



"SUPER-RIGHT" GRAIN FED HEAVY BEEF

STEAKS

WE ACCEPT USDA FOOD STAMPS

PORTERHOUSE T-BONE SIRLOIN Lb. **\$1.59**

BONELESS TOP ROUND BONELESS SIRLOIN TIP Lb. **\$1.59**

SAVINGS YOU CAN SEE

THE AWARE SHOPPER

By Barbara Sullivan
A&P Director of Consumer Affairs

How to get more meat for your meat dollar

Price per portion, not price per pound

No matter what cuts of meat you buy, here's an important rule to follow. It's the price per serving that counts, not the price per pound. If boneless round is \$1.49 per pound it's a better buy than short ribs at 98¢ per pound. Because you can get 4 servings out of the boneless round at about 38¢ apiece. Whereas you might only get two servings out of the short ribs at about 49¢ apiece. Of course the size of a serving really depends on your family's individual needs. But three ounces of cooked lean meat is the most common definition of a serving. And two is a satisfactory amount for small children, or older people with small appetites.

In planning your shopping list, the following guides to portions per pound can help.

Purchase	Yield:
1 lb. boneless low-fat meat, such as lean meat cubes or roast.	3-4 portions
1 lb. boneless fatty meat, such as blade roast or chops.	2-4 portions
1 lb. small-bone meat, such as spareribs.	2 portions
1 lb. small-bone meat, such as spareribs.	1 portion

Tips from the A&P Butcher.

Meat you buy at special prices is an investment that pays off when you use some and store the rest in your home freezer for future use. To make the most of this opportunity to save, here are some freezer tips.

1. Wrap meats in single meal, or single portion quantities.
2. Put two sheets of paper between pairs of shaped patties or steaks, so that they can easily be separated while still frozen.
3. Wrap the meat tightly in moisture and vapor-proof paper. Lay the meat in the center of the wrap, bring the long edges together, fold over and over, butcher's style flat against the meat, fold ends of the wrap over and over to make a tight seal. Tie firmly or seal with freezer tape.
4. Label each package with contents and date of storage. Be sure to use the meat before the recommended storage time is up.
5. Freezer storage times are 6-8 months for beef and poultry, 6-7 months for lamb, 3-4 months for pork and veal, 1-3 months for ground meat and cooked meat and 1 month for sausage.

AP We Owe You More Than Just Food

SWITCH AND SAVE

"SUPER-RIGHT" GRAIN FED HEAVY BEEF

ROAST
ROUND ROAST
SIRLOIN TIP ROAST
BONELESS Lb. **\$1.59**

"SUPER-RIGHT" 16 TO 19 LB. AVG.

SMOKED HAMS
SHANK PORTION Lb. **79c**

"SUPER-RIGHT" GRAIN FED HEAVY BEEF

CHUCK STEAK
BONE IN Lb. **78c**

"SUPER-RIGHT" GRAIN FED HEAVY BEEF

RIB STEAK
BONE IN Lb. **99c**

ALLGOOD BRAND

SLICED BACON 1-Lb. Pkg. **\$1.09**

A&P BRAND SLICED **BOLOGNA** 1-Lb. Pkg. **99c**

SKINLESS ALL BEEF OR ALL MEAT

A&P FRANKS 12-Oz. Pkg. **59c**

"SUPER-RIGHT" COUNTRY TREAT WHOLE HOG **SAUSAGE** HOT OR MILD 1-Lb. Pkg. **99c**

FRENCH ONION OR BACON & HORSE RADISH

A&P DELI DIPS 8-Oz. Cup **49c**

CONTACT

CONTINUOUS ACTION DECONGESTANT CAPSULES 20-Ct. Pkg. **\$1.69**

SAVE 90c

GRADE A **TURKEY PARTS**

BREAST Lb. **99c** BREAST QTRS. Lb. **69c**

• TURKEY LEG QTRS. **59c**
• HALF TURKEY
• TURKEY LEGS
• TURKEY THIGHS

"SUPER-RIGHT" CORN FED FRESH PORK

PORK LOIN 1/4 Loin Sliced Into Chops Lb. **\$1.09**

STOCK YOUR FREEZER

BEEF SALE

300 TO 350 LB. AVERAGE **SIDE OF BEEF** Lb. **68c**

160 TO 180 LB. AVERAGE-WHOLE **HINDQUARTER** Lb. **89c**

A SUPER BLEND, RICH IN BRAZILIAN COFFEES

EIGHT O'CLOCK COFFEE

1-Lb. Bag **99c** 3-Lb. Bag **\$2.89**

A&P INSTANT NONFAT **DRY MILK**

64-Oz. Pkg. Makes 20 Qt. **\$3.49**

JUICY FLORIDA **ORANGES** 5 Lb. Bag **49c**

EASTERN RUSSET **POTATOES** 10-Lb. Bag **89c**

CRISP FLORIDA **CELERY** Stalk **25c**

EASTERN RED DELICIOUS **APPLES** 3 Lb. Bag **68c**



NO SHADOW - Amy Hemons and Kathy Williams checked out the weather for the groundhog during a lull in Sunday's rain and reported that the little rodent could come safely out without seeing his shadow.

Rockfish News

By Mrs. A. A. McInnis

No church news from Tabernacle Church this week, but the pastor's son, Larry Strickland of Greensboro, spent the weekend with his parents, Mr. and Mrs. Carl Strickland.

Pittman Grove Church had the usual service Sunday with very good attendance. The WMU of Pittman Grove Church met at the church Monday night.

No news from Parker Church or Galatia, but they are having the usual services and officers of the church meetings.

Mrs. George Dees was able to attend services at Tabernacle Church last Sunday for the first time since she was injured in a fall several weeks ago.

WMU meets

The Bible Study group of Tabernacle Church met Monday a.m. with Mrs. P.C. English. The Mission in Action group met Monday night with Mrs. Bruce Dees.

Sunday p.m., a group of women from Tabernacle Church visited Miss Lillie Wood of Golden Years Rest Home, Falcon. They were Mrs. Louise Watson, Mrs. Guy Berry, Mrs. W.G. Wright and Mrs. Ernest Capps. They took her a sunshine basket from WMU. She was glad to see them and seemed to be doing very well.

Mrs. Johnny Allen and daughter, Teresa, visited her daughters, Sandra and Shirley, of Charleston, S.C., over the weekend.

Mrs. Nellie Brock and Mrs. June Rogers went to Rogers and Breece Funeral Home in Fayetteville Sunday night to pay their respects and meet the relatives of Mrs. Eva Brock, whose body was there.

Mr. and Mrs. Hubert Allen and daughter, Jennie of Selma, Mr. and Mrs. L. D. Long of Gallup Acres, and Mrs. Mike Udeck and son Paul Douglas were visitors in the home of Mr. and Mrs. Alfred Long Sunday night.

Mrs. R.H. Gibson's Sunday dinner guests were Mrs. Harvey Thornton and children, Nancy, Robert and Kris, of Fayetteville.

Mrs. E.T. Brock, Jr., of Cumberland is a patient at Cape Fear Valley Hospital since the past weekend. She had flu and other respiratory ailments that she could not overcome at home.

Mrs. A.W. Wood, Mrs. Douglas Monroe and Mrs. Ronald Monroe and son, Bryan, visited Mrs. Wood's sisters, Mrs. J.B. Cole and Mrs. Laval Osteen, of Dillon, S.C., last Thursday.

Mrs. R.V. Tanner spent the past weekend with Mr. and Mrs. Tommy Tanner of Lumberton.

Mr. and Mrs. Omer Register and Mrs. Clara Everett visited Mrs. J.E. Wood at Cape Fear Valley Hospital Sunday night.

Mr. and Mrs. Bill Clipson of Annapolis, Md., visited her parents, Mr. and Mrs. A.A. Ray and son, Thomas, over the past weekend.

Duncan McCraney had flu last week and over the weekend, but he is probably over it by now, if he didn't get out too soon.

B.B. Bostic visited his brother, Gardner Bostic, at Southeastern General Hospital, Lumberton, Sunday, and several days before, since he had major surgery on Wednesday of last week. He was doing as well as could be expected after such an operation.

Mrs. M.L. Wood's mother, Mrs. Ollie Muse of Hope Mills, is very sick, but how serious her illness is not known at this time.

Thomas Ray got home last week after having surgery at Cape Fear Valley Hospital.

Mrs. J.E. Wood was admitted to Cape Fear Valley Hospital on Tuesday of last week. She was stricken with paralysis and was not doing well at last account.

Mr. and Mrs. James E. McInnis of Fayetteville were dinner guests of Thomas McInnis and his mother, Sunday, after attending services at Westminster Church, Fayetteville, where he was ordained as an Elder, Sunday.

Mr. and Mrs. Daniel F. McInnis of Raeford were Sunday night supper guests of Mrs. A.A. McInnis and Thomas and that means just what it says "Sunday night supper". A lot of people know what that means for that is when they have balanced rations, the balance from dinner.

Mr. and Mrs. L.D. Long and Mr. and Mrs. Mike Udeck and son, Paul Douglas of Gallup Acres, were guests of Mrs. N.J. Ritter Sunday afternoon and also they visited Mrs. Louise Watson and Miss Nellie McFadyen.

Mr. and Mrs. Will Monroe's news this week is that they didn't have any extra company Sunday.

Mrs. T.J. Russell and her granddaughter, Beth Peed of Rocky Mount, visited her sisters, Mrs. C. B. Oliver and Miss Lucy Smith of Fairmont, Saturday, and her sisters, Misses Carrie and Maggie Smith and Mrs. J.D. McInnis of Wagram, Saturday night. After attending services at Galatia Church Sunday morning they had dinner with Thomas McInnis and his mother before returning home Sunday p.m.

Comment

No wonder the Rockfish news is short. People can't stir around to make any news when there is flu one week and sleet and snow the next.

School Menu

FRIDAY, FEB. 7
Beef Vegetable Soup
Peanut Butter & Jelly Sandwich
Applesauce Cake
Milk

MONDAY, FEB. 10
Hot Dog on Bun w/Chili
Slaw w/Carrots - A.C.
French Fries w/Catsup
Cookie
Milk

TUESDAY, FEB. 11
Smoked Sausage
Steamed Cabbage - C
Candied Sweet Potatoes - A
Angel Biscuits
Milk

WEDNESDAY, FEB. 12
Beef-A-Roni
Green Beans
Rolls
Peanut Butter Cake
Orange Juice - C
Milk

THURSDAY, FEB. 13
Fried Chicken
Rice
Peas & Carrots - A
Cranberry Sauce
Orange Pop-Cicle - C
Rolls
Milk

ANN PAGE

PEANUT BUTTER

CREAMY SMOOTH 18-Oz. Jar **83c**

CRISP FRESH

A&P SALTINE CRACKERS

1-Lb. Pkg. **49c**

HORMEL

VIENNA SAUSAGE

CHECK & COMPAR 3 5-Oz. Cans **\$1.**

DRIED

PINTO BEANS

2 Lb. Bag **78c**

MARVEL SANDWICH SLICED WHITE

BREAD

3 1 1/2-Lb. Loaves **\$1**

JANE PARKER WHOLE CRESCENT

• **POUND CAKE** 30-Oz. Pkg. **99c**

JANE PARKER

• **CAKE** ANGEL FOOD 16-Oz. Ring **89c**

JANE PARKER BAKE N' SERVE

ROLLS : WHEAT TWIN

2 12-Oz. Pkgs. **79c**

A&P FROZEN • CHOPPED OR LEAF

SPINACH 5 10-Oz. Pkgs. **\$1**

OUR FINEST

ANN PAGE MAYONNAISE 99c

LONG GRAIN

A&P RICE 3 Lb. Pkg. **98c**

A&P Reg., Manthel, Lemon Lime

SHAVING CREAM 11-Oz. Can **59c**

HABISCO

RITZ CRACKERS 12-Oz. Pkg. **65c**

REGULAR, DRIP, OR ELECTRA PERK

MAXWELL HOUSE COFFEE

1-Lb. Bag **99c**

A&P FACIAL

TISSUE

• WHITE • YELLOW • PINK • LIMIT FOUR 2 200-Ct. Pkgs. **78c**

ANN PAGE TOMATO

KETCHUP

LIMIT 3 PLEASE 20-Oz. Bot. **48c**

BIG VALUE

SAIL LAUNDRY DETERGENT

PRE-PRICED 49-OZ. PKG. BLUE OR WHITE **99c**

\$200 OFF

JANE PARKER FRUIT CAKE

BIG 5-LB. RING GREAT BUY ONLY **\$4.99**

WITH COUPON

SAVE \$2.00

FRUIT CAKE 5-Lb. Ring **\$4.99**

LIMIT ONE - EXPIRES FEB. 8, 1975