This week, A&P is

starting a series of recipes for dishes that are low in so-

dium. Many people are concerned with

limiting sodium in

their diets for health

reasons. Watch this



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. ADVERTISED ITEM POLICY

PRICES EFFECTIVE THRU SAT., JULY 17 AT A&P

EXTRA LEAN SPECIAL TRIM COUNTRY FARM

Whole Smoked

HOLLY FARMS

column for the next several weeks and combine these recipes to make a well balanced low sodium meal.

W SODIUM RECIPES

FOR THE BALANCED MEAL

· HERB MEATLOAF ·

- 1-lb. lean ground beef 1 shredded wheat biscuit
- ¼ cup minced onion
- 1 egg 1/4 teaspoon summer savory
- · 1/2 teaspoon sweet basil
- ¼ teaspoon black pepper · 1/4 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.

Beef Specials A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Boneless Whole**

9 To 12 Lb. Avg. Wt.

Meat Specials A&P QUALITY HEAVY WESTERN GRAIN FED BEEF Cut Bone In lb.

Fresh With Quality

RED RIPE SWEET JUICY

Weight

each

only

GOLDEN RIPE

Bananas

CALIFORNIA SWEET

Nectarines

Red Plums

CALIFORNIA PLUMP TASTY

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

BLUE RIDGE BRAND

Sliced Bacon

100

Sirloin Steak T-Bone Ib. 3.99 Ib.

Dairy Specials A&P CHILLED 1/2 gallon

IN QUARTERS Blue Bonnet 2 Margarine 11b.

ANN PAGE **Biscuits**

Butter-Me-Not SEALTEST

Cottage Cheese 24 oz. pkg. ANN PAGE-INDIVIDUALLY WRAPPED Food Slices 16 oz. pkg. Cheese

Sirloin Tip Roast or Bottom Round Ib. 249 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Cubed Steak**

BALL PARK Meat Franks Beef 1 lb. 2.09 pkg.

Meat Bologna Beef 1 lb. 1.69 pkg.

WISCONSIN MILD CHEDDAR OLD FASHIONED **Hoop Cheese** INDIVIDUAL QUICK FROZEN

Flounder Fillets

Frozen Specials SAUSAGE, COMBINATION, **PEPPERONI** 10 oz.

SEALTEST ICE MILK

Light n

BEEF, CHICKEN, TURKEY Morton Pot Pies 3 B oz.

MEAT LOAF, SALISBURY STEAK, CHICKEN, TURKEY **Morton Dinners**

ANN PAGE Potatoes Crinkle Cut

Grocery Specials ANN PAGE **Salad Dressing** 79¢ qt.

8 oz. twin pack 89¢ **Potato Chips** ROOT BEER, COLA, GINGER ALE, LEMON/LIME 2 liter 89% **Diet Shasta**

P&Q BRAND **Saltine Crackers**

Grocery Specials Tomato Ketchup 32 oz.

EMERALD GREEEN SWEET

NORTH CAROLINA GROWN

Seedless Limes 10 for only

Honeydews

FLORIDA-150 SIZE

Tomatoes

Lipton Tea Bags Apple Juice P&Q BRAND **Bathroom Tissue 4**

Bakery Specials P&Q BRAND **White Bread** Sandwich loaves 24 oz.

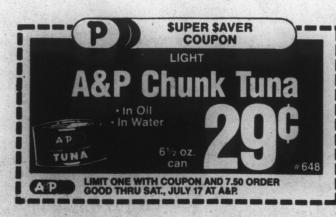
25° OFF LABEL YOU PAY ONLY **Quaker Quick Grits** 5 **Grape Jelly**

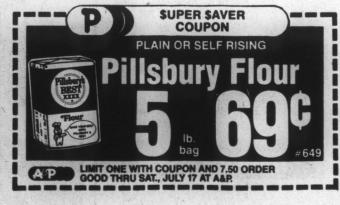
Paper Plates

100 ct. 99

Weekly Specials 2-liter Coca Cola 89 C

15º OFF LABEL-YOU PAY ONLY Colgate Tooth Reg. 5 oz. each Gel. 4.6 oz. only REGULAR, LIME, MUSK Old Spice Stick Deodorant 2.5 oz. SOLID-SCENTED, UNSCENTED, FRESH Ladies Choice Anti-Perspirant







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

701 North Broad Street, Edenton, N. C.

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.

-0-

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.

-0-Daniel C. Everett of Plymouth is being honored this month for 40 years service with Weyerhaeuser Company in the North Carolina region. -0-

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 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 Declara-tion of Independence.