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MONDAY, MARCH 3, 1975

CANAL MET

Memory



of these birds won't make it. They're year- State University Photo) around dining fare now. North Carolina is the

It's a long time until Thanksgiving and many nation's third largest producer of turkeys. (N. C.



SIZE	SPECIAL	EXCISE	EACH TAX INCL.	SET OF 4 TAX INCL.	6 - EQUAL PAYMENTS
A78x13	\$18.80	\$1.76	\$20.56	\$82.24	\$13.70
C78x13	\$19.98	\$1.98	\$21.96	\$87.84	\$14.64
E78x14	\$21.44	\$2.27	\$23.71	\$94.84	\$15.80
F78x14	\$22.10	\$2.40	\$24.50	\$98.00	\$16.33
G78x14	\$23.36	\$2.56	\$25.92	\$103.68	\$17.28
H78x14	\$24.77	\$2.77	\$27.54	\$110.16	\$18.36
G78x15	\$23.51	\$2.60	\$26.11	\$104.44	\$17.40
H78x15	\$24.99	\$2.83	\$27.82	\$111.28	\$18.54
L78x15	\$27.05	\$3.11	\$30.16	\$120.64	\$20.10
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Dollars & Good Sense

by William J. Martin Decial Consultant to

Inflation seems to be keeping food prices spiraling upward, making it harder for just about everybody to make ends meet. So, for the next few columns, I'll be discussing ways to stretch your food dollars. Since most of our food mon-

ey is spent at the supermarket, that's a good place to begin. The key to an efficient shopping trip is planning. You can chop whole dollars off your grocery bill by checking the market ads, clipping coupons, and most im-

portantly, making out a complete shopping list. A good shopping list has to be very specific, listing exactly what you need. Don't just put down gen-

eral categories like meat or vegetables. Instead, list two pounds of hamburger, three tomatoes, one head of lettuce, and so on.

And once you get to the store, stick to the list. This is easy as long as you follow a couple of rules. For instance, don't shop when you are hungry. And try to shop alone, because husbands and kids have a way of filling the shopping cart with all sorts of needless budget busters. And try to plan your shopping trips for early morning or late afternoon when the store is less likely to be busy. All this planning is going to

take some extra time, but if you can save five dollars by spending an hour planning, it is well worth it.

Besides the fun of working with animals, youthful dog fanciers can share in a variety of awards ranging from medals to transistor radios to scholarships.

Offered by Purina Dog Foods Group, Ralston Purina Company, the awards are given in the national 4-H dog care & training program supervised by the Cooperative Extension Service. This year, awards including six scholarships of \$700 each are expected to be claimed by some 5000 young people.

On his way to earning national recognition, a 4-H'er can earn a medal of honor at the county level, a transistor radio for state honors and one of 18 trips to National Service.

While happily accepting learning.

Huntington, Conn., says, "My recently, produced a home goal is to become a veterinar- movie on how to raise a pup. ian and 4-H has made me



4-H Congress from his geo- realize there is nothing I want graphical section. More than to do more. I have gotten a 143,000 young people en- head start in learning many rolled in dog care and training things about animals that I projects nationwide are eligi- couldn't be taught in any ble to submit their records school." Miss Abbott also has for consideration by the put her skills to work in a Cooperative Extension local kennel after school and on weekends.

Andrea Kutlik, 17, Lodi, the awards, the youths enjoy Calif., has been busy showing other benefits-the compan- dogs in obedience and conforionship of their dogs, numer- mation classes and helping ous events and activities, and with county health departthe opportunities the pro- ment rabies clinics. She and gram provides for earning and her mother also have led a 75-member 4-H dog care and Kathy Abbott, 18, of training club and most

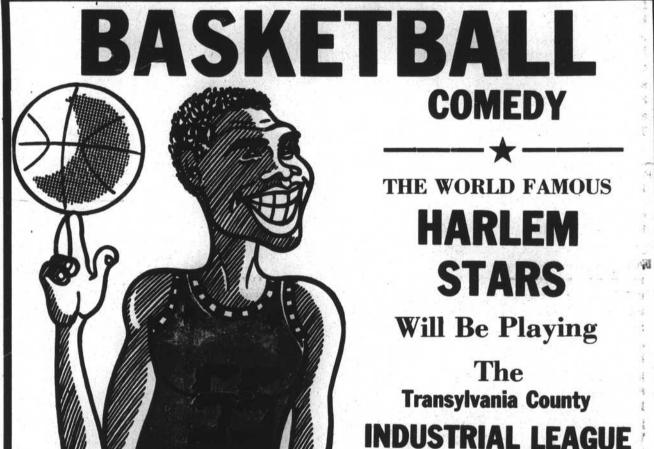
A young man who has

animal clinic is Jervis Tucker, 18, Zachary, La. Besides working with a veterinarian, a career he hopes later to make his own, young Fucker also operates a small dog grooming business.

found partime work in an

These are among the many 4-H members who are learning the responsibilities of dog ownership, successful care and management practices and generally enjoying their experiences.

For information on how to participate in the 4-H dog care and training program or servicing as a leader of a group, contact the local county extension office.



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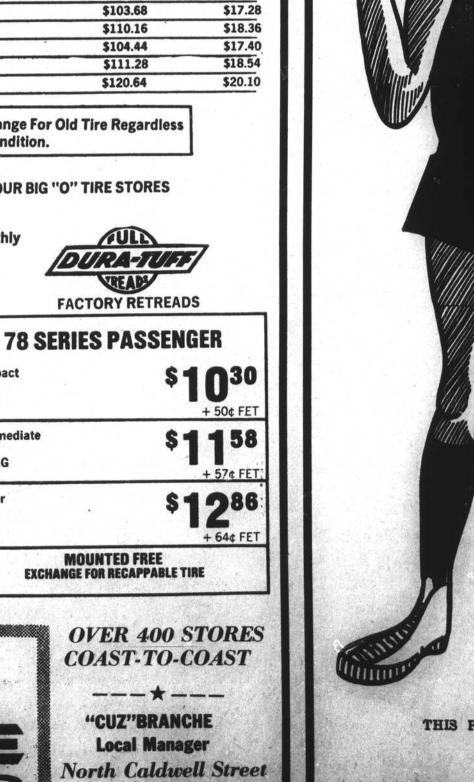
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