Virginia Social Whirl

By Estelle Clarke

RICHMOND

The Bridgettes were entertained at their February meeting by Mrs. Evelyn Shaed at her residence on Noble Ave.

Members enjoying the evening were Mesdames Helen Allen, Willianna Cole, Edna Hale, Emma Davidson, Margaret Christian, Helen Parker, Elayne Thompson, Beresenia Hill, Bette Joe Swann and Evelyn Sweat.

Guests were Mesdames Madeline Peters and Mamie Chiles.

Chibprizes went to Mrs. Willianna Cole, first; Mrs. Edna Hale, second, and Mrs. Emma Davidson, third. Guest prize was won by Mrs. Mamie Chiles. Estelle Clarke was scorekeeper.

The Richmond Moles had a night to remember when Ethel Lovings was hostess to the regular monthly meeting for February.

It was a cold night and the roads were icy but this did not stop the members and their Mules from visiting 8122 Abbey Rd., the beautiful home of Ethel and William Lovings. Greeting the guests and the beginning of the evening were Willam Jr. and Oliver Chiles.

It was the 29th anniversary of the Richmond Chapter of Moles which was organized Feb. 17, 1951. The president, Martha Pressley, called attention to this memorable occasion and proceeded with a short session.

Later, the atmosphere took on a dramatic turn. Some ladies and gents danced the disco. An excellent demonstration was performed by a couple from Virginia Commonwealth University, who were visiting the Lovings daughter, Vicki. Operating the musical offerings was Ricky Winston.

Moles and Mules, present were Helen Allen, Ruby Bryant, Cynthia Charity, Mamie Chiles, Elayne Thompson, Emma Davidson, Mary Payne, Madeline Peters and Annie Williams.

Also Willianna and James Cole, Edna and Samuel Hale, Beresenia and Oliver Hill, Glenyce and Colston "Choke" Lewis, Evelyn and Ralph Page, Helen and William "Red" Parker, Martha and Jerome Pressley, La Verne and Charles Spurlock, Bette Jo and Fred Swann, Gullnare and William (Bill) Williams, Zemoria Wood and Noble Lee Carter who was guest.

The Suavettes were entertained by Mrs. Salena Clay of Montrose Ave. with Miss Zemoria Wood as co - host.

In keeping with the Valentine theme, the chaplain, Mrs. Tessie Hicks read an appropriate poem "The Golden Chain of Friendship."

President Laura Bright presided over the short business meeting after which several games were played.

Prizes were won by Mesdames Ruth Gillespie, Laura Bright, and Beresenia Hill. Each member received a beautiful gift from the hostesses.

Members present were Mesdames Laura Bright, Goldie Breaux, Tessie Hicks, Alta Picott, Ruth Gillespie, Georgia Williams, Alma Brown, Linnie Richardson, and Beresenia Hill.

The Gay Senoras met with Mrs. Thelma Peterson of Montrose Ave., on Saturday night. Members playing were Cora Moon, Elizabeth Dyson, Ethel Pierre, Le Mayne Savage, Ruby Dewitt, Ruth Gayles, and Willanna Cole. Guest was Gullnare Williams.

Prizes were won by Cora Moon, first; Elizabeth Dyson, second and Le Mayne Savage, third. Gullnare Williams won the guest prize.

The ladies were later joined by husbands Basil Pierre, Harry Savage, Harold Dewitt, James Cole and Doctors Franklin Gayles, and William Williams, George Peterson assisted in hosting the club.

The Grihton Clubb of Richmond began its 10th anniversary celebration Saturday, Feb. 10, at a buffet brunch with husbands and sweethearts, complete with Valentine decor at the home of Mrs. Beryl Walker.

which time members and their families worshiped at President Winifred Lambert's church, First Baptist, Rev. Dwight Jones, pastor.

The culminating activity was a formal ball held Saturday, Feb. 17, at the Rebcor Building on Parham Rd., that featured the theme "Winter Wonderland."

The Grihton's presented a mini - capsule of their history. This was narrated by Mrs. Edna Hale.

The 1979 Sweetheart is Moses ("Sparty" Norrell, who presented his wife Laura along-stem white rose.

Others presenting roses to their sweethearts were Messrs Percy Brewer, Rodney Epps, Garnell Proctor, Junius Carter, John Lambert, Angler Lawrence, Edwin Lawrence, Welford Lewis, Sidney Parker, J. Donald Rozier, Clifton Townes, Ottoway Williams and Dr. Philmore Howlette. A gift was given to the sweethearts also. After receiving gifts the couples danced to the anniversary theme song "The Way We Were."

Officers of the Grihton club are Winifred Lambert, president; Claudette Lewis, vice-president; Yvonne Carter, secretary; Beryl Walker, treasurer; Marshall Lawrence, financial secretary; Margaret Lawrence, sergeant-at-arms.

Other members are Gloria Brewer, Margaret Howlette, Laura Norrell, Joan Oliver, Savilla Parker, Onedia Rozier, Lois Townes, and Goldie Williams.

Out - of - town guests attending the affair were Mr. and Mrs. Melvin Black (nee Alease Payne) Mr. and Mrs. Garnell Proctor of Washington, Mrs. Louise Chubbs (nee Louise Miles) of Greensboro, Mrs. Sharon Evans, Baltimore, attorney and Mrs. John Knight of Maryland, Mr. and Mrs. Thervde Black, Mrs. Black (nee Gustava Brown) of Philadelphia.

Others were Nebuchadnezzar Altaway of Reston and Ivin Norrell of Minnesota.

The program committee was chaired by Marsha Lawrence and Lois Townes.

YOUTH PLANS – The Delver Woman's Club makes plans for its workshop on the increase in teenage pregnancies to be held Saturday, March 3 at Virginia Union University in Henderson Center from 9 a.m. to noon. Group sessions and a keynote speech by Charles Wright of the March of Dimes are among the day's events. Registration for the program is free and may be made through churches, Boys' Clubs, Boy Scouts, UMCA and YWCA.

PERSONAL INJURY
WORKMEN'S COMP,
DIVORCES, WILLS
FREE Initial Consultation
RYLE CLOSE, Attorney
727-6006 Day
876-1367 Eve

Well stocked kitchen helps weather storm

Food purchased in advance of snowy days can help the shopper to avoid the supermarket when it is really filled with people rushing to stockpile their own short supplies, says Georgia Stevens Nerud, Consumer and Food Economics Specialist, Cooperative Extension Service, University of Maryland.

A well-stocked kitchen will help weather the storm, as well as provide a convenience for those who manage both home and an outside job. The cost of food, the likelihood of spoilage and limited storage space, however, argue against an over-stocked kitchen.

An emergency food supply can range from a little dried or canned milk and a few extras to an extensive supply of canned, frozen and dried foods. Priority should be given to foods which would not be available during an emergency.

Milk, bread and the other perishables qualify as high priority. An emergency supply should also include some foods which require little or no cooking or water, in the event of electricity or water being curtailed. Some hot foods, like instant potatoes, fill this bill.

Frozen foods are a great convenience, but are less useful than canned foods during a power failure. When there is a blackout, the freezer should be opened only when absolutely necessary. Commercially canned foods generally may be eaten without heating, and many supply liquids which are useful when water is scarce.

Versatility of the foods themselves will help keep the total food stock within reasonable limits. Biscuit mix, for example, may also be used for pancakes, breads and desserts. Tomato juice may be used as a soup stock, a spaghetti sauce, or a beverage.

An emergency food supply should include foods from the four food groups to assure good nutrition. Possible choices include:

— Milk and dairy products: Dried or canned milk, cheese foods and spreads, hard cheeses.

— Fruits and vegetables: Fresh winter produce, including carrots, potatoes, apples, pears, cabbage, canned or frozen fruits and vegetables, frozen or canned juices; dry juice substitutes; instant potatoes; dried fruits.

Miss Gay to wed

Announcement has been made of the engagement of Miss Annette Maria Gay, daughter of Mrs. Ann G. Gay and the late Harold E. Gay to Michael Allen Fowler, the son of Mr. and Mrs. George F. Fowler Sr.

The bride - to - be was graduated from Western High School and the Hampton Institute, Hampton, Va. She is attending the University of Maryland Graduate School, College Park where she is a student in Agriculture and Life Sciences.

Miss Gay is the granddaughter of Mrs. Mamie L. Gay of Richmond, Va. and the late Aaron Gay Sr. and Mr. and Mrs. John A. Chaney Jr. of Maiami, Fla.

The bridegroom - to - be was graduated from Walbrook High School and is attending Catonsville Community College. He is a computer operator at J. Schoeneman Inc., Owings Mills Md.

MISS
ANNETTE M. GAY
Engagement told

NATIONAL LUMBER
SINCE 1919
EVERYTHING FOR BUILDING
• PLYWOOD • CEILING TILE • DOORS • KITCHEN CABINETS • HARDWARE • SAKRET • FENCING • PANELING • FLOOR TILE • INSULATION • WINDOWS • RAILROAD TIES • REDWOOD
675-4740
OPEN 6 DAYS
THURSDAY & FRIDAY 'TIL 8:30 P.M.
SATURDAY 'TIL 5 P.M.
4901 PULASKI HWY.
(at Monument St.)
"YOUR GRANDDAD WAS A SATISFIED CUSTOMER"

cfp

THE COMMUNITY FELLOWS PROGRAM offers community workers and government employees an opportunity to study at M.I.T. The Fellowship includes a stipend and tuition for community sector Fellows; a research budget for all Fellows to pursue a project to implement upon return to their respective agencies and communities.

Write to:

THE COMMUNITY FELLOWS PROGRAM
Massachusetts Institute of Technology
Room 7-341
Cambridge, Massachusetts 02139

U.S. GOVERNMENT REPORT:
CARLTON LOWEST.
Carlton claim confirmed.

Based on U.S. Government Report:
14 Carltons, Box or Menthol, have less tar than one Vantage.
11 Carltons, Box or Menthol, have less tar than one Merit.
11 Carltons, Box or Menthol, have less tar than one Kent Golden Lights.
6 Carltons, Box or Menthol, have less tar than one Winston.
The tar and nicotine content per cigarette of selected brands was:

	Tar	Nicotine
Vantage	1	0.8
Merit	2	0.6
Kent Golden Lights	8	0.7
True	5	0.4
Carlton Soft Pack	1	0.1

"LOWEST. Another 1 mg. "tar." 0.1 mg. nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine. Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette. FTC Report May '78

Riviera

Here's the car you've been waiting for. The 1979 Buick Riviera. Designed and engineered to meet your changing needs.

This is your version of personal-car luxury. With standard front-wheel drive for impressive traction and independent front-rear suspension.

Every little feature was meant to be enjoyed. From its elegant, formal lines to its comfortable interiors. And that includes power windows, power door locks, power seats, power steering, power braking, electronic leveling control, automatic transmission and AM/FM stereo, which are all standard.

The Riviera also offers a choice of engines to meet your needs—a standard 5.7 litre (350 CID) gasoline V8 or an optional turbo charged V6.

The Riviera is equipped with General Motors built engines produced by various divisions. See your dealer for details.

There's an entire line of '79 Rivieras for you to experience. Do it today. The car you've been waiting for is waiting for you.

BUICK GM
After all, life is to enjoy.

The Diet Corner

Nutrition Week, March 4-10

The animals went in two by two because Old Man Noah, he knew what he was doing!

Like most things in life, dieting is easier with company.

Don't take my word for it. Dr. Kelly Brownell wasn't kidding around when he researched "Couples Training and Partner Cooperativeness" at Brown University.

Like most diets these days, Dr. Brownell's eating program concentrated on the behavioral aspect of weight loss. That's where the partnership came in. In fact, your partner may not have a need to lose weight. Learning new eating habits could mean never having to say "I have to go on a diet," for the thinnie of the diet. Setting up good eating behavior is innoculation against gain.

So — what do you do to diet by two?

Each of you keeps a daily log for what you observe of your own and your partner's eating.

You both follow set techniques set meals:

—put forks down between bites

—neither has water with meals

—each enjoys a mid - meal pause to decide how much more to eat

6—both give up eating while watching TV, reading, or listening to the radio

—food is served on the plate — no platters or bowls on table.

If there is a non - weight loss partner, the role is to be supportive and keep from nagging. Surprisingly, it was discovered that thin partners talked more about food than overweight ones in couples. The sacrifice there was conversational rather than caloric.

It takes a sound, nutritionally balanced diet to bring calories down to tye level where weight come off. This includes good diet cooking. I'll start you and your partner off with this dish for lunch for two:

Spanish Omelet

Filling:
1 tablespoon onion flakes
¼ tablespoon garlic power
1 red peper, sliced thin
1 green pepper, sliced thin
2 tomatoes, peeled and cut in eights
½ pound mushrooms, sliced
½ tablespoon tabasco sauce
dash of salt and freshly ground peper
2 tablespoon parsley, chopped fine

Omelet:
4 eggs
1 tablespoon water
½ teaspoon imitation butter flavored salt

Filling: Saute onion flackes in 2 tablespoons water. Add garlic powder, peppers, tomatoes, mushrooms, tabasco sauce, salt and

Filling: Saute onion flackes in 2 tablespoons water. Add garlic powder, peppers, tomatoes, mushrooms, tabasco sauce, salt and peper. Cook together about 5 minutes. Add parsley just before filling omelet.

Omelet: Combine eggs, water imitation butter salt and beat throughly with a fork until light and foamy. Place a sprayed pan over moderate heat. When pan is hot, pour in egg mixture. When omelet is cooked on the bottom, and ready to be folded, pour hat filling in center of omelet. Fold over and serve on a hot platter.

I'll top that off with some dessert recipes if

With all the current discussion about eating habits, calories, physical fitness and balanced diet, the Nation is still made up mostly of "junk food junkies."

It is estimated that between 70 and 80 million Americans are overweight and in many cases, undernourished. In this affluent country, each man, woman and child consumes nearly a ton of food and drink per year. We spend over 200 bilioion dollars annually to satisfy our growing appetities. The price we pay may be even higher than we realize. Are we the best fed nation on earth or the most overfed?

There is mounting medical evidence that many of our modern diseases such as diabetes, high blood pressure and cardiovascular problems are related to our eating habits.

Doctors concerned with nutrition state that Americans consume too many empty calories in the form of worthless foods such as candy, cakes, cookies, pastries, donuts, soft drink, potatos chips, pretzels and other snacks, all of which contain large amounts of refined flour, sugar, salt and fat. Americans eat about 100 lbs. of sugar per person per year and ten times the amount of salt that the body needs!

Because Americans eat too much, obesity is increasing — in other words Americans are getting fatter. The diet Workshop, the Nation's largest, privately - owned group weight reduction organization, is concerned over this growing problem and advocates that people must realize that "they are indeed what they eat."

Louis lindauer, Founder and International Director of The Diet Workshop, has been helping people since 1965 to not only lose weight but to concentrate on eating daily from the four basic food groups — mainly:

1. Protein is the form preferable of poultry, fish and lean meats.

2. Vegetables, either fresh or cooked without gobs of butter or rich cream sauces and fruits (not in heavy sugar syrup).

3. Breads, in the form of whole grain or enriched flour and cereals without added sugar.

4. Milk and dairy products, preferable the low fat variety.

Lois Lindauer practices what she preaches. She lost 40 lbs. 14 years ago and has remained a dynamic, healthy size 6 because she firmly believes eating should be enjoyed but tempered with good sense and of course, moderation. Lois is the author of the three books on dieting, the most recent of which is "The Diet Workshop Success Diet" by Grosset and Dunlap.

Ms. Lindauer also recently compiled a list of the calories found in many foods in vending machines (most of which are "junk foods"). For this free informative list the public is invited to send a large, self - addressed, stamped envelope to: The Diet Workshop, P. O. Box 279, Reisterstown, Md. 21136.

you'll send me a self - addressed, stamped envelope with Sweet Rewards written on the flap. My address is: The Diet Workshops, 509½ Main St., Reisterstown, Md.

New home cost soared in 1978

WASHINGTON (UPI) — Americans paid a median price of $61,100 to purchase new, single - family homes during December — a full 16 percent more than a year before, government statistics show.

The December 1977 rate median was $53,700, the Commerce Department's year-end report says.

The most inexpensive homes — $53,500 — were in the South, and new homes cost considerably more in Western states, where the median price was $71,600. The price was $68,300 in the North Central Region and $62,000 in the Northeast.

The report said 817,000 new, single - family houses were sold last year, virtually unchanged from the 819,000 purchased during 1977.

SAVE $$ ON NEXT NEW OR USED CAR
Call
LESTER PARKER
A. D. Anderson Chevrolet
4600 Edmondson Avenue
566-5600 or 356-5156

D. J. OIL CO.
Oil Burner Cleaning Service
Fast 7 Day Delivery
Call: 542-8642
664-1856

MONARCH
Lincoln-Mercury INC.
"Where The Customer Is King!"
• SALES • SERVICE • PARTS • LEASING
See Us For The Best Deal In Town!
"The Total Transportation Team"
5525 BALTO. NATL. PIKE
1 Mile East Of Beltway Exit 15 East
744-4300

We Save Money For You...Naturally
Two Guys
THE DISCOUNT DEPARTMENT STORE
FOR THE BIG BUYS
SALE TODAY THRU SAT., MARCH 3, 1979

Boys' Novelty Knit Shirts
• Superman • Mork & Mindy • Star Wars • Kiss
2.99 Reg. 3.49
• Asst. colors • Sizes 8 - 18

Boys' "Superman" Jeans
7.88 Reg. 8.99
• 4 pockets • 8 - 14 reg & slim

Men's Crew Neck Jean Tops
• Short sleeved crew neck styles are in 100% cotton • Sizes S-M-L-XL
2.97 Reg. 3.99

Men's "Leather Look" Vinyl Jackets
• Asst. colors • Asst. styles • Sizes S-M-L-XL
9.97 Reg. 12.99

Juniors' & Misses' Famous Maker Denim Jeans
12.97 Reg. 14.99
N' Est Pan' MAVERICK
• Straight legs • Sizes 5 - 13 and 12 - 20

REGINA 2 Motor Electrikbroom® Vac
REBATE OFFER
With Electrikbrush™ Nozzle
Reg. Price.....64.95
Two Cups Instant Rebate.....5.00
REGINA Rebate.....10.00
Purchase Price At Store 59.95
Your Actual Cost After Rebate 49.95

HOOVER Portable Canister Vac
Attachments Stored Inside
59.77 Reg. 64.95
• High efficiency motor • Large throw-away bag • Convenient storage

EUREKA Upright Vac With Exclusive 6-Way Dial-A-Nap'
59.77 Reg. 69.95
Including 6 piece tool kit
• Edge cleaner • Power-drive • 12-inch distributor

Large Indoor Metal Clothes Dryer
8.88 Reg. 11.99
• Adjustable lines • 25 feet for drying • Comes assembled

FANTASTIK™ Spray 97c Reg. 1.29 • 32 oz.
GLASS PLUS Spray 88c Reg. 1.09 • 32 oz.
LYSOL Spray 1.79 Reg. 2.07 • Super size • 18 oz.

SPECIAL PURCHASE
Sofa, Chair & Love Seat
All Three Pieces For $199
Made to Sell For $399
• Herculon™ fabric • Sold in suites only
Cocktail Table.....33 Ea.
End Table.....29 Ea.

Contemporary 5 Lite Ceiling Fixture
29.88 Reg. 39.99
• Antique brass finish • Amber glass globes • Diameter 20" wide • Bulbs not included
Not available in Levittown, Newark, Turnersville & Neptune

Ceramic Table Lamps
14.88 Reg. 19.99
• 30" tall • 3 way lighting • Ceramic bases • Assorted colors
Bulb not included

Colonial 5 Lite Ceiling Fixture
29.88 Reg. 39.99
• Polished brass • Hobnail shades • Diameter 23" wide • Bulbs not included
Not available in Levittown, Newark, Turnersville & Neptune

Imported Chandelier Bulbs...Reg. 99¢.....77¢
Multi-Position Dimmer Switch.....1.97

Deluxe Moire Room Darkening Window Shade
2.99 Each
• Washable heavy gauge • American made • Custom cut to 37½"

Framed Prints Under Glass
• Over 40 subjects • Chrome or brass framed • Carry home carton
Size 12"x 16" 3.87
16" x 20".....6.87
18" x 24".....8.87
22" x 28".....12.87
Not available in Garfield

Decorative Wall Mirrors
9.97 Each Reg. 12.99
• Assorted styles • Natural wicker • White wicker

Permanent Press Casement Drapery
Lovely Heavy Texture Machine Washable
Size 48" x 63" 8.97 Reg. 11.97
48" x 84"...Reg. 13.97.....10.97 Pr.
72" x 84"...Reg. 24.97.....18.97 Pr.
96" x 84"...Reg. 29.97.....22.97 Pr.
Five Fashion Colors

By BIBB
Star Wars or Superman Sheets, Spreads, Draperies
Twin Flat Or Twin Fitted 4.97 Each Reg. 5.97 Ea.
Pillow Cases...Reg. 2.97.....2.57
Twin Size Spread...Reg. 18.97.....15.97
Draperies 48" x 63"...Reg. 16.97 13.97

Fitted Vinyl Mattress Covers
98c Reg. 1.47
• Twin or full size

Famous Makers Guest Towels
3 For $2 Reg. 98¢ Ea.
• Fringed ends • Asst. colors • Slightly irregular

BRECK Shampoo
3 For 99c Reg. 49¢ Ea.
• Trial size 3½ oz.

MISS BRECK Hair Spray 97c 9 Oz. Reg. 1.17
PLAYTEX Tampons 77c • Box of 16's
RAVE 1.97 • Soft perm refill Reg. 2.89

Two Guys
TOWSON Jaguar Rd. & Goucher Blvd. Open Mon.-Sat. 10-7:30 • CLOSED SUNDAY
BALTIMORE 5401 Baltimore Blvd. Open Mon.-Sat. 10-7:30 • CLOSED SUNDAY
GLEN BURNIE 6th Ave. & Ritchie Highway Open Mon.-Sat. 10-7:30 • CLOSED SUNDAY
DUNDALK Merritt Blvd. & German Hill Rd. Open Mon.-Sat. 10-7:30 • CLOSED SUNDAY
Not responsible for typographical errors.
Just Say... "CHARGE-IT"