



Eric Harris  
.....Completes training

**Eric Harris Named Agent For Allstate**

Eric Harris has recently completed the Allstate Sales Training course which was held for two weeks at the Allstate Field Training Center in Atlanta.

Harris is a native of Charlotte, a 1974 graduate of West Charlotte High School and a 1978 graduate of Catawba College.

Harris will work out of the Allstate sales location at the Sears Financial Center, SouthPark Mall, Charlotte. A full circle of protection, including homeowners, life, auto, business insurance, and motor club will be offered; he will also represent Allstate Finance.

**How To Protect Your Valuables Against Thefts**

When you want to protect your valuables against theft or harm you use an alarm to signal impending danger. Banks and homes have this warning system, and even our body has its own warning system. Yet, many people, as do thieves and robbers, go ahead and ignore these signals.

The same thing happens to more than 164 million Americans each year because they refuse to, or are unable to, read their body signals concerning stroke. "Body Language: How Our Body Warns Us of an Impending Stroke and What to Do About it," is available free of charge from the American Heart Association, North Carolina Affiliate, 1 Heart Circle, Chapel Hill, N.C. 27514.

A sudden temporary weakness or numbness of the face, arms or legs, temporary difficulty or loss of speech, difficulty in understanding speech, unexplained headaches, or a change in the pattern of your headaches, are just a few of your body's ways of communicating to you of a stroke.

Don't think that you're too young to have a stroke if you have any of these symptoms. Stroke can strike at any age, but certain people are more liable to have a stroke than others, such as those who suffer from hypertension. Hypertension is responsible for more strokes each year than any other single cause.

Researchers have found that stroke is more prevalent in 28 eastern and piedmont counties in North Carolina than elsewhere in the state. Don't let a stroke rob you of your most valuable possession - your life. Pay attention to the warning signs.

**ARE YOU BORED OR MISERABLE? THEN TRY TO FIND SOMEONE YOU CAN HELP!**

Most People Are Happiest When Helping or Serving Others!



**DRY CLEANING & SHIRTS IN BY 1 OUT BY 5 Mon.-Sat.**

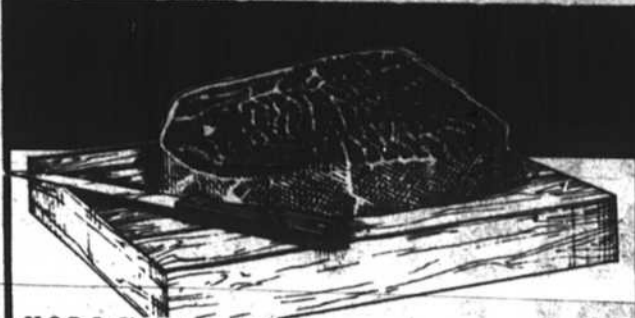
**90 MINUTE SERVICE ON REQUEST**

**AMERICAN DRY CLEANERS & LAUNDRY**

1906 N. GRAHAM ST. 333-6111

**Harris Teeter**

*Helpin' out in the kitchen.*



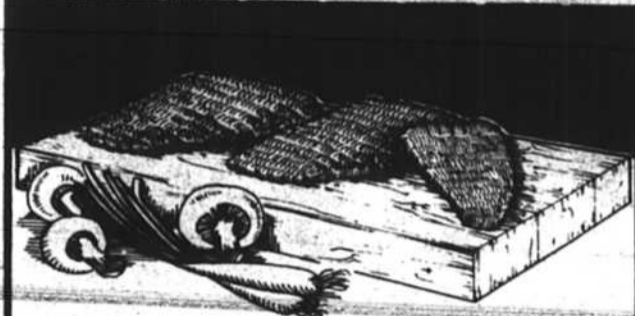
U.S.D.A. Choice Quality Western Beef  
**Boneless Chuck Roast Lb. \$1.39**  
Chuck Steak...Lb. \$1.49



Northern White, Assorted Or Soft Prints  
**Bath Tissue .... 4 Pk. 99¢**



U.S. No. 1 Round  
**White Potatoes 20 Lb. \$1.88**  
Potatoes Bag



U.S.D.A. Choice  
**Cubed Steak ..... Lb. \$1.99**



**J.F.G. 32 Mayonnaise Oz. 88¢**  
Limit 1 With \$10.00 Or More Purchase Per Customer, Please



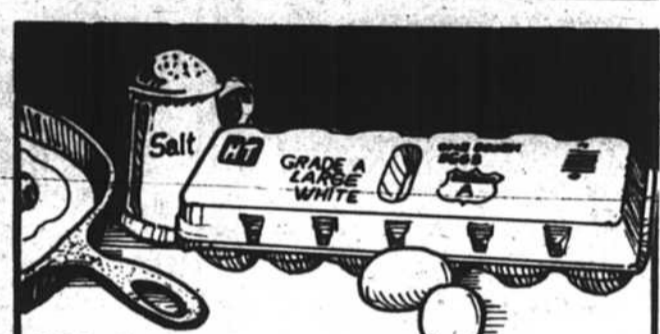
Eastern Red Or Golden Delicious, Rome Or Stayman  
**Mix or Match Apples 3 Lb. Bag 77¢**



Holly Farms Grade "A"  
**Fryer Leg Quarters .... Lb. 39¢**



2 Ltr. Non-Returnable Sprite, Tab, Mello Yellow.  
**Diet Coke or Coca-Cola .... Btl. \$1.09**



H-T Grade "A"  
**Large White Eggs ..... Doz. 59¢**  
Limit 4 Doz.

**QUALITY MEATS**

- U.S.D.A. Choice Quality Trimmed Western Beef Boneless  
**Rib-Eye Steaks ..... Lb. \$3.99**
- Genuine (Any Size Package)  
**Ground Chuck ..... Lb. \$1.59**
- U.S.D.A. Choice Quality Trimmed  
**Beef For Beef Stew ..... Lb. \$1.89**
- Thorn Apple Valley  
**Turkey Ham ..... Lb. \$1.49**
- Hillshire  
**Beef Polska Kielbasa ..... Lb. \$1.99**

**BAKERY CORNER**

- H-T  
**Sandwich Bread ..... 2 1.5 Lb. Loaves 89¢**
- H-T  
**Italian Bread ..... 1 Lb. Loaf 59¢**

**CORK N' ALE SHOP**

- 12 Oz. Cans  
**Busch Beer ..... 12 Pk. \$3.99**
- Burgundy, Rhine, Chablis, Pink Chablis, Vin Rose Or Paisano  
**Carlo Rossi Wines ..... 3 Ltr. \$4.99**

**GREAT GROCERIES**

- H-T In Oil Or Water  
**Chunk Tuna ..... 6.5 Oz. 58¢**
- Nabisco Oreos ..... 20 Oz. \$1.89**
- Kraft  
**Grapefruit Juice ..... 44 Oz. \$1.09**
- Spam  
**Luncheon Meat ..... 12 Oz. \$1.39**
- Fireside Snack Crackers ..... 11 Oz. 79¢**
- H-T  
**Corn Oil ..... 48 Oz. \$2.49**

**THE DELI-BAKERY**

- Smithfield, Va.  
**Baked Ham ..... Lb. \$2.99**
- Hormel Hard Salami Lb. \$3.59**
- Hormel Pastrami ..... Lb. \$3.99**
- White Or Yellow  
**American Cheese ..... Lb. \$2.59**
- Potato n' Egg Salad .. Lb. 69¢**
- Hawaiian Salad ..... Lb. \$1.29**
- H-T  
**Hoagie Rolls ..... 6 Ct. 99¢**

Above Items Available In Stores With Deli/Bakery Only

**PICK OF THE CROP**

- "New Crop" Florida  
**Pink Or White Grapefruit .... 4 For 99¢**
- Fresh  
**Florida Limes .... 12 For 99¢**
- Creamy Smooth  
**Florida Avocados .. 3 For 99¢**  
Fresh Spinach...Lb. 39¢

**DAIRY & FROZEN**

- H-T Regular Or Lowfat  
**Cottage Cheese ..... 24 Oz. \$1.09**
- Light N Lively  
**Lowfat Yogurt ..... 6 Pk. \$1.49**
- Vernedale  
**Ice Cream ..... Half Gal. \$1.29**
- Dulany, Assorted  
**Frozen Vegetables 2 10 Oz. \$1.09**
- Banquet  
**Chicken Platters ..... 6.5 Oz. \$1.09**

**PRETTY PLANTS**

- Halloween Bouquet ..... Ea. \$2.79**  
6" Calathea...Ea. \$6.99

Prices In This Ad Effective Through Sunday, Oct. 28, 1984 in Mecklenburg County Harris-Teeter Stores Only  
We Reserve The Right To Limit Quantities We Gladly Redeem Federal Food Stamps

Park Road Shopping Center • Outlet Square - Independence Blvd. at Kings Dr • SouthPark Shopping Center  
Central Ave. and The Plaza • South Blvd. and Poindexter Dr. - Sedgefield Shopping Center • Sharon & Fairview Roads - Sharon Shopping Center • S. Sharon Community and Randolph Rd. - Cotswold Shopping Center • South Blvd. and Seneca Place - Seneca Shopping Center • Albemarle 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 Sharon Armit Road - Eastland Mall • Carmel Road and Quail Hollow Road • Old Towne Village • Sam Newell Road (Hwy. 51) and John Street - Depot Shopping Center, Matthews, NC • Quail Corners