



LIMA, PERU—Jazz musician Miles Davis and his wife, Cleo Tyson take a close look at some Peruvian artifacts in downtown Lima. Tyson was a judge in the Miss Universe Pageant. UPI Photo

Up-To-Date Galea Club

The Up-To-Date Galea Club met at the home of Mrs. Addie Mack on Belvin Avenue recently with Mrs. Elnora Ransom and Mrs. Cora Waddell as co-hostesses.

Rev. Mrs. Lottie Kee led the devotion. Miss Annie M. Dunigan, president, presided over the meeting and discussion of the trip to "Holy Land USA", planned for September 6.

Dinner was served to the following members: Elizabeth Edwards, Doris Holland, Lillie Vanhook, Pauline Hart, Rev. Lottie Kee, Viola Thompson, Alice Wilson, Annie Dunigan, Virginia Thomas, Beatrice Holeman, Snoda Bell, Lena Ellerbee, Annis Jones, Lee Etta Braswell, Mona Perry and Tempie Young. Guests were Isabelle Holder, Willie Webb, Charlie Fulton, Willie Glenn and Rosa Lee Day.

Coping

Happiness Is A Two-Way Street

By Dr. Charles W. Faulkner

"I became bored with her/him."
"I got tired of giving everything and receiving nothing in return."

"She/he became too predictable."
"The relationship was no longer challenging...I had conquered her/him and needed another more challenging affair."

"It was love on a one-way street; I gave and she/he never returned my affection."
"I just needed to live by myself for awhile."

These are but a few expressions uttered by one or both of the mates in a relationship that is coming to an end. These statements seem to have a common ring to them. They suggest that one or both of the mates is in the relationship for what she/he can get out of it and is not prepared to give anything to the relationship in order to make it work.

An enduring, compassionate, loving relationship that lasts for a long period of time is far more difficult to achieve than a relationship that lasts for weeks or months and then fades into nothingness. Practically anyone can entice a member of the opposite sex to like him/her for a few weeks or months but making a relationship grow and last for years requires care, planning, understanding, receiving and giving. Such a relationship requires "giving" to such an extent that one cares very deeply about the feelings of the mate and expresses this caring often.

A friend once said that she knew that she was in love when she cared more about her spouse than she cared about herself. But, this feeling must be a two-way street in order for the relationship to endure. The insecure person who enters a relationship for the over-riding purpose of obtaining emotional or sexual fulfillment will soon become bored and frustrated due to the absence (or loss) of the challenge; complacent and even obnoxious. One or both persons will soon tire of each other and obtain fulfillment only when a new challenging not-so-easy-to-obtain mate is found. It is not uncommon for one to search for years to find that one person who will give love and understanding, but tire of it and resume the tormenting search.

This person may actually chase the loving mate away by accepting love but rejecting the mate's efforts to obtain love in return. This is an ideal case of a person finding a goal, tiring of the joy that it can bring and tossing it aside, then, searching high and low, often without success, for another pot of gold. We often destroy the very thing that we need.

Deeply imbedded within the hard exterior of each of us is a soft, hidden, individual in need of love but often afraid to reveal itself for fear that it will be rejected. If it is ever rejected it will be very, very difficult for a person to again find the strength and nerve to express the soft, inner self that dwells in the depth of our personalities wanting, but fearing, to unveil itself. Only we really know that it is there but we will seldom reveal it. After all, isn't it a sign of weakness to let someone else know how much we need to be loved?

Yet, the very person who so badly needs to be loved by someone else is in no hurry to provide the kind, unselfish love that someone else needs. This is unquestionably the primary cause of unhappiness and failures in many relationships.

A young lady once said that when her spouse, in a very tender moment, shed a tear, she interpreted that behavior as weakness and sought to end the relationship. Wouldn't it have been gratifying if she had held her mate tightly and said, "I understand". We reject the deep emotional needs of others but spend our lives searching for the same thing for ourselves.

Chi Eta Phi Sorors Convene In Washington; Donate \$18,000

More than 600 members of Chi Eta Phi Sorority met in Washington earlier this month for the 37th Boule and the organization's 50th anniversary celebration. Activities were headquartered at the Washington Hilton Hotel. The convention began July 11 and ended July 18.

In addition to several workshops that covered educational and political issues, the organization also pledged \$18,000 in scholarships and other financial support to educational and civic organizations.

- The recipients and amounts were:
- * Nursing scholarship, \$15,000
 - * United Negro College Fund, \$1000
 - * National Association for Sickle Cell Disease \$1000
 - * NAACP \$500
 - * National Council of Negro Women \$500

The sorority, with chapters in 23 states, and in Monrovia, Liberia, West Africa, is affiliated with the National Council of Negro Women.

The three workshops conducted during the week-long convention were: Test-Making, Test-Taking; Legislation and The New Medicine.

Before adjourning, the sorority elected officers for 1983. They are: Sorors Josephine Alexander, Mu Chi, first supreme anti-basileus; Bettie C. McDowell, Alpha, tamiar; Hattie M. Opher, Alpha, executive secretary; Dan Y. Lopez, Theta Chi, national organizer; Annie Griffin, Omicron, historian; and Eloise P. Ellis, Alpha, trustee.

Cosby Family 22nd Reunion Held In Virginia

Zack Cosby's Family reunion was at The Bryan Park in Richmond, Virginia July 17. Mr. and Mrs. Kenneth Adkins were hosts.

Family members from Maryland, Pennsylvania, North Carolina, Virginia, South Carolina and Washington, D.C., as reported by Mrs. Virgie J. Davis, enjoyed greatly the usual family greetings.

Two Quick And Economical Ways To Stretch Ground Beef

When the food budget is scraping bottom or there isn't time to prepare a meal, it's ground beef to the rescue every time.

Economy-minded cooks will be pleased to know that while most food items have risen in price, ground beef costs have remained stable.

As little as one-half pound of ground beef can save a cook's reputation when four servings of a hurry-up entree are needed. Ground beef is remarkably stretchable and combines well with most pantry staples. In particular, canned condensed soups help to stretch ground beef with style.

Condensed soup makes complicated recipes a possibility in minutes by providing a sauce or a blending of flavors that would take an extra hour or two of preparation. Its dependability assures success every time, which is the kind of insurance any cook appreciates.

As an example of what can be done with ground beef and canned condensed soup, try Carne De Vaca Chili. It takes only about 15 minutes to make and yields four servings of a skillet dish that is good and hearty. To ground beef browned with onion are added chili beef soup, cooked elbow macaroni, canned

tomatoes and chili powder. The combination is spicily hot and satisfying.

For a patio lunch or dinner, here's a recipe that serves six — hot Beefy Barbeque Buns. In this quick and easy skillet meal, the ground beef is browned with onion and green pepper. Condensed bean with bacon soup, barbeque sauce and brown sugar contribute to the enticing aroma of the western soup-burgers served on hamburger buns.

Ground beef stretchers made with soup are easy to create with what's on hand and easily adapted to individual tastes and preferences.

Beefy Barbeque Buns (not in photo)

- 1 pound ground beef
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 can (11 1/2 ounces) condensed bean with acon soup
- 1/2 cup barbeque sauce
- 1/2 cup water
- 1 tablespoon brown sugar
- Dash Pepper
- 6 hamburger buns, split and toasted

In skillet, brown beef and cook onion and green pepper until tender (use shortening if necessary). Stir to separate meat; pour off fat. Stir in remaining ingredients. Heat; stir occasionally. Serve on buns. Makes 6 sandwiches.

CARNE DE VACA CHILI

- 1/2 pound ground beef
- 1/2 cup chopped onion
- 1 can (11 1/2 ounces) condensed chili beef soup
- 2 cups cooked elbow macaroni
- 1 can (about 16 ounces) tomatoes, cut up
- 1 tablespoon chili powder

In skillet, brown beef and cook onion until tender (use shortening if necessary). Stir to separate meat; pour off fat. Add remaining ingredients; cook over low heat 10 minutes. stir occasionally. Makes about 5-cups, 4 servings.



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., JULY 31 AT A&P IN DURHAM
ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS

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Limit 4 Please lb. **45¢**

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Boneless lb. **398**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—FRESHLY Ground Chuck
3 lbs. or more lb. **178**

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12 oz. pkg. **79¢**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF Boneless Roast
Cut From The Chuck lb. **178**

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