

Have A Good Time Vacationing at Home

Do not plan to do a lot of work while on vacation; otherwise your vacation will be meaningless. However, circumstances sometime prevent some people from resting during their entire vacation period. If you must work at home during your vacation, go out somewhere special every day as a treat to yourself. You can save money by taking in some Winston-Salem attractions, that you have never gotten around to visiting.

1. Visit a friend in a close by city for one day. Be sure

to buy anything.
6. Go camping out in the country if you know someone who has property in the rural area. Collect things from nature such as pine cones, nuts, flowers to dry and materials for various crafts and projects that the family can take part in.

7. Perhaps you could have an activity or craft a day on your vacation to work on as a family such as planting flowers, or a garden.

8. Make wall hangings for the house. Stencil fami-

relatives agree on the plan, or at least the majority.

14. Make arrangements for relatives to swap months with other family members when play do not work out according to outline. Make arrangements for something to substitute when no relatives can accommodate the month's activity.

15. Visit the library and see what's new. Do some interesting reading.

16. Go to the mall and read and relax, and walk for exercise.

17. Spend an hour each

Better Living

By
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to plan ahead and inform your friend that you plan to visit.

2. If you enjoy cooking, try some new recipes. Invite some friends in to cook with you.

3. Have a family cookout each afternoon, or go on picnics and take long walks in the park.

4. Go on tours to historical sites within your county or adjoining counties.

5. Go on budget buyers shopping trips to outlet stores. Maybe just look to see what's available at the stores if you cannot afford

ly T-shirts alike, upholster the kitchen chairs.

9. Make a family rug.

10. Get involved in a family sport such as tennis, badminton, jogging, playing baseball and etc.

11. Change your furniture around, and give your house a new look.

12. Visit the courthouse and listen to some trials.

13. Have a family get together meeting one day and plan a family program of activities for 12 months ahead. Outline who is to do what each month, and how to activities will be financed. Make sure that all

night dropping in to see old classmates. Plan a classmate get together.

18. Catch up on some letter writing that you have not gotten around to before.

19. Make Christmas plans and get out your Christmas card list. If you are able it would be a good time to lay away some Christmas gifts so you can complete your Christmas buying months ahead.

20. Make a list of what each family member wants for Christmas and size and color so you can begin to look for these things.



The Winston-Salem Branch of the National Association of University Women held a "Tea of the Goddesses," Sunday at the home of Mr. and Mrs. Holt G. Neat of 3619 New Walkertown Road. Guests were greeted by club members dressed as goddesses while Paula Larke played the guitar and sang. Olivia Bausman read several poems and Mabel Jessup gave a dramatic reading. New officers were installed for 1980-82 terms. There were: Sandra DeBerry, president; Thelma Small, first vice president; Wandalee Starks, second vice president; Anne Motz, recording secretary; Elizabeth Griffin, corresponding secretary; Ella B. Tillman, financial secretary; Emmaline Goodwin, treasurer; Piccola Morrow, parliamentarian; Minnie Lucas, historian and Nina Steele nominating committee chairperson.

Kids Can Refund Too!

Everyone has seen the cartoon with the child persuading the mother to buy a certain type of cereal in order to get "something for nothing." And it is true. The cereal manufacturers have several different types of offers available on just about every box of cereal that you might buy. Some of these are money plus offers, where you send in a proof of purchase and money to obtain an item at a lower cost than normal cost.

Many of the boxes contain a small item that is available immediately, these usually include stickers, little toys and other small value items, or cents-off coupon that you can use on your next purchase. But the best offers are the ones where you must send in several proof of purchases for an item of greater value

than the little plastic toys generally included in the box.

Cereals are not the only items that are of particular interest to children. Wagons, books, records, higher priced toys, and sport equipment are only a few of items that manufacturers make available to the refunder who is saving box-tops and labels. Many refunders use these offers for gift-giving, if they can persuade their child to oblige!

An additional bonus to refunders is that many items that were refund items many years ago are now collector's items. Due and that they are children's items, many refund items that you can obtain now for a box-top or-label might well be worth several hundred dollars in the years ahead.

For a sample refund bulletin that lists several refund offers, send \$1.00 to

Free Baseball Offer, P.O. Box 2715, Reidsville, N.C. 27322. Free official Pro-Cupye Practice Baseball, again no limits. Send proof-of-purchase seals from the side panels of four package of Kellogg's Corn Flakes cereal for each free baseball requested. Offer expires March 31, 1981.

Here are some offers that might tempt your kids!

Free Soaring Saucer Offer, Box 9088, St. Paul, MN 55190. Free soaring saucer, no limits on the amount you can receive, so this is the good gift item. Send three proof-of-purchase seals from the side panels of Kellogg's Sugar Frosted Flakes for each saucer requested. Offer expires March 31, 1981.

FOOD FAIR

YOUR TOTAL DISCOUNT FOOD STORES

DUBUQUE CORNED BEEF **\$1.49**
BRISKET LB. 2-4 lb. avg.

ARMOUR STAR MEAT **HOT DOGS**
BEEF HOT DOGS 1/2 lb. Pkg. **99¢**

Sprite, Tab, etc. **COKE** 2-Liter Plastic Bottle **\$1.09**
16-OZ. TAB, MELLO YELLO OR **COKE** 8 BOTTLE CARTON **\$1.19**
SAVE 50¢

GWALTNEY GREAT DOGS **\$1.09**
FRANKS LB.

PREMIUM BRAND HOT DOG OR HAMBURGER **BUNS**
8 Pk. **39¢**

BANQUET CHICKEN **LIVERS** LB. **79¢**

RED CAP 25 LB. BAG **DOG FOOD** **\$3.29**

PREMIUM FRESH WHITE **BREAD**
KING SIZE 1 1/2 Lb. Loaf **43¢**
WHY PAY MORE?

COOKIN' BAGS **BANQUET**
5 oz. Pkgs. **\$1.31**
SEVERAL VARIETIES!

REG. OR SLIM KING **COLA** 2 Ltr. Bottle **79¢**

WELCH'S FROZEN GRAPE **JUICE** 12 oz. can **59¢**

WHITE HOUSE APPLE CIDER **VINEGAR**
Gal. Jug **\$1.99**

MRS. FILBERT'S REAL **MAYONNAISE**
Quart Jar **99¢**
SAVE 30¢!

SMUCKERS GRAPE JAM OR **JELLY** 2 lb. Jar **79¢**

LIGHT-N-LIVELY **YOGURT** 8 oz. Ctn. **3 \$1**

FRESH, GREEN **BEANS**
Carolina Grown Lb. **29¢**

FRESH, RIPE CAROLINA GROWN **PEACHES**
Lb. Just **33¢**

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PRICES GOOD ALSO AT DISCOUNT HOUSE ON N. PATTERSON