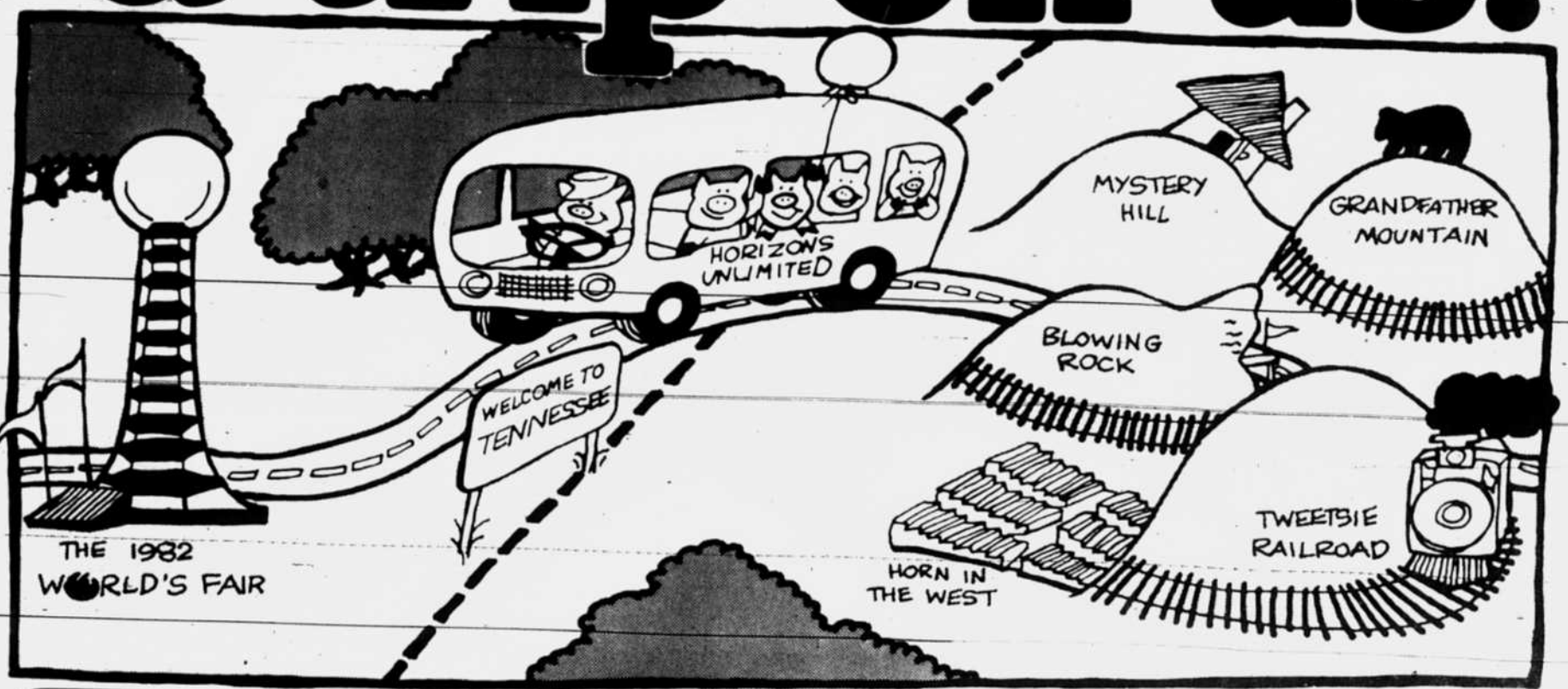


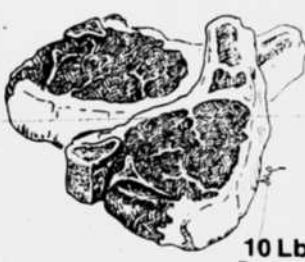
Take a trip on us!

Register now at all Harris-Teeter stores for our High Country Attractions & World's Fair Sweepstakes. There will be a winning family every two weeks at each store. Winners will receive free passes for a family of four to these High Country Attractions: Grandfather Mountain, Horn in the West, Tweetsie Railroad, Blowing Rock and Mystery Hill. The Grand Prize includes 2 days & 2 nights at Broyhill Center in Boone, N.C., Round trip Bus transportation from motel, plus World's Fair & High Country Attractions tickets. Come in and register often! No purchase necessary.



Harris Teeter *Helpin' out in the kitchen.*
Free Recipes and Meal Ideas Using This Week's Sale Items.

Carolina Products



Center And End Cut Mixed
Pork Chops
\$1.39
Lb.

10 Lb. Pkg. Or More
6 To 8 Lb. Pkg. Lb. \$1.49
3 To 6 Lb. Pkg. Lb. \$1.59

In-Store Recipe Ingredient

"Grade A"
Holly Farms Split Fryer Breast
99¢
Lb.

Thomas Brothers Sliced One Fifth Country Ham...Lb. \$2.19



"Grade A"
H-T Large White Eggs
59¢
Doz.

H-T 100% Whole Wheat Bread...1 Lb. 69¢

U.S.D.A. Choice Quality Trimmed Beef (Semi-Boneless)
Chuck Under Blade Pot Roast
\$1.49
Lb.
Very Thin Earth Grain Wheat Bread...2/\$1.29

H-T Grain Bread 2 1/2 Lb. \$1.09
Loaves

Vanilla, Neopolitan Or Fudge Ripple



Coble Ice Cream
\$2.99
Qt. Pail

Vernedale Whipped Topping...8 Oz. 59¢



Vine-Ripened Tomatoes
35¢
Lb.

20 Lb. Carton...\$6.50

Fresh Green Cabbage
12¢
1 Lb.

50 Lb. Crate \$5.50

2 Ltr. Non-Return Diet Pepsi, Mtn. Dew, Pepsi Light Or
Pepsi-Cola
\$5.89
Case (Six 2 Ltr. Bottles)
12 Oz. Cans Pepsi, Diet Pepsi Or Mtn. Dew...Case (Four 6 Pks \$7.49)

Plain Or Self-Rising
Martha White Flour
78¢
5 Lbs.
Martha White Self-Rising Corn Meal...5 Lbs. 99¢

Kingston Vegetable Shortening
99¢
3 Lb. Can
Wesson Oil...48 Oz. \$2.19

Luck's Pinto Beans
39¢
15 Oz.
Martha White Cotton Pickin' Cornbread Mix...Four 6 Oz. \$1.00

Lucky Leaf Apple Juice
99¢
48 Oz.
Post Raisin Bran...20 Oz. \$1.49

U.S.D.A. Choice Quality Trimmed
Whole Leg of Lamb
\$1.99
Lb.
Leg Halves...Lb. \$2.19

In-Store Menu Item

Assorted
Stokely Frozen Vegetables
\$1.09
2 10 Oz.
French's Squeeze Mustard...16 Oz. 59¢

12 Oz. Cans
Valu-Time Beer
\$1.69
6 Pk.

Chablis, Rose, Burgundy Or Rhine
Taylor California Cellars Wine
\$5.79
3 Ltr.

DELI BAKERY (Available in stores with Deli-Bakery Only)
Oven Roasted
Turkey BreastLb. **\$2.49**
Domestic
Mozzarella CheeseLb. **\$2.79**
Cooked
Corned Beef.....Lb. **\$4.49**
Colby
Longhorn CheeseLb. **\$2.49**

Ball Park Meat Franks
\$1.89
Lb.
Beef Franks...Lb. \$1.99

In-Store Menu Item

Kingston Mayonnaise
79¢
Qt.
Kingston Tomato Catsup...24 Oz. 79¢

from the dairy case...
Fresh From Florida Grade "A"
Hood Orange Juice.... 64 Oz. **99¢**
Light N' Lively (12 Oz. 69¢)
Cottage Cheese 24 Oz. **\$1.19**
Single Wrap
Kraft Cheese Food..... 12 Oz. **\$1.39**
All Flavors
Breyers Yogurt 3 8 Oz. **\$1.09**
Blue Bonnet
Margarine Quarters .. 2 1 Lb. **\$1.00**
Pkgs.

Family Size
Lipton Tea Bags
\$1.19
24 Ct.
Luzianne Tea Bags...Three 16 Ct. \$1.00

Vanity Fair Bath Tissue
\$1.39
6 Rolls
Hefty Sandwich Bags...150 Ct. 88¢

Frozen Assorted
Green Giant Entrees
\$1.19
9 Oz.
Steak & Green Peppers W/Rice...9 Oz. \$1.49

Reg. & Cond.
Head & Shoulders Lotion
\$2.48
15 Oz.
Edge Shave Cream 7 Oz. \$1.47

Prices in This Ad Effective Through Sunday, August 1, 1982 Mecklenburg County Harris-Teeter Stores Only
We Reserve The Right To Limit Quantities We Gladly Redeem Federal Food Stamps

Seneca Shopping Center and Delta Roads - York and Yorkmont Roads - Belhaven Blvd. and McClure Circle - Coulwood Shopping Center - N. Graham and Derita Roads - Independence Blvd. and Idlewild

Road - Independence Shopping Center International Way and Providence Road - Providence Square Shopping Center - The Plaza and Milton Road - Hampshire Hills Shopping Center - Freedom Drive

and Ashley Road - Freedom Drive Mall - Central Avenue and Amity Road - Eastland Mall - Carmel Road and Quail Hollow Rd. - Olde Town Village - Sam Newell Road - Hwy 51 and John Street, Depot Shopping Center, Matthews, North Carolina

Central Avenue and The Plaza - South Blvd. and Poindexter Dr. - Sedgefield Center - Sharon and Fairview Roads - Sharon Shopping Center - S. Sharon Amity and Randolph Roads - Cotswold Shopping Center - South Blvd. and Seneca Place.