

Diet Vital in Pregnancy

The fetal state is the period of most rapid growth, with the baby increasing in weight more than 600-fold.

The rate of weight gained during pregnancy will influence the infant's birth weight. Mrs. Hinton says. During the first three months of pregnancy, only a few pounds will be gained, but during the last six months, a gain of slightly less than one pound per week is recommended.

"While the total number of pounds gained in pregnancy will vary among women, a normal range is around 22 to 27 pounds," Mrs. Hinton says. "The woman who enters pregnancy in an underweight condition may need to gain a little more."

Women who are overweight before becoming pregnant should not try to limit their weight gain or lose weight during pregnancy, the specialist adds. Restricting calories during this time of increased energy need can post serious threats to the unborn child.

The time was World War II, the 1942 siege of Leningrad in Russia. While the German army represented the external threat to the people of Leningrad, starvation was the daily reality in the city for 18 months.

That dramatic period of history provided some proof, just as dramatic, that diet influences the course of pregnancy. During those 18 months, the number of stillbirths doubled and the number of low-birth-weight babies and those who died shortly after birth increased, too.

"World War II experiences have documented the hazards of undernutrition during the prenatal period," says Sarah Hinton, extension foods and nutrition specialist at North Carolina State University.

"Reports and studies since that time have further stressed the need for good nutrition prior to and during the prenatal period in order to help ensure a healthy pregnancy," Mrs. Hinton says.

Extension Notes

Energy Saving Is Major Concern

By CHRIS TIEDEMANN
N. C. State University

Homeowners today are most concerned about energy savings and less concerned about the home's appearance and comfort, says Dr. Glenda Flerman, extension housing specialist at North Carolina State University.

Dr. Herman cites a recent survey which shows that reducing a home's fuel bill is the number one reason a homeowner will remodel. The survey canvassed 823 homeowners from 10 cities and their primary reasons for remodeling were:

- To lower fuel bills 66%
- To cut future maintenance 55%
- To increase resale value 50%
- To improve interior appearance 47%
- To increase comfort 46%
- To improve exterior appearance 37%
- To increase living space 36%

An average window loses 10 times as much energy as the same area of wall or ceiling.

Eco

This remarkable tablet gives aspirin relief, yet protects against stomach upset.

Eco

Ecotrin
ENTERIC-COATED ASPIRIN
for arthritis

<p>PRICE BREAKER COUPON</p> <p>SAVE 56¢</p> <p>THRIFTY MAID SUGAR</p> <p>5-LB. BAG</p> <p>99¢</p> <p>LIMIT 1 PER CUSTOMER WITH COUPON AND \$7.50 OR MORE ORDER. COUPON GOOD THRU SAT., JAN. 30TH</p>	<p>PRICE BREAKER COUPON</p> <p>SAVE 50¢</p> <p>SUPERBRAND GRADE 'A' WHITE LARGE EGGS</p> <p>DOZ.</p> <p>45¢</p> <p>LIMIT 1 PER CUSTOMER WITH COUPON AND \$7.50 OR MORE ORDER. COUPON GOOD THRU SAT., JAN. 30TH</p>	<p>WINN-DIXIE</p> <p>FINAL WEEKEND WHILE SUPPLIES LAST</p> <p>GENUINE DIAMOND 14K GOLD FILLED JEWELRY</p> <p>WITH ONLY \$100 IN OUR REGISTER TAPES</p> <p>\$999</p> <p>EACH PLUS TAX</p> <p>SPECIALLY PRICED AT JUST 1/100 WITHOUT TAPES</p>	<p>PRICE BREAKER COUPON</p> <p>SAVE 60¢</p> <p>DONALD DUCK ORANGE JUICE</p> <p>64-OZ. JAR</p> <p>89¢</p> <p>LIMIT 1 PER CUSTOMER WITH COUPON AND \$7.50 OR MORE ORDER. COUPON GOOD THRU SAT., JAN. 30TH</p>	<p>PRICE BREAKER COUPON</p> <p>SAVE 60¢</p> <p>SNOWDRIFT SHORTENING</p> <p>3-LB. CAN</p> <p>\$1.29</p> <p>LIMIT 1 PER CUSTOMER WITH COUPON AND \$7.50 OR MORE ORDER. COUPON GOOD THRU SAT., JAN. 30TH</p>
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<p>PRICE BREAKER SPECIAL</p> <p>HICKORY SMOKED HAMS</p> <p>WHOLE OR SHANK HALF</p> <p>SLICED FREE!</p> <p>78¢</p> <p>LB. (LIMIT 2)</p>	<p>PRICE BREAKER SPECIAL</p> <p>GRADE 'A' TURKEYS</p> <p>8-LBS. & UP REG.</p> <p>58¢</p> <p>LB.</p>	<p>PRICE BREAKER SPECIAL</p> <p>MARKET STYLE SLICED BACON</p> <p>1.18</p> <p>LB.</p>	<p>PRICE BREAKER SPECIAL</p> <p>MAINE RUSSET BAKING POTATOES</p> <p>1.39</p> <p>10-LB. BAG</p>
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MEAT VALUES

W-D BRAND U.S. CHOICE BONELESS TOP ROUND ROAST	LB.	\$2.68
W-D BRAND U.S. CHOICE BONELESS BTM. ROUND STEAK	LB.	\$2.58
HICKORY SWEET BONELESS HAM	LB.	\$1.98
BEEF OX TAILS	LB.	\$1.28
PINKY PIG ECONOMY PORK CHOPS	LB.	\$1.18
PINKY PIG CENTER CUT PORK CHOPS	LB.	\$1.98
W-D BRAND REG. OR THICK BOLOGNA	LB.	\$1.29
1-LB. PKG. W-D BRAND WHOLE HOG SAUSAGE	1.29 2-LB. PKG.	\$2.57
12-OZ. PKG. MADISON CHICKEN FRANKS		69¢
8-12 LBS. AVG. U.S. CHOICE (SLICED FREE) WHOLE BEEF RIB EYES	LB.	\$3.98
HOLLY FARMS GRADE 'A' FRYER BREAST	LB.	\$1.28
1-LB. PKG. OSCAR MAYER REG. FRANKS	1.69 BEEF	\$1.79
26-OZ. PKG. SUNNYLAND BREAKFAST LINK SAUSAGE		\$2.29
12-OZ. PKG. SWIFT SIZZLEAN		\$1.69
1-LB. PKG. GWALTNEY BACON		\$1.79
16-LB. BOX PORK TENDERLOINS	EA.	\$22.99
FRYER BACKS	LB.	19¢

<p>PRICE BREAKER SPECIAL</p> <p>OLE VIRGINNIE PORK SAUSAGE</p> <p>78¢</p> <p>LB.</p>	<p>PRICE BREAKER SPECIAL</p> <p>WESTERN RED DELICIOUS APPLES</p> <p>1.98</p> <p>10 FOR</p>	<p>PRICE BREAKER SPECIAL</p> <p>FLORIDA JUMBO GRAPEFRUIT (23-CT.)</p> <p>2.79</p> <p>FOR</p>	<p>PRICE BREAKER SPECIAL</p> <p>U.S.D.A INSPECTED TURKEY DRUMSTICKS OR WINGS</p> <p>38¢</p> <p>LB.</p>
<p>PRICE BREAKER SPECIAL</p> <p>SUPERBRAND ICE CREAM OR SHERBET</p> <p>1.19</p> <p>1/2-GAL. CTN.</p>	<p>PRICE BREAKER SPECIAL</p> <p>SUPERBRAND 1/2% SKIM MILK</p> <p>1.89</p> <p>GAL JUG</p>	<p>PRICE BREAKER SPECIAL</p> <p>W-D BRAND U.S. CHOICE SIRLOIN STEAKS</p> <p>2.99</p> <p>LB.</p>	<p>PRICE BREAKER SPECIAL</p> <p>MORTON POT PIES ALL VARIETIES 8-OZ. SIZE</p> <p>3.99</p> <p>FOR</p>

PRODUCE PATCH

HARVEST FRESH RED GRAPES	LB.	99¢
HARVEST FRESH SWEET POTATOES	LB.	39¢
3-LB. BAG HARVEST FRESH YELLOW ONIONS		99¢
1/2-GAL. JUG SUPERBRAND APPLE JUICE		99¢

FROZEN FOODS

15-OZ. SIZE AUNT JEMIMA WAFFLES		\$1.29
25-OZ. SIZE RICH'S HOMESTYLE ROLLS		\$1.09
16-OZ. PKG. ASTOR FROZEN CAULIFLOWER		75¢

HEALTH & BEAUTY AIDS!

28-CT. PLAYTEX DEODORANT • REG. • SUP. TAMPONS		\$2.59
28-CT. PLAYTEX DEODORANT PLUS TAMPONS		\$2.79
11-OZ. SIZE HEAD & SHOULDER SHAMPOO		\$2.49
16-OZ. SIZE PRELL LIQUID SHAMPOO		\$1.99

<p>PRICE BREAKER SPECIAL</p> <p>WILSON CERTIFIED CANNED HAMS</p> <p>5.99</p> <p>3-LB. CAN</p>	<p>PRICE BREAKER SPECIAL</p> <p>MARINER FISH STICKS</p> <p>1.99</p> <p>2-LB. PKG.</p>	<p>PRICE BREAKER SPECIAL</p> <p>1-LB. PKG. OCEAN PERCH FILLETS</p> <p>1.39</p>	<p>PRICE BREAKER SPECIAL</p> <p>ARROW ALUMINUM FOIL</p> <p>2.1</p> <p>25-FT. ROLLS</p>
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<p>PRICE BREAKER SPECIAL</p> <p>DEEP SOUTH PEANUT BUTTER</p> <p>1.39</p> <p>18-OZ. JAR</p> <p>• SMOOTH • CRUNCHY</p>	<p>PRICE BREAKER SPECIAL</p> <p>TROPICAL STRAWBERRY PRESERVES</p> <p>1.39</p> <p>24-OZ. JAR</p>	<p>PRICE BREAKER SPECIAL</p> <p>ASTOR OIL</p> <p>1.69</p> <p>48-OZ. BTL.</p>	<p>W/D PRICE BREAKERS</p>
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