



LOW SODIUM RECIPES

FOR THE BALANCED MEAL

ADVERTISED ITEM POLICY 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., JULY 17 AT A&P

This week, A&P is starting a series of recipes for dishes that are low in sodium. Many people are concerned with limiting sodium in their diets for health reasons. Watch this column for the next several weeks and combine these recipes to make a well balanced low sodium meal.

HERB MEATLOAF

- 1-lb. lean ground beef
- 1 shredded wheat biscuit
- ¼ cup minced onion
- 1 egg
- ¼ teaspoon summer savory
- ½ teaspoon sweet basil
- ¼ teaspoon black pepper
- ¼ cup milk

Pre-heat oven to 350° F. Mix all ingredients together in a bowl thoroughly, spread in lightly oiled loaf pan and bake for sixty minutes. Loaf will be moist.

EXTRA LEAN SPECIAL TRIM COUNTRY FARM HOLLY FARMS
Whole Smoked Picnics lb. **89¢**
Chicken Franks Chicken Bologna lb. 89¢ 1 lb. pkg. **79¢**

Beef Specials
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
 Boneless Whole
Sirloin Tips
 Cut Free Into Boneless Sirloin Tip Roast and Steaks, Stew Beef, and Chopped Sirloin
178
 9 To 12 Lb. Avg. Wt. lb.

The Butcher Shop
 with supermarket prices
Meat Specials
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Round Steak
 Full Cut Bone In
188
 lb.

Poultry Specials
 U.S.D.A. INSPECTED FRESH
Box-O-Chicken
 Limit 4 Please
45¢
 lb.

BLUE RIDGE BRAND
Sliced Bacon 1 lb. pkg. **129**
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—BONE IN
Sirloin Steak T-Bone lb. 3.99 lb. **389**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF or Bottom Round Roast lb. **249**
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Cubed Steak lb. **289**

BALL PARK
Meat Franks Beef lb. 2.09 1 lb. pkg. **199**
 A&P SLICED
Meat Bologna Beef lb. 1.89 1 lb. pkg. **159**

WISCONSIN MILD CHEDDAR OLD FASHIONED
Hoop Cheese lb. **199**
 INDIVIDUAL QUICK FROZEN
Flounder Fillets lb. **99¢**

Dairy Specials
 A&P CHILLED
Orange Juice
 ½ gallon carton
99¢

THE FARM
 AT A&P
 Fresh With Quality
 RED RIPE SWEET JUICY
Watermelon
 20 Lb. Avg. Weight
169
 each only

Frozen Specials
 SAUSAGE, COMBINATION, PEPPERONI
Mr. P's Pizza
 10 oz. pkg.
79¢

IN QUARTERS
Blue Bonnet Margarine 2 lb. pkgs. **100**

EMERALD GREEN SWEET
Honeydews Large 8 Size **99¢**
 FLORIDA—150 SIZE
Seedless Limes 10 for only **79¢**
 NORTH CAROLINA GROWN
Tomatoes Vine Ripened lb. **69¢**

GOLDEN RIPE
Bananas 3 lbs. for **100**
 CALIFORNIA SWEET
Nectarines Large Size lb. **69¢**
 CALIFORNIA PLUMP TASTY
Red Plums lb. **89¢**

SEALTEST ICE MILK
Light n Lively ½ gal. ctn. **149** Save 50¢

ANN PAGE
Biscuits Butter-Me-Not 2 9½ oz. cans **99¢**
 SEALTEST
Cottage Cheese 24 oz. pkg. **129**
 ANN PAGE—INDIVIDUALLY WRAPPED
Cheese Slices Food 16 oz. pkg. **199**

Grocery Specials
 HUNT'S
Tomato Ketchup
 32 oz. btl. **99¢**

Bakery Specials
 P&Q BRAND
White Bread
 Sandwich Sliced 24 oz. loaves **2 99¢**

Weekly Specials
 2-liter
Coca Cola
89 c

ANN PAGE
Potato Chips 8 oz. twin pack **89¢**
 ROOT BEER, COLA, GINGER ALE, LEMON/LIME
Diet Shasta 2 liter bottle **89¢**
 P&Q BRAND
Saltine Crackers 2 1 lb. pkgs. **100**

FAMILY SIZE
Lipton Tea Bags 24 ct. pkg. **129**
 ANN PAGE
Apple Juice ½ gal. btl. **129**
 P&Q BRAND
Bathroom Tissue 4 roll pkg. **69¢**

25¢ OFF LABEL
Quaker Quick Grits 5 lb. bag **99¢**
 KRAFT
Grape Jelly 2 lb. jar **99¢**
 DIXIE WHITE
Paper Plates 100 ct. pkg. **99¢**

15¢ OFF LABEL—YOU PAY ONLY
Colgate Tooth Paste Reg. 5 oz. each only **79¢**
 REGULAR, LIME, MUSK
Old Spice Stick Deodorant 2.5 oz. stick **129**
 SOLID—SCENTED, UNSCENTED, FRESH
Ladies Choice Anti-Perspirant 2 oz. size **129**

SUPER SAVER COUPON
 LIGHT
A&P Chunk Tuna
 In Oil In Water
 6½ oz. can **29¢** #648
 LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 17 AT A&P.

SUPER SAVER COUPON
 PLAIN OR SELF RISING
Pillsbury Flour
 5 lb. bag **69¢** #649
 LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 17 AT A&P.

SUPER SAVER COUPON
 P&Q BRAND
Paper Towels
 3 big rolls **100** #650
 LIMIT THREE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 17 AT A&P.

Weyerhaeuser Highlights

By Lee E. Wallio

A special five-day seminar to improve computer skills and put managers more at ease with computers has just concluded at Plymouth, according to computer services manager, Berles Lee. Twenty-two participants, half computer programmers and half computer services users, spent five days in lectures and "hands on" training designed to teach managers that both simple and complicated questions can be answered from the same data base and that computer information and data can be managed just like any other resource.

The program was jointly developed by Lee and Region Resources Manager, Bob Wiggins.

Four New Bern pulp mill employees have been given new assignments, according to Mill Manager, George Henson.

Ralph Haddock, former quality process specialist in the technical department, has been promoted to machine shift supervisor in the machine room.

John Pierce, former project chemical engineer in the technical department has been promoted to shipping supervisor in the shipping and machine department.

Daryl Thompson has accepted the position of purchasing supervisor for New Bern Pulp. His former position was purchasing supervisor for capital projects.

Harry White has been transferred to Plymouth Fiber Engineering from the New Bern Pulp engineering staff.

One Weyerhaeuser employee from the North Carolina region is being honored in July for 45 years service to the company. He is Charles H. Bratts of Plymouth.

Daniel C. Everett of Plymouth is being honored this month for 40 years service with Weyerhaeuser Company in the North Carolina region.

One Weyerhaeuser employee from the North Carolina region is being recognized for 35 years service with the company. He is Norwood L. Spruill of Plymouth.

Harrison W. Phelps of Plymouth is being recognized for 30 years service with Weyerhaeuser Company in the North Carolina region.

Harrell, Honor Roll Student

'GREENSBORO—Michael A. Harrell, Kenneth D. Pierce and Sandra Reeves made the spring semester Honor Roll at North Carolina A&T State University. Their parents are Van Harrell, Kenneth D. Pierce and William A. Reeves respectively.

Benefit Fish Fry Scheduled

Friends of Percy Harrell are sponsoring a benefit fish fry on July 17th at the Edenton Boy Scout Hut in front of the John A. Holmes High School. The price of plates will be \$3.00 and will be available for pick up between the hours of 11 A.M. until 7 P.M. The proceeds will be used to ease some of the financial burden incurred in the recent illness of the youngest son of Percy Harrell, Percy, Jr. contracted Spinal Meningitis back in April of this year and after surviving the early critical hours of the disease, was left almost totally deaf. The hospital bill at Kings Daughters exceeded \$7,000 alone. Tickets can be purchased at Rocky Hock Grocery, North Branch of Peoples Bank and Trust Co., and Police Station. Your support will be appreciated.

The first native-born American composer was Francis Hopkinson, who was one of the signers of the Declaration of Independence.

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

701 North Broad Street, Edenton, N. C.