

ENJOY GREAT MEAT OR DOUBLE YOUR MONEY BACK

That's right, Double your money back if you're not completely satisfied with any meat purchased at A&P WEO. (PRICE LABEL OR REGISTER TAPE NECESSARY, OF COURSE)

"SUPER-RIGHT" U.S.D.A. INSPECTED GRADE "A" TURKEYS

7-22 LB. AVERAGE ONLY LB.

39¢

"SUPER-RIGHT" CORN-FED BEEF

STEAK BONELESS TOP ROUND LB. \$138

"SUPER-RIGHT" CORN-FED BEEF

ROAST BONELESS ROUND LB. \$138

OSCAR MAYER BRAND BREAKFAST LINK SAUSAGE

GREAT WITH SUNNYBROOK EGGS LB. 99¢ 3 -Lb. Box \$257

TASTY SMOKED SAUSAGE LINKS 1-Lb. Vac. Packed or Bulk. Lb. 88¢

FROZEN BEEF OR CHICKEN & DUMPLINGS MORTON DINNERS 11-Oz. Pkg. 56¢

A&P DELICATESSEN DELIGHTS PIMENTO SPREAD 8-Oz. Cup 43¢

FROZEN HEADLESS AND DRESSED H&D WHITING FISH \$1.89 SEA BRAND FROZEN BREADED OYSTERS 14-Oz. Pkg. \$1.19

"SUPER-RIGHT" QUALITY ALL MEAT

FRANKS 1-Lb. Pkg. 79¢ 2-Lb. Pkg. \$1.55

SERVE KRAUT AND FRANKS—A&P DELI DELIGHT

SAUERKRAUT 1-Lb. Bag 23¢

MARKET SLICED BACON LB. 77¢

OSCAR MAYER VACUUM PACKED SLICED BACON 1-Lb. Pkg. 99¢

QUICK FROZEN FRENCH-FRIED FISH STICKS

10-OZ. PKG. 55¢ 1-LB. PKG. 79¢

PRE-COOKED! Just Heat & Serve!

BABY NEEDS

GERBER

Strained Fruits and Vegetables 4 1/2-Oz. Jar 10¢

Chopped Fruits and Vegetables 8-Oz. Jar 16¢

FORMULA FOR BABIES

REGULAR OR WITH IRON ENFAMIL LIQUID 13-Oz. Can 31¢

SIMILAC LIQUID FORMULA 13-Oz. Can 31¢

NEW! DIAPERS

OVERNIGHT 1-Pkg. 79¢ DAYTIME 30-Ct. Pkg. \$1.49 NEWBORN 30-Ct. Pkg. \$1.29

CHECK AND COMPARE SAVINGS ON PURE VEGETABLE

SHORTENING CRISCO 3-LB. CAN 77¢ DEXO 3-LB. CAN 63¢

GRADE "A" RED SOUR BITTED A&P CHERRIES 16-Oz. Can 33¢

SWEET OR UNSWEETENED A&P ORANGE JUICE 46-Oz. Can 45¢

SAVE AT A&P WEO ON A&P BABY OIL 16-Oz. Bot. 69¢

A&P SOAP 6 Reg. Bars In Pkg. 59¢

GREAT SERVED WITH BUTTER ON TOP OF TOAST. GRADE "A" **A&P APPLE SAUCE 16-Oz. Can 17¢**

TRY SOME THRIFTY GUARANTEED TO PLEASE

A&P INSTANT RICE 24-Oz. Pkg. 73¢

STOCK UP WITH A&P EVAPORATED MILK 13 Fl. Oz. Can 17¢

IN SPRAY CAN A&P DEODORANT 7-Oz. Can 89¢

FOR MANY USES WONDERFOIL ALUMINUM WRAP 12" x 75' Roll 69¢

ANN PAGE ITEMS

KITCHEN FRESH ANN PAGE CANDY

MILK CHOCOLATE

CHOC. COVERED CHERRIES 12-Oz. Pkg. 65¢

CHOC. THIN MINTS 10-Oz. Pkg. 39¢

SMOOTH OR CRUNCHY ANN PAGE PEANUT BUTTER 28-Oz. Jar 85¢

FOR MANY USES SULTANA BRAND MAYONNAISE 10-Oz. Jar 47¢

ANN PAGE PURE GROUND BLACK PEPPER 8-Oz. Can 95¢

STOCK YOUR CABINETS WITH TOMATO KETCHUP 14-Oz. Bot. 25¢

SAVE ON SWEET MILK OR BUTTERMILK

A&P BISCUITS 6 10-Ct. 8-Oz. Pkg. In Ctn. 49¢

GREAT MEALTIME IDEA—CAMPBELL'S

TOMATO SOUP 10¢

SAVE ON A&P SALTINES 1-Lb. Pkg. 25¢

FRESH PRODUCE VALUES

FIGHT THE FLU WITH FLORIDA

TEMPLE ORANGES 10 100 Size Only 49¢

FLORIDA CELERY HEARTS 2-Ct. Pkg. 49¢

FRESH SHIELLED BLACKEY PEAS 11-Oz. Pkg. 39¢

GREAT FOR SALADS FRESH GREEN ONIONS 2 1/2-Ct. Pkg. 35¢

SAVE ON A&P BRAND ROASTED PEANUTS 49¢

FOR FRYING AND BOILING FRESH OKRA 1-Lb. 39¢

KILN DRIED SWEET POTATOES 29¢

FROM A&P WEO'S PRODUCE DEPARTMENT—BIG SAVINGS ON FIRM

LETTUCE HEAD EACH ONLY 19¢

FROZEN FOOD VALUES

A&P BRAND CUT CORN 10-Oz. Pkg. 25¢

A&P BRAND GREEN PEAS 2-Lb. Pkg. 63¢

A&P HANDI-WHIP 9-Oz. Bot. 39¢

A&P FROZEN PIE SHELLS 3 10-Oz. Pkg. \$1.00

FROZEN ASP

MACARONI & CHEESE 30-Oz. Pkg. 47¢

FROZEN CONCENTRATED A&P ORANGE JUICE 6 6-Oz. Ctn. \$1.25

GREAT FOR MANY USES FROZEN SLICED A&P STRAWBERRIES 16-Oz. Pkg. 45¢

SAVE ON ALL FLAVORS MARVEL ICE CREAM 1/2-Gal. Ctn. 69¢

COMPARE VALUES! ALL FLAVORS MARVEL ICE MILK 1/2-Gal. Ctn. 49¢

GREAT MEALTIME IDEA—FROZEN A&P BROCCOLI SPEARS 10-Oz. Pkg. 29¢

A&P INSTANT NON-FAT DRY MILK SOLIDS 12-Oz. Pkg. \$1.43

HEARTY AND VIGOROUS OUR OWN TEA BAGS 48-Ct. Pkg. 89¢

THRIFTY BAKERY VALUES

JANE PARKER FRESHLY BAKED LEMON PIES 22-Oz. Pkg. 49¢

SAVE ON JANE PARKER FRESH POTATO CHIPS 9-Oz. Pkg. 39¢

JANE PARKER SANDWICH SLICED

WHITE BREAD 4 24-Oz. Loaves \$1.00

SAVE MONEY AT A&P WEO! IN QTR. LB. PRINTS AND 1-LB. SOLIDS

ENCORE MARGARINE 1-Lb. Pkg. 16¢

10¢ COUPON INSIDE EACH CARTON OF SUNNYBROOK EGGS GOOD ON QUICKER

GET COUPON WORTH 10¢ OFF ON EACH REG. GRITS IN EACH CTN. SUNNYBROOK EGGS

INSTANT GRITS 3 32-Oz. Pkg. 33¢

STOCK UP AND SAVE ON PINK OR GREEN

AHOY DETERGENT 3 32-Oz. Bottles \$1.00

NEXT WASHDAY TRY SOME

TIDE DETERGENT 49-Oz. Pkg. 79¢

SAVE MONEY ON 100% BRAZILIAN

EIGHT O'CLOCK COFFEE 1-Lb. Bag 75¢ 3-Lb. Bag \$2.23

SAVE ON 100% BRAZILIAN EIGHT O'CLOCK Instant Coffee 48-Oz. Bot. 89¢

COMPARE AND COMPARE! CARNATION EVAPORATED MILK 13 Fl. Oz. Can 20¢

SAVE ON ALL GRINDS OF COFFEE MAXWELL 1-Lb. HOUSE 81¢

VALUABLE COUPON

A & P SUGAR 5 LB. BAG 39¢

WITH THIS COUPON WITHOUT COUPON YOU PAY 6¢

LIMIT ONE BAG WITH THIS COUPON AND \$5.00 ORDER

8000 THROUGH SAT., FEB. 3, 1973

MONEY SAVING VALUE FROM A&P WEO ON

A&P LIQUID BLEACH 49-Oz. Pkg. 79¢

GREAT SERVED WITH A&P FRUIT COCKTAIL—ALL FRUIT FLAVORS

JELLO GELATIN 3 1/2-Oz. Pkg. 10¢

CHECK AND COMPARE SAVINGS ON GRADE "A"

A&P FRUIT COCKTAIL 17-Oz. Can 29¢

VALUABLE COUPON

SAVE 25¢ NESCAFE

ON THE 4-OZ. JAR OF INSTANT COFFEE

WITHOUT COUPON YOU PAY \$1.04

WITH COUPON YOU PAY ONLY \$1.00

LIMIT ONE COUPON PER FAMILY VOID AFTER SATURDAY FEB. 10

Prices in This Ad Effective Through Sat. Feb. 3 at A&P WEO in DURHAM

A&P WEO

WHERE ECONOMY ORIGINATES

IMPORTANT FOR YOU!

A&P POLICY: Always do what is honest and fair for every customer.

RAINCHECK: If an advertised special is ever sold out ask the Manager for a Raincheck. It entitles you to the same item at the same price the following week. Or if you wish we'll give you a comparable item at the same special price.

GUARANTEE: A&P offers an unconditional money-back guarantee. No matter what it is, no matter who makes it, if A&P sells it, A&P guarantees it.

There's a new look in how today's soldier keeps fit and ready.

It's called "Adventure Training," and it takes many forms—all of them challenging and interesting. Some recent examples:

- Men of Fort Myer, Va.'s "Old Guard" Third Infantry hiked the 104 miles of the Appalachian Trail through the Shenandoah National Park. They carried three days' rations and quenched their thirst from streams and springs.
- Twenty 67th Air Defense Artillerymen, stationed at Fort Riley, Kans., walked the Western States Trail Ride, a rugged 100-mile course through the Sierra Nevada mountains normally traveled by horseback. Seven of the 20 made it all the way, six of them in just under 45 hours.
- And 12 Fort Benning, Ga. rangers went on a 140-mile canoe trip from Burlington, Vt., to Tracy, Quebec. High winds and swamped canoes hardly dampened their enthusiasm. They'd like to try other trips like it—only longer ones.

Six-thousand five-hundred cadets are now attending colleges and universities across the country on Army ROTC scholarships. Thirty-seven hundred and ninety of them are on four-year grants, 1,465 on three-year scholarships, 1,175 on two-year grants, and 70 on one-year scholarships.

Good Health Depends on YOU

Prevent that Cold!

We're all occasional victims of the common cold. And although medical research has discovered cures for many more serious maladies, there's still no "cure" for the sneezing and sniffing of the cold.

Getting a "shot" doesn't work. Antibiotics aren't effective on cold viruses. Taking doses of Vitamin C is subject to controversy in cold treatment—so it's best to take a physician's advice before using it.

Actually, the best idea seems to be prevention. Although you can't be totally safe, some basic common sense precautions can reduce the risks. The manufacturers of Suetra's Cold Throat Lozenges make the following recommendations:

- Have a regular medical checkup to help preserve overall health. The body in good physical condition has natural disease fighters that can ward off ordinary cold viruses.
- Eat a well-balanced diet of foods to provide maximum nutrition for general good health.
- Get enough rest and relaxation and sufficient sleep.
- Maintain normal mucus lubrication of the upper respiratory tract by keeping the humidity indoors at home or work at 15-20 per cent to assure adequate moisture in the air.
- If a cold is developing, another illness exists, or if there is a sense of exhaustion, avoid people to ward off the chance of meeting up with a virus too powerful for the body to resist.

For a copy of a new booklet on the history, treatment and prevention of colds, called "The Cold Mystery," write to: Calgon Consumer Products Company, Inc., Box 1467, Pittsburgh, Pa. 15230.

R for your child's safety

Parents can prevent most falls which are fatal or crippling to children, according to Albert H. Domn, M.D., child safety specialist and medical director of the Prudential Insurance Company.

Dr. Domn said the kinds of precautionary measures taken should be suited to the age and developmental stages of the child. Infants are completely at the mercy of the people around them. A baby never is left unprotected on a bed or a sofa.

Crib, high chairs and other furniture should be checked to be certain the infant is not in danger of falling.

He suggested that as soon as the baby begins to crawl, gates be put at the top and bottom of stairways. Doors leading to basements or balconies should be locked. Windows should be securely fastened.

"One to three years is the age of new found exploration," Dr. Domn said. "The toddler must be protected against major dangers, but he is ready to learn from skillful exposure to minor ones," he said.

"The wise mother will let her two-year-old fall from a low stool so that he will learn from it but she will lock the basement door to protect against a serious accident," Dr. Domn said.

The Prudential medical director emphasized the importance of continued protection against threats to the child's life and health. Learning under supervision is important but it does not replace protection from major hazards, he explained.