



LOW SODIUM RECIPES

FOR THE BALANCED MEAL

Last week, A&P started a series of recipes for dishes that are low in sodium. Many people are concerned with limiting sodium in their diets for health reasons. Watch this column for the next several weeks and combine these recipes to make a well balanced low sodium meal.

EASY BAKED EGGPLANT

Preheat oven to 350 F.
Pare skin from eggplant. Slice into 1/2 inch pieces. Place slices closely together on cookie sheet. Brush tops of the slices with one tablespoon vegetable oil. Bake for twelve minutes. Turn slices and bake about ten minutes longer. Serve at once.

Variations:
Combine one tablespoon lemon juice with vegetable oil and brush onto slices.
or
Combine 1/2 teaspoon minced garlic and oregano with one tablespoon oil. Allow to stand five minutes. Brush mixture onto eggplant slices.
or
Slice two ripe tomatoes and place slices on top of eggplant. Sprinkle oregano onto tomato.

ADVERTISED ITEM POLICY Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

MRS. JONES

PRICES EFFECTIVE THRU SAT., JULY 24 AT A&P IN WARRENTON

FRESHLY GROUND
Ground Chuck 3 lbs. or more lb. **179**

LOCALLY GROWN FRESH TENDER Eggplant lb. **49¢**
BLUE RIDGE BRAND Sliced Bacon 1 lb. pkg. **139**

P Pork Specials
EXTRA LEAN SPECIAL TRIM COUNTRY FARM
Pork Roast Fresh Picnic lb. **89¢**

The Butcher Shop with supermarket prices
P Meat Specials
U.S.D.A. INSPECTED FRESH
Whole Fryers 2 In A Bag, Limit 2 Bags, Please lb. **47¢**

P Beef Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
New York Strips Whole Or Half Bone In lb. **248**
Cut Free Into Bone In New York Strip Steaks

FROZEN HEADLESS & DRESSED WHITING 1 1/2 Lb. Paks. 1.39
Ocean Perch Fillets 1 lb. pkg. **169**
CHICKEN SMOKED SAUSAGE 1 lb. pkg. **89¢**
Chicken Franks Or Chicken Bologna 12 oz. pkg. **59¢**

U.S.D.A. INSPECTED FRESH FRYER
Box-O-Chicken lb. **47¢**
FRESH FRYER BACKS lb. **19¢**
Fryer Gizzards lb. **49¢**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Shoulder Roast Bone In lb. **189**
A&P QUALITY REG. OR THICK (BEEF 1 lb. 1.69)
Meat Bologna 1 lb. pkg. **159**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Shoulder Steak Bone In lb. **199**
A&P QUALITY
Sliced Beef Liver lb. **89¢**

P Dairy Specials
IN QUARTERS
Ann Page Margarine 3 1 lb. pkgs. **100**

THE FARM A&P Fresh With Quality
CALIFORNIA SWEET JUICY VINE RIPENED
Cantaloupes each only **69¢**

P Frozen Specials
PEPPERONI, SAUSAGE, CHEESE
Ann Page Pizzas 10 oz. pkg. **69¢**

ANN PAGE HOMESTYLE OR
Buttermilk Biscuits 4 10 ct. 8 oz. cans **79¢**

CALIFORNIA RED SEEDED OR THOMPSON
Seedless Grapes lb. **99¢**
CALIFORNIA RIPE READY TO EAT
Nectarines lb. **69¢**
NORTH CAROLINA FRESH
String Beans lb. **39¢**
WASHINGTON STATE SWEET JUICY
Bing Cherries lb. **99¢**
NORTH CAROLINA GROWN RED
Ripe Tomatoes lb. **59¢**
NORTH CAROLINA GROWN FRESH
Green Cabbage 4 lbs. for **100**

DELICIOUS
Ann Page Lemonade 4 6 oz. cans **100**
ANN PAGE UNSWEETENED
Grapefruit Juice 2 6 oz. cans **79¢**
ALL FLAVORS
Sealtest Sherbet 1/2 gal. ctn. **169**
P&Q BRAND
Snack Crackers 11 oz. pkg. **75¢**

KRAFT CHEESE FOOD SLICES
American Singles 12 oz. pkg. **149**
ONION, CLAM, OR CUCUMBER-ONION
Sealtest Dips 8 oz. pkg. **65¢**
ANN PAGE
Potato Chips 8 oz. twin pack **89¢**

P Weekly Specials
ASSORTED
Hi Dri Towels big roll **59¢**

P Bakery Specials
P&Q BRAND
White Bread Sandwich Sliced 24 oz. loaves **299¢**

P Grocery Specials
CREAMY VELVET
JFG Mayonnaise ANN PAGE Mayonnaise qt. jar **99¢** qt. jar **79¢**

P Weekly Specials
PEPSI COLA MT. DEW
8 16 Oz. Bottles **159**
Plus Deposit

A&P TODDLER SIZE
Disposable Diapers 40 ct. pkg. **499**
DISHWASHING DETERGENT—DOVE OR
Lux Liquid 22 oz. bit. **99¢**
DOG FOOD
Ken-L Ration Stew 4 15 oz. cans **100**

NEW! ANN PAGE
Polish Dill Pickles 48 oz. jar **99¢**
STOKLEY CREAM STYLE
Golden Corn 2 17 oz. cans **79¢**
STOKLEY
Applesauce 3 16 oz. cans **100**

HUNT'S
Tomato Ketchup 32 oz. bit. **99¢**
CHUNK LIGHT · IN WATER · IN OIL
StarKist Tuna 6 1/2 oz. can **79¢**
FAMILY SIZE
Lipton Tea Bags 24 ct. pkg. **129**

15¢ OFF LABEL—YOU PAY ONLY
Colgate Tooth Paste · Reg. 5 oz. each only · Gel. 4.6 oz. only **79¢**
DEODORANT REG., SUPER, SUPER PLUS
Playtex Tampons 28 ct. box **239**
FLEX—25¢ OFF LABEL—YOU PAY ONLY
Shampoo or Conditioner 16 oz. bit. **169**

P SUPER SAVER COUPON
A&P OR ANN PAGE GRADE 'A'
Large Eggs dozen for **49¢** #651
LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 24 AT A&P WARRENTON

P SUPER SAVER COUPON
PURE VEGETABLE
Wesson Oil 48 oz. bottle **179** #652
LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 24 AT A&P WARRENTON

P SUPER SAVER COUPON
CHICKEN, TURKEY, MACARONI & CHEESE
Jiffy Pot Pies 8 oz. pkgs. **5100** #653
LIMIT FIVE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 24 AT A&P WARRENTON

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

West Franklin St.

Warrenton, N. C.

Top Employee Honor Given

Mrs. Carolyn Jones, who is the fiscal clerk in the Finance Department, has been selected as the HealthCo, Inc. Employee of the Month for July.

Mrs. Jones, an employee of HealthCo since January, 1979, is a native of Norlina and a 1978 graduate of Vance-Granville Community College where she took an associated arts degree in executive secretarial science and office technology.

Mrs. Jones graduated from Norlina High School in 1971 and is married to James Jones. They reside in Norlina with their son, Steven.

As Employee of the Month, Mrs. Jones will receive a day of paid vacation, an engraved plaque, a special parking space, and her picture will hang in the main lobby of the HealthCo clinic for one month.

The previous month's award went to Sidney P. Fleming, Jr., of Henderson.

Bleach Removes Mildew On Roof

The dark, blotchy spots on the roof of your home are probably caused by mildew. Roofs discolored by the fungus are common sights in humid North Carolina.

The mildew is caused by an air-borne fungus, explain N. C. Agricultural Extension Service specialists. The mildew doesn't cause damage or shorten the life of your roof. However, it looks so bad that homeowners sometimes re-roof their home just to get rid of it.

There are other ways to deal with the problem, suggest the extension specialists at North Carolina State University.

Mildew can be removed by the same chlorine bleach that is used in the family wash. Saturate the mildewed area with full strength bleach until the bleach begins to run off. Rub lightly to assure penetration and coverage. Then rinse thoroughly.

Remember that chlorine bleach is a strong substance and should be handled with certain precautions, such as the following:

—Wear protective gloves and eye wear.

—Make sure all parts of your body are protected.

—After bleach is applied, rinse the roof thoroughly, making sure all traces of bleach are washed from gutters and downspouts.

—Protect any foundation plants and lawn areas that might come in contact with the bleach run-off.

—Pre-test the bleach treatment in an inconspicuous spot before treating the whole roof, particularly if you have a colored roof.

What hurts worse than a karate chop-in the chest? Boy: One of my mother's pork chops in the stomach.