



ENGAGEMENT ANNOUNCED - Mr. and Mrs. Don E. Goodwin of Squire Place, Kinston, are proud to announce the engagement of their daughter, Lesa Diane Fives to David Osborne Williams Jr., son of Mr. and Mrs. David Osborne Williams Sr. of Route 1, Pink Hill. The wedding is planned for May 14 at the First Baptist Church of Deep Run. Friends and family are invited.

Shaking The Salt Habit

Delicious Baked Bread - Low Sodium Style!
Many commercial and home-made breads contain unnecessary salt and therefore, may be off-limits for individuals following low sodium diets. The dietary challenges they and their families face for delicious baked breads are made easier with salt alternatives. For example, NoSalt Salt Alternative flavors and pours like salt but is dietetically sodium-free.

- 1/4 cup softened unsweetened butter or margarine
- 3/4 cup sugar
- 1 tablespoon grated orange peel
- 2 eggs, separated
- 3/4 cup orange juice
- 1/2 cup chopped walnuts

The following Orange Tea Bread recipe is made with NoSalt Salt Alternative. Remember, if you must follow a sodium restricted diet, check with your physician about using a salt substitute.

Delicately delicious Orange Tea Bread, made from a mixture of flour, butter, eggs, sugar, walnuts, orange and NoSalt Salt Alternative, complements any meal. Create an exciting new idea for mid-afternoon tea—try serving it surrounded with preserves and low-sodium cottage cheese. Store overnight for easier slicing.

NO SALT ORANGE TEA BREAD
(Makes 1 loaf)

- 2-1/4 cups sifted flour
- 1/2 teaspoon NoSalt Salt Alternative

Stir together flour and NoSalt until well mixed; reserve. Beat butter with 1/2 cup sugar until very light and fluffy; add orange peel and egg yolks; beat well. Mix in flour mixture alternately with orange juice until blended. In separate bowl, beat egg whites until soft peaks form. Gradually beat in remaining 1/4 cup sugar until stiff peaks form. Fold into batter with walnuts. Spread mixture in greased 8x4-inch loaf pan. Bake in 350°F. oven about 65 minutes or until done. Cool on wire rack 10 minutes; remove from pan. Store overnight for easiest slicing.

1 slice (1/16 recipe) 9 mg

TEACHEY'S SUPERMARKET
ACROSS STREET FROM PINK HILL SCHOOL
PINK HILL, N. C.



TEACHEY'S \$50.00 WINNER:
EDNA GRADY
ROUTE 1
SEVEN SPRINGS

FRESH HENS
59¢ LB.

LOVETTE SMOKED PICNICS
(LIMIT 1 WITH \$10.00 ORDER)
69¢ LB.

POT ROAST LB. **\$1.49**

CHUCK ROAST
\$1.39 LB.

MIRACLE WHIP SALAD DRESSING
(LIMIT 1 WITH \$10.00 FOOD ORDER)
\$1.29 QT.

KRAFT 1000 ISLAND DRESSING
16 OZ. **99¢**

TOWN TALK ICE CREAM 1/2 GAL. **\$1.19**
FROZEN SHOE STRING 20 OZ. **4/99¢**
FRENCH FRIES **4/99¢**
GRANDMA MOLASSES 12 OZ. **99¢**

WESSON OIL
48 OZ. **\$1.99**

COMET RICE 28 OZ. **69¢**
SHAWNEE FLOUR 5 LB. **79¢**
10X SUGAR 1 LB. BOX **55¢**
DEL MONTE PINEAPPLE JUICE 46 OZ. **99¢**

DUNCAN HINES CAKE MIX
73¢

Farm Machinery Auction Sale
Tuesday, April 5th at 10 am
150 Tractors, 350 Implements
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32 OZ. **79¢**

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GIANT SIZE
\$1.59

PILLSBURY BROWNIE MIX
FAMILY SIZE
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\$1.09

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