

A&P COUPON
SAVE 20¢ ON
 Eight O'Clock **Coffee**
 179
 GOOD THRU SAT., APRIL 14 AT A&P
 LIMIT ONE WITH COUPON AND \$7.50 ORDER. #655

A&P COUPON
SAVE 70¢ ON
 Orange Juice
 79¢
 GOOD THRU SAT., APRIL 14 AT A&P
 LIMIT ONE WITH COUPON AND \$7.50 ORDER. #656

A&P COUPON
Senior Citizens Discount
 5% Off Total Purchases
 On Wednesdays
 WITH COUPON AND I.D. MUST BE AGE 62 OR OVER

A&P COUPON
SAVE 30¢ ON
 Red Band Flour
 59¢
 GOOD THRU SAT., APRIL 14 AT A&P
 LIMIT ONE WITH COUPON AND \$7.50 ORDER. #657

A&P COUPON
SAVE 16¢ ON
 Chunk Light Tuna
 49¢
 GOOD THRU SAT., APRIL 14 AT A&P
 LIMIT TWO WITH COUPON AND \$7.50 ORDER. #658

Pepsi Cola
 DIET PEPSI - MTN. DEW
 2 Ltr. **99¢**
 GOOD ONLY IN RAEFORD, N.C.



DOUBLE Coupon Savings!
 CHECK WITH YOUR LOCAL A&P FOR DETAILS ON DOUBLE COUPONS.
 3 Beautiful Patterns
 Hand Painted Baroque
STONEWARE
 This Week's Feature Cup **49¢** With Every \$3.00 Purchase
\$1.00 OFF WITH THIS COUPON AND PURCHASE OF ANY Stoneware Complete Piece
 Limit One Coupon Per Customer
 Good thru Sat., Apr. 14 #661

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., APRIL 14 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.

Beef Specials
Ground Chuck
 A&P QUALITY FRESH
 3 lbs. or more **158**
 lb.

A&P BEEF STEAK SALE
Chuck Steak
 WESTERN GRAIN FED BEEF
 BONELESS
Shoulder Steak
 Boneless **248**
 lb. **Save 1.01 lb.**

Sirloin Steak
 WESTERN GRAIN FED BEEF
T-Bone Steak
318
 lb. **Save 1.31 lb.**

Poultry Specials
Whole Fryer Legs
 COUNTRY PRIDE
 Jumbo Pack **89¢**
 lb.

Pork Sausage lb. **119**
Pork B.B.Q. 1 lb. pkg. **199**
Meat Bologna 1 lb. pkg. **159**

Round Steak lb. **248**
Rib Eye Steak lb. **498**
Beef Stew lb. **199**

Chuck Steak lb. **168**
Cubed Steak lb. **299**
Pork Picnic Roast lb. **99¢**

Seasoning Bacon 3 lb. box **99¢**
Sliced Bacon 1 lb. pkg. **179**
Beef Hot Dogs 12 oz. pkg. **119**

A&P QUALITY Spaghetti Sauce
 PLAIN - MEAT - MUSHROOMS
 32 oz. jar **99¢** **Save 20¢**

BETTY CROCKER Cake Mixes
 ALL VARIETIES
 18 1/2 oz. pkg. **79¢** **Save**

FLAV-O-RICH Rich & Creamy Ice Cream
 ALL FLAVORS
 1/2 gal. ctn. **219** **Save 80¢**

Mueller's Spaghetti 16 oz. pkg. **69¢**
Hamburger Helper Your Choice **109**
Grape Jelly 32 oz. jar **109**
Peanut Butter 16 oz. jar **149**

Betty Crocker Frostings 16 1/2 oz. can **119**
Crisco Oil 48 oz. bil. **269**
Corn Muffin Mix 3 8 oz. pkgs. **79¢**
Pop Tarts 11 oz. pkg. **89¢**

ANN PAGE HOMESTYLE OR BUTTERMILK Biscuits 4 ct. pkg. **69¢**
Margarine 1 lb. pkg. **109**
Cheese 16 oz. pkg. **179**
Mozzarella 4 oz. pkg. **69¢**

Banquet Dinners 11 oz. pkg. **89¢**
Cut Okra 16 oz. pkg. **99¢**
Apple Pie 26 oz. pkg. **169**
Waffles 19 oz. pkg. **119**

Grocery Specials
Bounty Towels
 ASSORTED - DESIGNER
 big roll **79¢** **Save 10¢**

THE FARM
 Fresh With Quality
Green Cabbage 4 lbs. **100** **SAVE 34¢ LB.**

Health & Beauty Aids Specials
Crest Toothpaste
 Regular - Mint - Gel
 (SAVE 40¢)
 6.4 oz. tube **139**

INGLENOOK TABLE Wine
349
 1.5 ltr.
 GOOD ONLY IN RAEFORD, N.C.

GOLDEN RIPE Bananas 3 lbs. **100**
Tangy Lemons 11 ct. pkg. **99¢**
Avocados 3 for only **100**
Potatoes 3 lbs. **100**

RED RIPE Tomatoes Family Pack 28 oz. pkg. **99¢**
Navel Oranges 5 for only **100**
Lettuce each only **58¢**
Yellow Squash lb. **39¢**

PRELL LIQUID (SAVE 50¢) Shampoo 7 oz. bil. **139**
Deodorant (SAVE 50¢) 4 oz. size **199**
Conditioner (SAVE 1.00) 11 oz. bil. **199**
Disposable Douche (SAVE 30¢) 6 oz. size **79¢**

... Front Burner
 (Continued from page 4B)
 3/4 teaspoon salt
 Heat oven to 400° F. Grease 12 medium muffin cups or line with paper baking cups. In medium bowl, combine corn meal, flour, bran, baking powder, cinnamon and salt. Combine milk, egg, oil and honey; mix well. Add to dry ingredients, mixing just until dry ingredients are moistened. Fold in carrots and raisins. Fill prepared muffin cups 2/3 full. Bake for 16 to 18 minutes or until golden brown. Serve warm. Makes 1 dozen muffins.

Microwave Oven Directions:
 Place 6 or 7 paper baking cups in microwave muffin dish. Prepare batter as recipe directs. Fill muffin cups 1/2 full. Cook at high 2 to 2 1/2 minutes or until wooden pick inserted in center comes out clean, rotating dish 1/4 turn after 1 minute of cooking. Immediately remove from dish. Repeat with remaining batter. Let stand 5 to 10 minutes before serving. Serve warm.

QUICK DROP BISCUITS
 2 cups pancake and waffle mix
 1/3 cup vegetable oil
 2/3 cup milk
 Heat oven to 425 F. Lightly grease cookie sheet. Combine all ingredients, mixing just until pancake mix is moistened. Spoon dough by rounded tablespoons onto prepared cookie sheet. Bake about 12 minutes.

WESTERN CHILI CON CARNE
 1/2 cup chopped onion
 1 to 2 tablespoons oil
 3 1/2 cups drained, cooked or canned pinto, kidney or pink beans
 1 teaspoon paprika
 1/2 teaspoon oregano, crushed
 1/8 teaspoon ground cumin
 dash cayenne pepper (optional)
 4 1/2 teaspoons yellow corn meal
 1 clove garlic, minced
 3/4 lb. ground beef (lean)
 1 cup water
 2 or 3 teaspoons chili powder
 3/4 teaspoon salt
 1/4 teaspoon pepper
 1 bay leaf
 1 can (14 to 16 Oz.) tomatoes, undrained
 Saute onion and garlic in oil until tender. Add ground beef and brown, breaking apart with a fork. Stir in beans, water, seasonings and tomatoes; bring to a boil. Reduce heat and simmer, uncovered, about 1 1/2 hours; stir occasionally. To thicken, slowly add corn meal, stirring constantly; cook over medium-high heat until mixture boils. Remove bay leaf. Makes 4 or 5 servings. Recipe may be doubled. Per serving: 507 calories.

GREEK MEATBALLS
 1 lb. hamburger meat
 1 large onion chopped fine
 1/2 teaspoon pepper
 1/2 teaspoon garlic salt
 1 egg
 1/2 teaspoon salt
 1/2 teaspoon oregano
 3 slices bread, wet
 Mix all ingredients. Roll into little balls. Flour. Fry and drain.

RUSSIAN SALAD
 20 large marshmallows
 1 small can evaporated milk
 1 3-Oz. pkg. cream cheese
 1 pkg. lime gelatin
 3/4 cups hot water
 1 can crushed pineapple drained
 1 cup chopped nuts
 Melt marshmallows, milk, cream cheese. Dissolve gelatin in hot water. Add remaining ingredients. Combine mixture and congeal. Makes 12 to 16 servings.

TOASTED PECANS
 2 cups shelled pecans
 2 teaspoons butter or margarine
 Place pecans and margarine or butter on cookie sheet. Toast in oven 350° for 15 minutes. Take out and drain on paper towel. Salt lightly.

Schedule
 Thursday, April 12, 1984, 2:30 p.m. - Allendale-Antioch Extension Homemakers Club Meeting.

Thursday, April 17, 1984 12:10 p.m. - Business Girls Extension Homemakers Club Meeting.
 2:30 p.m. - Raedeen Extension Homemakers Club Meeting.
 7:30 p.m. - Phillipi Extension Homemakers Club Meeting.
 Thursday, April 19, 1984, 7:30 p.m. - Young Homemakers Extension Homemakers Club Meeting.

Hints
 After using part of the ice cream from a carton, press pliable plastic wrap over the top portion before closing and replacing in the freezer. This prevents ice crystals from forming.

To chop sticky foods such as raisins, dates or candied fruit in a food processor, chill well before processing.