



INFOGRAMS

by Mary J. Whitmore, Home Economist

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 everlasting influences. The influence a mother has on her child's nutritional status begins even before conception takes place.

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 imitated by her offspring.

As we give a salute to women who have contributed to the ongoing of our development in observance of Mother's Day, it is also important to give careful consideration to future generations which will reflect in their health status the contributions of mothering today.

MOTHERS-TO-BE-Preparation for motherhood begins in the mother's own childhood. Good food habits formed in childhood provide girls with healthier bodies that will, hopefully, produce healthier babies.

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.

MOTHERS OF YOUNG CHILDREN - Snacks are especially important for the young child. Whether he is given a mid-morning or mid-afternoon snack should depend on the child's growth needs as well as his appetite at mealtimes.

MOTHERS OF TEENAGERS - During the early teens in particular, nutritional needs are at an all-time high. But studies show that teen-age diets frequently lack sufficient essential protein, vitamins, and minerals.

At no other period of growth does a person's body change faster, except perhaps during infancy. This rapid growth spurt means that the food needs of adolescents are greater in proportion to size than those of an adult.

CRESCENT CALENDAR

On Thursday, May 13 at 8:00 p.m. The Research Triangle Group of the Sierra Club will have their monthly meeting in Dreyfus Auditorium, Research Triangle Institute.

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.

Tempting Barbecue Sauce

YOU'LL STICK BY MAPLE-Y BARBECUE SAUCE

Begin the barbecue season with a sauce that will stick with you all summer. Why it sticks to ribs, chicken wings, meatball kabobs and anything else that goes on the grill. We bet, in mutual admiration, you'll stick by it. You won't let go of this recipe for Maple-y Barbecue Sauce.

Baste it to taste on any meat or poultry; or follow these recipes for Saucy Ribs, Saucy Chicken Wings and Saucy Meatball Kabobs. Notice that the kabobs are designed to stretch your budget. Quick or old fashioned meats easily and economically extend ground beef into extra servings.

Maple-y Barbecue Sauce goes a long way in attracting neighbors, friends and relatives through the summer, you'll find. Open your doors - the summer parade is about to begin!

MAPLE-Y BARBECUE SAUCE

- 1/2 cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons vegetable oil
- 1-1/2 cups catsup
- 1/2 cup maple-blended syrup
- 1/4 cup prepared mustard
- 1/4 cup vinegar

- 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

1 rack spareribs, split lengthwise
Maple-y Barbecue Sauce
Saute onion and garlic in oil. Add remaining ingredients; simmer over low heat 20-25 minutes, stirring occasionally. Makes about 2 1/2 cups.

pieces. Place on rack of broiler pan 8 inches from heat or on outdoor grill over ash-covered coals. Broil 1 to 1 1/2 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

2 lb. chicken wings
Maple-y Barbecue Sauce
Place chicken on rack of broiler pan about 6 inches from heat or on outdoor grill over ash-covered coals. Broil 35 to 40 minutes, turning occasionally. Brush chicken with sauce during last 15 minutes of cooking, turning occasionally. Serve with additional heated sauce. Makes about 1 dozen chicken wings.

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SAUCY MEATBALL KABOBS

1 1/2 lb. ground beef
3/4 cup quick of old fashioned oats, uncooked
1/3 cup catsup
1 egg, beaten
1-1/2 teaspoons salt
1/4 teaspoon pepper
One 20-oz. can pineapple chunks, drained
Maple-y Barbecue Sauce
Combine beef, oats, catsup, egg, salt and pepper;

mix well. Shape mixture into 1-1/4-inch balls; chill 1 hour. Thread meatballs and pineapple chunks alternately onto skewers. Place on rack of broiler pan 4 inches from heat or on outdoor grill over ash-covered coals. Broil 12 to 15 minutes; brush generously with sauce, turning occasionally. Serve with additional heated sauce. Makes about 3-1/2 dozen meatballs.

CLUB NOTES

On April 27, the First Aid Dept. of the Durham Ushers Union met at Mt. Gilead Baptist Church.

Devotions were led by Mrs. Hastie Price, Mrs. Willie McKeithen and Mrs. Callie Mayfield. The business meeting followed during which Mrs. Price reported that the program sponsored by the First Aid Department at the Henderson Grove Baptist Church was a great success.

The Friendly Ladies Club met at the home of Mrs. Lina Sanders with Mrs. Ella Crawford as co-hostess. After 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. Mattie Tillman, Mrs. Ernestine Fikes, Mrs. Lonnie

Smith, Mrs. Eva Lyons, Mrs. Carrie Saunders, Mrs. Susie Dillhunt, Mrs. Mary Hayes, Mrs. Viola Thompson, Lillie Newkirt, Linnie Rose, Agnes Hinton, Carrie Green, Ella Crawford, Lina Sanders, and Evangline Page.

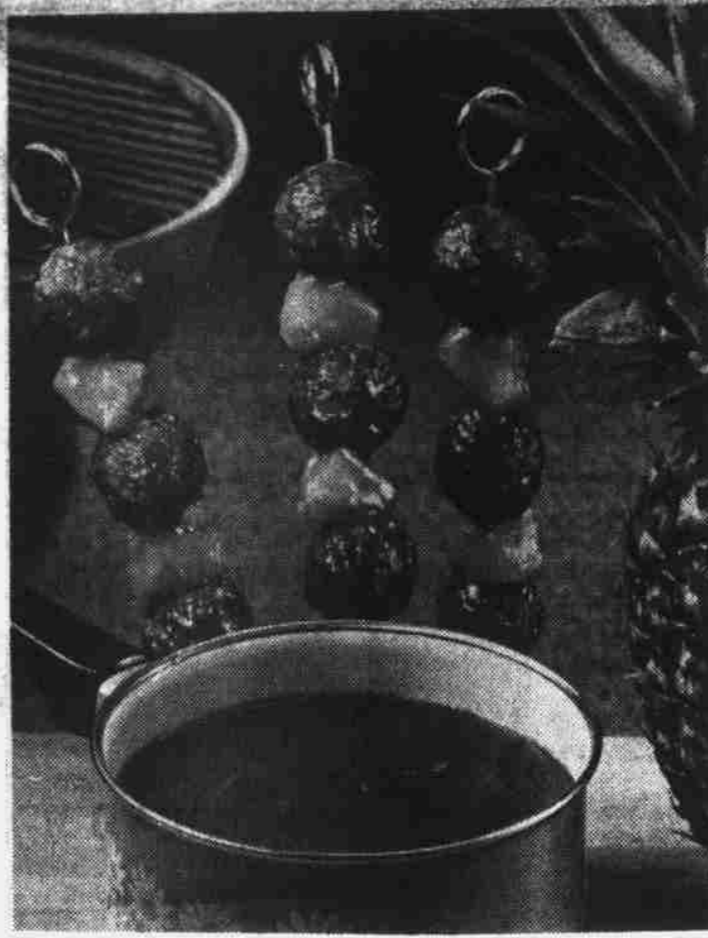
The next meeting will be with Mrs. Myrtle Taylor and Mrs. A. B. Massenburg as hostesses.

The E. W. Walker Bible Class of the First Calvary Baptist Church met at Mrs. Rebecca Haskins' on April 25. The meeting was opened with the usual procedure, with Mrs. Valeria Livingston, presiding. All reports were given.

Members present were: Celestine Cunningham, Hallie Crews, Ellen Brown, Alene

Mrs. Annie Bell Green was hostess for the April meeting of the Lyon Park Rose Garden Club. The meeting was opened with the singing of hymns and scripture with the hostess and the club president, Mrs. Margaret Milligan leading.

A delicious repast was served 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 Show.



Center your summer around the grill and your barbecues around Maple-y Barbecue Sauce.

- 1 egg, beaten
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper

- One 20-oz. can pineapple chunks, drained
- 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 stabilization 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.

Let's Go to the Races

NO PURCHASE NECESSARY
HERE'S ALL YOU DO! IT'S FUN! IT'S EASY!

Simply pick up a free game ticket each time you visit a Big Star Food Store in this area. No purchase required.

A NEW GAME EVERY WEEK
Each game ticket is numbered and color-coded for that week's race only. The more tickets you have, the greater your chances to win. Get new tickets each week!

FIVE CHANCES TO WIN ON EACH TICKET
Each ticket has five horse numbers... one horse for each of the five races shown on the weekly television show. If the horse number on your ticket corresponds with the first place horse in the proper race, you are a winner!

PROGRAM DATA			
\$265,000 prize money available during 13-week program. 67,300 total winning game pieces during program. 1 in 150 tickets are winning game pieces.			
Number of outlets - 54			
Program scheduled through July 5, 1976			
Area covered by program - Big Star Food Stores in North Carolina from Winston-Salem east to the Atlantic coast; and Lynchburg, South Boston, Danville and Martinsville, Virginia.			
Program may be renewed for another 13 weeks			
PRIZE DETAILS FOR EACH WEEK OF PROGRAM			
	AWARD	1 Store Visit Per Week	2 Store Visits Per Week
	\$ 2.00	1 in 365	1 in 92
	\$ 5.00	1 in 1,000	1 in 500
	\$ 10.00	1 in 8,000	1 in 2,000
	\$ 100.00	1 in 51,780	1 in 25,890
	\$ 1,000.00	1 in 155,300	1 in 77,650
	NO. OF WINNERS		
	4,255		
	777		
	155		
	15		
	5		





WIN UP TO \$1,000

YOUR CHANCE TO WIN ANY CASH PRIZE IS 1 IN 150

MOTHER'S

Mayonnaise

QUART JAR 58¢

10¢ OFF LABEL

FAB

DETERGENT

49-Oz. BOX 98¢

U.S. GRADE 'A'

YOUNG TURKEYS

LB. 47¢

10-14 Lb. Avg.

DONALD DUCK

ORANGE JUICE

HALF GALLON 58¢