



MRS. JONES

**Honor Given  
Top Employee**

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.

**Questions  
Raised**

When the food conservation season rolls around, homemakers have a lot of questions about canning.

Dr. Nadine Tope, extension food conservation specialist at North Carolina State University says these are some of the questions she gets most often:

**Q.** Open-kettle canning is not recommended. Why?

**A.** In open-kettle canning, food is cooked, then packed into hot jars and sealed without processing. For vegetables, the temperatures obtained in open-kettle canning are not high enough to destroy all the spoilage organisms that may be in the food. Spoilage bacteria may get in when the food is transferred from kettle to jar.

**Q.** Why is liquid sometimes lost from glass jars during processing?

**A.** Loss of liquid may be due to packing jars too full, fluctuating pressure in a pressure canner or lowering pressure too suddenly.

**Q.** Should liquid lost during processing be replaced?

**A.** No. Never open a jar and refill with liquid — this could let in bacteria and you would need to process again. Loss of liquid does not cause food to spoil, though the food above the liquid may darken.

**Q.** Why does canned fruit sometimes float in jars?

**A.** Fruits may float because pack is too loose or syrup too heavy; or because some air remains in tissues of the fruits after heating and processing. Fruits canned by the raw pack method often float.

**Classic Era**  
Current furniture designs usually date back to about the fifteenth century.



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DUBUQUE ROUND FULLY COOKED CANNED HAM 3 LB CAN **7.98**

WE GLADLY ACCEPT USDA FOOD STAMPS

BANQUET CHOCOLATE • COCONUT • LEMON CREAM PIES 14 OZ. PKG. **59¢**



PET RITZ APPLE • PEACH • CHERRY COBBLERS 26 OZ. PKG. **159**



BALLARD SWEET MILK BISCUITS 4 PAK **79¢**



CRISCO PURE VEGETABLE OIL 32 OZ. BOTTLE **99¢**



IGA SANDWICH BREAD... 1 1/2 LB. LOAF **1.19**  
IGA HOT DOG or HAMBURGER ROLLS PKG 2/88¢  
IGA HOMOGENIZED MILK PLASTIC GAL. JUG **1.89**  
ASSORTED FRUIT DRINK... GAL. **89¢**  
IGA CHEESE SINGLES... 16 OZ. PKG. **1.59**  
LAND-O-LAKES MARGARINE... 1 LB. PKG. **2/88¢**  
KRAFT ORANGE JUICE... 1/2 GAL. **1.49**  
PLANTERS DRY ROASTED PEANUTS 10 OZ. **1.89**

BANQUET BEEF CHICKEN TURKEY POT PIES 8 OZ. PKG. **3/\$1**

SHOWBOAT SPAGHETTI RINGS OR SPAGHETTI 14 OZ. CAN **3/\$1**

HUNT'S CATSUP... 24 Oz. Bottle: **89¢**  
SHOWBOAT SPAGHETTI... 14 OZ. CAN **1.00**  
SHOWBOAT SPAGHETTI RINGS... 14 OZ. **1.00**  
ROYAL GUEST COFFEE CREAMER... 16 OZ. **79¢**  
SHASTA DRINKS... ALL-16 OZ. **4/99¢**  
KELLOGG'S FROSTED FLAKES... 20 OZ. **1.49**  
UNCLE BEN'S RICE... 1 Lb. Box **59¢**  
HEFTY SUPERWEIGHT TRASH BAGS... 15 CT. **1.99**

RED, WHITE OR BLACK DELICIOUS GRAPES MIX OR MATCH **79¢ LB**

FRESH, GREEN CABBAGE **19¢ LB**

RED, BLACK OR GREEN JUICY PLUMS MIX OR MATCH **79¢ LB**

BUSH DRY BLACK EYE PEAS OR PINTO BEANS NO. 300 CAN **4/\$1**

ZEST SALMON 15 1/2 OZ. CAN **159**

NECTARINES... LB. **79¢**  
RIPE WATERMELONS... EA. **1.39**  
CHERRIES... LB. **1.29**  
CANTALOUPEs... Jumbo Size **79¢**  
BANANAS... 3 Lbs. **1.00**

FOLGERS INSTANT COFFEE 10 OZ. JAR **399**

PUNCH LAUNDRY DETERGENT GIANT SIZE BOX **99¢**

NORTH WOODS PANGAKE SYRUP 24 OZ. BOTTLE **79¢**

DAWN DISHWASHING LIQUID GIANT SIZE BOTTLE **109**

WISK LIQUID DETERGENT 32 OZ. BOTTLE **159**

NORTHERN ASSORTED BATHROOM TISSUE 4 ROLL PKG. **99¢**

WRITE-RIGHT FILLER PAPER 200 SHEETS **69c**

WRITE-RIGHT 3 SUBJECT THEME BOOK 120 sheets **79c**

CHATHAM DOG FOOD... 25 LB. BAG **329**

IGA CAKE MIX Assort. Flavors 19 Oz. Box **69¢**

CHILLY WILLEE FROZEN POP 12-Pak **2/99¢**

FROZEN STEAK FRIES 2 Lb. Bag **39¢**

IDAHOAN INSTANT POTATO FLAKES 1 Lb. Box **69¢**

SCOTT FAMILY NAPKINS -ALL- BOX OF 60 **3/\$1**

TABLETTE QUALITY "STEAK SALE"

CUBED STEAK "NO WASTE"... LB **2.39**  
SIRLOIN TIP STEAK "BONELESS"... LB **2.98**  
SIRLOIN TIP or RUMP ROAST "BONELESS"... LB **2.78**  
ROUND STEAK "FULL CUT"... LB **1.88**  
WHOLE BEEF LOINS "45 to 50 LBS. AVG."... LB **2.18**  
WHOLE BEEF RIBS "22 to 25 LBS. AVG."... LB **1.98**  
STANDING RIB ROAST "BONE IN"... LB **2.19**

**RIB STEAK**  
"BONE IN"  
**2 29**  
LB.

BONELESS RIB STEAKS... LB **2.99**  
RIB EYE STEAKS... LB **3.99**

FRESH WHOLE FRYERS **45¢ LB.**  
Limit 4 Please

SOUTHERN PRIDE GRADE A FRESH FRYER BREASTS "The Fresh Chicken" **1.09 LB.**

FRYER THIGHS **89¢ LB** FRYER DRUMSTICKS **99¢ LB** FRYER WINGS **69¢ LB**

OLD HICKORY CHOPPED BARBECUE 1 LB. CUP EA. **2.09**  
MARKET STYLE SLICED BACON... LB **1.59**  
LUNDY FRESH PORK SAUSAGE MILD OR HOT 1 LB PKG. EA. **1.29**  
FRESH PORK NECK BONES... LB **49¢**

-DINNER BELL-  
FRANKS... 12 OZ. PKG. **1.18**  
SLICED BOLOGNA, SALAMI, SPICED LUNCHEON MEAT... 1 LB PKG. **1.69**

SALT PORK FAT BACK **49c LB**