

Home and living course offered through extension service

If you are interested in improving home and family living and want to learn the latest in home making, you'll be interested in the Oregon State University Family Living program.

According to Extension Home Economist Molly Saul, the 1978-79 program for Morrow and Umatilla counties is just getting started. She states that it is a diversified program with something of interest for

persons of all ages and background.

The Family Living program is carried out through study group lessons, special interest sessions, workshops and correspondence courses. The program is selected by a cross section of homemakers from both Morrow and Umatilla counties. Chairman of the Program Development Committee this year is Jean Ecklund, Pendleton.

Study group membership is open to any interested person. But Mrs. Saul states that anyone is free to attend any session without becoming a member. There are nineteen study groups throughout Umatilla County and three in Morrow County. It is anticipated that more will be formed in each county this fall. Mrs. Saul says that she will be happy to meet with any person or persons interested

in forming a new group. Morrow County Extension Program Assistant Birdine Tullis will do the same in Morrow County.

Study groups have a lesson from Oregon State University each month, except during the summer. Teachers are members who have been trained by Mrs. Saul or other professionals. Training sessions are held each month. Study groups meet in homes, schools or other community buildings.

The study group program for the coming months is:

- October—Food from the Sea
 - November—Coping with Stress
 - December—The Basque Heritage
 - January—Study Group free choice
 - February—A Will of Your Own
 - March—Unit Pricing
 - April—Fun with Salads and Sandwiches
 - May—Picture Framing and Arranging
 - Special interest meetings for the year are:
 - Christmas Potpourri, Oct. 11, Pendleton and October 12, Heppner
 - Child Abuse—Winter
 - Meat-A-Rama—February 20, Morrow County
 - Sew Something Special—April 4, Morrow County
 - Food Preservation—Summer
- Each year one or two correspondence courses are offered for persons who would prefer to study at home rather than attend meetings. "You—The Food Buyer" will be offered during the winter months.
- Anyone interested in learning more about the Family Living Extension program should call Molly Saul, County Courthouse, Pendleton, 276-7111, extension 300; or Birdine Tullis, Heppner, 676-9642. Program brochures are available for distribution.

FAMILY SALE



WESTERN FAMILY

ALL-PURPOSE FLOUR
10-LB. BAG

99¢

At Thriftway, we feature the complete line of Western Family and Western Shores products. These products meet the same rigid standards of quality as the national brands, which usually sell for more. Try Western Family, you'll be pleased at the quality and savings.



WESTERN FAMILY

CANNED VEGETABLES

SLICED OR CUT GREEN BEANS, 16-OZ.; PEAS, 17-OZ.; CREAM STYLE OR WHOLE KERNEL CORN, 16-OZ.

4 FOR \$1

MIX OR MATCH

MORE BIG WESTERN FAMILY VALUES

WESTERN FAMILY TOMATO JUICE 46-oz. Size	55¢
WESTERN FAMILY MAYONNAISE 32-oz. Jar	\$1.09
WESTERN FAMILY FRUIT COCKTAIL 17-oz. Size	39¢
WESTERN FAMILY REGULAR OR HOT CHILI WITH BEANS 15-oz. Size	45¢
WESTERN FAMILY SALTINE CRACKERS 16-oz. Pkg.	45¢
WESTERN FAMILY TOMATO SAUCE 8-oz. Size	15¢
WESTERN FAMILY TOMATOES Whole Peeled or Stewed, 16-oz. Size	35¢
WESTERN FAMILY LONG SPAGHETTI 4-lb. Size	\$1.39
WESTERN FAMILY ELBOW MACARONI 4-lb. Size	\$1.39
WESTERN FAMILY MUSHROOMS Stems and Pieces, 4-oz. Size	49¢
WESTERN FAMILY INSTANT DRY MILK 4-lb. Pkg.	\$3.99
WESTERN FAMILY CAKE MIXES Assorted Flavors, 19-oz. Pkg.	59¢
WESTERN FAMILY FROSTING MIXES White or Fudge, 14-oz. Pkg.	69¢
WESTERN SHORES FABRIC SOFTENER 1-gallon	99¢
WESTERN SHORES BLEACH 1-gallon	53¢

THRIFTWAY FROZEN FOOD SAVINGS



WESTERN FAMILY FROZEN VEGETABLES

PEAS, CUT CORN, MIXED VEGETABLES, AND CHOPPED OR LEAF SPINACH, 10-OZ.

4 FOR \$1

WESTERN FAMILY WHIPPED TOPPING 9-oz. Size 49¢
WESTERN FAMILY WHITE BREAD DOUGH 5/1-lb. Loaves 99¢

WESTERN FAMILY, 20-OZ. CALIFORNIA BLEND or Broccoli Cuts & Cauliflower 89¢
WESTERN FAMILY TATERS 2-lb. Size 69¢

ADDITIONAL SAVINGS

HUNGRY JACK BISCUITS Butter Tasting, Flaky or Buttermilk, 10-oz. Size 49¢
HIGH YIELD COFFEE Regular or Automatic Drip, 39-oz. Size \$6.59
HILLS BROTHERS COFFEE Regular, Auto/Drip or Electric Perk, 3-lb. Size \$7.59
PET FOOD Top Dog Canned Dog Food, 15-oz. or Cat's Meow Canned Cat Food, 15.5-oz. 16¢

Have a Great Day with THRIFTWAY

BMCC slates

workshop for management

Blue Mountain Community College, in conjunction with the Professional Institute of the American Management Association, will conduct a two-day workshop Tuesday and Wednesday, Oct. 10 and 11 at the Pendleton Elks Lodge in Pendleton. The seminar is designed for executives and their staffs. For the experienced manager, the seminar will provide new insights on familiar topics and challenges. For the new manager, the seminar will be an intensive introduction to functions critical for success.

Specific areas that will be covered include executive planning tools, (systems, techniques and methods), managing executive time, (delegation of responsibility, people power, organizational structure), managing stress and conflict, (pressures for change, management of growth), managing human resources, (company success, motivation techniques and leadership styles).

The seminar has been successful in other parts of the state and is limited in enrollment. A few openings remain for registration. Inquiries regarding cost and registration procedures should be directed to Larry O'Rourke on the BMCC campus at 276-1260, ext. 205.

printing

676-9228

DISCOUNT NON-FOODS

AGREE SHAMPOO REGULAR, OILY OR GENTLE, 12-OZ. SIZE \$1.99

RELY TAMPONS REGULAR OR SUPER, PKG. OF 30 \$1.89

TRAC II BLADES FROM GILLETTE, PKG. OF 9 \$1.99

THRIFTWAY FRESH PRODUCE



POTATOES

20-LB. BAG \$1.19
NO. 2 POTATOES

LOCAL GROWN CABBAGE 17¢ LB.

EMPEROR GRAPES 49¢ LB.
NATURE'S PERFECT SNACK

FRESH BULK CARROTS lb. 29¢
HAWAIIAN-GROWN PAPAYAS ea. 69¢
MARBLEHEAD BAKING SQUASH lb. 12¢
JALAPENO PEPPERS lb. 79¢

THRIFTWAY