

Extension Forum

GUIDES FOR WINNING THE SUPERMARKET ROULETTE

By MRS. M. B. TAYLOR,
Home Economics Extension Agent

Many people today, economizing on food has suddenly become more than just holding to a budget. The food dollar is a "stretchable" one in the sense that it can buy more or less food depending upon what it is spent for. The more expensive our choices are, the less food we get per dollar spent.

- Some general rules for food buying are:
1. Do your own shopping, shop alone and don't shop when you are hungry.
 2. Prepare a shopping list; however, be flexible about it. Change your mind when it is practical to do so. Use advertisements. Do detail meal planning with the preparation of the shopping list.
 3. Plan shopping trips for conservation of time and money.
 4. Allow ample time for shopping and take as much time as required to compare prices.
 5. Know the prices of the items you regularly buy. The list will not be excessively long because we tend to buy the same items week after week.
 6. Avoid the impulse purchase of luxuries that you do not need nor can afford.
 7. Comparison shop. Compare the cost of servings of meats and fruits and vegetables. Compare the costs of different brands of the same products; compare the unit costs of different size packages; compare the costs of items of different quality; and compare the cost of the same products packaged differently.
 8. Buy and try different brands.
 9. Take advantage of sales, specials and promotions including coupons.
 10. Buy foods in plentiful supply.
 11. Shop latter part of the week unless your market has equally good pricing advantages for early days of the week.
 12. Buy by the grade and quality for the intended use.
 13. Check the weights of newly packaged items, sale items and multiple-priced items; price increases may be concealed here.
 14. Shop as infrequently as storage facilities permit.
 15. Keep an emergency shelf to avoid shopping in haste. A planned meal on the shelf or in the freezer will save money often spent unwisely when buying something to cook in a hurry.
 16. Do not over buy. If necessary, ask produce manager to open a package and sell you a smaller quantity.
 17. Unless your plan for spending is generous, be cautious in the purchase of ready-to-eat foods. At least attempt to discover if the cost of the convenience is worth it to you.

Hertford 4-H Club Sets Year's Goals

"The Hertford Senior 4-H Club pledged to have one of the most outstanding 4-H Clubs in the Area in an Organizational meeting Friday, at 5:30 p.m., stated Menford Alexander Griswold, Club Reporter. "This can be done by everyone working together," he said.

During the meeting, the following officers were elected: president, Sandra Perry; vice president, Karen Lightfoot; secretary, John Skinner; treasurer, Wanda Skinner; reporter, Menford Alexander Griswold; song leader, Brenda Garret; program chairman, John Skinner, and recreation chairman, Patricia Warren.

The regular meeting will be held Tuesday after the first Sunday at 5:30 p.m. at 303 Dobb St. The ages of the members of this club are 15 years of age through 19. The club fee is \$5.00 per month.

During the meeting Mrs. M.B. Taylor assisted the members in understanding the 4-H Organizational structure. She also assisted the members and leaders in formulating goals to be carried out during 1977. The following goals were planned:

- *Have each member participate before a group, at least once during the year.
- *In cooperation with the 4-H Subject Matter Leader, include a 4-H project tour.
- *Include in the Annual Plan of Work, programs by one or more 4-H subject matter leaders.
- *Have program on health during the year.
- *Have 100 per cent completion of projects.
- *Participate in the County-wide 4-H Church Sunday Service.
- *Have a 4-H Club Picnic or Cook-out.
- *Plan and conduct National 4-H Club Week Observance.

- *Participate in the County 4-H Club Achievement Program.
- *Conduct a Community Service Project.
- *Have a Community 4-H Achievement Program.
- *Prepare exhibits for a Fair or Achievement Day.
- *Make a trip to a place of interest.
- *Have a representative to attend State 4-H Congress.
- *Have club members to attend John Mitchell 4-H Camp, July 4-9, 1977.
- *Have club members to attend county camp.
- *Have club president and representative attend 4-H County Council.
- *Have a fund raising project.
- *Have one or more participants in county demonstration contest.
- *Have one or more participants in county dress revue contest.
- *Have one or more participants in the county talent contest.
- *Have one or more participants in the county speaking contest.
- *Have one or more participants in the county poster contest.
- *Have one or more participants in the Horse and Pony Club contest.
- *Have an active publicity committee.

Those interested in joining the Hertford Senior 4-H Club should contact Mrs. M.B. Taylor, Home Economics Agent, by calling 426-7697.

ON THE MOVE

Mr. and Mrs. Robert Newton and Donald Newton of Winfall spent the weekend in Wilmington with relatives. They were joined there by their daughter, Miss Doris Newton, of Henderson.

C.L. Dail has returned home after spending several months with Mr. and Mrs. Webb Gould at Virginia Beach, Va. and Mr. and Mrs. Clarence Lee Dail in Plymouth.

NEW HOURS
8:30 A.M.
5:30 P.M.



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The News & Observer wants a man or woman to be our dealer for the Town of Hertford, to deliver, collect and do some soliciting — Dealership now grossing \$230.00 monthly — Must have good car and be able to give good financial references — If interested, please contact H.D. Jenkins, District Sales Manager, Rt. 1, Box 302-A, Robersonville, N.C. 27871. 331977.

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3 Keep track of your savings in Instant Discount booklets
4 Redeem filled booklets right in our store for Super Savings on the foods your family needs most!

This Week's Super Savings

COLONIAL STORES



SMITHFIELD SMOKEHOUSE BACON
1 LB. PKG. **69c**
WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET



U.S. NO. 1 WHITE POTATOES
5 LB. BAG **1c**
WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET



LIQUID DETERGENT IVORY
1 QT. 1 PT. BTL. (MFG. 25¢ OFF)
79c
WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET



OUR PRIDE SUGAR
5 LB. BAG **19c**
WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET

USDA CHOICE BONELESS BOTTOM ROUND ROAST
lb. \$ **1.29**

LEAN MEATY 6-8 lb. avg. SMOKED PICNICS
lb. **69c**

CLIP COUPONS GOOD FOR \$3.44 SAVINGS ON PAGE

CLIP COUPONS FOR 100 FREE GOLD BOND STAMPS PLUS SAVE 93c

USDA CHOICE BONELESS TOP ROUND STEAK
lb. \$ **1.49**

WE WELCOME U.S.D.A. FOOD STAMPS

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100 FREE Gold Bond STAMPS WITH \$10 OR MORE PURCHASE
VOID AFTER SAT. MAR. 5, 1977

FRESH DRESSED BAKING HENS
lb. **59c**

JUMBO PACK MIXED FRYER PARTS
lb. **49c**

SAVE 36¢ ORISCO SHORTENING
3 LB. CAN **1.29**

Refreshing PEPSI-COLA
1/2 GAL. BTL. **79c**

WINNER BRAND SLICED BACON 12 OZ. PKG. **99c**
SELECT SLICED BEEF LIVER LB. **59c**
ARMOUR STAR GRILL DOGS LB. **99c**
OSCAR MAYER MEAT OR BEEF BOLOGNA 12 OZ. PKG. **99c** 8 OZ. PKG. **69c**

SAVE 17¢ 50-0-SOFT PAPER TOWELS
3 **1.31**

SAVE 40¢ LAUNDRY DEX (MFG. 25¢ OFF) WISK
1 GAL. BTL. **4.39**

PRIMOLEY POTATO CHIPS 9 OZ. PKG. **79c**
FREEZER QUEEN MINI MEALS 7 OZ. PKG. **39c**

FREEZER QUEEN BUFFET SUPPERS 2 LB. PKG. **\$1.19**
OSCAR MAYER MEAT OR BEEF VARIETY PACK 12 OZ. PKG. **\$1.39**
GORTON'S FROZ. BATTER FRIED FISH FILLETS 12 OZ. PKG. **\$1.39**
BANQUET FROZ. FRIED CHICKEN 2 LB. PKG. **\$1.99**

PALMOLIVE (MFG. 20¢ OFF) DISH DETERGENT 1 QT. BTL. **\$1.09**

SOFTWEVE BATHROOM TISSUE 2 400 CT. 2 ROLL PKGS. **\$1** (MFG. 8¢ OFF)
HUDSON FAMILY PAPER NAPKINS 2 160 CT. BOXES **\$1**
DIAL SOAP 2 BAR PACK **59c**
FAMILY DISPOSABLE Ex. Absorbent DIAPERS 24 CT. PKG. **\$2.39**

FARM CHARM ICE CREAM OR SHERBET 1/2 GAL. CTN. **79c**
FARM CHARM MARGARINE 3 LB. PKG. **\$1.00**

HUFF & PUFF CAT FOOD 4 15 OZ. CANS **88c**
FARM CHARM SOUR CREAM 1 PT. CUP **59c**
FARM BEST ICE CREAM SANDWICH 6 CT. PKG. **59c**
CUT GREEN BEANS 4 1 LB. CANS **\$1**
WH. KERNEL CORN SWEET PEAS 4 1 LB. CANS **\$1**

OUR PRIDE KING SIZE BREAD 3 1/2 4 OZ. LOAVES **\$1** / **OUR PRIDE REG. or SANDWICH WHOLE WHEAT BREAD** 1 LB. LOAF **39c**
PRICES EFFECTIVE THRU SAT., MARCH 5, 1977. NO SALES TO DEALERS

U.S. NO. 1 WHITE POTATOES 10 LB. BAG **98c**

OUR PRIDE HONEY WHEAT ENGLISH MUFFINS 14 OZ. PKG. **49c**
KRAFT SINGLE WRAP SLICED AMERICAN CHEESE 12 OZ. PKG. **99c**

BALLARD SWEET MILK OR BUTTERMILK BISCUITS 4 10 CT. 8 OZ. PKG. **49c**
KEEBLER HONEY GRAHAM CRACKERS 1 LB. PKG. **75c**

VENDOR'S LABEL FROZ. FRENCH FRIES 1 LB. 4 OZ. BAG **29c**

GOLDEN RIPE BANANAS

FRESH CRISP ICEBERG LETTUCE

OUR PRIDE RED OR GOLDEN APPLES
RED OR WHITE