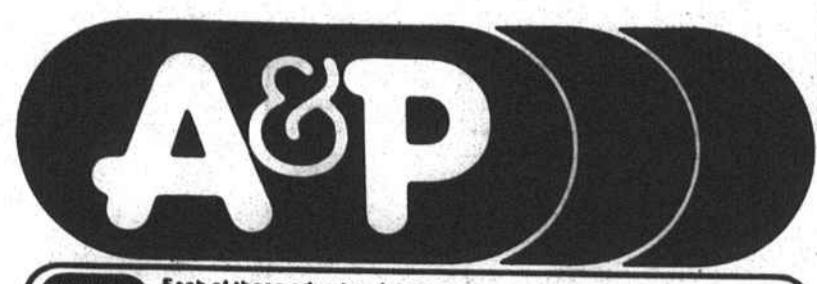


A&P COUPON
SAVE UP TO 40¢ ON
 ANN PAGE
Potato Chips 8 oz pkg **49¢**
 GOOD THRU SAT., MAY 19 AT A&P
 LIMIT ONE WITH COUPON AND 7.50 ORDER. #661

A&P COUPON
SAVE UP TO 30¢ ON
 FAMILY SIZE OUR OWN
Tea Bags OUR OWN 24 ct PKG **89¢**
 GOOD THRU SAT., MAY 19 AT A&P
 LIMIT ONE WITH COUPON AND 7.50 ORDER. #663

A&P COUPON
SAVE UP TO 70¢ ON
 KRAFT
Mayonnaise 32 oz jar **99¢**
 GOOD THRU SAT., MAY 19 AT A&P
 LIMIT ONE WITH COUPON AND 7.50 ORDER. #662

A&P COUPON
1.00 OFF
 WITH THIS COUPON AND PURCHASE OF ANY
Stoneware Completer Piece
 GOOD THRU SAT., MAY 19, AT A&P
 LIMIT ONE PER CUSTOMER. #664



DOUBLE Coupon Savings!
 CHECK WITH YOUR LOCAL A&P FOR DETAILS ON DOUBLE COUPONS

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., MAY 19 AT A&P IN RAEFORD, N.C. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

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

3 Beautiful Patterns Hand Painted Baroque
STONEWARE This Week's Feature Cup **49¢** each
 WITH EVERY 3.00 PURCHASE

Completes 20 years
 Mary G. Baxley recently completed 20 years of continuous service at the Raeford Plant of Burlington Industries. She has worked in the Cloth Room area her entire career. During her years of service she has worked as a Mender, Grader, Head Grader and presently works as a Swatch Checker. In recognition of her service, she was presented a twenty year certificate, pearl pin and gift by her Supervisor and Plant Management.

Exercise can help stress

Stress is the body's response to any demand placed on it. Stress can be either a positive or negative experience, and a certain level of it is healthy for anyone. Experts believe that stress comes from two basic forces—the stress of mental/emotional activity and the stress of physical activity. Stress from physical work or exercise can relax you and help you to deal with mental stress. Exercise is a great way to reduce stress. It relaxes the muscles and builds self-confidence and self-esteem. One should find those activities which give you pleasure, fit your interest, personality, and capacity. Some exercises that may be considered are: walking; bicycling; dancing; playing golf; swimming; gardening; bowling; skipping rope and hiking. Choose any activity that help you let off steam and out stress. For those of you who are physically fit, more strenuous exercise such as jogging, playing tennis, basketball, or handball may be extremely relaxing. However, before you begin any new physical exercise routine, check with your family physician for his advice. Creative activities can also be a good way to reduce stress for some. Activities such as drawing, painting, carpentry, knitting, pottery, or even cooking for fun can give you a sense of accomplishment and a relaxed feeling. After discovering your favorite activity, try to devote at least one-half hour per day for a minimum of three days per week to pursuing it. There are many groups and agencies in your community that can help provide you with additional reading on stress management, guides to exercise programs, and so on.

Poultry Specials
Fryer Drumsticks U.S.D.A. INSPECTED FRESH
78¢ Family Pack lb.

The Butcher Shop
Beef Specials
Ground Beef MARKET STYLE 4 lbs. or more lb. **98¢** Save 71¢ lb.

Beef Specials
Chuck Roast WESTERN GRAIN FED BEEF Bone-In lb. **128** Save 71¢ lb.

Beef Specials
WHOLE New York Strip WESTERN GRAIN FED BEEF Bone-In 16-20 lb. Avg. lb. **258**

WESTERN GRAIN FED BEEF FAMILY PACK
Cubed Steak lb. **198**
 WESTERN GRAIN FED BEEF FAMILY PACK-BONELESS
Beef Stew lb. **198**
 WHOLE
Cooked Lobster 10.5 oz. pkg. **399**

HORMEL RED LABEL
Sliced Bacon 1 lb. pkg. **168**
 HOLLY FARMS BOLOGNA OR
Chicken Franks 1 lb. pkg. **88¢**
 A&P OLD FASHION
Pork Sausage 2 lb. pkg. **168**

WESTERN GRAIN FED BEEF BONE-IN
Shoulder Roast lb. **189**
 A&P QUALITY FRESH
Ground Chuck 3 lbs. or more lb. **168**
 OSCAR MAYER NEW BACON & CHEDDAR - REGULAR - MACHO
Cheese Hot Dogs 1 lb. pkg. **188**

WESTERN GRAIN FED BEEF BONE-IN
N.Y. Strip Steak lb. **358**
 FRESH LEAN COUNTRY FARM COUNTRY STYLE
Pork Ribs lb. **179**
 FRESH LEAN COUNTRY FARM SLICED
1/4 Pork Loin lb. **168**

Pork & Beans VAN CAMP
3 16 oz. cans **100** Save Up To 17¢ On 3

Round Top Bread JANE PARKER
3 1 lb. loaves **100** Save Up To 39¢

Blue Bonnet Margarine IN QUARTERS
1 lb. pkg. **59¢** Save Up To 10¢

PILLSBURY PLUS
Cake Mixes 18 1/2 oz. pkg. **79¢**
 READY-TO-SPREAD
Pillsbury Frosting 16 1/2 oz. can **119**
 A&P CREAMY - CRUNCHY
Peanut Butter 28 oz. jar **199**
 CATES
Sweet Salad Cubes 22 oz. jar **99¢**

INSTANT
French's Potatoes 5 1/2 oz. pkg. **69¢**
 NABISCO
Premium Saltines 16 oz. pkg. **89¢**
 ASST. FLAVORS
Kal Kan Dog Food 23 1/2 oz. can **59¢**
 50¢ OFF LABEL
Palmolive Liquid 22 oz. btl. **109**

FROZEN CRISP N' TASTY
Jeno's Pizza 10 oz. pkg. **99¢**
 MORTON FROZEN
Pot Pies 2 8 oz. pkgs. **79¢**
 ANN PAGE
Handi Whip 2 8 oz. pkgs. **100**
 FLAV-O-RICH
Ice Cream 1/2 gal. ctn. **179**

ORIGINAL - CUSTARD
Yoplait Yogurt 3 6 oz. ctns. **100**
 FLAV-O-RICH
Cottage Cheese 12 oz. ctn. **69¢**
 BUTTER-ME-NOT
A&P Biscuits 4 5 oz. cans **100**
 KRAFT
Velveeta Cheese 1 lb. pkg. **199**

NC Natural Gas shows increase in 1984 earnings

Earnings of \$2.92 per share for 12 months ended March 31, were announced last week in an Interim Report to stockholders of North Carolina Natural Gas Corporation. This compares to earnings of \$2.07 per share for the same period last year as restated to reflect the final disposition of a contract rate settlement as required by the North Carolina Utilities Commission. In his report, Company President Frank Barragan, Jr. announced institution of a Reinvestment Plan which shareholders and stockholders and disclose build a Liquefied Natural Gas plant on the Company system. During the past quarter Board of Directors approved Dividend Reinvestment Plan which shareholders may reinvest their dividends by acquiring additional shares of the Company's common stock. A Prospectus describing the plan will be distributed during the current quarter.

P Grocery Specials
Coca Cola DIET COKE • SPRITE • TAB
 6 pk 12 oz. Cans **139** SAVE Up To 80¢

THE FARM Fresh With Quality
Golden Yellow Ripe Bananas **3100** SAVE 11¢ LB. lbs. only

P Health & Beauty Aids BUY TWO - GET ONE FREE!
Crest Toothpaste REGULAR • MINT • GEL
3298 6.4 oz. tubes Save 1.49

AMHEUSER BUSCH
Natural Light Beer ctn. of 6 12 oz. cans **209** GOOD ONLY IN RAEFORD, N.C.

FLORIDA SWEET
Yellow Corn Tomatoes 12 ears only **199**
 RED RIPE FAMILY PACK
Tomatoes 28 oz. pkg. **99¢**
 FOR YOUR SALADS
Cucumbers 4 for only **100**
 RED BLISS
Potatoes 3 lbs. only **100**

ZESTY
Yellow Onions 3 lb. bag **99¢**
 FRESH
Romaine Lettuce each bunch **58¢**
 CREAMY
Avocados 3 for only **100**
 RED CHECK
Apple Juice 1/2 gal. jar **129**

RIGHT GUARD BRONZE (SAVE 80¢)
Deodorant 5 oz. can **199**
 WONDRA (SAVE 80¢)
Skin Lotion 10 oz. btl. **169**
 EXTRA STRENGTH (SAVE 1.50)
Tylenol Tablets 100 ct. btl. **399** (SAVE 80¢)
Finesse Shampoo or Conditioner 7 oz. btl. **159**

Sun, 9 A.M. - 6 P.M. Mon.-Sat. 9 A.M. - 10 P.M. EDENBOROUGH CENTER

PHONE FOR FOOD
 Phs. Shrimp, BBQ, Chicken...
SPECIALS DAILY
875-8752
 Wagon Wheel Restaurant