

ingles

THE BEST MEAT IN TOWN!.....

SEALTEST.. LIGHT & LIVELY..

U.S. CHOICE

CHUCK ROAST

YOGURT
3 FOR 79¢
8oz CUPS



SELECTO SHANK PORTION HAM
59¢
Lb.

SELECTO SMOKED HAM... BUTT PORTION 69¢
SELECTO SMOKED HAM... CENTER CUTS 99¢
VALLEYDALE... BACON 89¢
VALLEYDALE... 12oz. PKG. 69¢
HONEYWEENE 69¢
VALLEYDALE... 12oz. PK. 69¢
BOLOGNA BOSTON BONNIE... 99¢
FLOUNDER 99¢

BONELESS CHUCK ROAST	ROUND BONE SHOULDER ROAST	BONELESS CHUCK STEW	MARKET SLICED BACON
99¢ Lb.	89¢ Lb.	\$1.09 Lb.	69¢ Lb.

FIRM HEADS... LETTUCE
33¢
HD.



CALIF. NECTRINES 39¢
CALIF. RED PLUMS 29¢
PET RITZ... DEEP DISH 49¢
PIE SHELLS 2ct PK. 49¢
WHOLE SUN... 12oz. FROZEN 39¢
ORANGE JUICE 39¢
BANQUET... 5oz. MEAT 4\$1.00
COOKING BAGS 4\$1.00
PEACHES 29¢
SOUTH CAROLINA

WHOLE... 2 TO A BAG! FAMILY PACK CUT UP

FRYERS
37¢
Lb.



SEAL SWEET... 6oz... 6 PK. 99¢
ORANGE JUICE 99¢

KRAFT... 18oz. JAR BAR-BQ SAUCE 39¢
TEXAS PETE... 10 1/2oz. HOT DOG CHILI 4\$1.00
NABISCO... 14oz. BAGS CHIPS A HOY 79¢
COCONUT CHOC. CHIP PECCAN SHORTBREAD 79¢
DELMONTE... 32oz. CATSUP 59¢

5 LBS DOMINO... SUGAR \$1.49

SHOWBOAT... 300 CANS... PORK & BEANS 4\$1.00
SPAM 12oz. CAN... 79¢

HUDSON... 180 CT. PK... NAPKINS 49¢
LIBBY'S... SLICED OR CRUSHED... PINEAPPLE 14 1/2oz. 39¢
SEALED SWEET... 46oz. CAN... GRAPEFRUIT JUICE 39¢

VANITY FAIR... BIG BUNS... TONERS 39¢

24oz... BOTTLE... CRISCO OIL 85¢

MORTON... 4lb. Box... ICE CREAM SALT 23¢
BORDEN'S... EAGLE BRAND MILK 55¢
KRAFT... AMERICAN... SLICED CHEESE 12oz. 89¢
MAXWELL HOUSE... 10oz. JAR 89¢

INSTANT COFFEE \$1.69

MDI... 12ct. PACK... BROWN-N-SERVE ROLLS 39¢
MDI... 8ct. PACK... HAMBURGER BUNS 33¢
TOM SAWYER... 6 1/2oz. PK. POTATO CHIPS 59¢

DAK... 10oz. PKG... SLICED HAM \$1.39
DAK... 10oz. PKG... SLICED PICNIC \$1.19
SELECTO... 6oz. PACKS... YOUR CHOICE
BOLOGNA-OLIVE LOAF 39¢
PICKLE & PIMENTO LOAF 39¢
SPICED LUNCHEON... EA. 39¢
CAPTAIN HY... 8oz. PKG. FISH STICKS 3\$1.00

NABISCO... HONEY MAID, 1lb. GRAHAM CRACKERS 59¢
KRAFT... 1/2 GAL... ORANGE JUICE 69¢
PRIDE... 1lb. BOX... SALTINES 43¢
LYKES... 5oz. CAN... VIENNA SAUSAGE 3\$89¢
HEINZ... 4 1/2 oz. STRAINED... BABY FOOD 11¢
WHITEHOUSE... 303 CAN... APPLE SAUCE 4\$1.00

GIANT BOX... TIDE 79¢

3Lb. CAN... CRISCO 139¢

JFG... Lb. BAG... COFFEE 89¢

QUART JAR... JFG... MAYONNAISE 79¢

Just A Woman's Observation

By DOROTHY BRIGMAN SHUPE

Things just seem to happen to me! I FELL in the living room the other morning and cracked my head, bruised my shoulder and my knee! I was attempting to pull my living room curtains and as I passed an end table, my foot slipped, my coffee cup flew out of my hand, my head hit the door jam, as did my shoulder and my knee hit the floor! I am black and blue all over, but think I'm going to live!

My head bruise swelled up real big as did my knee, and Shupe said I'd better go over and have Dr. Bates look at it. I did and he painted it and said I would live! I don't know if it is contagious, but yesterday I saw Dr. Henderson and HE now has a bump on his head. But, seriously, he got his on a boating trip last week end when he fell on a rock wall.

Oh, my green thumb is coming along fine! My flaming bushes that I told you about are doing just fine! I planted four of them yesterday out in the yard and this morning they seem to be going to live. I was talking to Valerie Guthrie last night and she said the signs were O. K. for planting. Do you believe in signs for planting? I don't know if I really do, but I think it is good to plant when THEY SAY it is a good time!

The other night I was up at Claude and Frieda Landers' house and we were discussing planting signs with Lucille Cantrell and Tina. They mentioned that one should NEVER plant anything on Ember Day. Have you ever heard that? I never heard Mamma say anything about such a day, but I looked it up in the dictionary and it said it is 3 days in each season set aside for prayer and fasting by the Catholic and Western churches! They come about the middle of the month so I'm safe to plant now anyway!

Shupe got home from the hospital last Tuesday and is getting along fine. He has gone to the post office this morning, on foot, so you can tell he is doing all right. He can't do any work, so I am having all the hard work at this house to do myself. I have even started keeping the dishes done after each meal! I NEVER like to do them right after a meal, because when I was young, that was my job around the house and the dishes HAD to be done immediately after each meal. I always said if I ever had my own home, they could wait - for a few hours at least!

OBSERVED - There are several things I haven't mentioned, because my column has been left out but here are a few things I wanted to tell you about - Eileen Wood and her daughter was going to Hawaii and I'll bet they have been and are back by now, hope you had a big time - Shelby Shields showed me a pretty ring she had that was made from metal from the old state house - Enjoyed hearing Clyde Hagan and his group at a recent revival here at our church, nice to see Donna, his wife, and Marie, his mother in law at the same time - Have you visited the new S & W in Asheville Mall? - Saw several of our teachers there shortly after school ended - Donna Stines Rice, Barbara Thomas Ray, Doris Wyatt, Billie Jean Redmon, Carol Whitt, Diane Whitt and many others - Enjoyed working at Dr. Leggett and Principal J. C. Wallin's office a few days after school ended - Mrs. Carol Gunter seems to be a very nice person working as the new secretary - Missed Mary Henderson there but see her once in a while at other places - Can't believe the football and school are just around the corner - Going to watch the all star baseball game tonight - Sorry about old Dixie - Have a nice day!!!!

Attention

All boys interested in playing football at Madison High School this season shall report the physicals at the Madison County Health Department, Marshall, on Thursday, August 1 at 2:30 p.m.

FRANKLIN BRIDGES
The Madison County Health Department is located at 100 N. Main Street, Marshall, N.C. 28753.