

Extension Forum

By MRS. M.B. TAYLOR,
Home Economics Extension Agent
THE TOTAL EXTENSION
Homemaker

It takes more than string to fly a kite. It takes more than food to make a meal. It takes more than bricks to build a house. And it takes more than a home to make a homemaker. All of the following items help make the total homemaker.

Citizenship

The extension homemakers, young homemakers, senior citizens, and 4-H members have become actively involved in citizenship activities. Ten clubs participated in the Flag Day observance; 17 clubs participated in the Bicentennial Celebration; five homemakers served as jurors for superior court; 2,800 leaflets including a citizenship quiz were distributed in the county by citizenship leaders; 75 homemakers are members of civic organizations; one member is on the county school advisory board; 17 clubs encourage participation in the land use programs and county water project; five clubs participated in Farm City Week activities; and ten clubs assisted in recruiting participants for the nutrition program for senior citizens. Homemaking is citizenship.

Education

The main extension homemakers' objective is to make the public more aware of the varied opportunities available to them through the Extension Homemakers Association and its many special interest meetings and projects. This year, 17 clubs participated in the National Extension Homemakers Week Celebration; ten clubs participated in window displays; 15 members gave demonstrations in keeping with the Bicentennial Celebration; 35 "I Can Do It" booklets were explained and distributed to young homemakers; ten nonreaders were recruited and recommended to participate in Adult Education Classes, workshops, etc.; eight clubs participated in the bookmobile project; 15 homemakers volunteered to assist with transportation problems of the senior citizens; 15 clubs participated in the Lap Reading Program; and ten educational tours were planned and carried out. In addition to these involvements, monthly newsletters were planned and published and homemaking information was publicized through local newspapers and radio.

Family Life and Youth

There were many outstanding accomplishments made in family relations this year: ten clubs promoted classes in child development; ten clubs assisted other agencies in determining the needs of the aging; six members served on the Area Advisory Board for that group; two homemakers purchased the Parent Effectiveness Training Book; 15 clubs assumed a 4-H leadership role; five members attended a meeting of the family life council; five clubs participated in the marriage enrichment program; five clubs participated in the telephone reassurance project; ten clubs observed Senior Citizens Month; 15 window displays were carried out; three exhibits by senior citizens were included in the six-county fair; many participated in the senior citizen show and sale project; four educational tours were held by senior citizens; four family nights and cookouts were held; one annual day of fun was sponsored for family members; 63 attended the state fair and 93 attended the senior citizen banquet. The Reach One and Help One Project was also emphasized.

Health

Many clubs and homemakers participated in realistic action health programs for the benefit of the individuals and the community. As a result, the following accomplishments were made: four club women reported having eye examinations; 17 clubs participated in the Red Cross, March of Dimes, Cancer Fund, Easter Seals, Heart Drive, Cystic Fibrosis, and Blood Bank programs; many supported the Girls' Haven project; 175 women had physical examinations; 1500 pamphlets on drug abuse were distributed throughout the county; eight clubs conducted a clean-up and rat control campaign. Other activities included the encouragement of health projects through 4-H clubs and emphasis on dental health.

Home Economics

Families and individuals were encouraged to develop and make use of family living resources and educational opportunities offered through Extension Home Economics program. As a result, the following accomplishments were

(See Extension Forum, page 7)

People On The Move

Mr. and Mrs. James Wilder spent the weekend in Nashville with their son and daughter-in-law, Mr. and Mrs. Ronald Wilder.

Mr. and Mrs. S.P. Toney, Jr. and sons, Jamie and Chris, of Newport News, Va. were weekend guests of Mr. and Mrs. W.C. Dozier.

Mr. and Mrs. Haywood Divers spent several days this week with their son-in-law and daughter, Mr. and Mrs. Gary Ross, in Raleigh.

Roy Vickers, Jr. of Virginia Beach, Va. was a weekend guest of his mother, Mrs. Royce Vickers, Sr.

Miss Doris Newton of Henderson spent the weekend with her parents, Mr. and Mrs. Robert Newton in Wintfall.

Mrs. Edgar White and daughter, Miss Eva White, were weekend guests of Mrs. Shelton White in Raleigh.

Mr. and Mrs. Fred Gregory and family of Raleigh spent the weekend with Mrs. Royce Vickers.

Wayne Tarkenton, student at N.C. State University, Raleigh, spent the holidays with Mr. and Mrs. W.F. Tarkenton.

Carroll Berry, Jr. of Atlanta, Ga. spent a few days last week with his parents, Mr. and Mrs. Carroll Berry, Sr.

Miss Virginia Tucker and Miss Elizabeth Tucker visited relatives in Plymouth on Sunday.

Mr. and Mrs. Louis Schuman of Charlotte and friends in Hertford on Thursday of last week.

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BOLD DETERGENT 3 LB. 1 OZ. PKG. 59¢ WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET	DOMINO SUGAR 5 LB. BAG 29¢ WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET	FRESH CRISP ICEBERG LETTUCE 2 HEADS 1¢ WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET	GWALTNEY'S SAUSAGE 1 LB. ROLL 9¢ WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET
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USDA CHOICE BEEF BONELESS BOTTOM ROUND ROAST lb. \$ 1.29	LEAN MEATY (6-8 LB. AVG.) SMOKED PICNICS lb. 59¢	FARM CHARM ICE CREAM OR SHERBET 1/2 GAL. CTN. 69¢ SAVE 30¢
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PEPSI COLA OR MOUNTAIN DEW 6 1 PT. BTL. PLUS DEPOSIT 99¢	GWALTNEY'S 1ST QUALITY SLICED BACON 1 LB. \$1.29 SELECT SLICED BEEF LIVER 1 LB. 59¢ GORTON'S FROZ. OCEAN PERCH FILLETS 1 LB. PKG. \$1.49 OSCAR MAYER CHUBS Braunschweiger 8 OZ. PKG. 59¢	OSCAR MAYER MEAT OR BEEF WEINERS 1 LB. PKG. 1.19 OSCAR MAYER MEAT OR BEEF BOLOGNA 12 OZ. 8 OZ. PKG. 69¢ MRS PAUL'S FROZ. LT. BATTER FISH MINIATURES 9 OZ. PKG. 99¢ BANQUET FROZ. fried CHICKEN 2 LB. PKG. 1.99
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BEITY CROCKER CAKE MIXES 1 LB. 2 1/2 OZ. PKG. 49¢ SHASTA DIET DRINKS 12 OZ. CANS \$1.06 STA-PUFF FABRIC SOFTENER 1 GAL. JUG 99¢ MORTON'S FROZ. DINNERS 2 10 OZ. PKGS. \$1.00 MINUTE MAID FROZ. ORANGE JUICE 3 6 OZ. CANS \$1.00 OUR PRIDE BROWN & SERVE HARD ROLLS SEEDLESS, POPPY & SESAME 15 OZ. PKG. 55¢ BIRDS EYE COOL WHIP 9 OZ. CUP 69¢ / SUN BEAM SPONGE CUPS 6 OZ. PKG. 49¢	SEALTEST ICE CREAM 1/2 GAL. CTN. \$1.29 SWIFT'S VIENNA SAUSAGE 3 5 OZ. CANS \$1.00 SWIFT'S PREMIUM LUNCHEON MEAT 12 OZ. CAN 99¢ MORTON'S FROZ. POT PIES 4 8 OZ. PKGS. \$1.00 HEINZ FROZ. SELF-SIZZLING CRINKLE CUT POTATOES 1 LB. 8 OZ. PKG. 79¢
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BOUNTY PAPER TOWELS 100 ct. Roll 59¢ PUREX BLEACH 1 GAL. JUG 69¢	FRESH CALIFORNIA STRAWBERRIES PINT 59¢	OUR PRIDE BUTTERMILK BREAD 3 1 LB. 8 OZ. LOAVES \$1.00 FARM BEST ICE CREAM SANDWICH 12 CT. PKG. 99¢ FARM CHARM SOUR CREAM 1 PT. CUP 69¢ / BLUE BONNET MARGARINE 2 1 LB. PKGS. \$1.00 PILLSBURY BUTTERMILK OR COUNTRY STYLE BISCUITS 4 10 CT. 8 OZ. CANS 49¢ KRAFT SLICED AMERICAN CHEESE 12 OZ. PKG. 99¢ KEEBLER COOKIES 12 1/2 OZ. FUDGE STRIPS 13 1/2 OZ. DELUXE GRAHAMS 89¢
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GOLDEN RIPE BANANAS 3 lbs 99¢	WASH, STORE AND OR GOLDEN DEL. APPLES 3 lbs \$1.00	FRESH GREEN BEANS 1 lb. 39¢ WESTERN ANJOU PEARS 1 lb. 29¢
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