



It's a long time until Thanksgiving and many of these birds won't make it. They're year-around dining fare now. North Carolina is the nation's third largest producer of turkeys. (N. C. State University Photo)

Dollars & Good Sense

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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 money 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 importantly, 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 general 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.

4-H Dog Fanciers Earn and Learn

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 4-H Congress from his geographical section. More than 143,000 young people enrolled in dog care and training projects nationwide are eligible to submit their records for consideration by the Cooperative Extension Service.

While happily accepting the awards, the youths enjoy other benefits—the companionship of their dogs, numerous events and activities, and the opportunities the program provides for earning and learning.

Kathy Abbott, 18, of Huntington, Conn., says, "My goal is to become a veterinarian and 4-H has made me



realize there is nothing I want to do more. I have gotten a head start in learning many things about animals that I couldn't be taught in any school." Miss Abbott also has put her skills to work in a local kennel after school and on weekends.

Andrea Kutlik, 17, Lodi, Calif., has been busy showing dogs in obedience and conformation classes and helping with county health department rabies clinics. She and her mother also have led a 75-member 4-H dog care and training club and most recently, produced a home movie on how to raise a pup. A young man who has

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

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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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
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