



Now presenting
an exclusive
offer on
beautiful new

Abingdon China

Now you can collect a beautiful set of china through this exclusive offer. Each week a different place setting piece will be featured at this special price and purchase requirement.

FEATURE PIECES ONLY

49¢

WITH EACH \$5.00 PURCHASE.

These featured pieces will be available three times during the 15 week program. Buy as many pieces as you like, and add to your collection at your convenience.

Feature-of-the-Week Schedule:

ITEM	FEATURE WEEK	REGULAR PRICE	SPECIAL PRICE	NOTE
Dinner Plate	FIRST SIXTH & ELEVENTH WEEK	\$3.59	49¢	EACH with each \$5.00 purchase
Cup	SECOND SEVENTH & TWELFTH WEEK	\$2.59	49¢	EACH with each \$5.00 purchase
Saucer	THIRD EIGHTH & THIRTEENTH WEEK	\$1.99	49¢	EACH with each \$5.00 purchase
Dessert Dish	FOURTH NINTH & FOURTEENTH WEEK	\$1.99	49¢	EACH with each \$5.00 purchase
Bread & Butter	FIFTH TENTH & FIFTEENTH WEEK	\$1.99	49¢	EACH with each \$5.00 purchase

Abingdon China is a beautiful way to enhance your dining pleasure. Build a complete service for eight, twelve, etc. on one convenient, low-cost plan. Start building your collection today!



Matching accessories also available:

These matching accessories are also available to complete your collection. Each accessory is available throughout the program with no purchase requirement!

Only at



1000 Waughtown Street Monday-Saturday 8:00 to 10:00 Sunday 12:00 to 7:00	Thruway Shopping Center Monday-Saturday 8:00 to 10:00 Sunday 12:00 to 9:00	Village Sq. Shop. Ctr. - Rural Hall Monday-Saturday 9 to 9 Sunday 1-7
3 Oaks Plaza 811 Merita St. Mt. Airy Monday-Saturday 8 A.M. to 10 P.M. Sunday 10 A.M.-7 P.M.	Parkview Mall Monday-Saturday 9:00 to 10:00 Sunday 12:00 to 9:00	Pinebrook Plaza Shop. Center Monday-Saturday 9:00 to 9:00 Sunday 12:00 to 7:00
	Walkertown Shopping Center Monday-Saturday 8:00 to 10:00 Sunday 1:00 to 7:00	

The Worst Seat Of All

"A passenger's lap is the most dangerous place for a child to be while riding in an automobile," a United Press news report recently released in Detroit, Michigan revealed. The report that appeared in the New York Times newspaper went on to point out these facts:

According to the Insurance Institute for Highway Safety an adult cannot protect a child in an auto crash; and the adult may add to the child's injury and could cause his death if the child is sitting on the adult's lap.

Social psychologist Allan Williams said in his finding on injuries to children in auto crashes: An adult holding a child on his lap in a moving car exposes the child to the risk of unnecessary crash injuries and creates situations in which he is likely to inflict injuries on the child through bodily contact. Williams compares

these injuries to battering a child deliberately.

If your car is hit from the front, both the child and the adult will continue to move forward as the vehicle comes to an abrupt halt. This causes

to death from crushing.

A 14 month old boy riding on a passenger's lap in the rear seat was found face down with the adult on top of him, and brain injury resulted in his death. The report noted that a 9 year old in

part of adults in automobiles in Winston-Salem. Some adults permit small children to ride in the back of pick up trucks while standing and playing and even leaning over the sides of the trucks with no adults

while hanging out of automobiles.

It is very dangerous to leave your car engine running and get outside of the car and walk behind it.

An Atlanta housewife was returning home from work, stopped at her mailbox and put the car in park. She got out and slammed the door and walked behind her car to reach in the mailbox. The automobile jumped into reverse and ran over the housewife

resulting in serious injuries and hospitalization.

Observers said that apparently the vibration from the door caused the transmission to jump into reverse. Based on reports, this is a defect which is present in some models of automobiles today. It is never wise to leave your car running while you get out to do something else.

Better Living

By
JoAnne Falls



the child to be crushed between the person holding him and the unyielding interior surfaces of the car.

The study covered 53 cases of children who were injured while riding on the laps of adults. The injuries ranged from lacerations

the same car on the same seat wearing a lap belt received no injuries.

Studies show that nearly half of the infants traveling in autos are held on the laps of adults.

These are some other dangerous practices that I have observed on the

riding in the back.

Some adults permit children to ride in automobiles with their arms and heads on the outside of the automobile. These parents have not stopped to realize that several children each year have their arms cut off, or are decapitated



Paella Salad

A What? Salad

A cool idea for the cost-conscious food shopper with gourmet tastes is aromatic Paella Salad, made with nutritious, satisfying rice.

It takes its cue from Spanish paella, combining low-calorie rice with healthful seafood, chicken and green peas, seasoned in the traditional manner and best presented cold and garnished with red, fresh tomatoes.

PAELLA SALAD

- 1 package (6 ounces) frozen cooked, peeled, and deveined shrimp
 - 3 cups cool cooked saffron rice*
 - 1 can (8 ounces) minced clams, drained
 - 1 1/2 cups diced cooked chicken
 - 1 1/4 cups each sliced celery and cooked green peas
 - 1/2 cup diced green pepper
 - 1/2 cup sliced green onions with tops
 - 1 cup mayonnaise
 - 2 tablespoons dry white wine
 - 3 tablespoons capers, optional
 - 1/2 teaspoon salt
 - 1/4 teaspoon each garlic powder and pepper
 - 2 medium fresh tomatoes, cut in wedges
- Thaw and slice shrimp in half lengthwise. Combine with rice, clams, chicken, celery, green peas, green pepper, and onions. Blend mayonnaise with remaining ingredients except tomatoes. Pour over shrimp mixture and toss lightly. Chill. Use tomatoes for garnish or toss with salad before chilling. Makes 8 1/2 cups, or 6 to 8 servings.

*Cook rice according to package directions in chicken broth with a pinch of saffron, turmeric, or paprika.

Mrs. Rosa Young

Funeral services for Mrs. Rosa Young of 1311 Underwood Ave. were held on Thursday, July 5, at 4:00 p.m. from the Shiloh Baptist Church with Dr. B. H. Bonham officiating.

Mrs. Young was a native of St. Matthew, S. C. and had lived in Winston-Salem for 56 years. She was a member of Shiloh Baptist Church where she served in Ladies Aid #1. She was a former employee of Winston Leaf Tobacco Company.

Mrs. Young is survived by one son, Mr. Jacob Young of New York City, three sisters, Mrs. Annie Forehand of Far Rockway Beach, N. Y., Mrs. Ollie Hill of Brooklyn, N. Y. and Mrs. Sadie Brown of Brooklyn, N. Y.

Burial was in the Evergreen Cemetery. (Clark S. Brown and Sons Funeral Home)

Dishes for 1 or 2

For singles and couples the supermarket can be a confusing maze. Though small-quantity cooks are finding more foods packaged in one or two-serving portions, there still are a few successful shopping tricks to learn.

- Keep a pad and pencil in the kitchen to list food items you need. Pay particular attention to supplies of staple food like dairy products, flour, sugar, oils, herbs and spices and condiments. Without any of these foods, the simplest meal could be impossible.
- Shop for groceries at one conveniently-located food store; avoid shopping after work when stores are crowded and you're hungry and tired.
- Resist buying perishable foods in quantity. Buy small containers of condiments you use frequently--

even staples have a limited "freshness" life. You'll save in the long run by not throwing out food that is past its prime.

- Get to know your butcher. Let him know that you would like small quantities.
- Take advantage of seasonal bargains in produce. For instance, California avocados currently are in good supply in your markets.

Both the bright green, smooth skinned fruit or the dark, pebbly-skinned fruit offer just enough to feed one or two without leftovers.

SALMON-AVOCADO WHOLE-MEAL SALAD

- 1 cup each, bite-size pieces leaf and iceberg lettuce
- 1/2 cup watercress sprigs
- 1/4 cup fresh mushrooms, thinly sliced
- 1 (2.3-oz.) can sliced

- black olives, 1/2 cup croutons
 - 1/2 soft California avocado, peeled, seeded and cubed
 - 1 hard cooked egg, sliced
 - 1 7/4-oz. can salmon, drained and flaked
 - 1/2 cup bottled Italian dressing
- Combine lettuce and watercress and toss lightly to mix. Add mushrooms, olives and croutons and toss again. Gently place avocados and egg on top of the salad.

Sprinkle salmon across the top, allowing it to remain as flaky as possible. Add dressing, toss lightly to coat entire salad and serve at once.

Makes 2 servings.
Experiment with other avocado recipes for singles or doubles. Order a free brochure by writing: Avocado-ry For One or Two P. O. Box 19159 Irvine, CA 92713

Dessert Ideas

- *Savory Seasoned Add-A-Crunch
- 2 1/2 cups Quaker Oats (quick or old fashioned, uncooked)
- 1/2 cup butter or margarine, melted
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon seasoned salt

Combine all ingredients; mix well. Bake in ungreased 15x10-inch jelly roll pan at 350°F. for 15 to 18 minutes or until light golden brown. Cool; store in tightly covered container in refrigerator up to 3 months. Sprinkle over tossed green salads, soups, casseroles or vegetables. **Makes about 3 cups.**

MICROWAVE OVEN DIRECTIONS: Cook in ungreased 11x7-inch baking dish at HIGH 8 to 9 minutes or until light golden brown, stirring after every 3 minutes of cooking; cool.

Fancy Fruited Shortcakes

- 2 cups Aunt Jemima Complete Pancake and Waffle Mix
- 1/2 cup sugar
- 1/4 cup mashed ripe banana*

- 1/2 cup milk
- 1 egg, beaten
- 1/2 cup vegetable oil
- Frozen strawberries, thawed, or canned peach slices in syrup
- Banana slices
- Sweetened whipped cream or frozen non-dairy whipped topping, thawed

Combine pancake mix and sugar; add combined banana, milk, egg and oil, mixing just until dry ingredients are moistened. Spread into greased 8-inch square baking pan. Bake at 375° for 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool; cut into 9 squares. Cut each square in half crosswise. For each serving, combine about 1/4 cup strawberries and 1/4 cup banana slices; fill and top each shortcake square with fruit mixture. Top with whipped cream. **Makes 9 servings.**

VARIATION: Substitute sweetened fresh fruit for frozen strawberries.

*NOTE: To mash banana, beat at low speed on electric

mixer.
****NOTE:** At this point, shortcake squares can be wrapped securely and frozen. When ready to use, remove desired number of squares from freezer. Rewrap; thaw at room temperature 30 to 45 minutes. Fill and top as recipe directs.

MICROWAVE OVEN DIRECTIONS: Increase vegetable oil to 1/2 cup; substitute 8-inch square baking dish for baking pan. Place inverted 2 1/2-inch round drinking glass in center of baking dish; spread batter evenly around glass. Cook at HIGH 5 to 6 minutes or until wooden pick inserted close to glass comes out clean, rotating dish 1/2 turn after each 2 minutes of cooking. Cool; cut into 9 pieces. Fill and top as recipe directs.

Remove hard callus skin without cutting, scraping!

From feet, hands, elbows Doctors find that hard, thick calluses often can be softened and removed medically. The same ingredient doctors find so effective is available in DERMA-SOFT™ Medical Formula for Hard Callused Skin