. . . Front Burner

(Continued from page 2B)

EGGPLANT PARMIGINA

2 eggplants (about 1 lb. each), pared, sliced ½ inch thick 1 teaspoon crushed oregano

In fact, they'll probably act like the toys are new. Here's another toy-stretching trick. Set up a toy exchange with a friend. Trade off a couple of playthings every few weeks. These two simple actions can add variety to your child's play experiences and save dollars on the

A&P COUPON SAVE ON LIMIT ONE WITH COUPON AND 7.50 ORDER, GOOD THRU SAT., JUNE 30 AT AAR,

A&P COUPON Stoneware Completer Piece

Whole

Or Half

WESTERN GRAIN FED BEEF BONELESS-BOTTOM

Round Steak

WESTERN GRAIN FED BEEF BONELESS-BOTTOM

Round Roast WESTERN GRAIN FED BEEF

1 32 oz.

CRISP N' TASTY

ALL VARIETIES

ALL VARIETIES

btl.

Jeno's Pizza

Cream Pies

Ann Page Dinners

Banquet Pot Pies

Hunt's

lb.

Cubed Steak (FAMILY PKG.)

HUNT'S

Tomato Ketchup

LIMIT ONE WITH 7 50 ORDER

BY FLAV-O-RICH

Dairy Charm

Each of these advertised items is required to be readily available for sale at or below the advertised price in each ABP Store, except as specifically noted in this ad

PRICES EFFECTIVE THRU SAT., JUNE 30 AT A&P IN RAEFORD, N.C. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

CHECK WITH YOUR LOCAL ASP IN RAEFORD, N.C. FOR DETAILS ON DOUBLE COUPONS 3 Beautiful Patterns Hand Painted Baroque

SEE COUPON ABOVE ON COMPLETER PIECE

STIBLE PAR

COUNTRY PRIDE

Whole Fryers

Feature: Saucer

WITH EVERY 3.00 PURCHASE

Save

98¢

99¢



Save

198

198

Save

69¢

Save

WESTERN GRAIN FED BEEF

(WITH EYE)

Bottom Round

FRESH LEAN COUNTRY FARM

Pork Chops

Combination Family Pkg.

lb.

Save

ARMOUR (BEEF 1.28) 118 **Meat Hot Dogs** TALMADGE FARM FRANKS OR 100 Bologna BLUE DIAMOND 198 Sandwich Steaks

A&P ANN PAGE APPLESAUCE OR

15½ oz. cans Save

A&P/ANN PAGE CORN - TOMATOES - MIXED PEAS Canned Vegetables 2 16 oz. 1000 ISLAND - CREAMY CUCUMBER - BACON & TOMATO **Kraft Dressing B.B.Q. Sauce** QUAKER **Quick Grits**

DIET COKE · SPRITE · TAB · MELLO YELLO

Coca Cola 6/12 oz.

INGLENOOK Table Wine 1.5 Liter GOOD ONLY IN RAEFORD, N.C.

REGULAR OR LIGHT

Loors Beer

ctn. of 6 12 oz.

EDENBOROUGH CENTER

GOOD ONLY IN RAEFORD, N.C.

lb. COUNTRY PRIDE Frver Breast Qtrs. COUNTRY PRIDE **Mixed Fryer Parts** COUNTRY PORK Side Meat

JANE PARKER HOT DOG OR **Hamburger Rolls** 8 ct. pkgs. Save

Wisk Detergent RATION DOG FOOD Field Trial ALL FLAVORS Light IF YOGUTT FILBERTS GOLDEN 59¢ **Margarine Quarters**

Fresh With Quality RED OR WHITE Seedless

Ripe

Grapes 16

SWEET FLORIDA **Yellow Corn** CALIFORNIA **Red Plums** CALIFORNIA ectarines

BLACK/WHITE

5 qt.

pail

E 99º **Motor Oil**

Philco T.V.

SUNBEAM 12" **Oscillating Fan** BUY 2 GET 1 FREE

Crest Toothpaste

Sun. 9 A.M. - 6 P.M. Mon.-Sat. 8 A.M. - 10 P.M. 2 cups (8 oz.) shredded mozzarella 2 medium onions, sliced 1 28-oz. can whole peeled tomatoes 1/2 teaspoon crushed basil

family's budget.

1/2 teaspoon salt

½ teaspoon crusined basil
½ teaspoon pepper
¼ cup grated parmesan cheese
Broil eggplant slices 5 inches
from heat, 5 minutes or until
brown on one side. Arr nge slices,
brown side down in greased 9x9x1 1/4 inch baking pan. Top with onions. Combine tomatoes and juice, oregano, basil, and salt and pepper; pour over eggplant. Bake at 350° 30 minutes. Top with mozzarella cheese; sprinkle with parmesan cheese. Bake 15 minutes. Serves 4.

> Fifteen-minute Meatballs in Tomato Sauce

1 lb. lean ground beef (4 4-oz. frozen patties, defrosted)
¾ teaspoon salt 1/4 teaspoon pepper 1 teaspoon dry parsley flakes 1 1-lb. can vegetable juice cocktail fluffy steamed rice

It ablespoon chopped parsley
In a bowl blend beef, salt, pepper and parsley well. Form mixture
into little balls about the size of walnuts. In a large skillet heat the vegetable juice cocktail to boiling. Add meatballs. Turn heat low and cook 12 to 15 minutes, basting meatballs occasionally with the sauce in the pan. The sauce will thicken until it is about the consistency of cream gravy. Serve half over fluffy rice for today's dinner. Cool the rest completely and freeze for another meal. Makes 4 servings.

Brunch Puff

8 whole wheat bread slices, cubed 2 stalks celery, chopped 1 tablespoon butter

1/4 teaspoon onion powder 2 cups milk dash of ground red pepper 1 cup (4 oz.) shredded sharp ched-

dar cheese 1 small onion, chopped 1/2 teaspoon salt

4 eggs, beaten 1/2 teaspoon dry mustard

In a buttered 8-inch square bak-ing dish, layer ½ of bread cubes and 1/2 cup of cheese. Cook celery and onion in butter 5 minutes; place on top of bread and cheese layers. Layer remaining cubes and cheese. Mix together eggs, milk and seasonings; pour over casserole. Refrigerate several hours or overnight. Bake at 350°, 45-50 minutes, or until knife inserted in center comes out clean. Let stand 5 minutes. Cut into 6 servings. Serves 6.

Corn Flake Shake

1 cup cold milk 1 cup vanilla ice cream

11/2 cups corn flakes 1 cup cold orange juice 3 tablespoons honey Combine all ingredients in

blender container. Cover and process at high speed until smooth. Serve immediately. Makes 31/2

> Pink Cloud Frozen Salad

1 pkg. (8 oz.) cream cheese, soften-

1 pkg. (10 oz.) frozen sliced strawberries, partially thawed 1 cup whipping cream, whipped 1/4 cup honey

2 bananas sliced

2 cups miniature marshmallows In large mixing bowl, beat cream cheese until smooth. Add honey,

continue to beat until blended Add strawberries, bananas and marshmallows. Stir with rubber spatula until coated. Gently fold in whipped cream until well mixed. Pour into a 9 inch square pan. Freeze until firm. Cover with foil for continued storage. To serve, let stand at room temperature for 20 to 30 minutes. Cut into squares.

I have enjoyed sharing with you educational information and recipes many of which were from local persons. As I retire July 1st, I will cease to write "On The Front Burner" but I will not lose my love for foods and recipes. I would like to leave with you these ideas for a long and healthy life.

Schedule
Thursday, July 5, 1984, 18:00 a.m.
- Area Meeting, Allendale-Antioch, Raedeen, Raeford Morning, Rockfish and Wayside Extension Homemaker Clubs. sion Homemaker Clubs.