

<p>10-LB. WHITE POTATOES</p> <p>\$1.09</p>	 <p>FRESH GREEN CABBAGE</p> <p>LB. 20¢</p>	<p>3-LB. RED DELICIOUS APPLES</p> <p>79¢</p>	 <p>FRESH PEACHES, PLUMS, AND NECTARINES</p> <p>LB. 79¢</p>
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GENERIC TOWELS 3/\$1

GARNER STRAWBERRY PRESERVES 42 OZ. \$1.49

FINE FARE MARGARINE 3-LB. \$1.09

FINE FARE BUTTERMILK TEXAS STYLE BISCUITS 10 CT. 4/89¢

BANQUET TURKEY -SALISBURY STEAK DINNERS 2-LB. \$1.49



18 OZ. PETER PAN PEANUT BUTTER \$1.39



HUNT'S KETCHUP 87¢ 32 OZ.



5 LBS. SUGAR 99¢



2 LITER PEPSI-COLA PRODUCTS 95¢

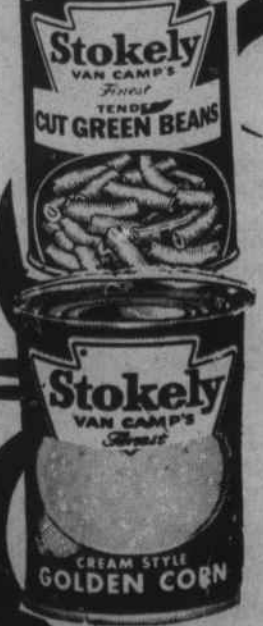


STOKELY WHOLE KERNEL CORN

CREAM STYLE CORN

CUT GREEN BEANS


303 CAN



PERFECTION RICE 3-LB. 65¢

KELLOGGS FROSTED FLAKES 25 OZ. \$1.99

MR. P. PIZZAS 55¢



CRISCO OIL 32 OZ. \$1.49

FARM FRESH CHEESE SINGLES 12 OZ. \$1.09

CASTLEBERRY BEEF STEW 24 OZ. 99¢

WHITE CLOUD TOILET TISSUE 4 PK. \$1.15

COMET CLEANSER REG. 4/\$1

GT. SIZE FAB PALMOLIVE LIQUID 22 OZ. 99¢

TROPICANA ORANGE JUICE 64 OZ. \$1.19

3 \$1.50 FOR 5 SKINNER MACARONI ELBOW 7 OZ. 99¢



Crafts Expo '85

The screening date for craft items for Crafts "Expo '85" is March 6 and 7 and will be held at the Agricultural Extension office in Kinston. Craftpersons from Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico and Wayne counties are urged to have their craft items screened so they may participate in "Expo '85."

The Neuse Area Development Association and the North Carolina Agricultural Extension Service will again sponsor Expo '85, a crafts fair to be held in Morehead City on July 6 and 7.

Some crafts that have been demonstrated and sold at previous fairs are leathercraft, woodworking, weaving, pine needle crafts, embroidery, baskets, handmade musical instruments, broom-making and stuffed dolls.

Application blanks are now available from Mae H. Spicer, home economics agent. The application forms should be prepared in triplicate for each craft submitted. Three items of each craft are required for screening. Duplin County craftpersons may bring their items to the extension office in Kenansville by March 1st for transportation to Kinston. Call ahead and make appointment with Mae so she will be available to assist you with the application.

Craftpersons in the 9-county Neuse Area Development Region are urged to be screened for participation in Expo '85.

Extension Home

Economics News

Finding a True Sale

January isn't the only "white sale" month. So, if your bank balance is low after the Christmas splurge, why not wait for another sale month of the same type?

Traditionally, white sales appear on the calendar about three times a year. January, May and August are the months to watch for them.

Of course, white sales are no longer just white goods, as colors dominate the household scene. But the name "white sale" has stuck as it became a household by-word when sheets, pillowcases, table linens and towels were all traditionally white. These items are still included in white sales although they come in every color imaginable.

But, the month of January does flaunt many other bargain buys as this is still a time of inventory adjustments for the retailer. So, if you are portioning out your money for real values, look at the price on Christmas cards and wrappings to hold for next year. These are often very good buys.

Clothing, shoes, furs, jewelry, cosmetics and drugs all have some lowered price tags this time of year.

Other household goods that hit the bargain columns in January include furniture, floor coverings, rugs, appliances, blankets, china and glassware. And if your children are due for birthday gifts later on, now's the time to pick up toys and bicycles, luggage and books. January is a good month for bargains.

Food Not Good Reward

An ice cream cone for good behavior; a pizza for a good report card; no dessert if you leave food on your plate.

Perhaps you have used these methods for rewarding your children for good behavior or punishing them for bad behavior. Unfortunately, using food in this way can establish some dangerous eating habits.

It is common for people, whether they are overweight or not, to reward themselves with food. It is the "I worked hard so I deserve a piece of pie" syndrome.

If children think of food as a reward for accomplishment, or as a comfort in disappointment or unhappiness, they may establish a habit of overeating.

Problems can also result when food is equated with love. For example, a child might hear, "If you love Mommy you'll eat your dinner." So the child eats for approval and learns to overeat.

To help children establish health eating habits that they will carry with them into adulthood, here is a suggestion. Try not to offer food as a reward or consolation. And, don't deny food as a means of discipline. A child may see denial of food as a denial of love.

Psychologists claim we eat the way we do because of learned habits and attitudes. We know eating habits begin in early childhood, so do your children a favor. Help them develop good food habits.

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