

Freezing Your Baby Food

By Chris Tiedeman
N. C. State University

If you make your baby foods at home, in large amounts, you may want to freeze some of it in single-serving portions.

Sarah M. Hinton, extension foods and nutrition specialist at North Carolina State University, offers some hints on how to do this safely.

One way is to spoon freshly-made baby food into a clean ice cube tray or drop by spoonfuls on a cookie sheet. Cover this with foil and freeze until it is solid.

You can then pop the frozen baby food cubes into a clean plastic bag or freezer container. Label and date the bag or container. Store baby food in the freezer only up to one month, Mrs. Hinton advises.

"When you are ready to serve this food to baby, thaw only the number of cubes baby will need at one meal," she notes. And do not thaw at room temperature.

"Remember," the specialist adds, "Never refreeze thawed baby food!"



ADVERTISED SPECIAL

Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

PRICES EFFECTIVE THRU SAT., MARCH 27 AT A&P IN EDENTON
ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

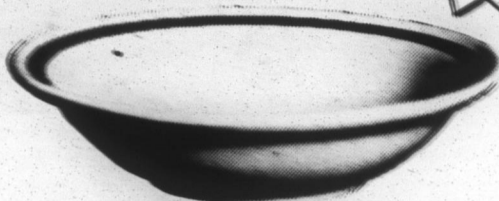
**A 20-Pc. Service For 4
Costs Less Than \$14**

CHOOSE FROM 3 BEAUTIFUL PATTERNS

Hand-decorated with superb craftsmanship these three distinctive patterns enable Highland Floral Stoneware to complement any decor. And now it can be yours at tremendous savings!

Item	Pattern	Comparable Value	Special Price
DINNER PLATE	Floral, South, Blue/white	\$3.00	69¢
CUP	Floral, South, Blue/white	\$2.20	69¢
SAUCER	Floral, South, Blue/white	\$1.60	69¢
DESSERT BOWL	Floral, South, Blue/white	\$1.60	69¢
BREAD & BUTTER	Floral, South, Blue/white	\$1.60	69¢

SEE STORE DISPLAY FOR COMPLETE DETAILS.



SAVE ON MATCHING ACCESSORIES, TOO.

A full line of coordinated accessories are also available to complete your collection. On sale throughout the program with no purchase requirement! And all items have these quality features:
 • Freezer-to-oven-to-table convenience.
 • Dishwasher and microwave safe.
 • Extra strength, chip-resistant.
 • Completely serviceable stoneware that will be enjoyed for years to come.
 ENJOY THE REFRESHING NEW LOOK GENUINE STONEWARE WILL BRING TO YOUR TABLE. AND YOU WILL SAVE MORE THAN 50%!

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A GREAT VALUE AT A GREAT PRICE!



THIS WEEK'S
FEATURE ITEM
Dessert
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With Each
15th Purchase
69¢
PER PLACE
SETTING PIECE

CLIP THIS COUPON FOR THIS WEEK'S MATCHING ACCESSORY

A&P COUPON SAVE 50¢
When you purchase a
Gravy Boat with Stand!
Reg. 7.99 With This Coupon You Pay Only **7.49**
#647
GOOD THRU SAT., MARCH 27

Centralized School Menus

The Edenton - Chowan Schools have released their lunch menus for week of March 29 - April 2.

Monday - Fruit juice, assorted cereals, milk. Pizza, french fries-ketchup, apple cobbler, milk.

Tuesday - Fruit juice, cinnamon bun, milk. Fried chicken, steamed rice and gravy, green peas, fruit cup, rolls, milk.

Wednesday - Fruit juice, little smokies, buttered grits, milk. Spaghetti w-meat sauce, carrot strips, greenbeans, peaches, cornbread, milk.

Thursday - Fruit cup, bacon, oatmeal, milk. Beef vegetable soup, crackers, sandwiches, pears, milk.

Friday - Fruit juice, cheese toast, milk. Sliced ham, steamed cabbage, boiled potatoes, pickled beets, cornbread, milk.

Reynolds Co.

Continued From Page 8-B
manager of RARCO. "In 1981, the public was paid a record \$90-million for recycled aluminum."

Mr. Hayden noted that since the inception of Reynolds consumer recycling business, the company has recycled almost 1.4-billion pounds of aluminum, which is the equivalent of approximately 33-billion beverage cans.

"That translates into a total of over \$300-million paid to consumers during the 14 years of Reynolds consumer recycling," he added.

"By recycling, we are conserving a valuable natural resource, giving an essential metal new life, and putting it to use again again, each time saving 95 per cent of the energy originally used to make the aluminum from ore," Mr. Hayden said.

Besides all-aluminum beverage cans and other clean household aluminum products such as pie plates, foil, frozen food and dinner trays and dip, pudding and meat containers. Reynolds purchases other miscellaneous aluminum items such as siding, gutters, storm door and window frames, and lawn furniture tubing. These items should be free of any non-aluminum materials, cut to lengths not exceeding three feet, bundled, and not mixed with cans.

Aluminum castings including pots and pans, power lawn mower housings and barbecue grills also are purchased and recycled by Reynolds.

For the location of the nearest Reynolds Aluminum recycling collection point, call toll-free (800) 228-3525.

P Dairy Specials
GOLDEN QUARTERS
Mrs. Filbert's Margarine
2 100
1-lb. pkgs. Save 34¢ On 2 Pkgs.

ANN PAGE
Butter-Me-Not Biscuits 2 100
10 ct. cans
SWISS STYLE—ALL FLAVORS
Ann Page Yogurt 3 100
8 oz. ctns.
SEALTEST—SAVE 40¢
Cottage Cheese 1 29
24 oz. ctn.
IN QUARTERS
Shedd's Spread 3 89¢
1-lb. pkgs.

P Dairy Specials
TROPICANA GOLD N PURE
Orange Juice
109
64 oz. ctn.

KRAFT
Grape Jelly 2 99¢
2 lb. jar
KEG O KETCHUP
Heinz Ketchup 99¢
32 oz. bot.
MT. OLIVE KOSHER
Dill Pickles 99¢
46 oz. jar
ROYAL PINK
Pink Salmon 1 99¢
15 1/2 oz. can
P&Q BRAND
Laundry Detergent 1 99¢
48 oz. pkg.

DECORATED - ARTS N FLOWERS
Scott Towels
69¢

The Butcher Shop
Poultry Shop
U.S.D.A. INSPECTED FRESH WHOLE
Fryer Legs
10 Lb. To 12 Lb. Avg. Wt. Limit 2 Pkgs. 59¢
lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Sirloin Steak Bone In 2 79
lb.
FEV. WHOLE
Country Ham 1 49
lb.
JAMESTOWN
Sliced Bacon 1 39
1-lb. pkg.
FRESH BULK
Pork Sausage 99¢
lb.

THE FARM
FRESH WITH QUALITY
LARGE LUSCIOUS
Red Ripe Strawberries 1 19
6 ct. box
JANE PARKER
Shortcakes 69¢
6 ct. box

138 SIZE IS FOR 1.48 CALIFORNIA GROWN SUNKIST
Navel Oranges 4 100
Jumbo Size
U.S. #1 JUMBO BAKING
Russet Potatoes 39¢
lb.
CRISP FIRM
Red Radishes 5 100
6 oz. pkgs.

SELF-RISING - PLAIN - BREAD UNLEACHED
Pillsbury Flour
5 109
10 bags

SWIFT
Hostess Ham
4 799
lb. can

EXTRA LEAN SPECIAL TRIM BOSTON BUTT
Pork Roast (Steak) 99¢
lb. (lb. 1.29)
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE BONELESS (18-24 LB. AVG.)
Shoulder Roast Cut Free lb. 1 79
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS (STEAK LB. 2.58)
Sirloin Tip Roast lb. 2 49
U.S.D.A. INSPECTED
Turkey Hindqtrs. lb. 39¢

GOLDEN RIPE
Dole Bananas
3 100
lb. for

CRISP FIRM TART
Winesap Apples 5 1 79
5 lb. bag
RED RIPE
Tomatoes Saled Size 26 oz. family pkg. 99¢
CALIFORNIA FIRM
Crisp Broccoli large 14 size 99¢

16 oz.
Pepsi Cola \$1 19 plus deposits
3 pack

P Frozen Specials
ALL NATURAL
Breyer's Ice Cream
2 29
10 3/4 gal. ctn.

COMBINATION SAUSAGE - PEPPERONI - HAMBURGER
Jeno's Pizza 12 oz. pkg. 99¢
A&P QUALITY
Chopped Broccoli 2 99¢
10-oz. pkgs.
BEEF - CHICKEN - TURKEY
Morton Pot Pies 3 98¢
8 oz. ctns.
A&P MIXED VEGETABLES OR
Cut Corn 2 89¢
10-oz. pkgs.

P Grocery Specials
BUSH
Pinto Beans
3 100
15 oz. cans

SHOWBOAT
Pork & Beans 3 100
15 oz. cans
SUNSHINE—SAVE 10¢
Cheez-Its 10 oz. pkg. 69¢
ALL FLAVORS DIET
Shasta Drinks 6 1 59
12 oz. cans
KLEENEX
Diapers Extra Absorbent 24 ct. pkg. 2 99
P&Q BRAND CHICKEN - BEEF - LIVER
Dog Food 5 99¢
15 1/2 oz. cans

P SUPER SAVER COUPON
NEW!
Eight O'Clock Decaffeinated Bean Coffee
Save 30¢
1-lb. bag **2 49**
LIMIT ONE WITH COUPON
GOOD THRU SAT., MARCH 27 AT A&P IN EDENTON #648