

RD'S STORES

Warrenton
on Street

April
14-17,
1982

H LEAN
D
BEEF
\$1.29
LB.

TASTY LEAN BLADE CUT

CHUCK ROAST

LB. **\$1.29**

CENTER CUT CHUCK ROAST LB. \$1.49	SHOULDER BONE IN ROAST LB. \$1.69	BONELESS CHUCK ROAST LB. \$1.79
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SUNBEAM BREAD 1 LB. LOAVES **2/ 99¢** FOR

BLUE RIBBON MARGARINE 3/ \$1.00
1 LB. QTRS. for

DOWN-E-SOFT TOILET TISSUE 8 ROLL PACK **\$1.79**

PURITAN OIL 48 OZ. BOTTLE **\$2.29**

BETTY CROCKER 18 OZ. BOX • WHITE • LEMON • DEVILS FOOD • YELLOW • BTR. RECIPE YELLOW **69¢**

OLD HICKORY CHARCOAL \$2.99
20 LB. BAG

KRAFT BARBEQUE SAUCE
18 OZ. **69¢**
28 OZ. **\$1.09**

BLUEBIRD "FROM FLORIDA" GRAPEFRUIT JUICE
46 OZ. CAN **69¢**

NABISCO NILLA WAFERS
12 OZ. BOX **\$1.09**

TROPICANA ORANGE JUICE
1/2 GALLON JAR **\$1.39**

DAWN LIQUID 32 OZ. BOTTLE
DISH DETERGENT **\$1.58**

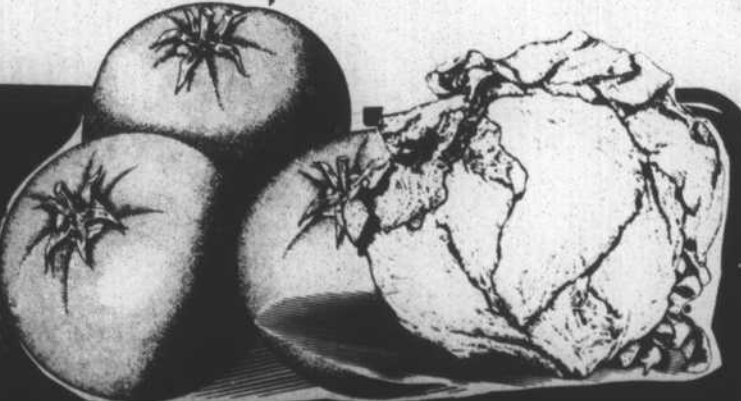
HOT or MILD
LB. **\$1.49**

VALLEYDALE GRADE A BACON \$1.49
LB.

HILLSHIRE Regular or Beef SAUSAGE LB. **\$2.19**

HILLSHIRE CHEDDERWORST LB. **\$2.49**

FRESH CE BUDS 19¢
LB.



24 SIZE LARGE CRISP CELERY 59¢
EACH BUNCH

ALL PURPOSE WHITE POTATOES 10 LB. BAG **\$1.39**

Cafeteria Seminar Conducted

"Inviting Success in Our School Cafeteria" was the topic at an area seminar for school food service employees April 3 at Western Alamance High School.

The day-long program was sponsored by the North Carolina School Food Service Association Endowment Fund and the Home Economics Foundation, Inc. at the University of North Carolina at Greensboro.

The seminar was led by Dr. William W. Pursey, professor in the School of Education at the University. He urged his audience to motivate themselves, saying: "If you want to do something, you'll find a way."

The meeting was one of three held throughout the state this spring.

Attending from Warren County were the following lunchroom managers: Mrs. Florence Somerville, Mrs. Mattie Hawkins, Mrs. Minnie White, Mrs. Willie Mae Williams, Mrs. Mary Dillard, Mrs. Ella Cook and Mrs. Ethel Harris.

Mrs. Ann Kilian, school food service director for Warren County, accompanied the group.

THOUGHT FOR FOOD

- By GOULD CROOK
- Ham and Egg Salad**
- 1 cup uncooked small pasta shells
 - 2 cups diced cooked ham
 - 4 hard-cooked eggs, sliced
 - 10 cherry-tomatoes, halved
 - 1/2 cup chopped celery
 - 1/4 cup sliced green onion
 - 1/4 cup chopped dill pickle
 - 1/4 cup dairy sour cream
 - 1/4 cup chopped fresh parsley
 - 1/4 cup grated Parmesan cheese
 - 1 1/2 teaspoons Worcestershire sauce
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - Lettuce leaves

Cook pasta according to package directions, rinse and drain. Combine cooked pasta, ham, eggs, tomatoes, celery, onion and pickle in a large mixing bowl. Combine sour cream, parsley, cheese, Worcestershire sauce, salt and pepper in a small mixing bowl. Pour over ham mixture; mix well. Chill, covered, 3 to 4 hours to allow flavors to blend. Serve in lettuce-lined chilled salad bowl. Serves 6 to 8



Packaged Foods

There are several ways to use packaged foods to save money if your family is small and if you have the right equipment to make use of it. For example, a small family might consider buying packaged potatoes. They're cheaper and you don't have waste from rot or sprouts. And if you prefer fresh potatoes, ask the produce manager to sell you less than five pounds.

Cooked cereal is another bargain, especially in a microwave oven. If you have a microwave, it can save time and utensils when making hot cereal.

Also when buying cereals, read labels for nutritional information and check to see if the product comes in different packaging materials. Boxes cost more than polybags.

Food Price Outlook

Retail prices of food may increase between 5 and 9 percent in 1982.

Abundant supplies of farm raw products are expected to temper further increases in processing and marketing costs.

Courthouse Squares



PATIENCE IS SOMETIMES CONSIDERED A VIRTUE WHEN IT IS MERELY A CASE OF NOT KNOWING WHAT TO DO.