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

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 gen-

erics. 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 money. To compare costs, home-made counterparts.

Fruits

Fresh ones are often cheaper when in season. and bone, such as spare ribs. Watch for specials on these.

with butter and sauce. Buying Breads and Cereal

Products "Day old" breads are Products often available at a savings outlet stores.

"Instant" and quick cookregular, enriched rice. The gain, too. addition of seasoned and much more costly. Buying Meat

types of meat, fish and #405L, Consumer Informapoultry that provide the tion Center, Pueblo, CO most lean meat for the 81009.



foods are bargains but most divide the price per pound frozen combination dishes, by the number of servings a seasoned vegetables and din-pound provides. Servings ners and ready-to-eat bakery will differ from four servproducts cost more than ings from a pound of meat with little or no fat or bone, Buying Vegetables and such as flank steak, to one serving from meats with large amounts of fat, gristle

Eggs, peanut butter and Plain frozen and canned dried beans and peas are good ones are cheaper than those sources of protein and many other nutrients found in more expensive meat.

Buying Milk and Milk

Non-fat dry milk is usuat supermarkets and bakery ally the least expensive form of milk, especially when bought in large boxes. Skim ing rice costs more than fluid milk is usually a bar-

For a booklet with flavored mixes makes them menus and recipes that can help your family cut food costs, send 50 cents to The best buys are cuts and Making Food Dollars Count,

Legal Notices

NOTICE OF DISSOLUTION OF

PHILIPS 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,

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 Kornegay Tyndall of Duplin County, North Carolina, this is to notify all persons having claims against the estate of said ANGELETA KORNEGAY 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.

Angeleta Kornegay Tyndail Lottie K. Lewis, Executrix 403 Horne Avenue, Farmville, NC 27828

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

> DOCKET SP-16, SUB 4 REFORE 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 con-venience 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., Kenansville, North Caroline 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 Uitilities 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 as statement will be included in the Commission's offical files and will serve as a basis for scheduling a public hearing; however, the Commission will determine whether the application should be granted on the basis of testimony presented at the hear-ing. Such statements should be addressed to: Chief Clerk North Carolina Utilities Com-

P.O. Box 991 - Dobbs Building Raleigh, North Carolina 27602 The Public Staff of the Utilities ommission, through the Executive Director, is required by statute to represent the using and con-suming public in proceedings before the Commission. Statements to the Executive Director should be

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 **DUPLIN TIMES-PROGRESS**

SENTINEL Published Weekly by DUPLIN PUBLISHING CO., INC Ike Riddick, Publisher

P.O. Box 68 Kenansville, NC 28349

Second Class Postage Paid at Kenansville, NC 28349

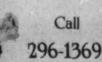
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