

Flavors, Flavors Everywhere!

Have some coffee-flavored milk. Or how about a cup of yogurt?

Yes, they're on the market, but not everywhere. They're just two of the items that caused American Dairy Review to conclude, after a recent survey of dairy plants, that more and more flavors are being used in more and more dairy products.

Enzo's Yogurt
Yogurt, once an ugly duckling, has done a regular Cinderella act in recent years, and the introduction of flavors is at least partially responsible. No wonder. Besides the more sedate tempters, such as blueberry, strawberry, raspberry and peach, the survey turned up a small percentage of what must be the most exotic fruit-flavored yogurt ever—called "passion orange."

Ninety-nine per cent of survey respondents made chocolate milk in 1968; two per cent made strawberry milk, and one per cent man-

tioned "other" flavors, most often coffee.

President Nixon eats his cottage cheese with catsup, but if he ever wants to vary flavors he may be able to find chive, garden salad, pineapple or green pepper, especially if his preference is for small curd cottage cheese.

More of the plants in the survey add flavors to that variety of the product.

Still Champions
In the frozen dessert category, a lot of us will still take vanilla—it accounts for nearly half the ice cream production, more than half the ice milk production of survey respondents. Chocolate and strawberry rank second and fourth for ice cream production. Even third place Neopolitan is really just a combination of the other three leading ice cream flavors.



SAY "CHEESE"
Americans are saying "Cheese" more often at the grocery store, and taking more of it home to enjoy. Per capita consumption leaped 30 per cent in the decade between 1958-1968.

To get something out of a sermon, one must take him- to go in debt—spend less than self within the range of the you earn, even, if only a penny less.

NOTICE

Coastal Concrete Company, Inc.

WINDSOR, N. C. PH. 794-3120

EDENTON, N. C. PH. 482-8296

Will Be Closed on Saturdays

FOR QUICK RESULTS TRY A HERALD

Koretizing

OFFERS PROFESSIONAL Rug Shampooing & Upholstering

— FREE ESTIMATES —

Call 482-4750

Date of Filing: September 28, 1970.

Title of Publication: The Chowan Herald.

Frequency of Issue: Weekly.

Location of Known Office of Publication: 421-425 South Broad Street, Edenton, N. C. 27832.

Publisher: L. F. Amburn, Jr., Edenton, N. C.

Editor: J. Edwin Bufflap, Edenton, N. C.

Owners: The Chowan Herald, Inc., Edenton, N. C.; L. F. Amburn, Jr., President, Edenton, N. C.; J. P. Huskins, vice president, Statesville, N. C.; Mildred A. Huskins, secretary-treasurer, Statesville, N. C.

Known Bondholders, Mortgagees and Other Security Holders Owning or Holding 1 Per Cent or More of Total Amount of Bonds, Mortgages or Other Securities: H. A. Mitchell, Trustee, Raleigh, N. C.

Total No. Copies Printed (Net Press Run): Average No. Copies Each Issue During Preceding 12 months, 2,872.

Actual Number of Copies of Single Issue Published Nearest to Filing Date, 2,977.

Paid Circulation: Sales Through Dealers and Carriers, Street Vendors and Counter Sales: Average No. Copies Each Issue During Preceding 12 Months, 334; Actual Number of Single Issue Published Nearest Filing Date, 388.

Mail Subscriptions: Average No. Copies Each Issue During Preceding 12 Months, 2,487; Actual Number of Copies of Single Issue Published Nearest Filing Date, 2,476.

Total Paid Circulation: Average No. Copies Each Issue During Preceding 12 Months, 2,706; Actual Number of Copies of Single Issue Nearest Filing Date, 2,867.

Free Distribution (Including Samples) by Mail, Carrier or Other Means: Average No. Copies Each Issue During Preceding 12 Months, 35; Actual Number of Copies of Single Issue Published Nearest Filing Date, 33.

Total Distribution: Average No. Copies Each Issue During Preceding 12 Months, 2,797; Actual Number of Copies of Single Issue Published Nearest Filing Date, 2,902.

Office Use, Left Over, Unaccounted, Spoiled After Printing: Average No. Copies Each Issue During Preceding 12 Months, 75; Actual Number of Copies of Single Issue Nearest to Filing Date, 75.

Total: Average No. Copies Each Issue During Preceding 12 Months, 2,872; Actual Number of Copies of Single Issue Nearest to Filing Date, 2,877.

I certify that the statements made by me above are correct and complete.

L. F. AMBURN, JR., Publisher.

Air Conditioned Taylor Theater
Edenton, N. C.

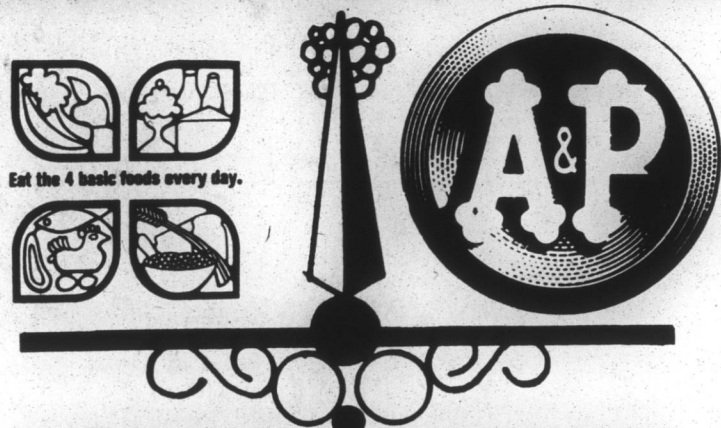
Wednesday and Thursday, Sept. 30 - Oct. 1 Rating G
James Stewart, John Wayne, Carroll Baker and Henry Fonda in "HOW THE WEST WAS WON"

Friday and Saturday, October 2-3
Double Feature—Rating G
"WAR OF THE GARGANTUAS" and "MONSTER ZERO"

Sun, Mon. and Tues., Oct. 4-5-6—Rating GP
John Cassavetes, Britt Ekland and Peter Falk in "MACHINE GUN" and "MCCAIN"

Coming Oct. 7-8-9-10—John Wayne in "CHISUM"

balance your diet EAT THE 4 BASIC FOODS EVERY DAY



balance your budget ALWAYS SHOP A&P

"SUPER-RIGHT" QUALITY HOT OR MILD
PURE PORK SAUSAGE 1-Lb. Roll 39c
SHOP A&P FOR HORMEL BRAND
LITTLE SIZZLER SAUSAGE 12-Oz. Pkg. 55c
SHOP A&P FOR FAMOUS
ALL MEAT FRANKS SERVE 'EM ANY TIME 1-Lb. Pkg. 59c

CAP'N JOHN'S FROZEN, CONDENSED OYSTER STEW 10-Oz. Can 39c
SHRIMP CREOLE 8-Oz. Pkg. 39c

JIFFY'S COOKED AND FROZEN GRAVY AND SLICED TURKEY OR SALISBURY STEAK & GRAVY 2 Lb. Pkg. 99c

"SUPER-RIGHT" FAMOUS QUALITY LEAN
FRESHLY GROUND BEEF 3 LB. OR MORE PKG. 53c
SHOP A&P FOR HEARTY MENU VALUES — TRY SLICED
ALLGOOD BACON 2-Lb. Pkg. \$1.29 1-Lb. Pkg. 65c

SLICED COLD CUTS 3 3-Oz. Pkgs. \$1.00
"SUPER-RIGHT" CHIPPED, COOKED BEEF, HAM, CORNED BEEF, SPICY BEEF OR SMOKED TURKEY, TRY ALL KINDS ONLY

OSCAR MAYER 12-OZ. SMOKIE LINK SAUSAGE 1-Lb. PKG. PURE BEEF FRANKS Each Pkg. 79c

TOWELS

NORTHERN 4 \$1.00
JUMBO SIZE ROLLS

Kleenex Facial Tissue 200-Ct. Pkg. 29c
Kotex Sanitary Napkins 12-Ct. Pkg. 45c
Rolaids Anti-Acid TABLETS 3 Roll Pkg. 49c
Ivory Bar Soap 4 CENTS OFF YOU PAY ONLY 4 Pers. Bar Pkg. 29c

Sunnyfield Corn Flakes 12-Oz. Pkg. 27c 18-Oz. Pkg. 39c
Sunnyfield Oat Meal 18-Oz. Pkg. 31c 42-Oz. Pkg. 57c
Ann Page Candy Corn 28-Oz. Pkg. 55c 14-Oz. Pkg. 29c

Appetizingly-Good Groceries!

GREEN GIANT 4 Cans 89c
Niblet's Golden Corn 12-Oz. Can 1-Lb. 1-Lb. 1-Lb.
Kitchen Sliced Beans
French Style Beans

Mexicorn 4 12-Oz. Cans \$1.00 White Shoe Peg Corn 4 12-Oz. Cans \$1.00
ANN PAGE TOMATO KETCHUP 2 14-Oz. Bots. 39c
ANN PAGE BEANS PORK AND BEANS RED BEANS IN CHILI GRAVY OR KIDNEY 3 37-Oz. Cans \$1.00

CLOVERLEAF ROLLS Jane Parker Bake 'n Serve 2 12-Oz. Pkg. 49c

SHOP A&P FOR "OUR FINEST" SPECIALLY PRICED
BEANS A&P CUT WAX OR CUT GREEN 6 \$1

15c NESTLES CO. A&P STORE COUPON 15c
GOOD FOR 15c OFF ON 2-LB. SIZE NESTLES CHOCOLATE QUIK
WITH COUPON YOU PAY ONLY 80c WITHOUT COUPON 95c
GOOD ONLY AT A&P. VOID AFTER OCTOBER 10. LIMIT ONE PER FAMILY — OFFER 19789

10c A&P STORE COUPON 10c
GOOD FOR 10c OFF ON 16-OZ. PACKAGE PILLSBURY INSTANT POTATOES 44c
LIMIT ONE PER FAMILY. COUPON VOID AFTER OCT. 10. REDEEM AT A&P FOOD STORES. 3 CENTS OFF LABEL PLUS COUPON PAY WITHOUT COUPON PAY 54c. PILLSBURY COMPANY PRODUCT.

Tasty Pickin's—Fresh Produce!

U.S. #1 ALL PURPOSE WHITE **POTATOES** 20 Lb. Bag 79c
CANTALOUPE 3 Jumbo 77s 99c
SHOP A&P FOR RED DELICIOUS

APPLES BUY SEVERAL BAGS TODAY SERVE 'EM DAILY 4 Lb. Bag 39c
LETTUCE Hd. 29c

CABBAGE CRISP ROUND GREEN Lb. 8c
SAVE WHEN YOU BUY CRISP
GREEN BEANS 1b. 19c

BREAD ENRICHED REGULAR WHITE 5 1-Lb. Loaves \$1.00
CRACKED WHEAT SOUR RYE VIENNA SEEDED RYE PUMPERNICKEL 2 1-Lb. Loaves 49c

Jane Parker Baked Foods!
JANE PARKER FRESHLY BAKED Regular Raisin Bread 1-Lb. Loaf 29c
JANE PARKER FRESHLY BAKED Babka Coffee Cake 26-Oz. Size 79c
JANE PARKER BIG DESSERT VALUE! Banana Nut Loaf Cake 14-Oz. Size 45c
JANE PARKER FRESHLY BAKED SLICED

Special! Jane Parker APPLE PIES

MARVEL ICE MILK 1/2 Gal. 39c
SERVE HOT PIE TOPPED WITH ICE MILK SOON
3 1-Lb. 6-Oz. PIES \$1.00
Stock Your Freezer

Frozen Food Buys!

"OUR FINEST QUALITY" REG. OR KRINKLE CUT A&P FRENCH FRIED POTATOES 2 Lb. Pkg. 35c
READY TO HEAT—SPECIALLY PRICED A&P MACARONI AND CHEESE 20-Oz. 39c 2 8-Oz. Pkgs. 37c

SHOP AND SAVE ON **MORTON FRUIT PIES**
Blueberry • Strawberry 2 20-Oz. Pkgs. 89c
APPLE • PEACH • CHERRY COCCANUT CUSTARD 3 20-Oz. Pkgs. \$1.00

INSTANT, DRY NON-FAT A&P MILK SOLIDS 12 Qt. Pkg. \$1.45
HEARTY AND VIGOROUS TEA OUR OWN BAGS 100-Ct. Pkg. 79c
SPECIAL SALE ON FREEZE-DRIED A&P INSTANT COFFEE 4-Oz. Jar 95c