

# Keeping Warm

Extension Homemakers have long believed that 20 years of membership in the Homemaker program is equivalent to a college education. They are eager to enroll more members in their organization which is 900 strong in Forsyth County with 43 clubs located throughout the county.

Because of the information received through the North Carolina State University system by way of local Extension Agents, Homemakers learn the latest research information and training available to families. Leadership development is one of the chief goals of homemaker programs. Leaders are trained in foods and nutrition, housing, money management, clothing, family relations, and crafts. They in turn carry this information back to their communities and hold classes and workshops. Many leaders are able to increase family income by teaching in technical institutes and community colleges and by selling products, crafts or skills learned through Extension. Others volunteer thousands of hours to a wide variety of community and county activities.

Homemaker clubs are open to anyone desiring to join, or new clubs may be formed where 12 or more women wish to organize.

Programs planned for 1981 include:

January club program--"Keeping Warm."

January 23 and 30--Craft Workshop including lap quilting, waste canvas, cross stitching, textile painting

January 29--Puppet Making Workshop

February club program--"Exercise For Longer Life"

February 3--Make Your Own Window Blanks, Roman Shades, Cornice Boards

February 10--Solar Window Box Workshop

February 20-27--(Fridays)--Defensive Driving

February 25--"Wood Can Last For Centuries," Special Interest

March area meetings--"Put Your Home In A New Light"

March 12, 13--Craft Workshop including copper enameling, Bilo dolls, doll restoration, smoking

March 25, April 1, 8, 15, 21, 29, May 6--"Slim and Trim Weight Control Series"

March 26--"Cooking With Less Meat"

March 27--Handicapped Awareness Day

March 31--"American Style"

April club program--"Wood Can Last For Centuries"

April 3--"The Big Fix" (handy woman's workshop)

April 22-25--Tour to Pennsylvania Dutch Country

May area meetings--"Nutrition On The Run"

May 6, 7, 8--Furniture Refinishing and Trunks Workshop

May 29--Strawberry Festival

June club program--"The New Life"

June 2--International Day

June 12--Family Outing, Land of Oz

June 19--Alternative Living For The Elderly

July club program--"4-H On Parade"

# SAVE BIG WITH 'SAV-A-CHEK'

- THE SAVINGS COME EASY WITH SAV-A-CHEK... **1** YOU RECEIVE ONE SAV-A-CHEK COUPON FOR EACH DOLLAR YOU SPEND **2** PICK UP FREE SAV-A-CHEK AT OUR CHECK-OUT COUNTER **3** PASTE 36 SAV-A-CHEK COUPONS ON THE BACK OF THE SAV-A-CHEK **4** REDEEM THE FILLED SAV-A-CHEK FOR ONE OF A CHOICE OF SAV-A-CHEK SPECIALS

 <b>49¢</b> With one filled Sav-A-Chek	 <b>\$1.49</b> With one filled Sav-A-Chek	 <b>29¢</b> With one filled Sav-A-Chek	 <b>1¢</b> With one filled Sav-A-Chek	 <b>1¢</b> With one filled Sav-A-Chek	 <b>29¢</b> With one filled Sav-A-Chek	 <b>1¢</b> With one filled Sav-A-Chek
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**WINN-DIXIE** THE BEEF PEOPLE  
AMERICAN OWNED. AMERICAN OPERATED

**DOUBLE DOUBLE SAV-A-CHEK COUPONS ON ALL PURCHASES**

Clip & Save!

PLEASE PRESENT THIS COUPON TO CASHIER TO RECEIVE YOUR DOUBLE SAV-A-CHEK COUPONS ON ALL PURCHASES. OFFER GOOD THRU SAT. JAN. 24, 1981. LIMIT ONE COUPON PER FAMILY. CASHIER PLEASE INDICATE TOTAL BONUS COUPONS ISSUED.

**THE BEEF PEOPLE**

FOOD STAMPS GO FURTHER AT WINN-DIXIE

JAMESTOWN FRESH PORK SAUSAGE **69¢** 1 LB. PKG.

HOLLY FARMS MIXED FRYER PARTS **47¢** LB.

W-D BRAND U.S. CHOICE CALIFORNIA ROAST... **\$1.98** LB.  
W-D BRAND U.S. CHOICE BONELESS LEAN STEW... **\$1.98** LB.  
W-D BRAND U.S. CHOICE BEEF SHORT RIBS... **\$1.78** LB.  
PINKY PIG BRAND FRESH 8 RIB AND 8 SIRLOIN ECONOMY CUT... **\$1.18** LB.  
PORK CHOPS... **\$1.18** LB.  
PINKY PIG BRAND FRESH CENTER CUT PORK CHOPS... **\$1.08** LB.  
PORK CHOPS... **\$1.08** LB.  
PINKY PIG BRAND FRESH BONELESS CENTER CUT PORK CHOPS... **\$2.48** LB.  
NICKORY SWEET SLICED BACON... **\$1.18** 1 LB. PKG.  
PINKY PIG BRAND FRESH BONE-IN BOSTON BUTT PORK ROAST... **\$1.18** LB.

● HOT ● MILD

SMOKED HAMS **88¢** 15/18 LB. AVG. LB.

W-D BRAND U.S. CHOICE T-BONE STEAK **\$2.98** LB.  
W-D BRAND U.S. CHOICE SIRLOIN STEAK **\$2.88** LB.

CRACKIN GOOD ALL VARIETIES BOX PIES... **2 9/16 OZ. PKGS. \$1.09**

FRENCH'S MUSTARD... **24 OZ. JAR 59¢**

CHICKEN OF THE SEA (IN OIL OR WATER) TUNA... **6 1/2 OZ. CAN 89¢**

JIM DANDY EXTRA FINE QUICK GRITS... **5 LB. BAG \$1.19**

THRIFTY MAID TOMATO SOUP... **10 1/2 OZ. CANS 89¢**

CRACKIN GOOD SALTINES... **2 16 OZ. PKGS. \$1.19**

VAN CAMP PORK & BEANS **4 \$1.09** 11 OZ. CANS

BUNKER HILL BEEF STEW **\$1.09** 23 OZ. CAN

NON-RETURNABLE BOTTLE TAB, SPRITE OR COCA COLA **\$1.09** 2 LITER A-1-24

THRIFTY MAID MACARONI & CHEESE DINNERS... **4 7 1/2 OZ. PKGS. \$1.09**

THRIFTY MAID SLICED OR HALVES PEACHES... **2 16 OZ. CANS \$1.09**

ASTOR SWEET SALAD CUBES... **22 OZ. JAR 89¢**

THRIFTY MAID APPLE JUICE... **48 OZ. JUG 99¢**

**Last Week**

CRYSTAL ICE BEVERAGE GLASS ON-THE-ROCKS GLASS SHERBET DISH JUICE/WINE GLASS **59¢** EA. WITH ONE FILLED SAV-A-CHEK WITH EACH \$3.00 PURCHASE

PALMETTO FARMS PIMENTO CHEESE **\$1.49** 16 OZ. CUP

FOLGERS FLAKED COFFEE **\$1.68** LIMIT 1 WITH 7 1/2 OR MORE FOOD ORDER 13 OZ. BAG

BUNKER HILL BEEF STEW **\$1.09** 23 OZ. CAN

LUCK'S WITH PORK PINTO BEANS OR BLACK EYE PEAS **279¢** 17 OZ. CANS

Big Date INSTANT POTATOES **77¢** 16 OZ. BOX FRENCH'S BIG TATE

REDDI-MAID CHERRY PIE FILLING **98¢** 21 OZ. CAN

HARVEST FRESH PRODUCE FROM WINN-DIXIE!

DONALD DUCK 100% PURE FLORIDA ORANGE JUICE **99¢** HALF GAL.

HARVEST FRESH SWEET WESTERN D'ANJOU PEARS... **7 FOR 99¢**

HARVEST FRESH GREEN ONIONS... **3 BUNCH 99¢**

HARVEST FRESH SWEET POTATOES... **3 LBS. 99¢**

HARVEST FRESH DELICIOUS WESTERN GOLDEN APPLES **1099¢** FOR

THRIFTY MAID ICE MILK **99¢** ALL FLAVORS HALF GAL.

MORTON ALL VARIETIES EXCEPT BEEF STEW FAMILY MEALS FROZEN SHOESTRING POTATOES... **3 20 OZ. BAGS \$1.09**

ALL VARIETIES FOX DELUXE PIZZA **68¢** 11 OZ. PKG.

SAVE 80% ALKA SELTZER PLUS COLD MEDICINE **\$1.79** 36 CT. PKG.

<b>Thruway Shopping Center</b> Monday-Saturday 8:00 to 10:00 Sunday 12:00 to 9:00	<b>Pine Brook Plaza Shopping Center</b> Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00	<b>Parkview Mall</b> Monday-Saturday 8:00 to 10:00 Sunday 12:00 to 9:00	<b>3 Oaks Plaza 811 Merita St. Mt. Airy</b> Monday-Saturday 8 A.M. to 10 P.M. Sunday 10 A.M.-7 P.M.	<b>Village Square Shopping Center Rural Hall, N.C.</b> Monday-Saturday 8 to 9 Sunday 1-7	<b>Walkertown Shopping Center</b> Monday-Saturday 8:00 to 10:00 Sunday 1:00 to 7:00	<b>Westwood Village Shopping Ctr. CLEMMONS</b> Monday-Thursday 8 to 10 Friday-Saturday 8 to 11 Sunday 10 to 9	<b>U.S. Hwy. 21 &amp; Old CCC Camp Road</b> Elkin, North Carolina Open Monday-Saturday 8 to 9 Open Sunday 12 Noon to 7
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