- THE CAROLINA TIMES SAT., MAY 8, 1976



### ESPECIALLY FOR MOTHERS

A mother's love is the most precious gift in all the world. Mothering in all stages of a child's developmental cycle has everthis barbecue sauce has toward lasting influences. The influence a mother has on her child's food (and people!) is from nutritional status begins even before conception takes place. maple-blended syrup. A Its From the very beginning of the child bearing state for women, delightful sweetness is a pleapersonal eating habits, even then, may affect their yet-to-be conceived offspring. During pregnancy, the unborn child is de- sant contrast to the sassipendent on the mother for its nutritional resources. After birth, ness of vinegar. Add catsup, relatives through the summer, mustard, important decisions must be made by the mother on whether to breast or bottle feed and then when to add solid foods.

The child develops many of his lifetime eating habits during the early years. Once established, attitudes, opinions, and behavior toward food, are hard to change. Since the mother is usually closest to the child during the early stages of development her own eating habits and attitudes are observed closely and often 1/2 cup chopped onion imitated by her offspring. Even in adulthood reflections are 1 clove garlic, minced often made in phrases like, "I remember mama used to ....." 2 tablespoons vegetable oil

As we give a salute to women who have contributed to the 1-% cups catsup ongoing of our development in observance of Mother's Day, it 1/2 cup maple-blended syrup is also important to give careful consideration to future genera- 1/4 cup prepared mustard tions which will reflect in their health status the contributions of 1/4 cup vinegar mothering today. For this reason, I would like to offer the following suggestions to:

MOTHERS-TO-BE-Preparation for motherhood begins in the lengthwise mother's own childhood. Good food habits formed in childhood Maple-y Barbecue Sauce provide girls with healthier bodies that will, hopefully, produce healthier babies. Nutrition during pregnancy is very important. in oil. Add remaining ingre-Good maternal nutrition favors the delivery of healthy babies. dients; simmer over low heat Studies have shown a definite relationship between the diet of 20-25 the mother and the health of the newborn infant occasionally. Makes about

Anemia is the most common complication of pregnancy. 21/2 cups. Usually this is due to iron deficiency resulting from inadequate iron intake/and/or blood loss. The iron requirement for pregnancy must be derived from iron stored in the body and from food intake and supplements. A well balanced diet using the Daily Food Guide should be followed. Your physician will recommend dietary modifications, if necessay. Be sure to include daily foods from the four basic food groups, broiler pan about 6 inches

MOTHERS OF INFANTS- Anemia and overweight are two nutritional problems most frequently seen in infants. It is important that babies be given foods that count from a nutrient standpoint. Babies know when they have eaten what they need in calories, but not in nutrients - just like adults know. In intro-112 ducing solid foods, you should keep calories in mind, too. A mixture of foods is important as babies can become familiar with oats, various flavors and texture of food. As he grows older, he will

1-1/2 MOTHERS OF YOUNG CHILDREN - Snacks are especially 1/4 important for the young child. Whether he is given a mid-One merning or mid-afternoon snack should depend on the child's growth needs as well as his appetite at mealtimes. Snacks should be counted as part of his overall meal requirements. If snacks are served they should not dull the child's appetite for the next meal. Raw fruits and vegetables offer needed energy, vitamins sup, egg, salt and pepper; 3-1½ dozen meatballs. and minerals as well as help the child develop his chewing ability and supply necessay roughage. Sweet snacks, candy, sweet cake and cookies and pop tend to dull the child's appetite. They furnish calories, but little nutritive value. Such high calorie snacks should be avoided if they are replacing foods needed by the body such as milk, fruits, vegetables, and enriched breads.

## **Tempfing Barbecue Sauce**

porch.

YOU'LL STICK BY MAPLE-Y BARBECUE SAUCE

Begin the barbecue season Baste it to taste on any with a sauce that will stick meat or poultry; or follow with you all summer. Why these recipes for Saucy Ribs, it sticks to ribs, chicken Saucy Chicken Wings and wings, meatball kabobs and Meatball Kabobs. Saucy anything else that goes on Notice that the kabobs are the grill. We bet, in mutual to stretch your designed admiration, you'll stick by it. You won't let go of this Quick or old budget. fashioned oats easily and recipe for Maple-y Barbecue economically extend ground . beef into extra servings. Juicy The magnetic attraction meatballs and sunny

pineapple chunks are alternated on skewers. Maple-y Barbecue Sauce

goes a long way in attracting neighbors, friends and Worcestershire you'll find. Open your doors sauce, and you have the -the summer parade is about finest flavor this side of the to begin!

#### MAPLE-Y B A R B E C U E SAUCE

Sauce.

1 rack spareribs, split

Saute onion and garlic minutes, stirring

Cut ribs into serving-size

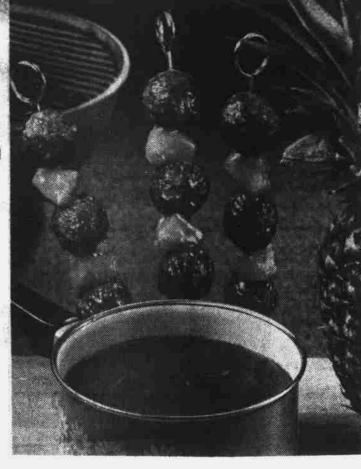
ground

teaspoons

lb. chicken wings ing Maple-y Barbecue Sauce Place chicken on rack of from heat or on outdoor with grill over ash-covered coals.

### SAUCY MEATBALL KABOBS

mix well. Shape mixture into beef 1-¼-inch balls; chill 1 hour. 34 cup quick of old fashioned Thread meatballs and pineuncooked apple chunks alternately onto catsup skewers. Place on rack of beaten broiler pan 4 inches from salt heat or on outdoor grill over pepper ash-covered coals. Broil 12 pineapple to 15 minutes; brush generouse



your barbecues a round Centeryoursum-Maple-y Barbecue Sauce. mer around the grill and

1 egg, beaten

1-1/2 teaspoons salt

1/4 teaspoon pepper

chunks, drained

One 20-oz. can pineapple Maple-y Barbecue Sauce

# **Colonial Stores Report** Sales Of \$223,896,455

ATLANTA - Colonial Stores Incorporated today reported sales of \$223,896,455 and net earnings of \$2,659,271 for the first quarter of 1976. Ernest F. Boyce, Chairman

of the Board and Chief Executive Officer of the Atlanta-based supermarket chain, said that while earnings declined slightly from the first quarter a year ago they were in line with the company's projections for the 12 weeks

ended March 27. Sales for the quarter increased by \$8,959,394 over the \$214,937,061 posted for the similar period last year. Net earnings were equal to 70 cents per share of common stock, compared to 73 cents per share, or \$2,787,461, for the first quarter a year ago.

Boyce said the company's increase in sales for the period was achieved despite a continuing stablization of supermarket prices across the board, and "reflects a substantial increase in the tonnage of merchandise moved through out stores."

The decline in earnings, he said, was largely the result of an increase in the provision for income taxes during the period as compared with that of the first quarter a year ago, when the company had significant investment tax credits.

Boyce also cited "unusually sharp competitive pricing throughout our areas of operation."

"Although none of these situations could accurately be described as price wars, there have been more intensified price activities, more depth in food advertising in all media and sharper specials on a broader range of items," Boyce said

Results of the quarter, he said, provide evidence that the effect of inflation continues to lessen in the company's supermarkets.

"Price increases in our grocery departments during the 12 weeks were negligible by comparison to the increase experienced a year ago, and retail prices on meats shows a substantial decline during the period," Boyce said.



1 tablespoon Worcestershire sauce

> Dash hot pepper sauce 1-1/2 lb. ground beef 3/4 cup of quick old fashioned oats, uncooked 1/3 cup catsup

SAUCY RIBS

pieces. Place on rack of broiler pan 8 inches from heat or on outdoor grill over ashcovered coals. Broil 1 to 1½ hours, turning occasionally. Brush rib with sauce during last 20 minutes of

cooking, turning occasionally. Serve with additional heated sauce. Makes 4 servings.

### SAUCY CHICKEN WINGS

occasionally. Brush chicken with sauce during last 15 minutes of cooking, turning occasionally. Serve additional heated sauce. Makes about 1 dozen chicken wings. Broil 35 to 40 minutes, turn-

MOTHERS OF TEENAGERS - During the early teens in Baptist Church. particular, nutritional needs are at an all-time high. But studies Devotions were led by Mrs. show that teen-age diets frequently lack sufficient essectial pro- Hastie Price, Mrs. Willie Mctein, vitamins, and minerals. Sweets and fats tend to be excessive. Keithen and Mrs. Callie May-On the whole, boys eat better and are better nourished than field. The business meeting girls. Apparently this is so because boys are usually more active followed during which Mrs. then girls, have larger appetites, and are therefore likely to get Price reported that the proneeded nutrients simply because they eat more gram sponsored by the First

At no other period of growth does a person's body change derson Grove Baptist Church faster, except perhaps during infancy. This rapid growth spurt was a great success. Other means that the food needs of adolescents are greater in pro- committees also reported. portion to size than those of an adult. The same studies which A delicious dinner was served reveal dietary inadequacies among adolescents also show that to Mrs. Emma Umstead, Mrs. teen-agers need sound nutrition teaching and guidance to help Marva Dowdy, Mrs. Callie them better understand the relationship of proper diet to Mayfield, Mrs. Geneva Trice, their physical, mental, emotional, and social well-being. En-Mirs. Hastie Price, Mrs. Vera couragement given by mothers at this stage of development go Owens, Mrs. Elizabeth Young, a long way in helping teenagers to avoid skipping breakfast, fad Mrs. Willer McKeithen, Mrs. foods, crash diets and junk food snacking. During that "big Clara Adkins, Mrs. Mable Batstretch" from childhood to adulthood, proper nutrition is

essential for health, growth, and development. What teenagers eat, how often they eat, and how much they eat may met at the home of Mrs. Lina also shape, to a great extent, their adult eating patterns. And Sanders with Mrs. Ella Crawas future parents, they will hold the key to the nutritional ford as co-hostess. After status of their children.



On Thursday, May 13 at 8:00 p.m. The Research Triangle Group of the Sierra Club will have their monthy meeting in Dreyfus Auditorium, Research Triangle Institute. Our program will be a discussion entitled, "Implications of a Conserver Society," lead by Jerome Kahl, Nuclear Extension Specialist at N. C. State. All interested are invited to attend. Bring a friend and a non-disposable cup for refreshments.

### \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

The Durham Chamber Music Guild will present the final concert in its 1975-76 season May 16 at 3 p.m. at the Pilgrim United Church of Christ in Durham. The Church is located across from the Durham Academy at the corner of NC 751 and 15-501 Business. The program will be: Barber Adagio for Strings, performed by a quartet from the North Carolina Symphony; Four songs by Norman Dello Joio sung by Katherine Posner, soprano; Bernstein's Sonata for Clarinet, performed by Donald Martin, Clarinet; and Marches for Woodwind Quartet performed by woodwinds from the North Carolina Symphony. The program is free and the public is cordially invited.

chundes, drained Maple-y Barbecue Sauce

cup

egg,

teaspoon

20-oz. can

lb.

Combine beef, oats, cat-

ly with sauce, turning occasionally. Serve with additional heated sauce. Makes about

Mrs. Mable Holeman, Mrs.

ler, Mrs. Mary Hooker, Mrs.

Rooker, Mrs. Getlin Pettiford,

Mrs. Melvin Lyon, Mrs. Cather-

inc Ferrel, Mrs. Della Dehunt,

Mrs. Lela McMillen, Mrs. Hort-

ense Willis, Edward Willis,

Willis.

Godby

Smith, Mrs. Eva Lyons, Mrs.

Carrie Saunders, Mrs. Susie

Dilihunt, Mrs. Mary Hayes,

Mrs. Viola Thompson,

Lillie Newkirt, Linnie Rose,

Agnes Hinton, Carrie Green,

Ella Crawford, Lina Sanders,

with Mrs. Myrtle Taylor and

Mrs. A. B. Massenburg as

The next meeting will be

and Evangline Page.

hostesses.

### **CLUB NOTES**

On April 27, the First Aid tle, Mrs. Viola Thompson, Mrs. Dept. of the Durham Ushers Lyda Sanders, Mrs. Mattie Union met at Mt. Gilead Tillman, Mrs. Lucily Linner,

Minnie Jones, Mrs. Mary Fow-Daisy Stephenson, Mrs. Willie Aid Department at the Hen-

and The next meeting will be at the home of Mrs. Emma Umstead, 823 Exum St. The closing prayer was by Mrs. Mary Hooker and the watchword was given by all. Mrs. Pettiford, Mrs. Rooker and Mrs. Stephenson served as hostesses for the evening. \*

The Friendly Ladies Club the devotion, the meeting was opened for business with Mrs.

Hastie Price, presiding. A very tasty repast was served to the following members by the hostesses:

Mrs. Hastie Price, Mrs. Tilliman, Mrs. Mattie Ernestine Fikes, Mrs. Lonnie

Garden Club. The meeting

was opened with the sing-

ing of hymns and scripture

with the hostess and the

club president, Mrs. Marga-

Mrs. Sophronia Green talked

and how to feed them.

Milligan

ret

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* Mebane, Valerie Livinston, The E. W. Walker Bible Class Bessie Smith, Louella King, of the First Calvary Baptist Nellie Hayes, Rosa Grafton, Church met at Mrs. Rebecca Dora Watson, Sadie Cham-Haskins' on April 25. The meet bers, Mary L. Stephens, Elizaing was opened with the usual beth Torain, Hattie White, Marprocedure, with Mrs. Valeria garet Miligan, Elizabeth Bul-Livingston, presiding. All lock, Rebecca Haskins, Sarah given. reports were Allen. Members present were: Ce-

A delicious repast was served. lestine Cunningham, Hallie Mrs. Sadie Chambers thanked Crews, Ellen Brown, Alene the hostess. \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

leading.

A delicious repast was served Mrs. Annie Bell Green was hostess for the April meeting of the Lyon Park Rose

to the following members: Mrs. Margaret Milligan, Mrs. Mary Hardy, Mrs. Pearl Brown, Mrs. Sophronia Green, Mrs. M. W. Webb, Mrs. Mattie R. Canty, Miss Alene Mebane, and Mrs. Gertrude Gibson, who was a guest and who also talked about the Flower on bulbs -- and pot flowers Show.