

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 fami-lies 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. The following Orange

Tea Bread recipe is made with NoSalt Salt Alternative. Remember, if you must follow a sodium restricted diet, check with your physisubstitute.

Orange Tea Bread, made and fluffy; add orange peel from a mixture of flour, and egg yolks; beat well. butter, eggs, sugar, walnuts, Mix in flour mixture alterorange and NoSalt Salt Alnately with orange juice unternative, complements any til blended. In separate bowl, cheese. Store overnight for Spread mixture in greased easier slicing. 8x4-inch loaf pan, Bake in

NOSALI **ORANGE TEA BREAD** (Makes 1 loaf)

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



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

Stir together flour and cian about using a salt NoSalt until well mixed; reserve. Beat butter with 1/2 Delicately delicious cup sugar until very light meal. Create an exciting beat egg whites until soft new idea for mid-after- peaks form. Gradually beat noon tea-try serving it in remaining 1/4 cup sugar surrounded with preserves until stiff peaks form. Fold and low-sodium cottage into batter with walnuts. 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

Farm Machinery **Auction Sale**

Tuesday, April 5th at 10 am

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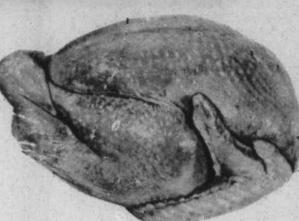
PINK HILL, N C



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LOVETTE **SMOKED** PICNICS

(LIMIT 1 WITH '10.00 ORDER)

69°

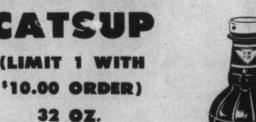
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CHUCK ROAST



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16 OZ.

99°

TOWN TALK ICE CREA

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990

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LB. BOX

DEL MONTE PINEAPPLE

JUICE



CAKE 73°



BROWNIE

MIX

FAMILY