

Making Food Dollars Count

Here are a few tips to help you and your family enjoy a nutritional diet on a low food budget. The key is shopping wisely.

Before going to the supermarket, plan meals for the week and make a shopping list.

Try not to shop when hungry, tired or in a hurry. Buy the "large economy" size if you can store and use it conveniently.

Avoid overbuying, of perishable foods especially.

Try store brands and generics. They usually cost less than name brand products.

Be flexible. Substitute good buys you find at the store for similar foods in your meal plan.

Compare cost and quality of convenience foods with those you can make from scratch. Some convenience foods are bargains but most frozen combination dishes, seasoned vegetables and dinners and ready-to-eat bakery products cost more than home-made counterparts.

Buying Vegetables and Fruits

Fresh ones are often cheaper when in season. Watch for specials on these.

Plain frozen and canned ones are cheaper than those with butter and sauce.

Buying Breads and Cereal Products

"Day old" breads are often available at a savings at supermarkets and bakery outlet stores.

"Instant" and quick cooking rice costs more than regular, enriched rice. The addition of seasoned and flavored mixes makes them much more costly.

Buying Meat

The best buys are cuts and types of meat, fish and poultry that provide the most lean meat for the



money. To compare costs, divide the price per pound by the number of servings a pound provides. Servings will differ from a pound of meat with little or no fat or bone, such as flank steak, to one serving from meats with large amounts of fat, gristle and bone, such as spare ribs.

Eggs, peanut butter and dried beans and peas are good sources of protein and many other nutrients found in more expensive meat.

Buying Milk and Milk Products

Non-fat dry milk is usually the least expensive form of milk, especially when bought in large boxes. Skim fluid milk is usually a bargain, too.

For a booklet with menus and recipes that can help your family cut food costs, send 50 cents to *Making Food Dollars Count*, #405L, Consumer Information Center, Pueblo, CO 81009.

Legal Notices

NOTICE OF DISSOLUTION OF PHILLIPS GRAINS, INC.

NOTICE is hereby given that Articles of Dissolution of a North Carolina corporation, were filed in the office of the Secretary of State of North Carolina on the 15th day of November, 1983, and that all creditors and claimants against the corporation are required to present their respective claims and demands immediately in writing to the corporation so that it can proceed to collect its assets, convey and dispose of its properties, pay, satisfy and discharge its liabilities and obligations and do all other acts required to liquidate its business and affairs.

This the 30th day of November, 1983.

Phillips Grains, Inc.
By: Paul K. Phillips, President
By: Violette K. Phillips, Secretary
12-29-4t-P&P-24

STATE OF NORTH CAROLINA DUPLIN COUNTY

IN THE GENERAL COURT OF JUSTICE

SUPERIOR COURT DIVISION EXECUTRIX NOTICE

Having qualified as Executrix of the estate of Angeleta Kornegav Tyndall of Duplin County, North Carolina, this is to notify all persons having claims against the estate of ANGELETA KORNEGAV TYNDALL to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 5th day of December, 1983.

Estate of Angeleta Kornegav Tyndall
Lottie K. Lewis, Executrix
403 Horne Avenue
Farmville, NC 27828

William H. Lewis, Jr.
Lewis, Lewis & Burri
Attorneys at Law
P.O. Box 4
Farmville, NC 27828
Telephone: (919) 753-5111
12-29-4t-pd

DOCKET SP-16, SUB 4 BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

NOTICE OF APPLICATION FOR CERTIFICATE OF PUBLIC CONVENIENCE AND NECESSITY

In the Matter of Application of Cogentrix of North Carolina, Inc., for Certificate of Public Convenience and Necessity, Pursuant to G.S. 62-110.1. Authorizing the Guilford Mills, Inc., Project in Kenansville, North Carolina. NOTICE IS HEREBY GIVEN that on November 10, 1983, an application was filed by Cogentrix of North Carolina, Inc. (Applicant), for a certificate of public convenience and necessity pursuant to G.S. 62-110.1(a) for a steam and electric power cogeneration facility to be located at the plant of Guilford Mills, Inc., in Kenansville, North Carolina, and to be known as the Guilford Mills, Inc. Project.

Details of the application may be obtained from the office of the Chief Clerk of the North Carolina Utilities Commission, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina, where a copy of the application is available for review by any interested person.

If no complaint is received within ten days after the last date of publication of this notice, the Commission will enter an order awarding the certificate sought by the Applicant. If a complaint is received within two days after the last date of publication of this Notice, the Commission will schedule a public hearing on the application and will give reasonable notice of the time and place thereof to the Applicant and to each complaining party.

Persons desiring to lodge a complaint with respect to the application may file a statement to that effect with the Commission and should include in such statement any information which they wish to be considered by the Commission in connection with the application. Such a statement will be included in the Commission's official files and will serve as a basis for scheduling a public hearing; however, the Commission will determine whether the application should be presented on the basis of testimony granted at the hearing. Such statements should be addressed to:

Chief Clerk
North Carolina Utilities Commission

P.O. Box 991 - Dobbs Building
Raleigh, North Carolina 27602

The Public Staff of the Utilities Commission, through the Executive Director, is required by statute to represent the using and consuming public in proceedings before the Commission. Statements to the Executive Director should be addressed to:

Robert P. Gruber, Executive Director
Public Staff - North Carolina Utilities Commission

P.O. Box 991 - Dobbs Building
Raleigh, North Carolina 27602

The Attorney General is also authorized to represent the using and consuming public in proceedings before the Commission. Statements to the Attorney General should be addressed to:

The Honorable Rufus Edmisten
Attorney General of North Carolina

P.O. Box 629
Raleigh, North Carolina 27602

This the 22nd day of November, 1983.

COGENTRIX OF NORTH CAROLINA, INC.
George T. Lewis, Jr., President
12-22-4t-c-CNC-105

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FRYERS 2 TO BAG 49¢ LB.

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CAROLINA BRIGHT LEAF SMOKED SAUSAGE \$1.39 LB.

HOUSE OF RAEFORD ALL SIZES TURKEYS 79¢ LB.

MAZOLA CORN OIL \$2.49 48 OZ.

COKE & PEPSI 2 LITER 99¢

COMET RICE 69¢ 28 OZ.

10 LB. WHITE POTATOES \$1.39

SEVEN-UP & MT. DEW 2 LITER 89¢

BANANAS 25¢ LB

BUTTER-ME-NOT BISCUITS 2/89¢ 9.5 OZ.

PARKAY MARGARINE 2/99¢

ROOTED TURNIPS BUNCH 49¢

SARA LEE POUND CAKE \$1.49

BORDEN'S SLICED CHEESE 1.39 12 OZ.

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NESTEA \$2.09 3 OZ. JAR

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