

Women's News Page

INFOGRAMS

By MARY J. WHITMORE
Home Economist
Agricultural Extension Office



FACTS ABOUT FAT BABIES

Childhood is a time that many habits are formed that carry throughout one's life span. With the present emphasis on slimmness, as it relates to appearance as well as health, many parents are asking, "Will my child be a fat adult?"

To put it mildly, his chances may be pretty good if:
You coax him to empty his bottle
You coax him to eat "just one more spoonful" of baby food.
You teach him that dessert is a reward for cleaning his plate.
You hand him a cookie or a glass of sweet flavored drink when he whines for attention.

You make him feel guilty for wasting food
You do not encourage active play and exercise
Feeding patterns before a child is three years old are now believed to have a great influence on obesity patterns. It is during the first three years of life that the child is developing most rapidly. It is believed that if a baby is continuously stuffed or coaxed to eat more food than he needs and wants during this period, he will develop more and bigger fat cells than the child who eats less. Later in adolescence or adulthood when "baby fat" isn't cute any longer, this person who has, during his early life, developed lots of large fat cells will find reducing a very difficult experience. When he diets, his large fat cells will shrink, but they do not disappear as soon as normal eating is resumed, the fat cells, "fill up" again.

Another danger period for youngsters is between the ages of seven and eleven. Most children this age seem to fatten during the winter as school begins and hours of enforced inactivity start. When calorie needs are less, extra calories are retained as fat unless the diet is adjusted.

This should be a normal process regulated by appetite. But when appetite controls aren't there a slow building of caloric excess begins. In a few years the child is no longer plump, but is fat.

food news & cues

from the Aunt Jemima Test Kitchens



Corral Family For Nifty Thrifty Pancakes

Stage a dining room drama with a western flair. Call it "The Great Cover-Up." Nifty Thrifty Pancakes appealingly disguise those common leftovers—chicken, ham and beef. Those frustrating small dabs reappear in a budget pancake potpourri. Warmed barbecue sauce and the meats enhance light, fluffy, golden brown pancakes, conveniently prepared from a packaged mix. All that will remain will be your pride—built up from saving time, energy and money!

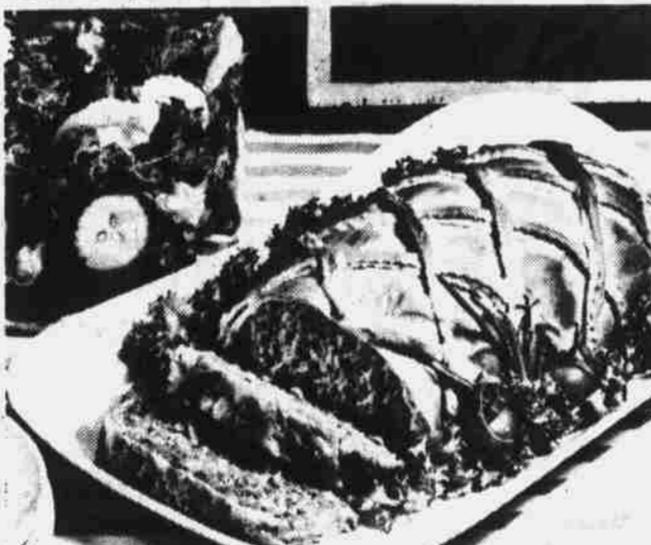
Heat griddle to hot (400° F.). Combine pancake mix, milk, egg and shortening; blend until fairly smooth. Pour a scant 1/4 cup batter per pancake onto hot, lightly greased griddle to make 4 pancakes. Sprinkle these 4 pancakes with chicken. Bake until edges look cooked. Turn only once. Fold in half immediately. Bake remaining pancakes plain. Fold around beef or ham. Serve choice of pancakes to each person. Top with warmed barbecue sauce.

cooking hints

from CARNATION FOOD SERVICE CENTER



Disguising the familiar ground beef is really a chore these days. Make it easier on yourself by baking a Meatloaf Wellington. The loaf will stay moist and juicy because of the velvetized evaporated milk in it. You get your seasonings with dry onion soup mix, bread crumbs and celery. The crust is easily made with refrigerated crescent rolls. Try it.



MEATLOAF WELLINGTON

(Makes 6 to 8 servings)

- 1 1/2 pounds lean ground beef
- 2 slightly beaten eggs
- 1 envelope (4 servings) dry onion soup mix
- 1 cup undiluted Carnation Evaporated Milk
- 1/2 cup fresh bread crumbs
- 1/2 cup chopped celery
- 1 package (8 ounces) refrigerated crescent rolls

Mix all ingredients except rolls in bowl. Shape into loaf. On lightly floured board, lay dough pieces next to one another, overlapping edges to form a rectangle. Roll out to 12 x 14-inch size. Trim off excess dough. Place meatloaf across center of dough; wrap dough around meat and seal edges. Place loaf, seam side down, on shallow baking pan. Roll out dough scraps and cut out long strips with ric-rac pastry cutter; make criss-cross pattern across top of pastry. Bake loaf in hot oven (425° F.) 10 minutes. Reduce heat to slow oven (325° F.) and continue baking 50 minutes. Serve on oval platter and garnish as desired.

Sorority Meets To Finalize Regional Plans

Local chapters of Phi Beta Sigma Fraternity, Delta Zeta Sigma the graduate chapter and Gamma Gamma, the undergraduate chapter at NCCU met at the home of L.S. Knox, Rosewood Street on Sunday, February 9 at 5:00 p.m. to finalize plans for the annual Southeastern Regional Scheduled for April 11, 12, 13, with Durham Hotel and Motel as site of its headquarters.

Open activities as well as the traditional closed sessions have been planned during the regional.

Officers of the host chapters include Peter Adams, president of Delta Zeta Sigma and William Smith of Gamma Gamma located on NCCU campus.

Several wives of Sigma men were also engaged in planning the activities for visiting wives and guests during the regional.

Local members of Zeta Phi Beta Sorority are also planning activities for the Sigma Regional Conference and guests.



MRS. NEZZIE C. MOORE

Mrs. N.C. Moore To Serve As Chairperson

Mrs. Nezzie Carter-Moore will serve as Chairperson for a panel discussion in a session of the Southern Regional Meeting of the College Entrance Examination Board to be held in Williamsburg, Virginia on Feb. 19-21. The discussion will focus reading problems and "How To" practical techniques in both remedial and developmental reading pertaining to secondary school students, featuring the topic: "Johnny Can't Read and What Can We Do."

Mrs. Carter-Moore is a delegate-at-large to the Southern Regional Council of the College Entrance Examination Board, which includes a ten-state membership. She is a counselor at Charles E. Jordan High School in Durham.

urged the members to dedicate themselves to providing greater "Followship" in carrying out the planned goals and programs for the Sorority. Special tributes were paid to the founders of Alpha Kappa Alpha Sorority and their foresight in establishing the great Sisterhood of Alpha Kappa Alpha in 1908 on the campus of Howard University. It is the oldest black sorority, founded by black women in the United States and its members have participated in community and service commitment throughout the years.

Today, Alpha Kappa Alpha sorority has a membership of some 60,000 women in some 196 undergraduate chapters and some 240 graduate or alumna chapters as well as two international chapters in Monrovia, Liberia, West Africa and Nassau, the Bahamas. Special activities included an informal "chit chat" with members and their spouses at the home of Mr. and Mrs. A.E. Smith, worship services with their families at the St. Peter A.M.E. Zion Church and the inspirational dinner with husbands held at Holiday Inn. Rededication services were held prior to the dinner with the president of Theta Beta Omega Chapter Mrs. Arabelle Bryant, Mrs. Joan Gibbs of Iota Kappa Omega Chapter and special guest speaker, Ms. Elva

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MRS. ELVA P. DeJARMON

Mrs. DeJarmou AKA Founder's Day Speaker

The 67th anniversary of the founding of Alpha Kappa Alpha Sorority, along with the 10th anniversary of the chartering of Theta Beta Omega Chapter, New Bern, was observed on Feb. 16. Hostesses for the tri-city Founder's Day Activities were the members of Theta Beta Omega Chapter. Sharing in the activities were members of Iota Kappa Omega Chapter, Greenville and Zeta Omicron Omega Chapter of Kinston.

Mrs. Elva P. DeJarmou former Mid-Atlantic region's representatives to the National Nominating Committee of Alpha Kappa Alpha Sorority was the speaker for the Founder's Day celebration.

Citing the continuing efforts of Alpha Kappa Alpha to render even greater services to all mankind, Mrs. DeJarmou

Durham Social Notes Of Interest

MRS. SYMNER DATE Telephone 477-8270

PRAY FOR SICK AND SHUT-IN EVERYWHERE.

Mrs. Estelle Bullock, Mrs. Mary Glenn, Mrs. Annie (Dep) Mack, Goldsmith Parker, Mrs. Blanche Burton, Maurice Mason, Moten Parker, Theodore Little, Mrs. Effie Johnson, Mrs. Agnes Lunsford, Rev. James Cates, Mrs. Lona Parker, William (Bill) Carrington, W.A. Haley, Johnnie Tilley, Mrs. Martha Bullock, Mrs. Mamie Parrish, Mrs. Letha Nelson, Mrs. Gladys Nesbitt, Odie McBroom, Mrs. Lena Jones, Mr. and Mrs. Elmer Grant, Mrs. Hannah Carrington, Maynard Lyons, Mrs. Sue Bettie Parker, Mrs. Hallie Bass, Samuel Sowell, Mrs. Elnora Smith, Mrs. Flora B. Riley, Mrs. Duke Lipscomb, Nathaniel Evans, Charlie Tillery, Aaron Jones, Will Cameron, Nemiah Bass, Emma Holman, Mrs. Edell Burton, Bruce Rogers, Mrs. Carrie Bolton, Dr. Owens (in Hospital), Eugene Faison, Mrs. Rivers Barnette, Mrs. Nannie R. Jones, Mrs. Vonella Parker, Mrs. Bessie Thompson, Mrs. Leola Mangum, Mrs. Rica Justice, Mrs. Jona Bullock, Mrs. Mary L. Norris, Mrs. Joe Ann Dunstan, Mrs. Flossie Webb, Mrs. Carolyn Wade, Mrs. Lucendia Parrish, Ellis D. Jones, Sr., Mrs. Ethel Holman, George Long, Edd Ray, Mrs. Booker T. Page, Mrs. Bessie Turk.

"Ask and it shall be given you, seek and ye shall find, knock and it shall be opened unto you." St. Matthew 7-7.

SINCERE AND HEARTFELT SYMPATHY TO THE LATE:

Rev. and Mrs. Nealie Harvey, late Rev. L. Brooks family, late Dr. E.P. Norris Family, Mr. and Mrs. Lloyd Parker and Family, and late Mrs. Lila Phillips Family, Mr. and Mrs. James Hicks and Family, the late Mr. Jack (James Yancy Family) the late Mr. James Mangum Family, the late Mrs. Cornelia Riley and Family, the late Hunter S. Haskins, Family.

"For as the suffering of Christ abounds in us, So our consolation abounds by Christ." 2 Corinthians 1:5.

"Blessed are they that

mourn for they shall be comforted." St. Matthew 5-4.

February is the month Scouters celebrate the birth of scouting Pack and Troop 297 celebrated recently with their Blue and Gold Banquet, held at T.A. Grady Recreation Center. Parents, friends and Scout Leaders attended the affair with a covered-dish buffet.

Scouter Tony Ray was Master of Ceremony. Remarks were made by Alexander Barnes, Rev. Roland Cunningham, E.L. Kearney, Gilbert Armstrong, Joe Buie, Robert Alexander, Charles Walker and Mrs. Alma Steele.

Introduction of Scout Leaders and Announcements were made by Mr. Robert Alexander, Scout Master of Troop 297.

The parents of Pack and Troop 297 are to be commended for their fine response in making the Banquet an elegant affair. Den leaders for Pack 297 are Mesdames Gussie Ray, Alma Steele, Virginia Harris, and Mrs. Louise Smith. Scout Master for Pack 297 is Joe Buie.

Scout Master for Troop 297 is Robert Alexander. Scout Commissioner Gilbert Armstrong.

Clinton Bullock of Oxon Hill, Maryland and Parker Bullock of Washington, D.C. are visiting their mother Mrs. Estelle Bullock who is quite ill at Rougemont.

Faculty Member Dept. Of Nursing Represents NCCU At Meet

Mrs. Sylvia Richardson, Assistant Professor, Department of Nursing at North Carolina Central University, will attend a workshop entitled "Recognition and Treatment of the Patient With Scoliosis" Feb. 15 at the Governor's Inn. The workshop is sponsored by the Triangle Chapter of the Orthopedic Nurses' Association with assistance of Area Health Education Center.

"MEL BROOKS' COMIC MASTERPIECE"

YOUNG FRANKENSTEIN

FUNNIEST MOVIE OF THE YEAR—Gene Shalit

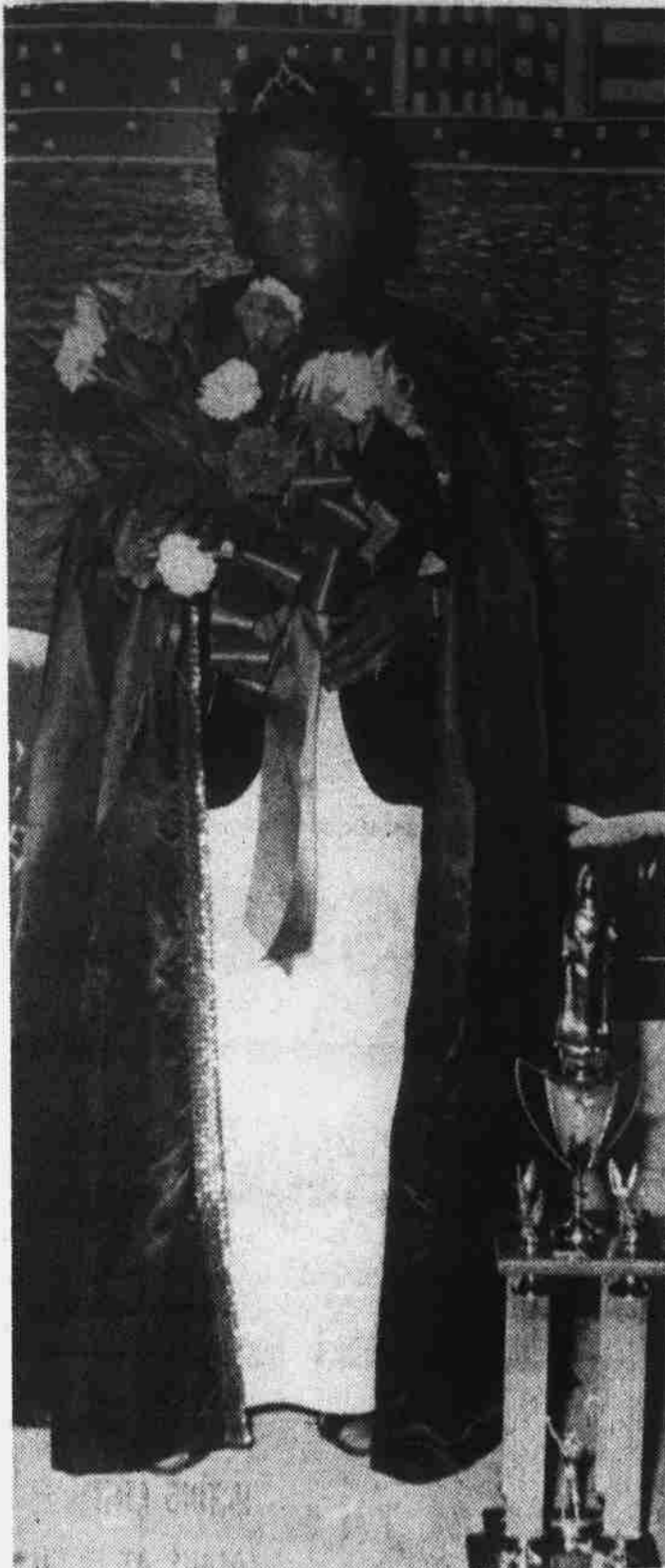
NOW SHOWING

1:30-3:30-5:30
7:30-9:30

COME EARLY! ALL SEATS \$1.00 til 2 P.M.

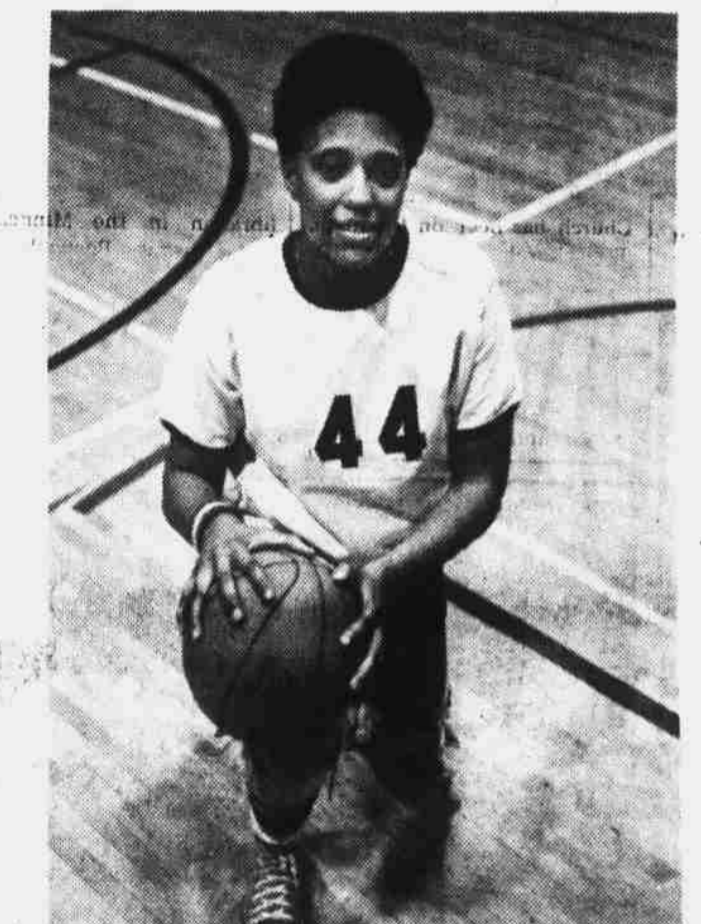
Mon. thru. Fri. Only

yorktowne theatre
Durham-Chapel Hill Blvd



BLACK AND GOLD BALL QUEEN—Above is Miss Johnie Wiley, who was crowned Queen of the Black and Gold Ball, Friday, Feb. 14, at the Times Square Ballroom. The Ball marked the closing of the King's Club annual drive for funds for their Scholarship and Athletic programs.

Miss Wiley won out over eleven other contestants. The King's Club and all the contestants wish to thank the public for their generous support of the annual fund raising scholarship and athletic activities.



MISS EMLIE TOWNES

Emilie Townes daughter of Dr. and Mrs. Ross Townes of Durham, is a forward on the Varsity Basketball team at the University of Chicago.

She is a graduate of Hillside High School and is a sophomore in the University's undergraduate college.

The varsity basketball coach at the University is Patricia Kirby and the Director of Women's Athletics is Mary Jean Mulvaney. The University of Chicago is not a member of any athletic conference or league, but schedules intercollegiate games against college and universities from throughout the country.



WIN PARTICIPANTS AT LIVINGSTONE—Seated at typewriters are Mrs. Mary H. Belton (center) and Mrs. Maxine L. Moody. Standing is Mrs. Hedy L. Grier. Each is a participant in the Work Incentive Program of the North Carolina Employment Security Commission, and are employed at Livingstone College.

Peter Pan SUPER MARKET

SPECIALS

THURSDAY—FRIDAY—SATURDAY

Grade A Large **EGGS 65¢** doz.

SAUSAGE 1 lb. roll **69¢**

Dubuque All Beef **FRANKS** 12 oz. pkg. **69¢**

MILK 1 gal. jug **\$1.59**

Borden's Round Pure **ICE CREAM** Reg. Price 1.39 **SPECIAL \$1.09**

PETER PAN Super Market

Plenty of Free Parking — WE REDEEM FOOD STAMPS

517 BACON STREET

Grade A **FRYERS 43¢** lb. Not Frozen

Super Suds **WASHING POWDERS** Reg. Size **33¢**

PIG TAILS **39¢** lb.

PIG FEET **39¢** lb.

HAMBURGER 69¢ lb.