

Something Special

YOUR FAVORITE FOODS AT POPULAR PRICES!

GET YOUR
FRUIT CAKE
INGREDIENTS AT
MURPHY'S
WHERE THE SUPPLY
IS PLENTIFUL AND
PRICED TO SELL

AUTOCRAT
ICE MILK ½ GAL. **39¢**

HI-C ORANGE & GRAPE
DRINK 3 46 OZ. CANS **\$1.00**

PILLSBURY
BISCUITS 4 CANS **29¢**
WITH ORDER

LIMIT 8 CANS AT THIS PRICE, NONE SOLD TO DEALERS

COUNTY FAIR

BREAD **31¢**

PULLMAN SIZE LOAF

DELIVERED FRESH EVERY DAY.
THIS BREAD IS GUARANTEED IN EVERY
WAY OR YOUR MONEY REFUNDED.

WE'RE LONG ON FOOD QUALITY, VARIETY & VALUE



DUKES PINT
MAYONNAISE **33¢**

BEECHNUT STRAINED
BABY FOOD 6 57¢ JARS

GLOVE KID PEANUT
BUTTER 2½ LB. JAR **89¢**

SWEET-SUE
CHICKEN & DUMPLINGS
24 OZ. CAN **49¢**

KRAFT'S FRESH
ORANGE
JUICE ½ Gal. JAR **67¢**

POWHATAN SWEET
POTATOES
2½ size CAN **29¢**

STERLING
SALT 3 1½ LB. BOXES **33¢**

TASTE THE DIFFERENCE-QUALITY
MEATS

ARMOUR STAR WESTERN STEER
STEAKS

SIRLOIN LB. **\$1.09**

T BONES
BONELESS
RIB LB. **\$1.19**



QUALITY
GROUND BEEF LB. **59¢**

CAMPFIRE
BACON LB. **69¢** FRESH
HOMEMADE
SAUSAGE LB. **69¢**

FROSTY MORN
FRANKS 12 OZ. PKG. **49¢**

STAUFFER'S FROZEN FOODS

Macaroni & Cheese
Spinach Souffle
Corn Souffle
Potato Au gratin
Broccoli Au gratin
Cauliflower Au gratin
43¢ PKG.

DEAN FARMS
GRADE A LARGE

EGGS DOZEN **57¢**

PRODUCE

RED & GOLDEN DELICIOUS
APPLES 4 LB. BAG **39¢**

FANCY
BANANAS POUND **10¢**

FRESH
COLLARD GREENS 2 LBS. **25¢**

PLENTY RED & BLACK GRAPES, AVOCADOS,
SPANISH, HONEY DEW MELONS, AND ALL YOUR
FAVORITE FRUITS & VEGETABLES. SHOP OUR
PRODUCE DEPT. FOR THE FRESHEST PRODUCE
IN TOWN

NAVY
BEANS 2 LB. BAG **29¢**

PURE BATHROOM
TISSUE 4 ROLL PKG. **29¢**

BUNNY POP
POPCORN 2 LB. BAG **25¢**

SUNSHINE HYDROX
COOKIES

23 OZ. PKG. **59¢**

KEEBLER
KRISPY KREEM
SUGAR WAFFERS

2 11½ OZ. PKG. **89¢**

OPEN FRIDAY NIGHTS
TIL 8:30 P.M.

MURPHY'S

**SUPER
MARKET**

We Reserve Right To
Limit Quantities.

Tar Heel Kitchen

By Miss York Kiker

Throughout the nation, School Lunch Week is observed in October but every week during the school year we should have the same appreciation and understanding of the lunchroom program and staff. The lunchroom, as we know it today, is relatively new but is an integral part of the school program.

Perhaps you would like to recognize the school lunch program in your own way. First, start by recalling how children used to get lunch. Did you ever carry lunch in a tin pail or a paper bag? Was it a cold sweet potato or molasses-and-biscuit? Did you live in a small town where you ran home breathlessly for lunch and then ran back for fear of being tardy? Have you known what it was to teach "through" on rainy, bad days? Lunch would be omitted or maybe only a snack would be available, then school would close early on account of the weather.

After reminiscing a bit then ask yourself how you would like to be a lunchroom manager with a limited budget and have to feed several hundred children daily with different likes and dislikes. Now, don't you have to admit that you sometimes have trouble even with a small family? Aren't there budget problems? Don't some recipes fail to turn out as you expect? Don't you occasionally find your own meals are monotonous? Generally school lunches are remarkably good, but there can be "off" days at home.

Next if you do not understand the lunch program or have questions, arrange a visit with the lunchroom manager or the principal. The type "A" lunch is required to serve foods such as milk, protein foods, vegetables and fruits, and cereal products to give a child approximately 1/3 of his daily needs. Great effort is made to prepare this food to be attractive and tasty.

Even though sound nutrition is behind the requirements for a type "A" lunch, the foods will not help a child if they aren't eaten. You can render your school a service by helping children to have appreciation for those who prepare the food, by encouraging them to taste at least a small portion of all foods, and by setting a good example at home.

In a recent School Lunch bulletin, the following tips were given to lunchroom managers for menu planning. The same ideas would be wise in using our North Carolina foods for home meals also.

Tips on Planning Menus

1. Plan menus to meet food needs and within limitation of your budget and equipment.

2. Plan for variety. There are several ways to get variety.

COLOR - Children like colorful foods. Color contrasts add to the eye appeal of the meal.

FLAVOR - Plan a meal to include a strong flavored food and a bland flavored food.

TEXTURE - Texture of foods is best described by the words "crisp", "soft", and "chewy." It is well to combine some of the soft foods with the crisp and chewy.

SHAPE and SIZE - Plan for contrast in shape and size of foods. Prepare some food in the form of finger foods and bite-size pieces.

VARYING Combinations - Avoid getting in a rut on go-together food.

METHODS of Preparation - Menus can be varied a great deal by preparing available foods in different ways.

NEW FOODS - Give children an opportunity to become acquainted with a variety of foods.

3. Plan with consideration of food habits.

4. Plan for simple surprises.

5. Plan for special occasions.

Treat Family To Beef Curry



Hesitate to serve a curry to the family because it seems too spicy? Then remember that the secret of preparing curry that everyone likes is simply to learn the proper amount of curry to use. Start with a small amount and increase it each time you make the dish until you reach the amount the family prefers. For many, curry provides a new experience in flavors. What's even nicer is that it can be very easy to prepare. This beef curry relies on succulent canned roast beef with gravy to shorten making and cooking time to a few minutes. The fully cooked canned meat is ready for heating and eating; and its nicely seasoned gravy blends with the curry to make luscious sauce. Fluffy hot rice and typical curry accompaniments add interest.

Family Beef Curry

- 1 small tart apple, pared, cored and sliced
- 1 small onion, chopped
- ¼ cup butter or margarine
- 1 to 2 teaspoons curry powder
- 2 cans (12 oz. each) roast beef with gravy
- Hot cooked rice
- Raisins, chutney, salted peanuts, etc.

Sauté apple and onion in butter until tender. Add curry powder; cook 2 minutes more, stirring constantly. Add roast beef with gravy; heat. Serve on rice with desired accompaniments. Makes 6 servings.

ANNOUNCING The Opening Of

**MITCHELL'S
Beauty Shop**

Tuesday, November 18, 1969

THIS IS LOCATED IN THE
WHITE LEVEL COMMUNITY

For Appointment

CALL: 853-2450

JANET MITCHELL
Owner And Operator