



# LOW SODIUM RECIPES FROM THE A&P KITCHEN

ADVERTISED ITEM POLICY

Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

PRICES EFFECTIVE THRU SAT., JULY 31 AT A&P IN EDENTON

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

**Beef Stew** 1.98

LOW IN SODIUM (Large 12 Size) **Broccoli** each 99¢

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF-WHOLE **Shoulder Roast** 1.68

A&P RECIPES FOR THE NATURAL GOODNESS OF LOW SODIUM FOOD!

(THIRD IN A SERIES)

## STIR-FRY BROCCOLI

1 pound broccoli  
2 tablespoons vegetable oil  
1 cup water  
1 teaspoon cornstarch

1/2 teaspoon summer savory  
1/2 teaspoon rosemary  
1/4 teaspoon oregano

Wash broccoli; cut stems from flowering tops. Remove leaves from stems and cut into 2 inch pieces. Heat oil until very hot in heavy skillet. Add stems only and stir fry for two minutes. Push to one side of skillet and stir into oil mixture the water, blended spices and cornstarch. Let cook over low heat until thick. Blend in broccoli and mix thoroughly to prevent scorching. Cook until fork-tender; about ten minutes or less. Sprinkle oregano over all and cover. Allow to stand for two minutes, then serve at once.

**Beef Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Boneless Roast**  
Cut From The Chuck  
lb. **1.78**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Boneless Chuck Steak** lb. 1.98  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Whole Rib Eye** 9-12 lb. Avg. Cut Free lb. 3.59

**The Butcher Shop**  
with supermarket prices  
**Meat Specials**  
U.S.D.A. INSPECTED FRESH  
**Box-O-Chicken**  
Limit 4 Please  
lb. **45¢**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Rib Eye Steaks**  
Boneless  
lb. **3.98**

**Beef Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Ground Chuck**  
3-lbs. or more  
lb. **1.78**

ARMOUR  
**Turkey Franks** 12 oz. pkg. **79¢**  
CAROLINA PRIDE  
**Sliced Bologna** 12 oz. Thick pkg. **99¢**

**Dairy Specials**  
A&P CHILLED  
**Orange Juice**  
1/2 gallon carton  
**99¢**

A&P CHILLED • Orange • Punch • Grape • Lemon  
**Fruit Drinks** gallon jug **99¢**

U.S.D.A. INSPECTED FRESH  
**Whole Fryer Legs** lb. **89¢**  
EXTRA LEAN SPECIAL TRIM COUNTY FARM  
**Pork Steak** Cut From Boston Butt lb. **1.69**  
U.S.D.A. INSPECTED FRESH  
**Turkey Wings or Necks** lb. **49¢**  
BLUE RIDGE  
**Sliced Bacon** 1-lb. pkg. **1.39**

**THE FARM**  
A&P  
Fresh With Quality  
U.S. #1 EASTERN GROWN—ALL PURPOSE  
**White Potatoes**  
lb. bag **1.10** **1.39**

**Frozen Specials**  
ICE CREAM PARLOR TASTE  
**Sealtest Ice Cream**  
1/2 gal. carton  
**1.89** Save 80¢

SAUSAGE, COMBINATION, PEPPERONI  
**Mr. P's Pizza** 10 oz. pkg. **79¢**

KRAFT MILD  
**Cheddar Cheese** 12 oz. pkg. **1.99**  
KRAFT CHEESE FOOD SLICES  
**American Singles** 6 oz. pkg. **89¢**  
BREAKSTONE  
**Sour Cream** 8 oz. pkg. **59¢**

PLUMP TASTY FRESH TENDER  
**Yellow Corn** 6 large ears **1.00**  
FLORIDA—GREAT WITH PERRIER  
**Seedless Limes** 10 for **79¢**  
FLORIDA GROWN  
**Avocados** 2 for **1.00**

GOLDEN RIPE  
**Bananas** 3 lbs. for **1.00**  
WASHINGTON STATE EXTRA FANCY  
**Bing Cherries** lb. **99¢**  
CALIFORNIA SWEET JUICY  
**Nectarines** lb. **69¢**

CHICKEN, TURKEY, MACARONI & CHEESE  
**Jiffy Pot Pies** 4 8 oz. pkgs. **1.00**  
PET RITZ REGULAR  
**Pie Shells** 2 ct. pkg. **59¢**  
MORTON SAL. STEAK, TURKEY, CHICKEN  
**King Size Dinners** 19 oz. pkg. **1.49**

**Grocery Specials**  
SILVER BROOK  
**Homogenized Milk**  
or A&P 2% lowfat milk gal. **1.99**

ANN PAGE  
**Potato Chips** 8 oz. twin pack **89¢**  
TEXIZE PINK LIQUID  
**Dish Detergent** 32 oz. btl. **69¢**

**Grocery Specials**  
CHUNK LIGHT  
**Starkist Tuna**  
• In Water • In Oil  
6 1/2 oz. can **79¢**

HUNT'S  
**Tomato Ketchup** 32 oz. btl. **99¢**  
DRY OCEAN FISH  
**Friskies Cat Food** 4 lb. bag **1.99**

**Bakery Specials**  
P&Q BRAND  
**White Bread**  
Sandwich Sliced 2 24 oz. loaves **99¢**

ANN PAGE  
**Apple Juice** 1/2 gallon bottle **1.29**  
KRAFT  
**Grape Jelly** 2 lb. jar **99¢**

**Weekly Specials**  
**7-Up & Diet 7-Up**  
**1.09**

AUTOCRAT  
**Ice Milk** all flavors 1/2 gal. ctn. **99¢**  
• NORMAL-DRY • OILY  
**Pert Shampoo** 11 oz. btl. **1.69**

**SUPER SAVER COUPON**  
FAMILY SIZE  
**Lipton Tea Bags**  
24 ct. pkg. **99¢**  
LIMIT ONE WITH COUPON AND 7.50 ORDER  
GOOD THRU SAT., JULY 31 AT A&P IN EDENTON #654

**SUPER SAVER COUPON**  
GOLDEN QUARTERS  
**Mrs. Filbert's Margarine**  
1 lb. pkg. **29¢**  
LIMIT ONE WITH COUPON AND 7.50 ORDER  
GOOD THRU SAT., JULY 31 AT A&P IN EDENTON #656

**SUPER SAVER COUPON**  
BLENDED FOR TASTE  
**Eight O'Clock Decaffeinated Bean Coffee**  
1 lb. bag **2.49**  
LIMIT ONE WITH COUPON  
GOOD THRU SAT., JULY 31 AT A&P IN EDENTON #655

**SUPER SAVER COUPON**  
DECORATED OR ART'S 'N' FLOWERS  
**Scott Towels**  
big roll **39¢**  
LIMIT ONE WITH COUPON AND 7.50 ORDER  
GOOD THRU SAT., JULY 31 AT A&P IN EDENTON #657

701 North Broad Street, Edenton, N. C.

## Increase Set For Permit Fees

RALEIGH — In the near future, fees charged for motor vehicle operator learner's permits and fees for special identification cards will increase to \$5, the N.C. Department of Transportation's (NCDOT) Division of Motor Vehicles (DMV) has announced.

As enacted by the 1982 General Assembly and effective August 1, the fee for issuance of limited learners permits and learners permits shall be \$5. The General Assembly authorized the fee increase to cover rising costs of administering the program.

Limited learners permits are issued to applicants under the age of 16. According to the new law, this permit will be valid eighteen months after the date of issuance. Previously, the permit was issued at no charge and expired on the applicant's sixteenth birthday. The law continues to require any person with a limited learner's permit to have a parent or legal guardian in the vehicle for close supervision while driving.

DMV Commissioner R.W. Wilkins, Jr., said, "By extending the validity of the limited learner's permit to eighteen months, young people can opt to prolong the period before they obtain their license and thereby gain more experience driving. This law gives greater flexibility to the young people and will hopefully prepare them to be safer, more responsible drivers."

Learners permits are issued to applicants over the age of 16 and prior to the new law, cost \$4. With the new law, the fee will increase to \$5. Also effective August 1, the renewal fee for a learner's permit will be reduced from \$7 to \$5. Any permit issued to a person under the age of 18 must be signed by a parent or legal guardian, according to law.

Special identification cards are issued to persons who are at least 16 years of age and residents of North Carolina. Under the new law, the fee for issuance or reissuance of the cards will increase from \$3 to \$5. The cards will however continue to be issued without fee to a resident of North Carolina who is legally blind or who has attained the age of 70 years.

As part of the new law, the special identification cards will automatically expire on the birth date of the card holder every four years after issuance. The cards will also be assigned a computerized number. The computerized system has been endorsed by the N.C. Merchants Association to give more validity to the accuracy of information contained on the card. The target date for implementation of this new law has been designated as September 1, 1982, according to DMV officials.

Valid identification such as a certified birth certificate or two reputable identification pieces are required for issuance of motor vehicle operator learner's permits and special identification cards.

Anyone who needs further information or has questions concerning these new laws can contact the Raleigh DMV driver license section at (919) 733-9906.

## Farm Computers

A Shiloh farmer believes the computer will become one of the most valuable tools for agricultural operations since the advent of mechanized farm equipment. Next week, he will conduct a workshop at College of The Albemarle to introduce ways other area farmers can benefit from computer applications.

Randy Williams will begin "Computer Operations for Farmers" at 7 P.M., August 2 in Room C-101 at COA's North Road Street campus in Elizabeth City. The workshop will be held for two consecutive Mondays, ending on August 9.

Williams said the first Continued On Page 6-B