

"SUPER-RIGHT" FAMOUS QUALITY HEAVY CORN-FED BEEF

# STEAKS

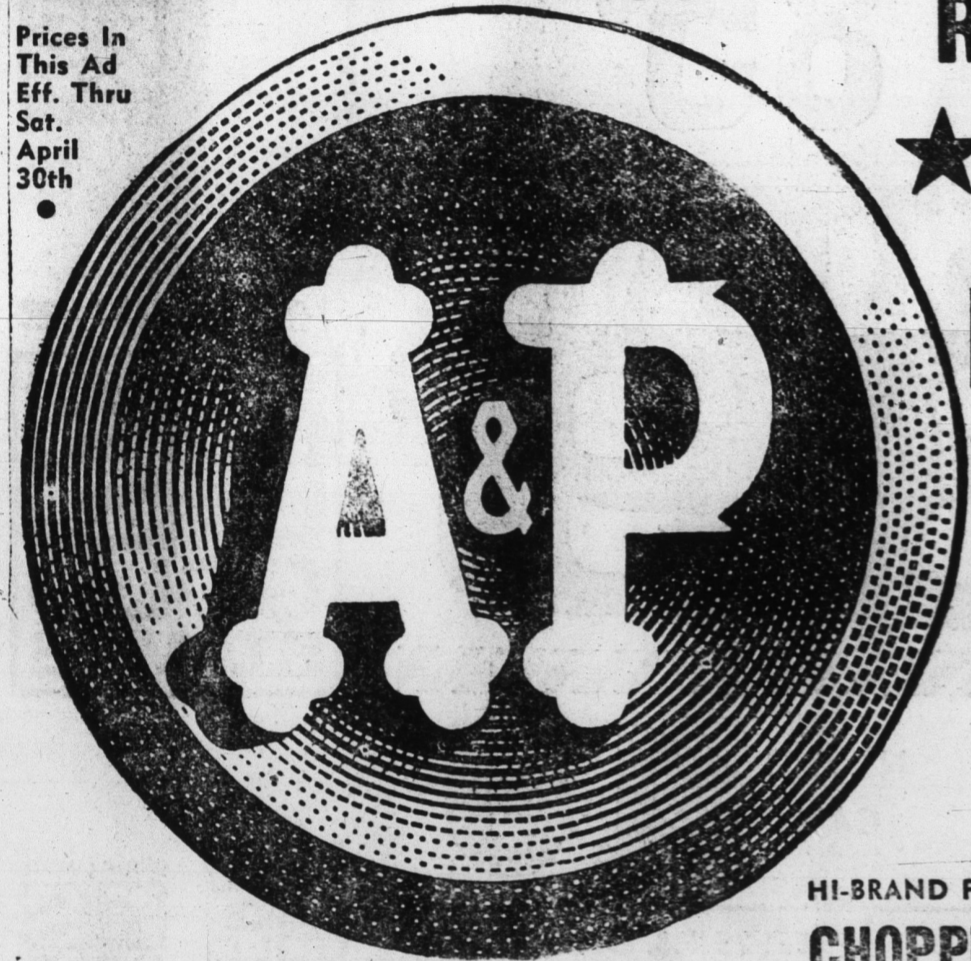
"SUPER-RIGHT" HEAVY CORN-FED BEEF

**BONELESS**  
**BOTTOM ROUND** Lb. **85¢**  
 "SUPER-RIGHT" HEAVY CORN-FED BEEF  
**CUBED ROUND** Lb. **99¢**

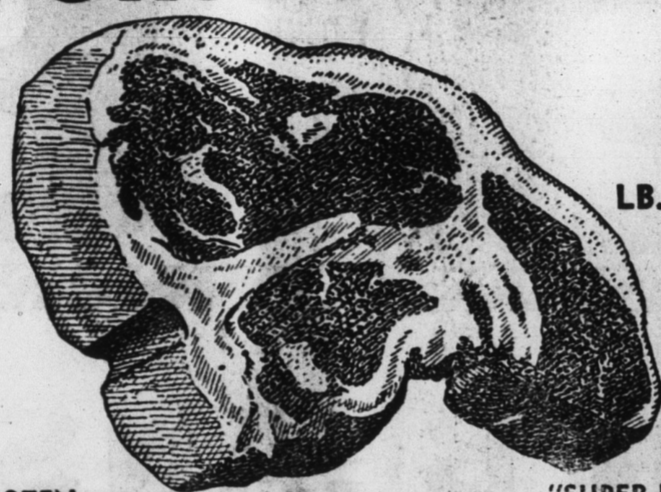
**BONELESS**  
**TOP**  
**ROUND**

**89¢**  
 ★ PER LB.

Prices In This Ad Eff. Thru Sat. April 30th



"SUPER-RIGHT" QUALITY HEAVY CORN-FED BEEF STEAK  
**PORTERHOUSE or T-BONE**



**97¢**  
 "SUPER-RIGHT" HEAVY CORN-FED BEEF

**SIRLOIN** STEAK Lb. **93¢**

HI-BRAND FROZEN **CHOPPED SIRLOIN** 4 5-oz. Pkgs. **99¢** "SUPER-RIGHT" LEAN FRESHLY **GROUND BEEF** Lb. **49¢**

**ALLGOOD BRAND SLICED BACON** 1-Lb. Pkg. **63¢** 2-Lb. Pkg. **\$1.25**

**CAP'N JOHN'S BRAND FROZEN**  
 HADDOCK FISH DINNERS 9 Oz. Pkg. 39¢  
 SEA SCALLOP DINNERS 8-Oz. Pkg. 39¢  
 OCEAN PERCH DINNERS 9-Oz. Pkg. 35¢

**MORTON FROZEN MEAT DINNERS**  
 • BEEF • CHICKEN • TURKEY  
 • Meat Loaf • Salisbury Steak  
 11-OZ. PKG. Of Your Choice **39¢**

"SUPER-RIGHT" CANADIAN STYLE **BACON**  
 3 TO 8 LB. AVG. WHOLE PIECE Per Lb. **85¢**  
 2 1/2 TO 4 LB. AVG. HALF PIECE Per Lb. **89¢**  
 END CHUNK Lb. 65¢ END SLICES Lb. 75¢  
 HALF PIECE SLICED Lb. 95¢  
 CENTER SLICES Lb. \$1.55

ASSORTED COLORS—IN SAILCLOTH OR TERRY CLOTH  
**LADIES LEISURE SLIPPERS** PAIR **89¢**  
 A&P "OUR FINEST" FRENCH STYLE **GREEN BEANS** 15 1/2-oz. Can **15¢**  
 IN PLASTIC BOTTLES—BRIGHT SAIL LIQUID  
**BLEACH** 1/2-Gal. Bot. **33¢** Gal. Bot. **53¢**  
 SALTED, READY TO ENJOY A&P **SPANISH PEANUTS** 1-Lb. Bag **39¢**  
 HEARTY & VIGOROUS **OUR OWN TEA** 1/4-Lb. Pkg. **35¢**

• COOK-OUT VALUE! ANN PAGE TASTY  
**BARBECUE SAUCE** 1-Pt. Bot. **33¢** 12-Oz. Bot. **45¢**  
 • GUARANTEED TO PLEASE YOU — ANN PAGE  
**CHEERI-AID** 6 Regular Pkgs. **19¢** 3 Pre-Sweetened Pkgs. **19¢**  
 MARVEL BRAND—SPECIALLY PRICED **ICE CREAM** 2 Half Gallon Ctns. **95¢**  
 MORTON BRAND — FROZEN **FRUIT PIES** 3 1-Lb. 4-Oz. Pkgs. **89¢**  
 WHOLE LEAF OR CHOPPED — FROZEN **A&P SPINACH** 10-Oz. Pkg. **10¢**  
 • JANE PARKER CINNAMON, SUGARED, OR **GOLDEN DONUTS** 2 11-Oz. 12-Ct. Pkgs. **45¢**  
 • JANE PARKER READY TO SERVE — PEACH OR **DUTCH APPLE PIES** 1-Lb.-8 Oz.-Pkg. **39¢**

FRESH, LARGE SIZE **PINEAPPLES** EACH **39¢**  
**YELLOW CORN** 5 Ears **39¢**  
**GREEN SNAPPING BEANS** 2 Lbs. **35¢**  
 • FRESH, TENDER **CABBAGE** Lb. **7¢** • FRESH, CRISP **CELERY HEARTS** Pkg. **25¢**

• SERVE WITH MARVEL ICE CREAM—JANE PARKER TWIN PACKAGED—GOLDEN LOAF  
**CAKES** 2 10 1/2-OZ. CAKES IN A PKG. **49¢**

Store Hours Thursday 8 a.m. to 6:30 p.m. Friday 8 a.m. to 7:30 p.m. Saturday 8 a.m. to 7 p.m. CONVENIENT PARKING

## "Let Us Eat, Drink And Be Merry?" .. Hmmm, Says N. C. Heart Agency

(Part One of a Series)

By N. C. HEART NEWS BUREAU

CHAPEL HILL — "Let us eat, drink and be merry ... for tomorrow we die."

To this ancient fatalistic expression, medical researchers have in recent years added a prophetic corollary: Depending on what you eat, tomorrow may come a lot sooner than it need to.

America's eating habits, it seems, may be a bit of a short-cut to death, says the North Carolina Heart Association.

For one, most Americans eat too much ... and that goes for Tar Heels too. So observed Dr. Ancel Keys, noted physiologist who heads the Department of Physical Hygiene at the University of Minnesota in Minneapolis and directs a worldwide study aimed at uncovering the reasons why nations differ widely in their death rates from heart attacks.

On the average, he says, Americans devour about 3,000 calories daily while 2,300 would nourish them quite amply. The result according to life insurance company figures is that 48 million Americans are butter-balling about with excess avoirdupois. And

population studies have turned up some striking correlations between overweight and heart disease and diabetes.

Eating too much is not all. Americans also eat too much of the wrong things—namely fats, says Dr. Keys. Typically 40-45 per cent of our diets consist of fat, the bulk of which is of the animal or saturated variety (found in butter, cream, whole milk and beef) rather than the polyunsaturated kind (e.g., most vegetable oils, poultry and fish).

Saturated fats increase blood levels of cholesterol. And researchers have accumulated quite a stockpile of data showing a striking relationship between blood levels of cholesterol and the risk of heart attack. That is, the higher the blood cholesterol, the greater the risk.

Underlying most heart attacks—killer of a half-million Americans a year—is hardening of the arteries, in which deposits of fatty material, mostly cholesterol, pile up on the inner lining of the blood vessels like rust in a pipe and interfere with the blood flow. When this occurs in the coronary arteries that nourish the heart muscle, some of the muscle cells die for the lack of oxygen. The result is a heart attack.

Question: In the light of the connection between excess blood cholesterol and heart disease, would cutting down on fat calories and substituting polyunsaturated for saturated fats wherever possible help reduce the heart attack risk?

Many scientists believe it will—at least in future generations.

Dr. Keys sums it up this way: "We are pretty convinced that if you started with children, put them on a low-fat, cholesterol-reducing diet, and then followed them for 50 years, you would end up with substantially less atherosclerosis and fewer heart attacks."

NEXT: The Prudent Diet.

### SOCIAL SECURITY Questions and Answers

Q—My child will be 18 next year. He plans to continue in school. Will his benefits continue?

A—Yes, provided he is taking a full-time course in an approved school. Practically all high schools and colleges are approved. Get in touch with us a month or two before he is 18 and let us know what he will be in school.

Q—I am a student in college and am eligible for benefits under social security. This summer I want to work during my vacation. Will this affect my receiving monthly benefits?

A—Every beneficiary is subject to a retirement test. That is, in 1966, you can earn up to \$1500 for the year and get all benefits. If you work during summer vacation and earn over \$1500, some of the benefits for any month in which you have earned more than \$125 may be withheld.

Q—Does it make any difference what kinds of schools a person goes to to be eligible for student's benefits?

A—Yes. Correspondence schools, some night schools or part-time courses, and unaccredited schools not approved by the Social Security Administration are not included as being "full-time courses."

Q—Hardly anyone goes to school 12 months of the year. If I get child's benefits while in school, what happens during the summer months when I won't be a student? Are any payments made for the vacation time?

A—Yes, if you intend to return to school full-time in the fall, your benefits will continue during summer vacation, or during any period of 4 months or less that you are out of school and under 22.

Boston installed the first fire alarm system in 1852.

Alberta's northern boundary is the Northwest Territory.

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SHOW STARTS AT 7:30

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