

Extension Homemakers County Council Meets

The Robeson County Council of Extension Homemakers held its quarterly meeting recently at the O.P. Owens Agriculture Center in Lumberton. The meeting opened with devotion by Miss Betty Purkey, director of the Robeson County Church and Community Center. Using a reading from John 8-4-7, Miss Purkey explained how important it is that we help people rather than hurt. She used the theme from a billboard, "Don't point your finger; extend your hand," to illustrate the role that the homemaker could exemplify as they seek to help others through the Volunteer Extension Education Program.

A discussion on the South Central District Day followed with members getting directions for the activity. Robeson County Extension Homemakers were encouraged to get the registration fee of \$4 into the county office by March 20, 1980, to sponsor a young nonmember's expense to the meeting, to display quality crafts, and donate a home-grown plant for a door prize. The program is being held April 8, 1980, in Raeford at the Hoke County High School from 9:30 a.m. until 2 p.m.

The Executive Committee of the County Council made the following recommendations: 1) that an International Foods Fair be held October 16, 1980, with Mrs. Mable Simpson as chairperson and with Mmes. Geraldine Johnson and Edwin McNeil assisting with plans; 2) that homemakers participate in a Bake and Take and that homemakers achievement program be observed November 14 with Mrs. Lonnie Lowry as chairperson assisted by Mmes. Elouise McAllister, Lucy Locklear, and Gurthea Graham. Homemakers will also participate in the County Fair during the week of September 19-28. A fund-raising idea was suggested by Miss Dial when she urged club members to create a five inch quilt square and submit it to the Agricultural Extension Office.

Extension homemakers were urged to invite other homemakers in the communities to attend the following area meetings during the month of March: Maynor Manor, Pembroke, March 5, 10 a.m.; Lumbee Electric Membership Building, Red Springs, March 7, 10 a.m.; O.P. Owens Center, Lumberton, March 10, 10 a.m. and 7 p.m.; Rowland Head Start, Rowland, March 12, 6 p.m.; Fairmont Housing Center, Fairmont, March 18, 3 p.m.; and St. Pauls Head Start, St. Pauls, March 19, 4 p.m.

Homemakers sang the Club Collect and the meeting adjourned. The next meeting of the Extension Homemakers County Council will be held May 19, 1980, at 7 p.m. at the O.P. Owens Agricultural Center. Assisting with the educational leadership meeting were Home Economics Agents, Mollye H. Briley and Ann W. Fail.

The homemakers were also made aware of the volunteer services that they could render at the center. Miss Purkey told the group they could collect commercially canned food, used clothes (especially needed are children's clothes and large size dresses, shirts, and pants), kitchen utensils, dishes, used furniture, and bed linen. Homemakers from the various clubs will designate a day for the center.

The business consisted of a report from the treasurer, Mrs. Lonnie Lowry of the Cherokee Club. Mrs. L.M. Simpson of the Shannon Extension Homemakers Club recorded minutes.

The report from the state council meeting was given by Miss Maureen Dial, home economics Extension agent. The meeting theme was "Homemakers, the spice of life." Miss Dial explained the nine banners that were on display from the meeting and encouraged the homemakers to accept the challenge from the meeting with each homemaker reaching one more to make a fifty thousand enrollment by December 1, 1980.

An evaluation of the local achievement program followed. Homemakers expressed appreciation for the encouraging remarks by County Extension Chairman, John G. Richardson, at the program, the excellent recognition system when many clubs and individuals were recognized for achievements, the splendid spirit of cooperation that existed during the smorgasbord idea of serving refreshments, the excellent parade of Christmas styles that were modeled by the members and

Homemakers Meet

The Cherokee and the Shannon Homemakers Clubs held their area meeting on Friday, March 7, in the Conference Room of Lumbee River Electric Membership Corporation in Red Springs. The Shannon Club members were hosts with Mrs. Duncan McGougan presiding.

Mrs. Fail spoke on Health and she stated that less salt, less sugar, and less fat used, the healthier we are.

Mrs. Briley showed slides on poise and etiquette. Mrs. Dial presented a new plan of work for 1980 which identified the project leaders and the objectives they should work toward.

The Robeson County Home Agents gave demonstrations and talks. Mrs. Jenny Smith spoke on senior citizens and retirement. She also stressed the fact that "Everybody needs somebody."

There were announcements made about District Day April 8 at Raeford High School. The group was dismissed with the club collect.

Cooking Contest Winners Announced

The youth cooking classes held at the O.P. Owens Agricultural Building on Mondays and Wednesdays, had a muffin bake-off contest Feb. 27, 1980. Winners were Beth Griffin, Pamela Locklear, and Kisha Alston. Runners-up receiving blue ribbons were

Rhonda Lane, Malissa Ann Hunt, and Tammy Oxendine. The red ribbon group were Janice Oxendine, Michelle Denise Hunt, and Angeline Thompson. Prizes awarded to the winners were donated by Biggs Stores, Inc.

School Menus

The menus for the Robeson County School for March 17-21 follow:

MONDAY
Breakfast-Cereal, Juice, Milk.
Lunch-Bologna or Smoke Sausage, Macaroni & Cheese, Green Lima Beans, Applesauce (Red), Rolls, Milk.

Tuesday
Breakfast-Sausage Biscuit, Orange, Milk.
Lunch-Veg. Beef Soup Salad, Peanut Butter & Jelly Sandwich, Tangerine, Cinnamon Roll, Milk.

WEDNESDAY
Breakfast-Cheese Toast, Ju-

ce, Milk.
Lunch-Turkey Salad/ Lettuce, Sliced Tomato, Green Peas, Potato Pudding, Peanut Cup, Roll, Milk.

Thursday
Breakfast-Peanut butter sandwich, Graham Cracker, Banana, Milk.
Lunch-Hot Dog on Roll, Chili, Mustard, Catsup, Onion, Slaw Carrots, French Fries or Tator Tots, Jellow with Fruit, Cookie (Cinnamon Crisp), Milk.

Friday
Breakfast-Apple Turnover, Juice, Milk.
Lunch-Manager's Choice.



Carolina Owned and Operated

We give you a choice: Four Ways to Save Plus Quality, Variety & Service

1 Weekly Features

This week advertised features include: National, Private and Economy Brands, and when purchased in normal quantities, save you **\$13⁶⁵**. Additionally, this week in-store features can save you **\$16⁹⁸**. Add those savings up and you'll find our weekly features can save you **\$30⁶³**.

 <p>U.S.D.A. Choice Quality Trimmed Beef Chuck Roast \$1²⁹ Lb. Shoulder Roast Lb. \$1.39 SAVE 60c PER LB.</p>	<p>Certified Cooked Wilson's Tendermade Boneless Ham \$6⁹⁹ 4 Lb. Can SAVE \$2.00</p>	<p>Vernedale Sliced Bacon 99c Lb. (12 Oz. Pkg. 79c) SAVE 20c PER LB.</p>
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50% Valencia
Sealtest Orange Juice
99c
1/2 Gal.
(In The Dairy Case)
SAVE 20c

Holly Farms Grade "A"
Young Turkeys
59c
Lb.
(12 Lb. Or Larger)
SAVE 20c PER LB.

Kingston
Buttermilk or Homestyle Biscuits
459c
8 Oz. Cans
SAVE 20c

For St. Patrick's Day
Shenson Brand Corned Beef Brisket Lb. \$1.99 Or
Corned Beef Round
\$2⁰⁹
Lb.
SAVE 90c PER LB.

Vernedale
Orange Juice
69c
12 Oz.
SAVE 10c

Crisp Pascal
Celery Or Fresh Tomatoes
3\$¹⁰⁰
For
SAVE 47c

Fresh Head Lettuce
3 \$¹⁰⁰
For
SAVE 77c

Washington State
Extra Fancy
Golden Delicious Apples
39c
Lb.
SAVE 10c PER LB.

11 Oz. Honey Buns, Jelly Donuts Or
12 Oz. Pkg.
Boston Bonnie Donuts
69c
SAVE 10c

Dukes Mayonnaise
77c
32 Oz. Jar
Limit One With \$7.50 Order
SAVE 42c

2 Ltr. Non-Returnable
Sprite, Tab, Mello-Yello, Or
Coca-Cola
99c
Plus Dep.
2 Ltr. Btl.
SAVE 18c

Deal Pack
Downy Fabric Softener
\$2⁸⁹
96 Oz.

Tylenol Extra Strength Tablets
\$1⁹⁹
60 Cl.
SAVE 50c

Deal Pack
Johnson Baby Shampoo
\$1⁷⁹
11 Oz.
SAVE 40c

Deal Pack
Quaker Quick Grits
39c
2 Lb. Pkg.
SAVE 10c

H-T Sandwich Bread
3 99c
1 1/2 Lb. Loaves
SAVE 35c

Kingston Whole Tomatoes
2\$¹⁰⁰
28 Oz. Cans
SAVE 18c

2 Kingston, H-T Vernedale

As members of the 3rd largest buying house in the country, we are able to give you national brand quality and variety in these private brands at savings of 5 to 15%.

3 Economy Brands

Because of that same buying strength, we offer you a 3rd choice—Economy Brands which include Dartmouth, Valu Time and other packer labels. These products are of standard quality or better, equal to the best nutrition and generally with savings of 10 to 30%.

4 Everyday Low Prices

Basic National Brand items, you've learned to trust and often need, priced as low as possible day after day. Now add it up—4 ways to save and you don't have to give up quality, variety and service.

Kingston Applesauce	2	16 Oz. Can	69c
Kingston Instant Coffee	10	10 Oz. Jar	\$4 ⁵⁹
Kingston Coffee Creamer	22	22 Oz. Jar	\$1 ⁵⁹
Kingston Vegetable Oil	24	24 Oz. Jar	\$1 ⁰⁹
Kingston Tomato Juice	46	46 Oz. Can	69c

Valu Time Paper Towels	2	Jumbo	89c
Valu Time Can Liners	20	20 Ct.	\$1 ⁷⁹
Dartmouth Wk Golden Corn	3	17 Oz. Cans	\$1 ⁰⁰
Dartmouth Grape Jelly	32	32 Oz. Jar	99c
Valu Time Saltines	16	16 Oz. Box	59c

Hunt's Tomato Ketchup	44	44 Oz. Btl.	99c
Stokely Cut Or French Style Green Beans	3	16 Oz. Cans	\$1 ⁰⁹
Green Giant Sweet Peas	2	17 Oz. Cans	79c
Bush Dry Blackeye Peas	3	15 Oz. Cans	79c
Contessa Tomato Sauce	3	15 Oz. Cans	\$1 ⁰⁰

Prices in This Ad Effective Through Sunday, March 16, 1980 in Red Springs Only. We Reserve The Right To Limit Quantities. We Gladly Redeem Federal Food Stamps. SCOTTISH PLAZA SHOPPING CENTER, Red Springs, N.C.