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SAUCE

SUN SPUN

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\$5.00 Food Order

303 RED & WHITE

BISCUITS FOR 25c Apple Sauce for 49c

Red & White PINEAPPLE JUICE 3 254

OPEN TH, 8:30 P. M. Friday Nights

old. McCarroll also said that if a sufficient number will take part, a. girls' tournament would be held later on. Ernest E. Smiley Dies On Saturday

and eleven grandchildren. Get The Most From Va., for some time. Mrs. J. R. Paschall is visit-fng relatives in Richmond, Va., for some time. Your Meat Dollar

Your Meat Dollar Wondering how to get the most out of our meat dollar? The American Meat Institute suggests that you do your fam-ily and your budget a favor by getting acquainted with more thrifty cut of meats. Women who make an art of both cooking and economy turn to the savory and inex-pensive cuts to help solve their family's nutrition prob-lems. The protein, B vitamins and minerals in meat are not stored in the body in any ap-preciable amount and should be supplied daily in the foods you eat. The cheaper cuts have the same body-building nutrients that all meat con-tins, and you get that meat flavor at bargain prices. What's more, you have to stint on glamour when you serve these meats. Many of them are the basis for famed gourmet delights-beef Strong-anoof, sauerbraten, exotic\_cur-ries. Many are the special fav-orites men order in restaurants -tasty goulash, brained abort ribs of beef, ham shanks and cabbage, spareribs and sauer-traut.

rais nam sha reribs ge, spa

Ruby P. Uzle, consum rketing specialist for the Agricultural Extension marketing operation of the second sec the many cuts-heel tasty of ro "Eng y pot round rump roast, oston" cut, r roast, beef of excition



Warrenton, North Carolina



447-1

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WARRENTON, N. C.





5

Mr. and Mrs. Rivers

Have Picnic Supper