

Tobacco Up In Carolinas

WASHINGTON, D.C. — In 1663, a group of English noblemen proposed to establish a colony south of Virginia and to name it for their monarch, Charles II. They won their charter after promising that Carolina would not compete with the older Virginia and Maryland colonies in the cultivation and sale of tobacco.

Today, North Carolina produces more flue-cured tobacco and manufactures more tobacco products than any comparable area in the world. The golden leaf is the Tar Heel State's number one industry.

Tobacco's development there is traced in a new illustrated booklet, "North Carolina's Tobacco Heritage," published by The Tobacco Institute, a Washington-based trade association representing the major U.S. cigarette manufacturers.

The 16-page booklet, one in a series on the history and culture of America's first export product, follows the crop's growth from the stagnant "Rip Van Winkle" days of the early 1800's to the discovery of bright tobacco on a Carolina farm and the emergence of the first large-scale manufacturers.

Copies of "North Carolina's Tobacco Heritage" and a companion state date card, which will be updated regularly, are available free of charge from The Tobacco Institute, 1875 I Street, N.W., Washington, D.C. 20006.

3-D Show Set

WASHINGTON — Down East viewers will be able to watch a television first on Friday, when WITN-TV brings the innovation of a 3-Dimensional picture to their home. 3D Movie 7 will feature "Gorilla At Large" starring Cameron Mitchell, Anne Bancroft and Lee J. Cobb, the story of a carnival midway with side shows, freaks, roller coaster, trapeze artists, and the king of the jungle who lives only to kill.

This technicolor feature can only be seen in 3D by home viewers with color sets and 3D glasses. 3D glasses are available throughout the TV-7 coverage area at Fast Fare convenience stores. Down East viewers without 3D glasses and with black and white TV sets will receive a slight double image on the screen and are advised not to try and tune their set.

Dick Jones, of WITN-TV's popular "Almanac" show, will host 3D Movie 7 which will air Friday August 20th from 8-10 P.M. and will be repeated Sunday, August 29th from 1-3 P.M. for viewers who missed the first telecast on WITN-TV.

Award Winner

TARBORO — Carolina Telephone's monthly employee magazine "Cross Talk" has recognition from an international business communicators organization.

The internal magazine was judged best overall in its category in the "1982 Compleat Communicator Competition" sponsored by the Triangle Chapter of the International Association of Business Communicators. J.R. (Jim) Nichols, editor of the magazine and manager of information and publications with Carolina Telephone, received the first-place award.

More than 300 entries were submitted by some 100 professionals from across the state. Nichols was among 50 winners and nine honorable mentions honored at the Marriott Hotel in Raleigh Tuesday night.

A native of Wilson, Nichols holds a journalism degree from the University of North Carolina at Chapel Hill. Prior to joining Carolina Telephone in 1978, he held positions at the Rocky Mount Evening Telegram as reporter, city editor, Sunday editor and managing editor.



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., AUGUST 21 AT A&P IN EDENTON. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

BLUE RIDGE **Sliced Bacon** 1 lb. pkg. **1.49** A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—FRESH **Ground Chuck** 3-lb. or more pkg. **1.78** lb.

LOW CHOLESTEROL RECIPES FOR THE BALANCED MEAL

This week, A&P is starting a series of recipes for dishes that are low in cholesterol. Many people are concerned with limiting cholesterol in their diets for health reasons. Watch this column for the next several weeks and combine these recipes to make a well balanced low cholesterol meal.

LOW CHOLESTEROL SWEET-SOUR CHICKEN
4 Deboned, Skinless Chicken Breasts
Salt and pepper
Juice of fresh lemon
4 teaspoons corn oil
20 oz. can chunk pineapple, chunks halved
1/4 cup wine vinegar
1/4 cup soy sauce
1/2 cup pineapple juice
1 teaspoon sugar
2 peppers cut into strips

Preheat oven to 350°F. Remove all skin and visible fat from chicken. Place chicken breasts in baking pan making sure sides do not overlap. Sprinkle salt and pepper on each piece; turn and sprinkle other sides. Pour lemon juice evenly over all. Pour 1 teaspoon corn oil over each piece and rub into surface with back of a spoon. Cover chicken breasts with halved pineapple chunks. Combine wine vinegar, soy sauce, pineapple juice and sugar and pour over all. Cover with foil and bake for 20 minutes. Add pepper strips, recover and bake 20 more minutes. Remove chicken, peppers and pineapple from baking pan, leaving all juices, and place on warm serving platter. Combine 2 tablespoons cornstarch and 1/4 cup water. Add this to juices in baking pan and heat through until bubbly and thick. Pour over chicken, peppers and pineapple and serve at once. Delicious served with brown or white rice.

Poultry Specials
U.S.D.A. INSPECTED FRESH
Box-O-Chicken
FRESH WHOLE Fryer Legs lb. **89¢**
45¢ lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—WHOLE **Beef Shoulder** Boneless 16-24 lb. Avg. lb. **1.68**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Beef Stew** Boneless 3-lb. or more lb. **1.98**

The Butcher Shop
with supermarket prices
Meat Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—WHOLE
New York Strip
1.99 lb. Bone In
16 Lbs. To 20 Lbs. Avg. Wt. Cut Free Into Bone In New York Strip Steaks

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Chuck Steak** Bone-in lb. **1.48**
U.S.D.A. INSPECTED FRESH **Turkey Wings or Necks** lb. **49¢**

HOLLY FARMS CHICKEN **Franks or Bologna** 1-lb. pkg. **89¢**
A&P Quality Heavy Western Grain Fed Beef Whole Bottom **Eye Round** 20-26 lb. Avg. lb. **1.68**

Beef Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Chuck Roast
Bone In **1.28** lb.
BONE-IN Shoulder Roast lb. **1.78**

COTTAGE BRAND **Smoked Sausage** lb. **1.19**
A&P Quality Hot or Mild **Pork Sausage** 1 lb. pkg. **99¢**

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

BUTTERMILK **Pillsbury Biscuits** 4 10 ct. 7 1/2 oz. cans **99¢**
KRAFT CHEESE FOOD SLICES **American Singles** 12 oz. pkg. **1.49**
ONION, CLAM, CUCUMBER-ONION **Sealtest Dips** 8 oz. pkg. **65¢**
ANN PAGE REG. OR CRINKLE **Potato Chips** Twin Pack 8 oz. pkg. **89¢**

THE FARM
A&P
Fresh With Quality
CALIFORNIA CRISP SOLID ICEBERG
Head Lettuce
2.100 large heads

CALIFORNIA BLACK EXOTIC, RED CARDINALS, OR THOMPSON GREEN **Seedless Grapes** lb. **79¢**
CALIFORNIA SWEET AND JUICY **Nectarines** lb. **69¢**
FLORIDA—RICH IN BUTTER MINERALS **Avocados** Jumbo 12 Size **69¢**

RED RIPE SALAD SIZE **Tomatoes** 28 oz. family pack **99¢**
CRISP—TASTY LOW IN SODIUM **Fresh Celery** Jumbo 24 Size **59¢**
COUNTRY STAND—SNOW WHITE FRESH **Mushrooms** 8 oz. box **88¢**

Frozen Specials
FROZEN
Ann Page Pizzas
Pepperoni, Sausage, Cheese
10 oz. pkg. **79¢**

ALL NATURAL **Breyer's Ice Cream** 1/2 gal. ctn. **2.29**
ANN PAGE REGULAR OR CRINKLE CUT **French Fries** 5 lb. bag **1.99**
STRAWBERRY, BLACKBERRY, APPLE **Pet Ritz Cobblers** 26 oz. pkg. **1.69**
REGULAR **Pet Ritz Pie Shells** 2 ct. pkg. **59¢**

Grocery Specials
BUSH'S BLACK EYE PEAS OR
Pinto Beans
4 15 oz. cans **1.00**

GREAT VALUE! **Greer Tomatoes** 3 16 oz. cans **1.00**
ARGO **Green Lima Beans** 3 16 oz. cans **99¢**
DEL MONTE PREMIUM SMALL **Sweet Peas** 2 17 oz. cans **99¢**

Bakery Specials
P&Q BRAND
White Bread
Sandwich Sliced
24 oz. loaves **2.99¢**

ANN PAGE **Apple Juice** 1/2 gallon bottle **1.29**
KRAFT **Grape Jelly** 2 lb. jar **99¢**
DOG FOOD **Ken-L-Ration Stew** 4 15 oz. cans **1.00**

Household Specials
HEAVY DUTY
Trend Detergent
42 oz. box **99¢**

WITH TRIGGER **Fantastic Spray Cleaner** 22 oz. bottle **79¢**
WITH TRIGGER **Glass Plus Window Cleaner** 22 oz. bottle **99¢**
DESIGNER OR ASSORTED **Bounty Towels** big roll **79¢**

Weekly Specials
2-litre
Pepsi Cola
Mountain Dew
79

50% OFF LABEL—REG. OR WITH CONDITIONER You Pay Only **Head & Shoulders** 15 oz. bottle **2.69**
REGULAR OR UNSCENTED • Solid 2 oz. • Roll On 2 1/2 oz. • Anti-Perf. 4 oz. each only **Sure Deodorant** **1.79**
TWIN PACK—SAVE 2.40 **Scope Mouthwash** 2 24 oz. btl. **3.98**

SUPER SAVER COUPON
REGULAR, ELECTRIC PERK, AUTOMATIC DRIP
Maxwell House Coffee 1-lb. bag **1.95** #664

LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 21 AT A&P IN EDENTON

SUPER SAVER COUPON
ANN PAGE
Pure Vegetable Shortening 3 lb. can **1.19** #665

LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 21 AT A&P IN EDENTON

SUPER SAVER COUPON
WHITE, YELLOW, BLUE
White Cloud Tissue 4 roll pkg. **88¢** #666

LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 21 AT A&P IN EDENTON

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

701 North Broad St. - Edenton, N.C.