



Birth Day Sale



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.

PRICES EFFECTIVE THRU SAT., MARCH 17 AT A&P IN RAEFORD, N.C. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

A&P WILL GLADLY ACCEPT CHECK CASHING CARDS FROM: BIG STAR • KROGER • HARRIS TEETER • FOOD LION • WINN DIXIE • FOOD WORLD

SAVE \$1.25
WITH COUPONS IN THIS AD

SAVE 20¢ LB.

Box-O-Chicken
U.S.D.A. INSPECTED FRESH

59¢
lb.

The Butcher Shop
with supermarket prices

Meat Specials

Round Steak
WESTERN GRAIN FED BEEF

Full Cut Bone-In

188
lb.

U.S.D.A. CHOICE

Pork Roast
FRESH LEAN COUNTRY FARM

Picnic Shoulder

79¢
lb.

SAVE 1.20 LB.

Bottom Round Roast
WESTERN GRAIN FED BEEF

Boneless

199
lb.

U.S.D.A. INSPECTED FRESH WHOLE

Fryer Legs 1 lb. **89¢**

OSCAR MAYER (BEEF 1-LB. PKG. 1.89)

Meat Wieners 1 lb. pkg. **169**

RED LABEL SLICED

Hormel Bacon 1 lb. pkg. **169**

DINNER BELL MILD OR SAGE

Pork Sausage 1 lb. pkg. **169**

DINNER BELL (BEEF LB. 1.99)

Smoked Sausage lb. **189**

INDIVIDUAL QUICK FROZEN

Flounder Fillet lb. **159**

FRESH LEAN COUNTRY FARM WHOLE

Pork Loin lb. **129**

WESTERN GRAIN FED BEEF BONELESS BOTTOM

Round Steak lb. **229**

A&P QUALITY FRESH EXTRA LEAN

Ground Round lb. **199**

FOR ST. PATRICK'S DAY—HORMEL

Corn Beef Brisket lb. **199**

SEMI-BONELESS SMOKED

Ham Portions lb. **139**

U.S.D.A. INSPECTED (4-7 LB. AVG.)

Turkey Breast lb. **139**

Luck's Beans
PINTO • BLACK EYE PEAS • GREAT NORTHERN

2 15 oz. cans **88¢**

Save 18¢ on 2

Small Eggs
A&P QUALITY GRADE "A"

2 1/2 doz. ctn. **179**

Paper Towels
P&Q BRAND

2 big rolls **88¢**

Save 12¢

VEGETABLE • VEGETARIAN VEGETABLE

Campbell's Soup 10 1/2 oz. cans **100**

SUNSHINE

Krispy Crackers 16 oz. pkg. **69¢**

GREEN GIANT CUT

Asparagus 10 1/2 oz. can **99¢**

READY-TO-SPREAD ALL VARIETIES

Pillsbury Frostings 16.5 oz. can **129**

SKINNER ELBOW MACARONI OR

Thin Spaghetti 4 7 oz. pkgs. **100**

A&P PLAIN • MEAT • MUSHROOM

Spaghetti Sauce 32 oz. jar **99¢**

KRAFT SHREDDED • SHREDDED SHARP

Mozzarella 4 oz. pkg. **79¢**

P&Q BRAND

Apple Juice 64 oz. btl. **99¢**

TROPICANA GOLD N' PURE

Orange Juice 64 oz. ctn. **99¢**

HUNGRY JACK BUTTERMILK

Pillsbury Biscuits 2 5 oz. cans **79¢**

BANQUET 4-PC. GOLDEN

Fried Chicken 18 oz. pkg. **199**

APPLE OR PEACH

Banquet Pies 20 oz. pkg. **109**

P&Q WHITE

Bath Tissue 4 roll pkg. **69¢**

A&P 30-GAL. TRASH BAGS 20 CT. 1.89 QR

Tall Kitchen Bags 15 ct. pkg. **99¢**

ALL VARIETIES

9-Lives Cat Food 3 6 oz. cans **100**

HIGH PROTEIN DOG MEAL

Field Trial 25 lb. bag **419**

SAVE

Pepsi Cola
DIET PEPSI • PEPSI FREE • MTN. DEW

8 pk. ctn.

\$1.49
& deposit

16 oz. ret.

GOOD ONLY IN RAEFORD

THE FARM
Fresh With Quality

SAVE 60¢ LB.

THOMPSON SEEDLESS OR

Red Grapes lb. **99¢**

or Black Grapes

SAVE 40¢

Crest Toothpaste
REGULAR • MINT • GEL

6.4 oz. tube **139**

MEISTER BRAU

BEER

12 oz.

6 pk **179**

GOOD ONLY IN RAEFORD, N.C.

U.S. #1 BAKING

Idaho Potatoes 15 lb. bag **299**

LARGE FLORIDA

Celery each stalk **69¢**

CALIFORNIA JUMBO

Navel Oranges 5 for only **100**

CELLO WRAPPED

Fresh Spinach each pkg. **99¢**

FRESH JUICY

Asparagus lb. **188**

GREEN

White Grapefruit 4 for only **100**

Leaf Lettuce each bunch **59¢**

FRESH

Crisp Carrots 2 1 lb. pkgs. **100**

SCOPE **SAVE 90¢**

Mouthwash 24 oz. btl. **229**

A&P BRAND PEROXIDE OR

Alcohol 3 16 oz. btl. **99¢**

A&P BRAND

Charcoal 10 lb. bag **169**

G.E. 40 • 50 • 75 • 100 WATT

Soft White Bulbs 4 ct. pkg. **249**

A&P COUPON

SAVE 25¢ ON

DEL MONTE 32 OZ. BTL.

Tomato Catsup

LIMIT ONE COUPON AND 7.50 ORDER. GOOD THRU SAT., MARCH 17 AT A&P. #636

A&P COUPON

SAVE 25¢ ON

ANN PAGE 3 LB. CAN

Shortening

LIMIT ONE COUPON AND 7.50 ORDER. GOOD THRU SAT., MARCH 17 AT A&P. #637

A&P COUPON

SAVE 25¢ ON

BUTTER RECIPE • DEVIL'S FOOD • YELLOW • CHOC. MINT 18.5 OZ. PKG.

Pillsbury Cake Mix

LIMIT ONE COUPON AND 7.50 ORDER. GOOD THRU SAT., MARCH 17 AT A&P. #638

A&P COUPON

SAVE 25¢ ON

PLAIN • SELF-RISING • BREAD 5 LB. BAG

Pillsbury Flour

LIMIT ONE COUPON AND 7.50 ORDER. GOOD THRU SAT., MARCH 17 AT A&P. #639

A&P COUPON

SAVE 25¢ ON

5% OFF LABEL LIQUID GAL JUG

Clorox Bleach

LIMIT ONE COUPON AND 7.50 ORDER. GOOD THRU SAT., MARCH 17 AT A&P. #640

A&P COUPON

Senior Citizens Discount

5% Off Total Purchases On Wednesdays

WITH COUPON AND I.D. MUST BE AGE 62 OR OVER

... Front Burner

(Continued from page 6)

Approximately 60 calories per serving.

CABBAGE WITH CARAWAY
1 head cabbage (about 1 1/2 lbs.)
1 tablespoon minced fresh parsley
freshly ground black pepper
caraway seeds
1 teaspoon margarine
1 teaspoon sugar
1/2 cup chicken broth
Remove major section of core from the cabbage. Leave just enough to hold the head together. Slice the head into wedges about 1 1/2 inch thick. Melt the margarine in a large skillet. Put in the cabbage, parsley, sugar, black pepper and broth. Cover and cook over moderate heat about 12 minutes, basting with the pan juices several times. About 1 minute before the cabbage is done, sprinkle with caraway seeds. Remove cabbage to a serving dish. Pour the pan liquid over the cabbage. Yield 6 servings. Approximately 30 calories per serving.

LEMON-BAKED CHICKEN
1 frying chicken (2 1/2 to 3 lbs), cut into serving pieces
1 clove garlic, crushed
2 tablespoons oil or melted margarine
3 tablespoons fresh lemon juice
freshly ground pepper
In a bowl combine lemon juice, oil, garlic and pepper. Arrange chicken in a shallow casserole or baking pan, and pour over it the lemon and oil mixture. Cover and bake at 350°F. until tender, about 40 minutes, basting occasionally. Uncover casserole and bake 10 minutes longer to allow chicken to brown. Yield 4 servings. Approximately 215 calories per serving.

SWEET AND SOUR GREEN BEANS
1 pkg. (10 oz.) frozen or 1 lb. fresh green beans, cut in 1-inch pieces
1 tablespoon sugar
1 tablespoon water
dash paprika
1 teaspoon margarine
1/2 teaspoon all-purpose flour
1 tablespoon lemon juice
1/4 teaspoon dill seeds, optional
Cook frozen green beans according to directions on package, omitting salt, or cook fresh green beans in 1/2 cup unsalted water until tender. Drain and set aside. In separate pan, melt margarine, stir in flour and brown lightly. Stir in remaining ingredients and cook over low heat until thickened. Pour over drained green beans and heat 5 minutes. Makes 4 servings. 40 calories per serving.

BISCUITS
2 cups all purpose flour
1/3 cup oil
1 tablespoon baking powder
2/3 cup skim milk
Mix flour and baking powder in bowl. Combine oil and milk and pour all at once into dry ingredients. Stir until mixture clings together and forms a ball. Knead on waxed paper 18-20 times without using additional flour. Gently pat or roll out until dough is 1/2 inch thick. Cut with 2 inch round cutter and place close together with edges touching on ungreased baking sheet. Bake in preheated 450°F. oven 12-15 minutes. Makes 12 biscuits, 130 calories each.

TIPS ON TAXES
Although April 15 is tax time, you can save money by being tax conscious all year around.

Start by keeping records of the items that you buy that will be deductible on next year's return. These might include medical expenditures, contributions and interest payments. Other possible deductibles are property, telephone or sales taxes.

Then, keep a big envelope or box handy, so every member of the family can help collect these records.

Also make sure you know the requirements for supporting dependents who might count as exemptions on your income tax return. These might include elderly parents or children who are working and attending college.

Be sure you have records for the support you are claiming and that you provide the amount required by law.

Schedule
Tuesday, March 20, 1984, 12:10 p.m. - Business Girls Extension Homemakers Club Meetings.
Tuesday, March 20, 1984, 2:30 p.m. - Raedeen Extension Homemakers Club Meeting.
Tuesday, March 20, 1984, 7:30 p.m. - Phillippi Extension Homemakers Club Meeting.
Thursday, March 22, 1984, 5:00 p.m. - North Raeford Extension Homemakers Club Meeting.

Hint
Wear a scarf to protect the collar area of a leather or suede coat, or you may end up with "ring around the collar."