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MS. JO ANN RUDDER

## "Miss Empire State" Returns to N.Y. from Virgin Islands Carnival

Jo-Ann Rudder, who recently won the coveted "Miss Empire State '79" title in New York City, returns state-side from her successful participation in the annual carnival in the Virgin Islands. She is the first New Yorker to hold this honor and the first American entry since 1952.

Ms. Rudder was an outstanding entry, leading the parade in a silk chiffon sunburst yellow gown and perched atop a sunburst yellow convertible automobile. She was applauded by all man, woman, child as she cruised along the parade route. Running a close second in the "Miss Empire State '79" title division was Paula Winston and running almost neck and neck was C. Lynda McConnel. In the talent area, the winners were C. Lynda McConnel, first; Clara Formosa, second; and Ron Richardson, third. Top winner for effective communication was Renee Butler followed by Lenora Biera, Terri Smith, Jacqueline Lewis, Renee Banks, Rowena Jenkins, Hazel Jenkins and Sharon Timmons.

Out of an array of outstanding and exciting participants of fifty, a panel of distinguished judges voted all winners superior in the areas of poise, charm, and per-

sonality. In the swimsuit division, Annette Quairlor took first place with a close second by Martina Mercedes Guest.

In the area of congeniality were Mary Hutchinson representing the female contestants and Irving Jeffers for the male; they were most deserving.

One of the unique features of the '79 "Miss Empire State Pageant" was the inclusion of men in the talent part. It was a positive and effective thrust said the "Miss Empire State Committee Members"; Camille Petty, Constance Dials, Connie Bryant, Dell Pinckney and Russell Young. Frank Hatchett, choreographer, and musical director Zane Mark wove the talents of the men with that of the women with great artistry and drama and the audience gave a standing ovation in appreciation of the production.

Ophelia DeVore - sponsor of the "Miss Empire State" contests, said that she was thoroughly pleased with the judges choices of winners as all fifty of the contenders were superbly talented and outstanding. Other gifts and awards included trophies, black and white and color TVs, stereos, cash, tape recorders, cosmetics, jewelry, fashions, modeling and talent contracts, scholar-

ships, etc.

Many former "Miss Empire State" winners have made international history. Since the contest's inception in 1956, it has made tremendous growth and has gained enormous momentum and international recognition.

In 1959, contest winner, Cecelia Cooper, while enjoying her prize at the International Film Festival in Cannes, France, became Queen of the Festival, winning the title over starlets from various countries of the world. Her winning was a record-breaking event since she was the first American ever to claim this honor. Cecelia was applauded by almost every country throughout the world. Similar honor was accorded "Miss Empire State" winners LaJeune Hundley and Emily Yancy.

Queen Jo-Ann is a senior in Westhill High School in New York City where she maintains an "A" average. In her spare time, she is a salesperson at one of New York's most fashion-oriented department stores. There, Jo-Ann is responsible for maintaining and initiating a fashionable "Look." Her position requires a sense of urgency, flexibility and effective verbal communication skills. She has been singing since the age

## A New Way to Lose Weight, Walk it Off!

Increasing evidence suggests that dieting may be the wrong approach to losing weight — that exercise is the real key. This is good news for many people, who find that dieting doesn't work very well anyway. A recent medical journal noted that probably no more than twenty per cent of those trying to lose weight, and possibly as few as five per cent, have any long-term success with dieting.

Can you really walk off your excess weight? According to the July Reader's Digest, there have been several promising pilot programs. At the University of California, Dr. Grant Gwinup told a group of 34 overweight patients to forget about dieting and to start walking — gradually increasing time and distance. A year later, the eleven patients who stuck it out had all lost weight — from ten to 38 pounds.

A study of overweight youngsters compared with those of normal weight revealed that while the overweight teenagers ate less than their thin counterparts, the lean ones exercised more. The conclusion, according to the article: "Inactivity is of greater importance than excessive food intake in the development of obesity in adolescents."

In an hour of walking, you will burn between 240 and 300 calories. An hour of tennis uses between 420 and 480. Bicycling burns between 360 and 420 calories. A spokesman for the Stanford University Medical School says: "There are essentially two approaches to weight loss. You can increase energy expenditure and enjoy eating. Or you can cut down on food intake and be miserable because you can't eat. If you can get your exercise level up to something reasonable — perhaps forty minutes four times a week — then maybe you won't have to count calories the rest of your life."

If that isn't good news, what is?

## Want to Join Trip to Atlanta?

Nu Beta Chapter of Alpha Chi Omega Sorority is sponsoring a bus trip to Atlanta, Georgia leaving Durham August 11 and returning Wednesday, August 15.

They are going primarily to attend the Bronner Brothers Beauty Trade Show, but are inviting persons who would like to make the trip with them to be their guests.

For \$100.00 per person, the package trip will include: travel by bus, two nights hotel (two to a room), tickets to all functions of Bronner Brothers International Trade Show to be held at the Hyatt Regency, Atlanta, August 12, 13, 14.

Interested persons may contact any of the following charter members of Nu Beta Chapter of Alpha Chi Omega Sorority for further information or to arrange to go: Mrs. Ethelene Prayloe, basileus, 682-2884 or 544-3553; Mrs. Eleanor Dillard, 477-5539; Mrs. Margaret Bell, 688-5948 or 596-1159; Mrs. Wilhelmina Foster, 596-3631 or 489-0291; Mrs. Shirley Lennon, 688-7092 or 682-3968; Mrs. Donna R. Nichols, 477-3505 or 967-9430.

This trip is expected to be filled early, so don't delay in making contact with one of the members as soon as possible.



## All About Egg Cookery

Good things, they say, and become rubbery, and that's certainly true of the egg. That beautiful little sphere contains a food that's high in protein, rich in vitamins and minerals, and surprisingly low in calories. What's more, eggs are wonderfully versatile — they make superb dishes for every meal.

And for fixing fast meals, eggs have few rivals: In fact, most egg dishes are best when cooked quickly, over moderate to low heat. When eggs are cooked at too high a temperature or for too long at a low temperature, the whites shrink

and become rubbery, and the yolks toughen.

That's why electric utensils — skillets, buffet frypans and griddles — work so well for cooking eggs. Most of these appliances feature controls that maintain the desired temperature until the dish has finished cooking. And many also have a setting that allows food to be kept warm until serving time.

Small electrics are now available in a wide range of sizes and shapes to suit family size and lifestyle. And some of the newest have surfaces of metallic brown



Award Recipient

Seventeen-year-old Valerie Ann Richard of Chicago received a \$250 first-place award presentation from Anheuser-Busch, Inc. for the project entry in the annual National Student Science and Engineering Competition, conducted by the National Consortium for Black Professional Development. The John M. Harlan High School graduate developed research on "Biological Clocks" showing how it was possible to change concepts of day and night among laboratory test animals. At NCBPD ceremonies held recently in Norfolk, Virginia, Anheuser-Busch's Williamsburg brewery Plant Manager Robert H. Rathert presents the check to Leah Dorsey, accepting in behalf of Ms. Richard, who was attending her graduation ceremony at the time.

"SilverStone" — a feature that permits easy and complete release of food and makes cleaning a snap. Sure to intrigue egg fanciers is a unique appliance called the Eggory that turns out perfect omelets in just four

minutes. A compact unit that takes up little room, the utensil has two hinged pans, surfaced with non-stick

"Teflon." The egg batter is poured into both pans, cooked for two minutes, then one pan is flipped over the other. Another two minutes of cooking, and the tender, moist omelet is ready to slide out onto the plate.

Another appliance that's growing in popularity is the electric wok, a splendid utensil for preparing Oriental stir fried dishes.

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Cubed Steak	2.99 Lb.	2.69 Lb.	30¢ Lb.
Chuck Roast	1.99 Lb.	1.59 Lb.	40¢ Lb.
Ex-Lean Ground Beef	2.19 Lb.	1.49 Lb.	70¢ Lb.
Ex-Lean Ground Beef Patties	2.29 Lb.	1.65 Lb.	64¢ Lb.
Select Pork Chops	2.49 Lb.	1.89 Lb.	60¢ Lb.
End Cut Pork Chops	1.69 Lb.	1.29 Lb.	40¢ Lb.
Smoked Ham Hocks	89¢ Lb.	69¢ Lb.	20¢ Lb.
Sliced Bacon	1.89 Lb.	1.29 Lb.	60¢ Lb.
Pork Sausage	1.89 Lb.	1.29 Lb.	60¢ Lb.
Link Sausage	1.89 Lb.	1.49 Lb.	40¢ Lb.
Sausage Patties	1.85 Lb.	1.09 Lb.	76¢ Lb.
Pork Fatback	79¢ Lb.	59¢ Lb.	20¢ Lb.
Pork Brains	89¢ Lb.	45¢ Lb.	44¢ Lb.
Chitterlings, 10-Lb.	7.29	4.79	2.50
3-Lb. Canned Ham	8.69	7.49	1.20
1 1/2-Lb. Canned Ham	4.99	4.49	50¢
All Beef Franks, 12-oz.	1.79	1.29	50¢
Sliced Bologna, 12-oz.	1.59	1.39	20¢
Sliced American Cheese, 8-oz.	1.05	95¢	10¢
Cheddar Cheese	2.59 Lb.	2.19 Lb.	40¢ Lb.
Market Sliced Bacon	99¢ Lb.	89¢ Lb.	10¢ Lb.
Pure Pork Barbecue	2.79 Lb.	1.89 Lb.	90¢ Lb.
Country Link Sausage	2.19 Lb.	1.45 Lb.	74¢ Lb.
	69.06	53.08	15.98

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