

## Durham Social Notes Of Interest

By Mrs. Symmer Daye

477-3370

Mrs. Margaret Wingfield of Greensboro attended a recital at East Carolina University School of Music, Greenville, recently. Miss Cynthia F. Miller, soprano, was accompanied in her senior recital by Miss Pamela Henry and Miss Cynthia Creel, piano, Miss Katherine Smith, clarinet, and Miss Amanda Kartchner, viola.

Mr. and Mrs. Carlton Henderson are the parents of a son, Eric, born January 17. Mrs. Henderson is the former Miss Trela Harris, daughter of the late Palmer Harris and Mrs. Maryland Harris. Mrs. Mamie Henderson of Timberlake is the paternal grandmother.

Happy Birthday Anniversary to Kelly Hamlet who celebrated with a special dinner given by the family on Sunday, January 31.

### A Tip From Kaye's Kitchen

By Kaye Sullivan

Cook once a week and lose weight? Yes! Salads are the answer. This method has been tested by me with good results. When I employ this diet, it is done every other week only — not for extended periods of time. One day every other week, I spend 1/2 hour to 45 minutes making three different salads in large containers to last me throughout the week. If attractive glass bowls are used, you may end up with someone else in the house joining you in these healthy feasts. Each salad is eaten daily — one for breakfast, one for a late mid-day meal, and one for the evening snack. Keep all the salads tightly covered.

Breakfast salad consists of: apples, bananas, raisins, pineapples, coconut, pecans, celery and carrots. (Fruits and nuts may vary as different ones become available, but I always try to keep raisins, celery and grated carrots in my breakfast salad.) Sometimes, about midweek, you may want to replenish your salad or change it up a bit by adding cut up marshmallows, Quaker Oats natural cereal, cooked cold rice, prunes, etc. A spoonful of vanilla or lemon flavored yogurt adds a new flavor and texture from time to time. This salad, along with a cup of tea, will hold you for several hours.

Late mid-day salad consists of: fresh spinach or lettuce (whichever you prefer) and they may be switched or mixed for variety; yellow and green squash, mushrooms, tomatoes, grated carrots (or) radishes. Here again, vegetables may vary according to what is available in the stores. In a large glass bowl, this salad is beautiful and tempting. You might like to add other ingredients at times, such as broccoli, cauliflower, green pepper, red or green onions, a little cabbage, etc. Make sure to top this salad with your protein needs for the day (chopped, boiled or baked chicken, canned sardines, salmon or tuna, sliced all beef hotdogs or Polish sausage, grated cheese, boiled eggs, etc. Use just a little vinegar and oil or Italian, or Hidden Valley Ranch dressing if you wish. A good cookbook will give you the daily minimum requirements and the suggested food stuffs to fulfill those requirements.

The evening salad is coleslaw: I like to combine red and white cabbage and mix this dressing of vinegar, oil and sugar, adding various spices: My favorites are coarse black pepper, dill weed or seed, and tarragon. Almost any cookbook will have the basic vinegar, oil and sugar recipe in it. Follow it and use various spices each time you make it.

Of course, a physician should always be consulted before one goes on a diet — and diet alone cannot do it all. Some physical activity must be undertaken to help burn up excess fat. Again, consult your physician on the physical activity, also. Hope you get the "go ahead" sign and can begin to create beautiful, tempting salads for yourself once a week.

Warmly,  
From my kitchen to yours,  
Kaye

Happy Birthday Anniversary to Mrs. Eva McKoy.

Miss Audrey Harris of the U.S. Air Force is at home on leave from Biloxi, Mississippi visiting with her mother, Mrs. Maryland Harris and family in Bahama. She has been reassigned to Illinois.

Congratulations and Best Wishes to newlyweds Mr. and Mrs. Leon Cole.

Please pray for the sick and shut-in. Make them happy: Mesdames Georgianna Ray, Pearl Foskey, Hattie Parrish, Annie Myers, Anna Jones, Estelle Nixon, Alberta Holloway, Daisy Hart, Viola Love, Clementine Bullock, Gloria Palmer, Irma Burton, Quennie Jacobs, Annie Roberts, Alice Roberts, Nannie Torain, Ola Lyons, Della Pierce and Annie Lipscomb Wade;

Messrs. Broadie Daye, W.A. Harris, Wallace Hinton, Judge Harris, Earnest Mangum, Sr., Bonnie Lee Allen, Nathaniel Harris, Thomas Clayton, Joseph Wade, Ervin Lyons, Willie Parker, William Carrington, Willie Parker, Johnny Bullock, Jack Bailey, Hosea Moore, Ike Mason, Nathan Green, Emerson Burnette.

Sincere sympathy is extended to the families of Lee Miller, Mrs. Minnie Avery, Mrs. Ethel K. Poole, Mrs. Nora Graham Dunn, Mrs. Elizabeth Lyons Nichols.

### SUPERMARKET MANNERS

More and more super-market managers are complaining about the manners of their customers, and it may be costing you money.

Customers will pick up items in one part of the store, change their minds and just

leave them somewhere else. says Rachel Kinlaw, extension food and nutrition specialist at North Carolina State University.

This means more work for the store staff, which means higher costs for the consumer, she says.

### Fund-Raiser For Wilbur Hobby Sat.

Friends of Wilbur Hobby are holding a cheese and wine gathering in his honor and to help raise funds for his court appeal, at the Community Church on Mason Farm Road, Chapel Hill, Saturday, February 6, from 4 until 6 p.m.

The sponsoring friends are: C.E. Boulware, Julius Chambers, Dan Pollitt, Christopher Scott, Mrs. Miriam Slifkin, J.S. Stewart and Ms. Lillian Woo.

### State Employees To Hold Memorial and Observance

All state employees are invited to attend a celebration of Black History Month and Memorial Tribute to Dr. Martin Luther King, Jr., Monday, February 8, at 12 noon in the Archives-Library Building Auditorium, 109 East Jones St., Raleigh. H. M. "Mickey" Michaux, for U.S. Attorney for the Middle District, will be the speaker.

### CONSOLIDATED REPORT OF CONDITION Mechanics and Farmers Bank

DURHAM. RALEIGH. CHARLOTTE and WINSTON-SALEM. N. C.

In the State of North Carolina and Domestic Subsidiaries at the close of business on December 31, 1981

ASSETS	
Cash and due from depository institutions	\$3,179,000.00
U.S. Treasury securities	2,791,000.00
Obligations of other U.S. Government agencies and corporations	6,218,000.00
Obligations of States and political subdivisions in the United States	4,488,000.00
Other bonds, notes, and debentures	14,000.00
Federal funds sold and securities purchased under agreements to resell	3,350,000.00
a. Loans, Total (excluding unearned income)	26,668,000.00
b. Less: allowance for possible loan losses	375,000.00
c. Loans, Net	26,293,000.00
Bank premises, furniture and fixtures, and other assets representing bank premises	2,320,000.00
Real estate owned other than bank premises	300,000.00
Other assets	805,000.00
<b>TOTAL ASSETS</b>	<b>49,958,000.00</b>

LIABILITIES	
Demand deposits of individuals, partnerships, and corporations	14,433,000.00
Time and savings deposits of individuals, partnerships, and corporations	27,379,000.00
Deposits of United States Government	218,000.00
Deposits of States and political subdivisions in the United States	1,718,000.00
Certified and officers' checks	1,068,000.00
<b>TOTAL DEPOSITS</b>	<b>44,816,000.00</b>
a. (1) Total demand deposits	17,034,000.00
a. (2) Total time and savings deposits	27,782,000.00
Mortgage indebtedness and liability for capitalized leases	64,000.00
Other liabilities	435,000.00
<b>TOTAL LIABILITIES</b>	<b>45,315,000.00</b>
Subordinated notes and debentures	90,000.00

EQUITY CAPITAL	
Common stock	
a. No. shares authorized	200,000
b. No. shares outstanding	142,305
(par value)	712,000.00
Surplus	2,888,000.00
Undivided profits	773,000.00
Reserve for contingencies and other capital reserves	180,000.00
<b>TOTAL EQUITY CAPITAL</b>	<b>4,553,000.00</b>
<b>TOTAL LIABILITIES AND EQUITY CAPITAL</b>	<b>49,958,000.00</b>

MEMORANDA	
Amounts outstanding as of report date:	
a. (1) Standby letters of credit, total	177,000.00
b. Time certificates of deposit in denominations of \$100,000 or more	1,861,000.00
Average for 30 calendar days (or calendar month) ending with report date:	
a. Cash and due from depository institutions	3,219,000.00
b. Federal funds sold and securities purchased under agreements to resell	4,004,000.00
c. Total loans	27,099,000.00
d. Time certificates of deposits in denominations of \$100,000 or more	1,727,000.00
e. Total deposits	45,107,000.00
h. Total assets	52,314,000.00

I, the undersigned officer, do hereby declare that this Report of Condition (including the supporting schedules) has been prepared in conformance with the instructions issued by the Federal Deposit Insurance Corporation and is true to the best of my knowledge and belief.

Lee Johnson, Jr., Vice-President/Comptroller  
Directors:  
J.J. Sansom, Jr.  
W.J. Kennedy, III  
Maceo K. Sloan  
State of North Carolina, County of Durham, ss:  
Sworn to and subscribed before me this 29th day of January, 1982 and I hereby certify that I am not an officer or director of this bank.  
Shelia L. McGhee, Notary Public.  
My commission expires October 30, 1985.



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.

PRICES EFFECTIVE THRU SAT., FEB. 6 AT A&P IN DURHAM. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

621 Broad Street 320 Univeristy Dr.

## INTRODUCING...THE NEW P&Q BRAND

A&P QUALITY Ground Beef **98¢** 5 lb. roll pkg. lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE BONELESS (20-26 LB. AVG. WT.) Bottom & Eye Round **1.68** lb.

U.S.D.A. INSPECTED FRESH GRADE "A" Young Hen Turkeys **58¢** 12-14 lb. avg. lb.

A&P QUALITY PURE Pork Sausage **88¢** Hot or Mild 1-lb. pkg. MARKET SYTLE Sliced Bacon **1.18** lb.

THE NEW P&Q PRICE AND QUALITY BRAND P&Q BRAND Saltine Crackers **59¢** 16 oz. pkg. P&Q BRAND Pork and Beans **89¢** With Tomato Sauce 3 16 oz. cans

P&Q BRAND Paper Towels **2.10** big rolls REGULAR (Ctn. Of 6-12 Oz. Cans) SCHLITZ LIGHT BEER **1.99** Ctn. Of 6 12 Oz. Cans Or N.R. Bottles Good Only In Durham

RED BAND Flour **5.59** 5 lb. bag Save 40¢ #613

A SUPERB BLEND, RICH IN BRAZILIAN COFFEES Eight O'Clock Bean Coffee **1.69** 1-lb. bag Save 30¢ #612

CHILLED Donald Duck Orange Juice **1.09** 64 oz. btl. Save 60¢ #611

THE FARM FRESH WITH QUALITY U.S. #1 ALL PURPOSE White Potatoes **10.10** lb. bag

FLORIDA GROWN RED OR WHITE Grapefruit **5.19** 5 lb. bag GOLDEN YELLOW RIPE Dole Bananas **3.10** 3 lbs. only

## IRA Could Make



## Retirement Something To Smile About!

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