

# INFLATION

## Double Coupon Savings



### DOUBLE Coupon Savings!

Between now and we will redeem all national manufacturers' cents-off coupons up to \$1.00 for double their value. Offer good on national manufacturers' cents-off coupons only. (Food retailer coupons not accepted.) Customer must purchase coupon product in specified size. Expired coupons will not be honored. One coupon per customer per item. No coupons accepted for free merchandise. Offer does not apply to A&P or other store coupons whether manufacturer is mentioned or not. When the value of the coupon exceeds \$1.00 or the retail of the item, this offer is limited to the retail price.

Savings are Great with A&P's DOUBLE SAVING COUPONS!			
MFC'S COUPON	MFC "CENTS OFF"	A&P ADDED "CENTS OFF"	TOTAL COUPON AT A&P
COUPON A	25c	25c	50c
COUPON B	18c	18c	36c
COUPON C	\$1.00	\$1.00	\$2.00
COUPON D	\$1.50	50c	\$2.00

### Attends 45th Conference

Mrs. Yates Parrish, Chowan County Extension Homemakers Club president was among the 2,200 homemakers who traveled to Durham, N.H. for the 45th annual National Extension Homemakers Council Conference, August 9-13.

Mrs. Parrish representing the N. C. Family Resource Management Committee accepted the third place National Award. This award was given in recognition of outstanding programs on Money Management, Estate Planning, Energy Conservation, Insurance, etc. carried out by North Carolina 25,000 Extension Homemaker Members. North Carolina homemakers also received eight other awards.

"Today's Challenge, Tomorrow's Reality" was the theme of the conference held at the University of New Hampshire. Delegates represented some 550,000 National Extension Homemakers Club members in 41 states, Puerto Rico and the Virgin Islands. Keynote speaker was Shirley Lueth, from Aurora, Neb., who is the author of "I Didn't Plan to be a Witch." Recent publications in Ladies Home Journal magazine were: "What's a Bride's Mother to Do?" and "Only A Mother Would Know", both taken from the book.

Other speakers included Dr. Anson R. Bertrand, director of Science and Education, USDA; Dr. Mary Nell Greenwood, administrator, SEA-Extension-USDA; and Henry Viscardi, president of the Human Resources Center, Long Island, N.Y.

Workshops and learning sessions dealt with specific subjects of interest to NEHA members: citizenship and community outreach; cultural arts, clothing and textiles; family relationships and child development; family resource management; health, food and nutrition; housing, energy and environment; international concerns, membership; public relations; and safety and emergency preparedness. An oral history workshop, young Extension Homemakers rap session, and a turn-around workshop were also special features during the conference.

Trade Show exhibits and cultural arts exhibits attracted a large number of viewers. An awards session honored 50-year members and those groups and individuals winning national awards. Entertainment at the awards program included Fahmida Karim, student from Bangladesh, and the Sauk County, Wis. Extension Homemakers Chorus.

A special evening on New Hampshire Night featured a New England County Fair setting for a clambake dinner. The annual Couple's Breakfast was held on Tuesday morning.

Spouses attending took part in special events such as deep sea fishing, a University of New Hampshire Research tour, a tour of commercial dairy, poultry, apple and vegetable farms; oyster farming and solar energy in New England winters.

Mrs. Bertha Perry, N. C. Extension Homemakers Club second vice president, Mrs. Ruth Coleman, and Mrs. Gladys Harrell from Currituck County and Mrs. Nancy Madrey, Northeastern District Young Homemaker from Perquimans County also attended from this area.

### IMPORTANT NEWS FOR BACKACHE SUFFERERS!

**MOMENTUM® Tablets are 50% stronger than Doan's.**

Before you take Doan's Pills for muscular backache, remember the MOMENTUM Tablets are 50% stronger than Doan's. That means MOMENTUM gives you 50% more pain relief per dose to relieve backache.

To reduce pain, soothe inflammation so muscles loosen—you can move more freely in minutes! There's no stronger backache medication you can buy without a prescription than MOMENTUM Tablets. Take only as directed.

## The Butcher Shop

with supermarket prices.

### Meat Specials

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
FULL-CUT

# Round Steak

Bone In  
lb. **1.98**

A & P FRESHLY GROUND MARKET STYLE

# GROUND BEEF

10 LB. LIMIT  
lb. **98¢**

## THE FARM

FRESH WITH QUALITY  
U.S. #1 ALL PURPOSE

# White Potatoes

lb. bag **10 129**

A&P SPECIAL TRIM  
CENTER SLICED

# Ham Steaks

lb. **1.99**

A&P QUALITY HEAVY WESTERN  
GRAIN FED BEEF  
TOP OR BOTTOM

# Round Steak

Boneless  
lb. **2.88**

A&P QUALITY HEAVY WESTERN  
GRAIN FED BEEF

# Cubed Steak

lb. **2.98**

RIPE—READY TO EAT

# Tomatoes

26 oz. family pack **99¢**

MILD TENDER MEDIUM

# Yellow Onions

3 lb. bag **99¢**

A&P QUALITY

# Ground Beef

3 or 5 lb. Roll Pkg  
lb. **1.48**

SMITHFIELD

# Pork Sausage

Hot or Mild  
1 lb. pkg. **1.19**

GORTONS

# Fish Sticks

or Batter Fried  
15 oz. 12 oz. 2.19 pkg. **1.89**

LOCALLY GROWN

# Delicious Apples

Red or Golden  
3 lb. bag **1.29**

FLORIDA GROWN

# Avocados

Jumbo 10 size **99¢**

A&P QUALITY HEAVY  
WESTERN GRAIN FED BEEF  
BONELESS BOTTOM

# Round Roast

lb. **2.48**

REGULAR OR THICK

# Ann Page Bologna

Beef lb. 1.58  
1-lb. pkg. **1.48**

U.S.D.A. INSPECTED FRESH

# Whole Fryer Legs

8 lbs. or more  
lb. **88¢**

GOLDEN YELLOW RIPE

# Dole Bananas

3 lbs. only **1.00**

CALIFORNIA PLUMP

# Seedless Grapes

lb. **79¢**

**P** Specials

Ann Page  
Paper Plates

1.19 100 ct.

Sweet Heart  
Plastic Forks & Spoons

49¢ 24 ct.

**P** General Merchandise

CRESTLINE

# 24" Barbecue Grill

each only **9.88**

FUNK & WAGNALL STANDARD

# Desk Dictionary

each only **4.98**

**Glad Wrap**

100 ft. roll **87¢**

**P** Health and Beauty  
Aid Specials

AQUA FRESH

# Toothpaste

You Pay Only 1.19  
4.6 oz. tube

LISTERMINT

# Mouthwash

Regular or Cinnamon  
6 oz. btls. **2.100**

Special Prices  
To Clean Up  
Summer Merchandise

A&P QUALITY

# Disposable Diapers

Extra Absorbent  
Overnight  
Toddler (40 ct.)  
48 ct. pkg. **5.29**

HEFTY

# Trash Can Liners

20 ct. pkg. **3.09**

INTENSIVE CARE

# Vaseline Lotion

Regular or Herbal  
10 oz. btl. **1.29**

Q-TIP

# Cotton Swabs

CUTEX MAIL  
Polish Remover  
170 ct. pkg. **89¢**  
4 oz. btl. **59¢**

DRY CHUNKS

# Chatham Dog Food

25 lb. bag **3.89**

STRAINED FRUITS & VEGETABLES

# Gerber Baby Food

4 1/2 oz. jar **22¢**

REGULAR - ELECTRA PERK

# Folger's Coffee

1-lb. bag **2.25**

27% OFF LABEL

# Palmolive Liquid

Dishwashing Detergent  
You Pay Only **1.49**  
32 oz. btl.

10% OFF ON 3

# Ivory Soap

You Pay Only **69¢**  
3 4 oz. bars

WHITE - YELLOW - BLUE

# Charmin Tissue

**99¢**  
4 roll pkg.

LIQUID LAUNDRY

# Dynamo Detergent

You Pay Only **1.49**  
20% OFF LABEL  
32 oz. btl.

701 North Broad Street — Edenton, N.C.