



By BARBARA A. MINTER

If you enjoy beef, now's the time to take a good look at your local meat counter and take advantage of the great prices. Nearly four-fifths of the beef you buy is not naturally tender enough to broil, barbecue or roast. These less tender cuts are where the biggest bargains are to be found. With a little special handling, these less expensive cuts can be made virtually as tender and tasteful as the costlier cuts.

Take for instance, some of the cuts which come from the shoulder. These cuts (shoulder roast, shoulder steak, boneless boston cuts, short ribs, flanken-style ribs, and blade roasts to name a few) can be bought and stored in the freezer for up to a year. If you decide you want to purchase a whole shoulder, your butcher can give you assistance in determining your family's needs.

Other idea for shopping:
 *Chuck can be ground, cut into stew meat or steaks as well as cut for a roast.

*Ground chuck becomes a better buy over hamburger when it is within 20 cents difference.

*The Eye of Round makes a good buy when cutting this roast into 1" - 1 1/2" steaks. This will produce 12-16 steaks depending on thickness of cut.

To make the most of your meat once you have arrived home, remember to cook your meat at lower temperatures to seal in those delicious juices and flavor.

Why not enjoy the low cost of beef now while the price is right! Your family will enjoy the following recipes.

Alex's Delight
(Grilled Chuck)

1 or 2 inch Chuck Steak (cut 1 inch thick)
 Meat Tenderizer
 A mixture of BBQ Seasoning purchased at local grocery store

Wash steaks, sprinkle with meat tenderizer. Cover with foil. Refrigerate overnight. Place steak on grill. For a 1 inch thick steak, it should be from 2 to 3 inches from heat. Cook at moderate temperature. When one side is browned, turn, sprinkle with BBQ seasoning mixture and finish cooking the second side. Turn and season. This requires approximately 15 to 20 minutes for medium. (This steak will be very tender and have taste of sirloin.)
 Alexis Young
 985 N. C. State 4-H Beef Cookery Winner

Beef Shortribs Supreme

3 lbs. beef shortribs
 2 teaspoons salt
 1/2 cup water
 1/2 cup chopped onion
 1 clove garlic, minced
 1 (6 oz.) can tomato paste
 1 cup catsup
 3/4 cup firmly packed brown sugar
 1/2 cup vinegar
 2 tablespoons prepared mustard

Brown ribs on all sides in a large skillet (do not add oil or shortening.) Cover and cook over low heat for 1 hour. Drain off pan drippings. Combine remaining ingredients; pour over ribs. Cover tightly and cook over low heat 1 1/2 hours or until meat is tender. Yield 4-6 servings.

Steak & Spaghetti

6 cubed steaks, cut in half
 1/2 teaspoon salt
 1/2 teaspoon pepper
 flour
 1 large onion, chopped
 2 tablespoons vegetable oil
 two 16 ounce cans tomatoes
 1 box thin spaghetti, cooked and drained
 1 pound sharp Cheddar cheese, grated
 Salt and pepper steaks and batter with flour. Brown steaks and onions in oil. Add tomatoes and simmer about one hour. In bottom of a 9x13 inch baking dish, layer half of cooked spaghetti, steak, sauce and cheese, repeat layers ending with cheese. Bake at 250 degrees for 15-20 minutes or until cheese is melted. Serves 6.

Two Norlina Men Hurt In Wreck

Two Norlina men were treated for minor injuries following a traffic accident in Norlina Saturday evening, according to Norlina Police Chief Romey Williams, investigating officer.

Williams stated that the accident occurred when T. Edward Adcock of Norlina attempted to make a left turn as he traveled east on Highway 158 and was hit in the back by the 1978 Toyota operated by Arch Ayscue of Norlina. On impact, Adcock's Volkswagen spun around and moved into the path of Elton Eugene Fields of Rt. 2, Norlina who was traveling west.

Adcock and Ayscue were taken to Maria Parham Hospital in Henderson. Ayscue was treated for fractured ribs, cuts and bruises and was released later

that evening. Adcock was kept for observation and released Monday, Williams said.

The officer surmised that the Adcock and Ayscue vehicles were total losses and noted that damages to Fields' Buick were estimated at \$200.

Charges in the accident are pending, Williams said. State Trooper A. M. Bennett who also reported to the scene, had stopped Adcock earlier in the evening for a traffic violation and had noticed in following him that the rear lights of his automobile did not appear to be working properly, Williams stated. The investigation is continuing.

Summer Specials

Look for specials on turkey during the summer as processors reduce inventory.

By Soil Conservation Service

Awards Offered For No-Till Crops

By DAVID HARRISON

District Conservationist
 USDA, Soil Conservation Service

Warren Soil and Water Conservation District is looking for the best no-till corn and no-till soybeans in the county. A first-place award of \$50 and a second-place award of \$25 will be presented to the growers with the best yields. The only restrictions are that the crop must have been planted using no-till, must not have been irrigated and must be in Warren County.

Official yield will be calculated from a measured plot, weighed and corrected for moisture. Measurement must be made by a county surveyor, county extension agent, Soil Conservation Service representative, Soil and Water Conservation District representative, Vo-Ag teacher, a licensed surveyor, ASCS representative or a person recommended by the county soybean extension agent. At least one member or designated representative of the County Soybean Contest Committee must be present at

harvest and weighing of the yield. Harvest and weighing must be completed in one day.

Official rules and applications are available at the Warren Soil and Water Conservation District office, 133 1/2 S. Main Street, Warrenton. Deadline for the No-Till Corn Contest is November 15. Deadline for the No-Till Soybean Contest is December 31.

No-till planting is a proven method of corn and soybean production. It reduces time in the field, saves fuel, increases organic matter in the soil and holds moisture for the crop. If moisture supplies remain short, this would be a good year to use no-till for small grain in the fall.

This fall is also the best time to plan for no-till next year. Soil test for lime and fertilizer needs, treat problem weeds after harvest, establish good cover crops of small grains and legumes and do additional conservation work like grassed waterways, terraces, diversions and strip cropping. No-till will not solve all erosion problems, but it is an effective tool in erosion control.

Join in the no-till production contests and let's see how well Warren County can do with no-till.

Agriculturally Speaking

By RUSSELL C. KING
 County Extension Chairman



Farm-City Week in North Carolina is conducted annually in conjunction with National Farm-City Week. This year's observance in Warren County will be held November 22-28. The purpose of this function is to bring about better understanding between the rural and urban community and to increase the knowledge and appreciation between these two areas.

This year's theme will be "Youth In Agriculture." In recognition of this theme all county youth between the ages of nine and 19 are eligible to compete for recognition as "Warren County Outstanding Youth In Agriculture." If you know of an individual who should be nominated, please contact our office for the appropriate nomination form. The deadline for submitting a nomination is September 20.

Criteria for selection will include involvement with agriculture, leadership roles, honors and recognitions received in agriculture and evidence of pursuit of knowledge and growth in agriculture.

FAMILY DOLLAR

26th Anniversary

Special Prices

OUR LOWEST OF THE YEAR!

6⁹⁹ EACH

MEN'S PLAID SHIRTS OR DENIM JEANS
 Regularly To 8.99.
 Poly/cotton long sleeve plaid shirts with chest pocket. Sizes S,M,L,XL. Cotton western denims with 4 or 5 pocket styling. Sizes 29 to 40.

THIS WEEK'S 52 BIG \$100.00 CASH WINNERS!

A. Shores, Bostic, NC
 D. Rawls, Savannah, GA
 F. Groom, Hueytown, AL
 R. Brown, Moss Point, MS
 K. Hart, Decatur, GA
 D. Wall, Smithdale, MS
 P. Welty, Milton, FL
 G. Green, Cedartown, GA
 J. Brewton, Hampton, VA
 L. Wright, Millington, TN
 P. Prewitt, Dunville, KY
 J. Clark, Kinston, NC
 C. Hill, Franklin, VA
 B. Sapp, William, SC
 C. Holloway, Marion, SC
 V. Ford, Live Oak, FL
 W. Seay, Albany, GA
 A. Springs, Winston-Salem, NC
 R. Miller, Athens, OH
 V. McCullough, Charlotte, NC
 D. Solomon, Fort Mill, SC
 G. Barnett, Newton, NC
 M. Walsh, Charlotte, NC
 E. Turer, Metairie, LA
 B. Hollis, Morrow, GA
 A. Bishop, Booneville, KY
 W. Wright, Winston-Salem, NC
 C. Whitaker, Oak City, NC
 V. Hatfield, Columbia, KY
 F. Woodard, Baker, LA
 M. Dool, Johns Island, SC
 S. Maddox, Monroe, GA
 H. Childs, Greenwood, SC
 Y. Ingram, Rock Hill, SC
 S. Henry, Alexander City, AL
 F. Louder, Mooresville, NC
 M. Wilson, New Castle, DE
 L. Dow, Sumter, SC
 P. Barno, New Eagle, PA
 B. Edwards, Mt. Olive, NC
 I. Pierce, Batesville, ARK
 M. Chandler, Martinez, GA
 B. Fossell, Myrtle Beach, SC
 L. Scott, Bellaire, OH
 A. Musgrove, Florence, MS
 J. Peterson, Rocky Pt. NC
 H. Cohen, Allendale, SC
 N. Bridgeman, Asheboro, NC
 B. Gable, Mableton, GA
 E. Miller, Lithonia, GA
 P. Hooks, Inglis, FL

5⁹⁹ COMPARE AT 9.99

LADIES' FALL SPORTSWEAR
 Poly/cotton twill pull-on pants or elastic waist floral and solid print skirts. Coordinate with blouses or knit tops in assorted styles.
EXTRA SIZE SKIRTS, TOPS & BLOUSES . . . 6.99

5⁹⁹ PAIR

OUR BEST SELLING JOGGERS
 Compare At 8.99. Men's, ladies' & children's nylon joggers with Velcro® closures.

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MEN'S OR BOYS' 6 PACK TUBE SOCKS

69¢

MOBIL MOTOR OIL 10W40 OR 10W30
 Buy 5 quarts, Get 1.50 Rebate. Mobil 10W40 or 10W30. Limit 5 qts.

\$1

6 ROLL PERT BATH TISSUE
 Regularly 1.19. Pert one ply bath tissue. Limit 2 packs.

\$1

42 OZ. AJAX DETERGENT
 Regularly 1.63. Ajax laundry detergent. Limit 2 boxes.

3 FOR \$1

ASSORTED SIZE BAR SOAPS
 Reg. To 44¢ Ea. Shield, Lux, Lifebuoy, Dial or Irish Spring. Limit 3.

\$1

ASSORTED HEALTH AND BEAUTY AIDS
 Reg. To 1.79. Clairol Condition Mousse, Desitin Lotion & more.

77¢ EA.

14 CT. PENCILS OR COMPOSITION BOOK
 Reg. To 1.49. Pk. of 14 pencils or 3 subject 120 sheet composition book.

1.89 OUR SALE PRICE -1.89 MFG MAIL IN REBATE FREE AFTER REBATE

SURE DEODORANTS

2 88¢ FOR

180 CT. MARCAL FACIAL TISSUE
 Regularly 63¢ Ea. 2 ply Marcal facial tissue.

2 88¢ FOR

51 COUNT FOAM CUPS
 Regularly 69¢ Ea. 6.4 ounce insulated cups.

\$1

BIC 10 PK. RAZORS OR 2 PK. LIGHTERS
 Reg. To 1.49. Disposable razors and lighters.

4 \$1 FOR

CABANA ASSORTED SNACK TREATS
 Reg. 3 For \$1. Chips, pork rinds and cheese puffs.

4 \$1 FOR

ASSORTED CANDY BARS
 Reg. 35¢ Ea. Snickers, Hershey's and more.

Prices Good At All Family Dollar Stores Through This Weekend. Quantities Limited On Some Items. No Sales To Dealers.

STORE HOURS: MON. - SAT. 9-9 SUN. 1-6 HALL SPRING SHOPPING CENTER EAST MACON & HALL STREETS WARRENTON, N. C.