

"Super-Right" Quality Meats!
"SUPER-RIGHT" QUALITY HEAVY CORN-FED BEEF

ROASTS

BONELESS
**CHUCK
ROASTS**
LB. **53c**

BONE-IN
CHUCK
★
LB.

37c

"SUPER-RIGHT" HEAVY CORN-FED BEEF
Shoulder Roast Boneless **57c**
"SUPER-RIGHT" HEAVY CORN-FED BEEF
Shoulder Steak Bone-In **63c**

"SUPER-RIGHT" HEAVY CORN-FED BEEF **79c**
Cubed Chuck **47c**
"SUPER-RIGHT" HEAVY CORN-FED BEEF **47c**
Chuck Steak

"SUPER-RIGHT" CENTER CUT
PORK CHOPS Rib **65c** Loin **75c**
END CUT PORK CHOPS Per Lb. **45c**
LOIN END ROAST 2 to 3 Lb. Avg. Lb. **35c**
PORK BACK BONE 2 to 3 Lb. Avg. Lb. **35c**
PORK LOIN 1/4 Sliced Lb. **55c**

"SUPER-RIGHT" FRESHLY
GROUND
BEEF **49c**
Per Lb.

ALLGOOD BRAND SMOKED FLAVORED SLICED

BACON

2-LB. PKG. **\$1.25** 1-LB. PKG. **63c**

PRICES EFF. THRU SAT. MAY 7th

Frozen Foods

MORTON BRAND FROZEN BEEF, CHICKEN, OR TURKEY

MEAT POT PIES 4 8-Oz. Pkgs. **65c**

CAP'N JOHN'S BRAND FROZEN PRE-COOKED

BREADED SHRIMP 10-Oz. Pkg. **65c** 2-Lb. Pkg. **\$2.05**

"THE REAL THING" A&P CONCENTRATED FROZEN FLORIDA

ORANGE JUICE

3 6-Oz. Cans **49c** 6 6-Oz. Cans in a Ctn. **97c** 3 12-Oz. Cans **89c**

MARVEL BRAND SPECIALLY PRICED!

ICE MILK 4 Delicious Flavors Half Gallon Carton **39c**

• ORANGE • GRAPE • PUNCH • LEMONADE • PINEAPPLE • GRAPEFRUIT • STRAWBERRY LEMON
TIP TOP Concentrated Frozen **DRINK** 10-Oz. Can **10c**

Baked For You By Jane Parker!

JANE PARKER — READY TO SERVE

CHERRY PIES 1-Lb. Pkg. **39c**

JANE PARKER IN A PONY TAIL TIE FOIL PAN
PINEAPPLE TOPPED BUNS 10-Oz. Pkg. **29c**

Appetizingly-Good Groceries!

A&P "OUR FINEST QUALITY"
PINEAPPLE JUICE 12-Oz. Can **10c**

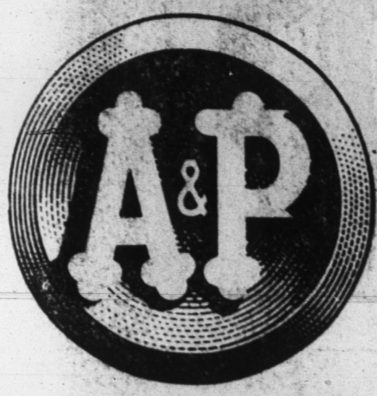
A&P "OUR FINEST QUALITY"
FRUIT COCKTAIL 2 1-Lb. Cans **49c**

A&P'S EXCLUSIVE BRAND LIQUID DETERGENT
SUN-GLO For Dishes Quart Bottle **35c**

NEW! A&P BRAND BRIQUET VARIETY

CHARCOAL

10-LB. BAG **49c** 20-LB. BAG **95c**



What is A Mother?



To her family, she's special.

She's understanding,
a banquet chef, a short order cook,
a fountain of love, a chauffeur,
warmth and security.
She's clean socks, starched dresses,
a mender of hurts.
She's scrubbed ears,
a tender nurse, a maid, a queen.
She deserves a day of honor and tribute.
She deserves the love of those she loves.

Yes, she's very, very special.

This Sunday, you'll tell your mother
how much you care.

We'd like to tell all mothers, "We Care, too!"

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A&P VACUUM PACKED PRE-PRICED LABEL

BLENDED COFFEE

 2-Lb. Can **\$1.39**

HEARTY & VIGOROUS
OUR OWN TEA
1/4-Lb. Pkg. **35c** 1/2-Lb. Pkg. **55c**

WITH LEMON & SUGAR
OUR OWN BRAND
TEA MIX 3 1 1/2-Oz. Pkgs. **25c**

Fresh Fruits and Vegetables!

WASHINGTON STATE-FIELD GROWN
RHUBARB PER LB. **19c**

IDEAL FOR SALADS — FRESH

CUCUMBERS 3 For **25c**

FRESH, RIPE, SLICING
TOMATOES Carton **19c**

FRESH, CRISP
STALK CELERY 2 Large Stalks **25c**

FRESH, TENDER
YELLOW CORN 8 Ears **59c**

ANN PAGE STRAWBERRY
PRESERVES 12-Oz. Jar **35c**
ANN PAGE SPARKLE
GELATINS 4 3-Oz. Pkgs. **29c**
ANN PAGE BARBECUE
SAUCE 1-Pt. 2-Oz. Bot. **33c** 1-Pt. 12-Oz. Bot. **45c**
SULTANA BRAND
Salad Dressing 8-Oz. Jar **39c**

THAT'S A FACT

FIELD HONORS

BRIG. GEN. DAUL F. SMITH, CHIEF OF STAFF, FIELD FORCES VIETNAM, PRESENTS THE U.S. SAVINGS BOND MINUTE MAN FLAG TO COMMANDING OFFICERS OF VIETNAM FIGHTING FORCES



EVERY SAVINGS BOND BOUGHT... IS A CONTRIBUTION TO OUR NATIONAL SECURITY. NOT ALL OF US CAN SERVE IN VIETNAM, BUT WE CAN ALL DO OUR SHARE TO SUPPORT OUR MEN IN THE FIELD



LYNN A. TOWNSEND...
PRESIDENT OF THE CHRYSLER CORP. WAS APPOINTED CHAIRMAN OF THE U.S. INDUSTRIAL PAYROLL SAVINGS COMMITTEE FOR 1966 BY SECRETARY OF THE TREASURY HENRY H. FOWLER.

Adopt Diet To Curb Weight

By N. C. HEART BUREAU (Final of Two-Part Series)

CHAPEL HILL — What's the connection between the fat Tar Heel and the fat-eating Tar Heel?

Dr. Ancel Keys, noted University of Minnesota physiologist, cites studies in Asian, African and Latin American countries where people eat one-third less fat than Americans, have much less cholesterol in their blood and suffer far fewer heart attacks than Americans. He believes this is directly related to their diet habits. He points out, moreover, that no population on a diet low in fats of the saturated type has been found to have a high frequency of heart attacks.

There's less certainty, though, about how beneficial cholesterol-reducing regimens will be to older American adults with high cholesterol levels. As a nation, Americans are believed to have one of the highest blood cholesterol levels in the world and one of the highest death rates from heart attacks. It is likely that American males have some degree of hardening of the arteries by the time they reach their 20's or 30's. This fact was brought home loud and clear after the Korean War when a group of soldiers killed in action—who were barely out of their teens—were autopsied, and in many cases unmistakable hardening of the arteries was found in their coronary arteries. Whether a change in diet will offset the disease once it's entrenched is still open to question.

While the final answers are not yet in, the North Carolina Heart Association has felt that the available evidence is sufficient to urge adoption of a "prudent" diet by the general public—a diet substituting polyunsaturated fats, minimizing cholesterol intake and restricting calories to prevent or overcome obesity.

Dr. Keys has long been an advocate of such a diet.

He cites, as another case in point, how during World War II, Norway was deprived of many of her food imports (particularly butter from Denmark). The total fats and total calories available to Norwegians fell off sharply, with surprising results. Norway recorded the lowest death rate in its history, much of it attributable to a sharp decline in heart disease fatalities. But two years after the war ended, dietary patterns returned to "normal" and the death rate began inching up once again towards the pre-war level. Now, Norwegian men have more heart attacks than before the war. Other countries whose diets were altered by the war had similar experiences, notably Finland and the Netherlands.

KMHS Seniors Pick Motto, Colors

Kings Mountain high school seniors have selected class motto, colors and class flower.

The motto is "Life's Journey Begins With A Single Step", the class flower is the red rose and the class colors are red and white.

For big protection, insure!

Will fire strike? You can't be sure... but you can make certain that your property and profits are protected against financial loss. See us for insurance coverage commensurate with the full replacement value of your farm buildings.

WE WRITE INSURANCE FOR ALL NEEDS
THE ARTHUR HAY AGENCY
"ALL KINDS OF INSURANCE"
PHONE 739-4650

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