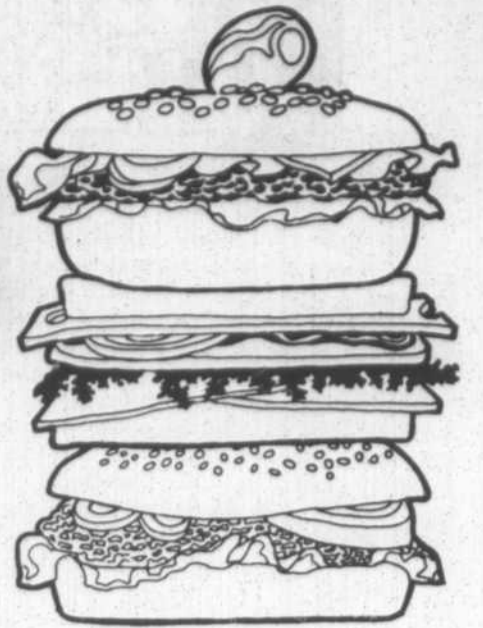


SUPER SUMMER GREEN P SPECTACULARS



WE WATCH OUR P's and Q's



Our P's mean low prices for you. Our Q's mean high quality products and service. And our Green P's mean special low prices every week.

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.

DR. COOK
Health Programs
To Be Given
On WVSP

Dr. Charles A. Cook, chief of the Health Assurance Section of the North Carolina Division of Health Services, will be the special guest on a series of health programs that begin on July 15 at 8 p. m. on WVSP, 90.9 FM, Warrenton.

The series, "House Calls," will be an hour of information and discussion on health issues that are of particular importance to the listening audience. The first four programs will focus on the heart and will include information on hypertension, heart disease, and maintaining a healthy heart. In the remaining programs Dr. Cook will discuss issues including diabetes, cancer, and kidney disease.

During the second half hour of "House Calls" the listening audience will be urged to call in questions concerning the specific health topic being discussed. The series will be broadcast live on WVSP for eight consecutive weeks on Wednesday evenings from 8 until 9 p. m. "House Calls" will be rebroadcast every Friday at 11 a. m.

Dr. Cook has done extensive work in public health and is a specialist in internal medicine. He received his medical training from Tufts University School of Medicine and received a degree in public health from Harvard University. Prior to his work as chief of the Health Assurance Section of the North Carolina Division of Health Services, Dr. Cook served as medical director of the Mississippi State Hypertension Program. While in Mississippi he hosted a radio program similar to "House Calls."

The series is part of WVSP's continuing effort to offer pertinent health information to the communities it serves. Mary Tafinger, a VISTA volunteer from the station's adolescent health project, will host the program.

THOUGHT FOR FOOD BY GOULD CROOK

Chilled Sour Cream Mushroom Soup

- 1 pound fresh mushrooms, sliced
- 1 tablespoon fresh lemon juice
- 1/4 cup (1/2 stick) butter
- 1 leek, chopped
- 2 tablespoons flour
- 1 1/4 teaspoons salt
- 1/8 teaspoon pepper
- 4 cups light cream OR half-and-half
- 1 cup dairy sour cream
- Chopped chives, if desired
- Sliced fresh mushrooms, if desired

Toss mushrooms with lemon juice. Melt butter in a 3-quart saucepan. Saute mushrooms and leek until tender, about 8 minutes. Stir in flour and seasonings until smooth. Remove from heat and gradually stir in cream. Heat to boiling, stirring constantly. Boil and stir 1 minute. Cool to lukewarm. Stir in sour cream until well blended. Chill, covered, several hours until icy cold. Serve garnished with chopped chives and fresh sliced mushrooms. Yields 7 cups.

Alcohol Abusers

Studies show that between one-third and one-half of alcohol abusers are women.

One In Five

About 40 million Americans—one in five—suffer at least moderate depression. It strikes women twice as often as men, low-income mothers most severely.

P Beef Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
BONELESS BOTTOM
Round Roast
197
lb.

PRICES EFFECTIVE THRU SAT., JULY 11 AT A&P IN Warrenton



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

P Pork Specials
EXTRA LEAN SPECIAL TRIM COUNTRY FARM
Pork Chops
Assorted Pkg. 8 lbs. or more
137
lb.

P Poultry Specials
U.S.D.A. INSPECTED FRESH
Whole Fryer Legs
10 lbs. or more
78¢
lb.

P Cookout Specials
A&P QUALITY FRESHLY
Ground Beef
3 lbs. Roll Pkg.
127
lb.

TALMADGE FARMS
Franks or Bologna
12 oz. pkg.
79¢

A&P QUALITY HEAVY WESTERN GRAIN FED
Top Round Steak
Boneless
lb.
268

A&P QUALITY HEAVY WESTERN GRAIN FED
Cubed Steak
lb.
269

MARKET STYLE
Sliced Bacon
lb.
1 18

5 LBS. EACH
• Ground Beef • A&P Meat Franks
• Country Style Ribs • Foyer Legs
Cookout Pack
20 lb. pkg.
25⁹⁸

STAR COLE SLAW (14 oz.) OR
Potato Salad
(Pimento Spread)
14 oz. Cup 133
15 oz. Cup
69¢

LUTERS OLD FASHIONED
Meat Franks
12 oz. pkg.
99¢

A&P QUALITY HEAVY WESTERN GRAIN FED
Whole Sirloin Tip
Boneless 9-12 lb. avg.
lb.
1 97

EXTRA LEAN SPECIAL TRIM COUNTRY FARM
Pork Chops
Center Cut
lb.
1 98

SWIFT
Hostess Ham
4 lb. can
7⁹⁹

P Frozen Specials
ANN PAGE
Save 20*
Ice Cream
All Varieties 1/2 gal. ctn.
1 39

P Dairy Specials
FLORIDA GOLD CHILLED
Orange Juice
Save 50*
64 oz. ctn.
1 19

ANN PAGE
Apple Juice
64 oz. btl.
99¢

ANN PAGE
Macaroni & Cheese
4 7 1/2 oz. pkgs.
1 00

A SUPERB BLEND RICH IN BRAZILIAN COFFEES
Eight O'Clock
Bean Coffee 1-lb. bag
1 79

FROZEN
Totino's Pizza
• Canadian Bacon
• Pepperoni
• Sausage
• Hamburger
12 oz. pkg.
1 09

LIGHT 'N LIVELY
Cottage Cheese
Save 30*
24 oz. ctn.
1 29

GREEN GIANT WHOLE KERNEL
Golden Corn
2 17 oz. cans
79¢

TEXAS PETE
Hot Dog Chili
3 10 1/2 oz. cans
1 00

HEARTY & VIGOROUS
Our Own Tea Bags
100 ct. pkg.
1 29

ANN PAGE
Lemonade
4 6 oz. cans
1 00

ANN PAGE SHARP
Cheddar Cheese
Shredded Cheese 8 oz. pkg.
1 29
lb.
2 69

ANN PAGE
Barbecue Sauce
• Plain
• With Onions
18 oz. btl. 28 oz. btl. 99¢
69¢

SHOW BOAT
Pork & Beans
3 15 oz. cans
1 00

CONTAINS RICH BRAZILIAN COFFEES
Eight O'Clock
Instant Coffee 10 oz. jar
3 39

P Grocery Specials
BETTY CROCKER
Cake Mixes
• Yellow
• Devils Food
• German Choc.
• Butter Yellow
18 1/2 oz. pkg.
69¢

P Grocery Specials
DEXOLA
Vegetable Oil
48 oz. btl.
1 69

P Household Specials
FAMILY PACK
Gala Napkins
140 ct. pkg.
69¢

THE FARM AT A&P
EASTERN GROWN McIntOSH
Apples
3 lb. bag
1 19

SEEDLESS FRESH
Florida Limes
or Lem 'N Limes
10 54 size
1 00

BETTY CROCKER
READY-TO-SPREAD
Frostings
• Vanilla
• Chocolate
• Milk Choc.
• Sour Cream
16 1/2 oz. can
1 19

EAGLE BRAND
Condensed Milk
14 oz. can
99¢

ASSORTED
Gala Towels
big roll
69¢

CALIFORNIA RICH & TASTY
Avocados
4 60 size
1 00

EASTERN GROWN US #1
White Potatoes
5 lb. bag
1 29

PLAIN • SELF-RISING • UNBLEACHED
Red Band Flour
5 lb. bag
99¢

20* OFF LABEL
ROLL ON
Ban Deodorant
You Pay Only
• Regular
• Fresh
1.5 oz. Size
79¢

ASSORTED
Northern Tissue
4 ct. pkg.
89¢

CRISP & TASTY
Celery Hearts
ea. pkg.
99¢

CALIFORNIA SWEET & JUICY
Nectarines
lb.
59¢

PURE VEGETABLE
Crisco Shortening
3 lb. can
1 79
Save 30*

STOKELY
Apple Sauce
3 16 oz. cans
1 00

CALIFORNIA SWEET THOMPSON
Seedless Grapes
lb.
79¢

GOLDEN YELLOW RIPE
Dole Bananas
4 lbs. only
1 00

WEST FRANKLIN ST.

WARRENTON, N. C.