

### New Stamp Regulations

ATLANTA, Ga. — New food stamp regulations, marking the first major overhaul in the program's history, have been unveiled and will take effect by January 1, according to David B. Alspach, Southeast regional administrator of the U.S. Department of Agriculture's Food and Nutrition Service.

Alspach said the regulations, which implement the Food Stamp Act of 1977, are aimed at "eliminating those who should not be receiving food stamps, while assuring that we do get food stamps to those in need."

He added that the changes tighten administration of the program and redirects benefits to needier people.

The regulations, Alspach said, were announced in Washington by Secretary of Agriculture Bob Bergland.

The most significant change included in the regulations, is the elimination of the purchase price of food stamps. Recipients now pay for their stamps — the amount depending upon the family's net income — and receive bonus stamps. Under the new regulations, the family will receive the bonus stamps and not be required to pay any of its own money.

Alspach gave as an example a family now paying \$60 for \$100 in food stamps — a \$40 benefit — will instead simply receive the \$40 in stamps. No cash payment will be required.

He estimated that several million low-income people who currently cannot afford to buy food stamps will now be able to receive nutritional assistance through the food stamp program when this change becomes effective. In his opinion, most of those who will enter the program when the purchase requirement is ended will be the elderly poor and the working poor.

Alspach quoted Bergland as saying that all states will eliminate the purchase requirement by January 1. Under the new regulations the program will be substantially tightened, he added. This is expected to eliminate over a million current recipients — those with highest incomes — by lowering the program's income limits and ending the use of most itemized deductions in the program.

"These changes are important," he said, "because they will make it impossible for middle income people to claim enough deductions to qualify for food stamps."

The new regulations make it difficult for families owning luxury cars to participate in the program. It also eliminates some students and requires most students remaining eligible to register for work or leave the program.

There are also procedures to bar persons found to have committed fraud from receiving any food stamps for periods of three to 27 months.

These provisions must be in effect by March 1, 1979.

Other changes in the new regulations include more flexible certification procedures for elderly and handicapped people. These persons will be interviewed

through home visits or by telephone if they are unable to come to the food stamp offices.

In addition, the changes in the deduction structure will result in several million persons receiving increases in benefits, while several million others will receive decreases in benefits. In general, the poorest households will receive benefit increases, while the less poor households are more likely to receive benefit decreases.

Alspach said the department will propose additional provision based on the 1977 Food Stamp Act in coming months. Included will be state plans of operation, accessibility of services, special procedures for use in disasters, and operation of the food stamp and commodity distribution programs on Indian reservations.

### Centralized School Menus

Centralized breakfast and lunch menus in cafeterias of Edenton-Chowan Schools for the next week include:

Friday — Juice, cinnamon bun and milk. Sloppy joe with bun, french fries, ketchup, cole slaw, peaches and milk.

Monday — Juice, cereal and milk. Tuna salad on lettuce, sliced tomatoes, green peas, pineapple, rolls and milk.

Tuesday — Apple sauce, sausage biscuit and milk. Meat loaf with creole sauce, potatoes, buttered broccoli, fruit gelatin, rolls and milk.

Wednesday — Juice, sausage biscuit and milk. Seafood plate, french fries, cole slaw, lemon cake squares, cornbread and milk.

Thursday — Apple sauce, cheese toast and milk. Beef vegetable soup, sandwiches, crackers, apples and milk.

### Jones Finishes Recruit Training

Marine Pvt. Kevin C. Jones, son of Anthony B. and Cleo E. Griffin, Route 2, Edenton, has completed recruit training at the Marine Corps Recruit Depot, Parris Island, S.C.

This nine-week training cycle covered basics of battlefield survival and provided an introduction to the personal and professional standards traditionally exhibited by Marines. While participating in an active physical conditioning program, trainees gained proficiency in a variety of military skills, including first aid, rifle marksmanship and close order drill.

Jones received special recognition for superior achievement during the rifle marksmanship training phase, scoring 235 of 250 possible points and qualifying as the unit's high shooter.

A 1978 graduate of John A. Holmes High School, he joined the Marine Corps in October, 1977.

People once believed that if their palms itched they would receive money.

# WERE LOADED WITH SUPERFOOD BUYS

<p style="text-align: center;">SUPER P&amp;Q MARKET</p> <p style="text-align: center;">Grade A Fryers </p> <p style="text-align: center;">lb. <b>39¢</b></p> <p style="text-align: center;">cut-up lb. <b>43¢</b></p>	<p style="text-align: center;">U. S. Govn't Insp. Polk Chops</p> <p style="text-align: center;">lb. <b>\$1<sup>29</sup></b></p> <hr/> <p style="text-align: center;">Pork Loin Roast </p> <p style="text-align: center;">lb. <b>\$1<sup>29</sup></b></p>	<p style="text-align: center;">4 to 6 lbs. Valleydale Smoked Picnics</p> <p style="text-align: center;">lb. <b>79¢</b></p>
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<p style="text-align: center;">Gwaltney Grade A Sliced Bacon </p> <p style="text-align: center;">lb. <b>\$1<sup>29</sup></b></p>	<p style="text-align: center;">Gwaltney Old Smithfield Brand Sausage </p> <p style="text-align: center;">lb. <b>99¢</b></p>	<p style="text-align: center;"><b>Backbone</b></p> <p style="text-align: center;">lb. <b>\$1<sup>29</sup></b></p> <hr/> <p style="text-align: center;"><b>Spare Ribs</b></p> <p style="text-align: center;">lb. <b>\$1<sup>29</sup></b></p>	<p style="text-align: center;">Gwaltney Big "8" Franks </p> <p style="text-align: center;">lb. <b>\$1<sup>29</sup></b></p>	<p style="text-align: center;">Gwaltney Chicken Bologna </p> <p style="text-align: center;">lb. <b>99¢</b></p>
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## SUPER P&Q MARKET YOU'RE DOLLARS AHEAD!

WITH OUR LOW PRICES PLUS

We Reserve The Right To Limit The Quantity

<p style="text-align: center;">32 oz. Del Monte Tomato Catsup </p> <p style="text-align: center;">bottle <b>79¢</b></p>	<p style="text-align: center;">30 oz. Gibb's Pork &amp; Beans can</p> <p style="text-align: center;"><b>69¢</b></p>	<p style="text-align: center;">5 lb. Martha White Cream Flour</p> <p style="text-align: center;">bag <b>69¢</b></p>	<p style="text-align: center;">15 oz. Franco-American Spaghetti</p> <p style="text-align: center;">4 cans <b>\$1<sup>00</sup></b></p>
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<p style="text-align: center;">No. 1 Campbell's Chicken Noodle Soup </p> <p style="text-align: center;">4 cans <b>\$1<sup>00</sup></b></p>	<p style="text-align: center;">15 oz. Strongheart Beef Flavor Dog Food</p> <p style="text-align: center;">5 cans <b>\$1<sup>00</sup></b></p>	<p style="text-align: center;">12 oz. Nabisco Ritz Snack Packs </p> <p style="text-align: center;">box <b>79¢</b></p>	<p style="text-align: center;">12 oz. Empress Corned Beef</p> <p style="text-align: center;">can <b>95¢</b></p>
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<p style="text-align: center;"><b>FROZEN FOODS</b></p> <p style="text-align: center;">at Stock-Up Prices</p> <p style="text-align: center;">Onions 3 lb. Bag <b>49¢</b></p> <p style="text-align: center;">Cabbage 2lb. <b>29¢</b></p> <p style="text-align: center;">Local Cucumbers <b>2/25¢</b></p> <p style="text-align: center;">Florida White Grapefruit <b>2/49¢</b></p>	<p style="text-align: center;">2 Liter Bottle Coca Cola </p> <p style="text-align: center;"><b>89¢</b></p>	<p style="text-align: center;">SUPER P&amp;Q MARKET</p> <p style="text-align: center;"><b>50 FREE S &amp; H Stamps</b></p> <p style="text-align: center;">50 Extra Stamps With This Coupon And Purchase Of \$10.00 Or More Expires 10-24-78</p>	<p style="text-align: center;">WEEKLY <b>PRODUCE</b> SPECIALS</p> <p style="text-align: center;">8 oz. Morning Star Farm Bacon Ham-Sausage Links &amp; Patties <b>89¢</b></p> <p style="text-align: center;">32 oz. Freezer Queen Salisbury-Steak Turkey Sliced <b>\$1.29</b></p> <p style="text-align: center;">9 oz. Cool Whip <b>59¢</b></p>
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**MEDICINES AND DRIVING DON'T ALWAYS MIX**

Consult your physician about the side effects of any medicine prescribed for you. They may affect your driving ability. Even certain commonly used drugs like antihistamines, cold tablets and sedatives may dull your reflexes or lessen coordination.

Avoid alcoholic drinks while taking medication. The double impact may dangerously affect driving skill. Do not ever take sleeping pills the night before a trip. Their effect may handicap you the next morning.

YOUR DOCTOR CAN PHONE US when you need a medicine. Pick up your prescription if shopping nearby, or we will deliver promptly without extra charge. A great many people entrust us with their prescriptions. May we compound yours?

**HOLLOWELL and BLOUNT**  
REXALL DRUGS