

# Fried Egg Sandwich

Presidents to peasants, a fried egg sandwich pleases them all. This super (and super-simple) sandwich is quick to fix for breakfast, lunch, supper or anything in between.

Just start with a couple fried eggs, done just the way you like them -- sunnyside up, over easy, basted -- then put them on any bread or bun your heart desires. Add the "works" of your choice, be it cheese, catsup, pickles, avocado, whatever. Top off with another bread slice or the bun or roll top and you've made a meal. Add a glass of milk and a tossed salad and you'll have a feast that includes all four of the Basic Food Groups.

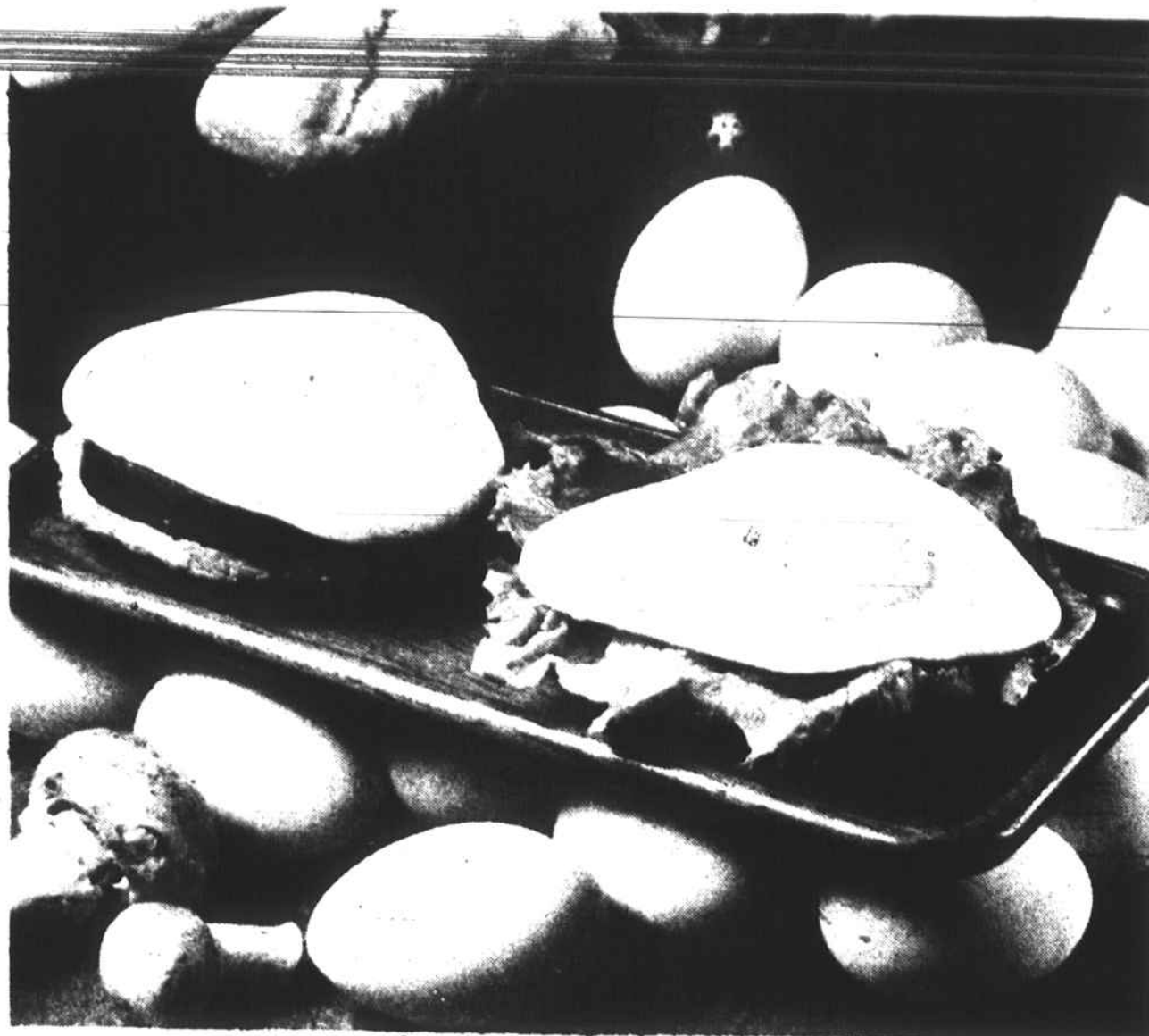
Not only is a Fried Egg Sandwich quick, it's cheap. If you fancied a fried egg in 1951, it cost you about 6 cents for the egg. In 1978 the average price of an egg was 6.5 cents. That's certainly a small increase in these days of double digit inflation!

Eggs are nutritious, too. They provide highest quality protein, all the important vitamins (except C), and plenty of minerals, too (13, to be exact).

So when you're looking for a fast, cheap and good-tasting main dish, get out the eggs and a fry pan and begin.

Fried Egg Sandwich  
1 serving

1 to 2 tablespoons butter



2 eggs  
2 slices bread or 1 bun, toasted and buttered, if desired  
Salt and pepper, to taste  
Selected "works"

Heat butter in small fry pan over medium heat until just hot enough to sizzle a drop of water. Break and slip eggs into fry pan. Reduce heat immediately. Break yolks, if desired. Cook slowly to desired

doneness, 5 to 7 minutes. For basted eggs, spoon butter over eggs as they cook. For over easy, gently turn eggs over to cook both sides. Season with salt and pepper. Place eggs on toast or bun bottom and top with works. Close sandwich with toast or bun top, buttered side down.

**WORKS:**

Thin onion, tomato or avocado slices  
Cheese slice  
Sautéed sliced

mushrooms  
Pickles or pickle relish  
Barbecue or chili sauce  
Catsup  
Mustard  
Mayonnaise  
Lettuce leaf  
Crisp-cooked bacon slice  
Alfalfa sprouts  
Chili  
Refried beans  
Pizza sauce

Kitchen-Tested Recipe from the American Egg Board

## Off Season For Refunders

By Claudine Moffatt

Newer refunder's push the panic button when all their forms expired December 31 and the new offers seem non-existent.

It's normal for this time of year. People are too busy to refund. Perhaps the companies are closing their books.

Make these few weeks productive in other ways.

Set goals of what you would like to save this year. Keep it realistic, yet worthwhile. A simple goal of only \$1.00 a day would gross over \$350 in the next year.

How about a time and motion study of your refunding practices? Too many refunders get too involved in keeping highly complicated sets of books and files.

Frankly unless one keeps track of every penny they save, every nickle in the parking meter or quarter dropped into a vending machine I cannot understand keeping detailed records of the refunds we send away for. I don't count my chickens before they are hatched nor keep track of the refunds I mail in. I send and forget. What a thrill when those dollars do come in. Christmas every day.

Develop a simpler way to keep your proofs of purchase together until you have the required number needed to claim the multi-proof offers. Some address their envelopes as soon as they start collecting for the offer and drop the proofs in the envelope as they are acquired.

To make top dollar refunding one must trade with other people to obtain refund forms they cannot find locally. Now is the time to test some of the many ads in refund bulletins. Select several from various sections of the country.

Learn the difference between being a fair trader and a complaining trader. Make sure what you are trading are of the same quality you expect. Some seem to feel it is alright for them to ship off cookbook and pamphlet forms but in return should get full purchase price food forms or the rarest in-demand product forms. Start the judgments at home. Before you seal the envelope. Would I like to receive this trade?

A refund form is nothing more than an ad. The ad tells us when we buy this product we will receive something in return. We can only circulate the ads available. Supply and demand does not always balance.

Both of these offers give the identical refund. Each require the fronts of the package. If the forms are not in your store, write away for them. These are No nonsense party hose that give \$2 and 3, \$1.20 for 2 and 50 cents for one proof. If you want Easy to be me style send the request to "EASY CASH" REFUND OFFER, Bx. 1553, Maple Plain, MN 55348. Control Top panty hose users send to...Control Top" CASH REFUND OFFER, Bx. 1377, Maple Plain, MN 55348. Hurry offers expire Feb. 28, 1981.

Get \$1 for the Just Whistle proof of purchase seal from the razor when you send your name, address, the seal to JUST WHISTLE REBATE OFFER, Bx. 2461, Maple Plain, MN 55348. Mail before Mar. 31, 1981.

To keep abreast of all the current refund offers you need a refund bulletin. For the latest sample of Jaybee slip \$1 into an envelope today and mail to Jaybee, Box COL. Valley Park, Mo 63088. The ad pages can put you in touch with other refunders and help you increase your savings. Mention this newspaper.

### After School Program at Y

The YWCA is taking registration now for its After School Program at the Glade Street YWCA and Moore School.

This program offers a variety of sports and recreational activities every school day from 2:00 - 6:00 p.m. for children from Kingergarten through the 6th grade. Activities include arts and crafts, music, drama, sports, and field trips. In addition YWCA

physical education classes are available including swimming, gymnastics, soccer and a basketball skills class.

The Moore School Program is designed for those children attending that school. The Glade Street YWCA program fees include transportation to the YWCA from Ardmore, Brunson, and Whitaker Schools.

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**Aiken Switzer**, of 1505 E. 23rd St., died Monday, Jan. 12th, at Forsyth Memorial Hospital. A native of Orangeburg, S.C., he had lived in this city for most of his life, was of the Baptist faith, and was a retired employee of the Winston-Salem/Forsyth County School System.

Surviving are three daughters, Mrs. Mary S. Malachi of the home, Mrs. Shirlene S. Grant of Winston-Salem and Miss Dolois Switzer of Washington, D.C.; one brother, George Henry Switzer of Winston-Salem; two sisters, Mrs. Annie Mae Anderson and Miss Lucy Switzer, both of Washington, D.C.; nine grandchildren, seven great-grandchildren and other relatives.

Funeral services were conducted Saturday, Jan. 17th, at 2:00 p.m. in the chapel of Hooper Funeral Home, with Rev. G.W. Roland officiating. Interment followed in Evergreen Cemetery.

## Obituaries

From Page 14

**Henry Little Simmons**, of 1332 Diggs Blvd. died Thursday, Jan. 15th, at Forsyth Memorial Hospital. A native of Anson County, N.C., he had lived in this city for the past 40 years. He was a deacon at Morning Star Baptist Church and a retired employee of the R.J. Reynolds Tobacco Co.

Surviving are the wife, Mrs. Essie Mae Simmons of the home; one daughter, Miss Debra Simmons of the home; two sons, Carl Simmons and Henry L. Simmons, Jr., both of Winston-Salem; three sisters, Mrs. Pearl Richardson of Albemarle, N.C., Mrs. Ethel McFerson of Boston, Mass. and Mrs. Elder Jewell Little of Brooklyn, N.Y.; three brothers, Don Simmons of Anson County, Vance Simmons of Newark, N.J. and Governor Simmons of Brooklyn, N.Y.; a step-daughter, Mrs. Shirley Walker of New York, N.Y.; six grandchildren and other relatives.

Funeral services were conducted Sunday, Jan. 18th, at 1:30 p.m. at Morning Star Baptist Church, with Rev. J.L. Coleman officiating. Interment followed in Woodlawn Memorial Gardens. Hooper Funeral Directors were in charge of services.



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**ADVERTISED ITEM POLICY**  
Each of these advertised items is required to be readily available for sale in each Kroger Store, except as specifically noted in the ad. If we do run out of an advertised item, we will offer you your choice of a comparable item, when available, reflecting the same savings or a raincheck which will entitle you to purchase the advertised item at the advertised price within 30 days.

**TOTAL SATISFACTION GUARANTEE**  
Everything you buy at Kroger is guaranteed for your total satisfaction regardless of manufacturer. If you are not satisfied, Kroger will replace your item with the same brand or a comparable brand or refund your purchase price.

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OR U.S.D.A. GRADE A

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**Grade A Large Eggs**

**75¢** Doz.

**REGULAR OR CHUB PAK**

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**U.S. GOVT GRADED CHOICE, PORTERHOUSE OR TAIL-LESS T-Bone Steak... lb. \$2.99**

**5-7-LB. AVG. WHOLE Smoked Picnics... lb. 79¢**

**SPRINGDALE**

**Homogenized Milk** Gal. Plastic Ctn. **\$1.83**

**KRAFT Macaroni Dinners** 3 7/4-oz. Boxes **89¢**

**BATHROOM TISSUE**

**White Cloud or Charmin** 4 -Roll Pak **89¢**

**PINT RETURNABLE BOTTLES**

**Diet Pepsi or Pepsi Cola**

**8 \$1.39** PLUS DEPOSIT Pak

**Campbell's Tomato Soup**

**5 \$1** 10 1/4-oz. Cans

**Deli-Bakery**

**Deli Style Boiled Ham**

**\$2.99** lb.

**FRESH BAKED French Bread** 2 16-oz. Lvs. **\$1.19**

**The Floral Shop**

**OPTIMAIA VARIETY African Violet** 4-Inch Pot **\$1.29**

**CALIFORNIA 113 SIZE Navel Oranges** Doz. **99¢**

**FLORIDA IN THE HUSK White or Yellow Corn** Each **17¢**

**Fresh Mushrooms**

**99¢** 1-lb. Pkg.