



# FRESH CUT GRAIN FED WESTERN U.S.D.A.

## CHOICE BEEF

PRICES EFFECTIVE THRU SAT., JULY 27 AT A&P IN RAEFORD, N.C. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

NOT JUST CHOICE BUT A&P'S FINEST

REGULAR • BUTTER

### Crisco Shortening

3 lb. can **198**

SAVE 82¢

LIMIT ONE WITH AN ADDITIONAL 10.00 OR MORE PURCHASE.

U.S.D.A. INSPECTED FRESH

### Whole Fryers

(or Fryer Leg Qtrs.) **49¢** lb.

2 IN A BAG LIMIT 2 BAGS

SAVE 40¢

U.S.D.A. CHOICE FRESH CUT GRAIN FED WESTERN WHOLE

### Bottom & Eye Round

22-26 lb. **128** lb.

SAVE 61¢

P&Q

### Sandwich Bread

24 oz. loaves **3 100**

SAVE 64¢

LIMIT THREE WITH AN ADDITIONAL 10.00 OR MORE PURCHASE.

DEL MONTE

### Tomato Catsup

32 oz. btl. **79¢**

SAVE 20¢

U.S.D.A. CHOICE FRESH CUT GRAIN FED WESTERN BONELESS

### Rib Eye Steak

lb. **398**

SAVE 171¢

BONELESS Rump Round Roast **198** lb.

Frozen **P** Specials

CRISP N' TASTY

### Jenc's Pizza

10 oz. pkg. **89¢**

SAVE 10¢

Grocery **P** Specials

APPLESAUCE • CORN • GREEN BEANS PEAS • BEETS • POTATOES • SAUERKRAUT

### A&P Vegetables

16 oz. cans **3 100**

SAVE 19¢

Beef **P** Specials

U.S.D.A. CHOICE BONELESS BOTTOM

### Round Roast

lb. **198**

SAVE 101¢

Beef **P** Specials

U.S.D.A. CHOICE

### Cubed Beef Steak

lb. **198**

SAVE 101¢

ASSORTED FLAVORS

### Sealtest Dip

8 oz. ctn. **59¢**

HUNGRY JACK

### Pillsbury Biscuits

3 5 oz. cans **100**

IN QUARTERS

### Shedd's Spread

1 lb. pkg. **39¢**

ALL VARIETIES

### Oodles of Noodles

5 3 oz. pkg. **100**

MT. OLIVE SWEET

### Salad Cubes

12 oz. can **99¢**

PRIDE OF THE FARM

### Canned Tomatoes

3 14 1/2 oz. cans **100**

CAROLINA PRIDE BEEF OR

### Meat Franks

12 oz. pkg. **98¢**

HORMEL BROILED & BROWNED

### Sausage Links

8 oz. pkg. **99¢**

CAROLINA PRIDE

### Meat Bologna

12 oz. pkg. **98¢**

U.S.D.A. CHOICE FULL CUT BONELESS

### Round Steak

lb. **198**

CAROLINA PRIZE

### Sliced Bacon

12 oz. pkg. **119**

FRESH DRESSED

### Croakers

lb. **159**

KRAFT

### American Singles

6 oz. pkg. **99¢**

SAVE 20¢

TAYLOR

### California Cellars

1.5 Liters **589**

GOOD ONLY IN RAEFORD, N.C.

REGULAR • LIGHT

### Coors Beer

6 12 oz. cans **249**

SAVE 70¢

GOOD ONLY IN RAEFORD, N.C.

DIET PEPSI • MTN. DEW

### Pepsi Cola

**99¢**

SAVE 40¢

GOOD ONLY IN RAEFORD, N.C.

Grocery **P** Specials

CHECK THESE EVERYDAY LOW PRICES AND SAVE

KRAFT DINNER Macaroni & Cheese	2 7/8 oz. pkg.	89¢	SAVE 5¢
DRY Pinto Beans	1 lb. pkg.	34¢	5¢
SELF RISING Pillsbury Flour	5 lb. bag	79¢	20¢
PINTO'S WITH PORK Luck's Beans	16 oz. can	39¢	11¢
KELLOGG'S Corn Flakes	12 oz. pkg.	91¢	14¢
BESCHNUT STRAINED Baby Food	4 1/2 oz. jar	18¢	7¢
FABRIC SOFTENER Bounce	10 oz. pkg.	68¢	11¢
DISH LIQUID Joy Detergent	22 oz. bot.	101¢	8¢
PURINA Cat Chow	22 oz. pkg.	94¢	11¢
LIMPY Vienna Sausage	5 oz. can	39¢	10¢

Produce **P** Specials

FRESH

### Blueberries

1 pint basket **99¢**

SAVE 50¢

JUMBO SWEET

### Honeydews

each only **179**

SAVE 20¢

Produce **P** Specials

WE'VE GONE PLUM CRAZY! RED • GREEN • BLACK

### Plums

lb. **79¢**

SAVE 20¢

RED • WHITE • BLUE

### Grape Sale

lb. **99¢**

SAVE 30¢

General Merchandise **P** Specials

FIRST QUALITY

### TOWELS

TASTEMAKER

- SUPER ABSORBENT • THICK AND THIRSTY
- 100% COTTON LOOPS
- 8 FASHIONABLE COLORS
- PEACH GLOW • CAMEL
- BISQUE BLUSH • PINK BLUSH • LEMON CHIFFON

THIS WEEK

Wash Cloth 13 x 13 **199** each only

Hand Towel 16 x 26 **299** each only

### ... Front Burner

(Continued from page 2B)

Here are some examples:

Food	Teaspoons of Added Sugar
Ketchup (1 tablespoon)	3 1/2 to 1
Frozen Whipped Topping (1/4 cup)	1
Jams and Jelly (1 tablespoon)	2
Fruit in heavy syrup (1/2 cup)	3
Chocolate Milk (8 oz.)	3 1/2 to 4 1/2
Instant Pudding (1/2 cup)	4 1/2
Fruit flavored ades & drinks	4 to 6
Soft drinks, sugar sweetened (12 oz.)	9

Not everyone has to cut back on sugars.

The most important thing to remember about sugar is that it provides only calories.

Strive for balance in all the foods you choose.

If you eat a lot of sugary foods and drinks, you may be leaving out foods that are good for you.

And remember, foods that are high in sugar are often high in fat, which adds twice as many calories as sugar.

To eat right for life, eat a wide variety of foods in moderation, including sweets. If you would like more information on planning a good diet for yourself or your family call your county Agricultural Extension Office.

#### Golden Cheese Soup

Yield: 7 1/2 cups

- 1/4 cup water
- 2 tablespoons butter
- 1 package (10 oz) frozen whole kernel corn
- 1/2 cup shredded carrot
- 1/4 cup chopped onion
- 1/8 teaspoon pepper
- 2 cans (10 1/4-oz. each) condensed cream of potato soup
- 2 cups milk
- 1 cup (4 oz.) shredded Cheddar cheese
- 1/2 cup (2 oz.) shredded Provolone cheese
- 1 cup broccoli flowerets, cooked

Combine water, butter, corn, carrot, onion and pepper in 3-quart saucepan. Cover; simmer 10 minutes. Add soup, milk, cheeses and broccoli; stirring until cheese melts. Bring to serving temperature over low heat.

#### Fresh Vegetable Casserole

Yield: 8 servings

- 3 ears corn (approx. 2 cups kernels)
- 1 medium tomato, chopped (approx. 1/2 cup)
- 1 medium onion, finely chopped (approx. 1/2 cup)
- 1 medium green pepper, chopped (approx. 1/4 cup)
- 2 cups (8 ounces) shredded Cheddar cheese
- 1/2 cup corn meal
- 2 eggs, beaten
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

#### TO PREPARE VEGETABLES:

Cut corn from cob; scrape cob to remove pulp. Peel and seed tomato before chopping. Peel onion; chop. Seed green pepper; chop. In large bowl, combine corn, tomato, onion, green pepper, cheese and corn meal; let stand 30 minutes. Add milk, salt, pepper to beaten eggs; mix well. Pour vegetable mixture into a buttered, shallow 2-quart baking dish. Pour egg mixture over top. Bake in preheated 325°F. oven for 35 to 40 minutes or until set.

### Nationwide's Concept III Universal Life Plan...

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