIST IS AVAILABLE AT THE STORE.

ADVERTISED ITEM POLICY
Each of these advertised items is required to be readily available for sale in each Kroger Store, except as specifically noted in this ad. If we do run out of an advertised item, we will offer you your choice of a comparable item, when available, reflecting the same savings or a refund which will enable you to purchase the advertised item at the advertised price within 30 days.

TOTAL SATISFACTION GUARANTEE
Anything you buy at Kroger is guaranteed for your total satisfaction regardless of manufacturer. If you are not satisfied, Kroger will replace your item with the same brand or a comparable brand or refund your purchase price.

COPYRIGHT 1981—THE KROGER CO. ITEMS AND PRICES GOOD SUN. SEPT. 13 THRU SATURDAY SEPT. 19, 1981 IN DURHAM. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS.

Sliced
Serve 'N' Save Luncheon Meats
99¢
1-lb. Pkg.

U.S.D.A. INSPECTED, FROZEN
Young Turkey Breast 1-lb. **\$1.29**

KROGER Meat Wieners 12-oz. Pkg. **99¢**

FRESH FARM RAISED CATFISH Fillets 1-lb. **\$2.99**

FRESH FARM RAISED BROILED Catfish 1-lb. **\$1.99**

Kroger 0.5% Lowfat Milk 1-Gal. Plastic Ctn. **\$1.89**

KROGER WIENER OR SANDWICH BUNS 8-Ct. Pkg. **\$1.09**

(12-OZ. CANS) FROZEN KROGER Orange Juice 3-Ct. Pkg. **\$2.79**

TOOTHPASTE Crest 6.4-oz. Tube **\$1.29**

EXTRA STRENGTH CAPSULES Tylenol 50-Ct. Btl. **\$2.29**

HIGH LIFE Miller Beer 6 1/2-oz. Cans **\$2.09**

NEW FALL CROP Red or Golden Delicious Apples 5-lb. Bag **59¢**

U.S. GOV'T GRADED CHOICE, BONE IN Full Cut Round Steak 1-lb. **\$1.99**

U.S. GOV'T GRADED CHOICE BONELESS TOP Round Roast 1-lb. **\$2.39**

U.S. GOV'T GRADED CHOICE BONELESS RIB Eye Steak 1-lb. **\$4.99**

A BLEND OF BEEF & HYDRATED TEXTURED VEGETABLE PROTEIN KROGER'S PRO Beef Patty Mix 1-lb. **99¢**

VALLEYDALE Pork Sausage 1-lb. Roll **\$1.29**

6.5% LOWFAT, SKIM OR BUTTERMILK 2 1/2-Gal. Ctns. **\$1.99**

IN THE DAIRY DEPT. MINUTE MAID Orange Juice 64-oz. Ctn. **\$1.59**

FROZEN STOUFFER'S LASAGNA 21-oz. Pkg. **\$2.19**

FROZEN STOUFFER'S FRENCH BREAD Pepperoni Pizza 11.25-oz. Pkg. **\$1.85**

FLAME RED Tokay Grapes 1-lb. **69¢**

JUMBO 8 SIZE FRESH HONEYDEW Melons Each **\$1.59**

FRESH Mushrooms 1-lb. Carton **\$1.29**

LARGE 12 SIZE FRESH CAULIFLOWER Head **99¢**

WHITE Sweet Potatoes 3-lb. **\$1.89**

FRESH Broccoli Bunch **89¢**

U.S. GOV'T GRADED CHOICE, BONE IN Whole Boneless Smoked Ham 7-9-LB. AVG. WYGRADE **\$1.89**

THORN APPLE VALLEY Sliced Bacon 1-lb. Pkg. **\$1.49**

VALLEYDALE SLICED Bologna 1-lb. Pkg. **\$1.49**

FRESH PICNIC Pork Roast 1-lb. **89¢**

KROGER SHERBET OR COUNTRY CLUB Ice Milk 1/2-Gal. Ctn. **\$1.19**

INCLUDES: 6-PIECES BATTER FRIED FISH 1-LB. COLE SLAW, 16-HUSH PUPPIES Captain's Choice **\$4.99**

INCLUDES: 8-PIECES CHICKEN, 1-LB. POTATO SALAD OR COLE SLAW & 4-DINNER ROLLS, WISHBONE Fried Chicken **\$4.99**

SARA LEE FRENCH STYLE (UNTOPPED) Longhorn Cheese 1-lb. **\$2.50**

FRESH BAKED Cheese Cake 7-inch Cake **\$1.99**

SLICED OR BY THE PRICE COLBY White Bread 16-oz. Loaf **59¢**

SLICED TO ORDER SANDY MAC Deli Style Boiled Ham 3-lb. **\$3.29**

DAYTON Comfort Diapers 44-Ct. **\$4.79**

KROGER WASCATORFIBRE Sausage 1-lb. **89¢**

KROGER Sausage 1-lb. **99¢**

COUNTRY OVEN Ice Cream Cups 16-Ct. **99¢**

AVONDALE Corn 16.5-OZ. CAN **39¢**

BIG VALUE Vanilla Wafers 1-lb. **59¢**

O & C Onion Rings 3-lb. **69¢**

Kroger Coffee 1-LB. BAG **\$1.69**

Avondale Cakes 1-lb. **22¢**

Avondale Cakes 1-lb. **79¢**

Avondale Cakes 1-lb. **89¢**

Avondale Cakes 1-lb. **29¢**

Potato Chips 8-OZ. BAG **89¢**

EMBASSY Mayonnaise 1-lb. **79¢**

Kroger Soft 1-lb. **21¢**

GOLD CRUST Marshmallows 1-lb. **69¢**

AVONDALE Pear Halves 1-lb. **55¢**

GRAPE JELLY 32-OZ. JAR **99¢**

WILLCREST Marshmallows 1-lb. **69¢**

AVONDALE Mandarin Oranges 11-ct. **49¢**

KROGER Vienna Sausage 1-lb. **36¢**

KROGER Lima Beans 1-lb. **45¢**

DAYTON Margarine Quarters 1-LB. PKG. **33¢**

AVONDALE Corn 16.5-OZ. CAN **39¢**

YOUR DURHAM & CHAPEL HILL KROGER STORES OPEN 24 HOURS A DAY 7 DAYS A WEEK

• LAKEWOOD SHOPPING CENTER • EAST FRANKLIN ST. CHAPEL HILL • ROXBORO & LATTA ROADS • HILLSBOROUGH ROAD AT L&SA