



# DOUBLE COUPONS

SEE YOUR LOCAL A&P FOR DETAILS

PRICES EFFECTIVE THRU SAT., JUNE 1 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.

<p>REAL <b>Hellmann's Mayonnaise</b> 32 oz. jar <b>99¢</b> SAVE UP TO 70¢ LIMIT ONE WITH AN ADDITIONAL 10.00 OR MORE PURCHASE.</p>	<p>JANE PARKER HAMBURGER OR <b>Hot Dog Buns</b> 8 ct. pkgs. <b>3 100</b> SAVE UP TO 50¢ LIMIT THREE WITH AN ADDITIONAL 10.00 OR MORE PURCHASE.</p>	<p>IN QUARTERS <b>Blue Bonnet</b> 1 lb. pkgs. <b>2 100</b> SAVE UP TO 38¢ LIMIT TWO WITH AN ADDITIONAL 10.00 OR MORE PURCHASE.</p>
<p>FLAV-O-RICH <b>Ice Cream</b> 1/2 gal. ctn. <b>1 99</b> SAVE UP TO 90¢</p>	<p>FROZEN <b>Fox Pizza</b> 10 oz. pkg. <b>5 9¢</b> SAVE UP TO 40¢</p>	<p>FRESH <b>Fryer Leg Qtrs.</b> lb. <b>3 9¢</b> SAVE UP TO 40¢</p>

Frozen (P) Specials    Grocery (P) Specials    Meat (P) Specials    Meat (P) Specials

<p>PACKER'S LABEL <b>Frozen Potatoes</b> 5 lb. bag <b>1 29</b> SAVE UP TO 70¢</p>	<p>ARMOUR <b>Vienna Sausage</b> 5 oz. cans <b>2 89¢</b> SAVE UP TO 20¢</p>	<p>FRESH CUT GRAIN FED BEEF BONELESS <b>Rib Eye Steak</b> lb. <b>3 98</b> SAVE UP TO 17¢</p>	<p>FRESH CUT GRAIN FED BEEF <b>Cubed Steak</b> Family Pack lb. <b>1 98</b> SAVE UP TO 10¢</p>
<p>SUNNY DELIGHT <b>Citrus Punch</b> 64 oz. ctn. <b>99¢</b></p>	<p>VAN CAMP <b>Pork N' Beans</b> 3 16 oz. cans <b>1 00</b></p>	<p>HILLSHIRE FARMS HOT - POLISH OR <b>Smoked Sausage</b> lb. <b>1 88</b></p>	<p>COMBINATION PACK <b>Pork Chops</b> lb. <b>1 68</b></p>
<p>KRAFT MEDIUM - MILD <b>Cheddar Cheese</b> 8 oz. pkg. <b>1 39</b></p>	<p>ANN PAGE <b>Ketchup</b> 32 oz. btl. <b>79¢</b></p>	<p>MORRELL <b>Sliced Bacon</b> lb. <b>1 69</b></p>	<p>GWALTNEY <b>Meat Franks</b> 12 oz. pkg. <b>1 09</b></p>
<p>KRAFT <b>American Singles</b> 12 oz. pkg. <b>1 69</b></p>	<p>KRAFT <b>B.B.Q. Sauce</b> 18 oz. btl. <b>99¢</b></p>	<p>LAND O'FROST SMOKY CANYON <b>Turkey Ham</b> lb. <b>1 69</b></p>	<p>A&amp;P MEAT (1.48) <b>Beef Bologna</b> 1 lb. pkg. <b>1 58</b></p>

<p>WINE <b>Paul Masson</b> 1.5 ltr. btl. <b>3 99</b> GOOD ONLY IN RAEFORD, N.C.</p>	<p>25% OFF LABEL <b>Mazola Oil</b> 32 oz. btl. <b>1 69</b> SAVE UP TO 40¢</p>	<p>FRESH CUT GRAIN FED BEEF BONELESS <b>Pork Chops</b> Center Cut lb. <b>2 48</b> SAVE UP TO 15¢</p>	<p>FRESH CUT GRAIN FED BEEF BONELESS <b>Chuck Roast</b> FRESH Chicken Breast lb. <b>1 59</b> SAVE UP TO 60¢</p>
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Grocery (P) Specials    Produce (P) Specials    Produce (P) Specials    Health & Beauty Aids Specials

<p>REGULAR - LIGHT <b>Budweiser</b> ctn. of 6 12 oz. cans <b>2 39</b> GOOD ONLY IN RAEFORD, N.C.</p>	<p>CALIFORNIA <b>Jumbo Broccoli</b> each bunch <b>99¢</b></p>	<p>FAMILY PACK RIPE <b>Red Tomatoes</b> 26 oz. pkg. <b>99¢</b></p>	<p>25% OFF LABEL <b>Crest Toothpaste</b> 4.5 oz. tube <b>99¢</b></p>
	<p>Size 15 <b>Cantaloupes</b> <b>99¢</b></p>	<p>WASHINGTON STATE <b>Red Delicious Apples</b> lb. <b>59¢</b></p>	<p>50% OFF LABEL <b>Scope Mouthwash</b> 24 oz. btl. <b>1 99</b></p>

<p>DR PEPPER MINT DEW <b>Pepsi Cola</b> <b>1 19</b></p>	<p>RED RIPE <b>Watermelon</b> each half <b>1 59</b> SAVE UP TO 40¢</p>	<p>RED RIPE CALIFORNIA <b>Strawberries</b> qt. basket <b>1 29</b> SAVE UP TO 50¢</p>	<p>EXCLUSIVELY AT A&amp;P SUPERBLY CRAFTED STAINLESS STEEL <b>FLATWARE</b> LAST WEEK SALE ENDS SAT. JUNE 1, 1985</p>
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Sun. 9 A.M. - 6 P.M.  
Mon.-Sat. 8 A.M. - 10 P.M.

EDENBOROUGH CENTER

## ... Front Burner

(Continued from page 4B)

tioner is the EER -- that is, the Energy Efficiency Ratio. The higher the EER, the less electricity the unit will use to cool the same amount of air. EER's will range between six and twelve. Don't buy a unit with an EER of less than seven. You'll pay more for the units with higher EER's, but the electricity savings will be worth it.

A window unit with an EER of twelve, cools fifty percent more air for a dollar's worth of electricity than a unit with an EER of eight. The Association of Home Appliance Manufacturers publishes a directory that lists all air conditioning units, their capabilities and their EER's.

### Keep Cool

There are other things that you can do to keep your air conditioner from working so hard.

A good way to keep your house cool in the summer is to shade it from the outside. The east and west sides are where the most heat comes through -- if you can shade here, it'll show up right away in a smaller air conditioning bill and a cooler house.

Trees and vines that shade in the summer and lose their leaves for winter are what you want -- they'll let the sun back in for the winter months.

If you can't shade your house with trees, concentrate on keeping the sun out of your windows with awnings, sun shutters, sunshades or reflective foil.

You may also use heavy or insulated draperies to help keep your house cool in the warm weather months. But you'll need to keep drapes closed during the day and you'll need to make sure they fit tightly at the top.

### Chicken Vinaigrette with Mushrooms

- 1 pound boneless chicken breasts, pounded 1/4-inch thick
- Salt and pepper
- All-purpose flour
- 4 tablespoons butter or margarine
- 1 clove garlic, minced
- 1/2 cup chicken broth
- 2 teaspoons vinegar
- 1/4 teaspoon parsley flakes
- 1/4 teaspoon tarragon
- 1 cup sliced mushrooms

Sprinkle cutlets with salt and pepper; lightly coat with flour. In large skillet, melt butter and cook chicken with garlic until lightly browned, about 2 minutes on each side. Add remaining ingredients and simmer covered 5 minutes or until tender. Serve with sauce. Makes about 4 servings.

### Cappuccino Parfait

- 2 teaspoons instant coffee
  - 1/4 cup hot water
  - 1 package (3-3/4 oz.) instant chocolate pudding and pie filling
  - 2 cups (1 pt.) whipping or heavy cream
  - 1/4 cup milk
  - 2 tablespoons sugar
  - 1/2 teaspoon ground cinnamon
  - Cinnamon sticks (optional)
- Mix coffee with hot water; let cool. In large bowl, combine pudding, 1 cup cream, milk and prepared coffee. With electric mixer, beat at high until smooth and thickened, about 4 minutes.

In small bowl, beat remaining cream with sugar and cinnamon. Into 4 parfait or cappuccino glasses, alternately layer pudding mixture with whipped cream; ending with whipped cream. Serve with cinnamon sticks. Makes about 4 servings.

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