



PRICES SLASHED

WHERE ECONOMY ORIGINATES

SUPER BUYS...SUPER SAVINGS!

PRICES IN THIS AD EFFECTIVE THROUGH SATURDAY, MARCH 15 AT A&P IN RAEFORD.

A&P SUPER BUY

FROZEN TROPICANA Orange Juice

6-Oz. Cans
LIMIT 6 WITH \$10 OR MORE PURCHASE

6 88¢

A&P SUPER BUY

FRESHLY BAKED MARVEL White Bread

1-Lb. Loaf
LIMIT 6 LOAVES WITH \$10 OR MORE PURCHASE

19¢

A&P SUPER BUY

GRANULATED A&P Sugar

5 Lb. Bag
LIMIT ONE WITH \$10 OR MORE PURCHASE

\$2.29

A&P SUPER BUY

SOLIDS OR QTRS. NUTLEY Margarine

1-Lb. Pkg.
LIMIT 4 WITH \$10 OR MORE PURCHASE

36¢

A&P SUPER BUY

SLICED Allgood Brand Bacon

1-Lb. Pkg.
LIMIT 3 WITH \$10 OR MORE PURCHASE

98¢

A&P SUPER BUY

U.S. #1 ALL PURPOSE WHITE Potatoes

10 Lb. Bag

47¢

ANN PAGE

Mayonnaise

Quart Jar

99¢

A SUPER BLEND, RICH IN BRAZILIAN COFFEES

Eight O'Clock Coffee

NEW LOW RETAIL

1-Lb. Bag **89¢** 3-Lb. Bag **\$2.59**

A&P INSTANT NONFAT Dry Milk

64-Oz. Pkg. Makes 20 Qts.

\$3.49

JANE PARKER HOT DOG OR Hamburger Rolls

3 8-Ct. 10-Oz. Pkgs.

\$1

Mix Or Match Sale RED RIPE - CARTON

Tomatoes

A&P SLAW OR SALAD MIX

CALIFORNIA Avocados

3 FOR \$1

A&P CRACKERS Saltines

1-Lb. Pkg. **49¢**

SULTANA Pork & Beans

5 16-Oz. Cans **\$1**

SUPERFINE Lima Beans

GREEN & WHITE 3 16-Oz. Cans **88¢**

SUPERFINE Shoe Peg Corn

WHITE 3 16-Oz. Cans **98¢**

"SUPER-RIGHT" HEAVY WESTERN GRAIN FED BEEF

CHUCK Roast

Bone-In NONE PRICED HIGHER Lb.

66¢

ST. PATRICK'S DAY MEAT VALUES—A&P

Corned Beef Brisket lb. **\$1.49**

"SUPER-RIGHT" HEAVY WESTERN GRAIN FED BEEF

Steak (Bone In) CHUCK lb. **76¢**

"SUPER-RIGHT" GRAIN FED Fresh Pork Picnics lb. **65¢**

A&P ALL MEAT Skinless Franks 2-lb. Pkg. **\$1.59**

A&P Sliced Bologna 1-lb. Pkg. **99¢**

BY THE PIECE A&P Liver Sausage lb. **59¢**

SULTANA FROZEN MEAT Dinners 11 oz. Pkg. **49¢**

Pepsi Cola or Coca Cola

Carton of 6 - 32 oz. Bottles

\$1.89 Plus Deposit

SAVE 20¢ WITH COUPON BELOW

Frozen French Fried A&P Potatoes

REGULAR OR CRINKLE CUT

5 Lb. Bag **98¢**

NEW! GILLETTE Right Guard

DOUBLE PROTECTION ANTI-PERSPIRANT

REGULAR UNSCENTED

SAVE 50¢

5-Oz. Can **69¢**

A&P WED COUPON

A&P FROZEN French Fried Potatoes

WITH THIS COUPON PAY ONLY

5 Lb. Bag **98¢**

GOOD THRU SAT., MARCH 15

LIMIT ONE PLEASE

Hoke ASCS

by Thomas R. Burgess

1975 FLUE-CURED TOBACCO PROGRAM - Income from the production of flue-cured tobacco continues to be the principal source of farm income in North Carolina. Flue-cured tobacco producers are now making final plans for their 1975 crop.

Some of the key features of the 1975 program that growers need to remember as they complete plans for this year. Basic farm quotas were increased by 15% for 1975. Individual notices giving the acreage and quotas have been mailed to all producers. Flue-cured growers will not be required to stay within their allotments in order to qualify for price support on up to 110% of their basic quota in 1975 marketings. Producers may market up to 110% of the farm's poundage quota without penalty. However, any sales above 100% will be deducted from the 1976 quota. Sales above 110% are subject to marketing quota penalties. The ban on the use of DDT and TDE is continued in 1975. Producers must certify they have not used these pesticides if they are to be eligible for price support. The discount variety program is also in effect for 1975. Price support on these varieties will be at 50% of the rate of acceptable varieties. Flue-cured tobacco may be transferred by lease from one farm to another farm within the county. This feature will remain as in previous years. The grower designation of markets initiated in 1974 will be continued in 1975. The sign-up period for growers to designate markets will begin March 3 and continue through April 4.

These are only a few of the key features of the 1975 flue-cured tobacco program. Any grower with questions about any phase of the program should contact their local ASCS Office.

TRANSFER OF ALLOTMENTS - The time of year has arrived when many North Carolina farmers are finalizing their plans to lease and transfer cotton and tobacco allotments from one farm to another in order to take better advantage of their land, equipment, labor, etc. Therefore, producers are reminded of several important facts concerning lease and transfer and of their responsibilities in the transaction.

1. **FLUE-CURED TOBACCO ALLOTMENT AND QUOTA** can be leased and transferred within a given county for a period of from one to five years. The final date for filing an application with the County ASCS office is November 30 of the current crop year. Additional restrictions or eligibility requirements apply to transfers filed after June 14 where transferring farms have a basic quota of more than 2,000. 2. **COTTON ALLOTMENT** may be transferred by either lease or sale. Each county committee makes the determination on out-of-county transfers for its county. The final date for filing an application is March 10 in Western counties and April 1 in Eastern counties. This is also the final date to release cotton acreage or request cotton acreage from the county's "released Pool."

Local county ASCS offices maintain bulletin boards as a service to producers who wish to lease allotment or quota either to their farm or away from their farm. Also, the employees of these offices are most anxious to help anyone who wants information on the transfer of allotment or quota.

USDA DECREASES LOAN INTEREST RATES - Acting Secretary of Agriculture J. Phil Campbell on March 4 announced a decrease, effective April 1, in the interest rate on U.S. Department of Agriculture price support commodity loans and storage facility and drying equipment loans. The decrease, from 9.375 to 6.125 per cent per annum, reflects a decrease to the Commodity Credit Corporation in the cost of money that it borrows.

The decreased rate of interest will apply to outstanding loans, for which applications have been received on or after Oct. 1, 1974, and to new loans disbursed on and after April 1. The adjustment of the interest rate on outstanding loans is in accordance with the policy announced last Oct. 1.

The first International Conference of Girl Guides and Girl Scouts was held at Oxford, England, in 1920.



UNEXPECTED INTRUSION - A car crashed into the front of the Super Dollar Store on South Main early Saturday morning, breaking the glass.

From The Home Agent's Desk

By Ellen Willis & Brenda Canady

Hint

Don't throw away your old powder puffs. Instead wash them in soapy water, rinse well, and then thoroughly dry. Use them for polishing silverware, copper, or brass.

Schedule

Wednesday - Thursday, March 12-13, Mrs. Willis and Mrs. Herman Koonce will attend Cultural Arts Seminar in Winston Salem.

Thursday, March 13, 3:00 P.M. Allendale-Antioch Extension Homemakers meeting with Mrs. John Schell.

Monday, March 17, 8:30 A.M. Staff Conference.

Monday, March 17, 7:30 P.M. Phillip Extension Homemakers meeting with Mrs. June Rogers.

Tuesday, March 18, 12:10 P.M. Group will meet in kitchen of County Office Building.

Wednesday, March 19, 9:00 A.M. Interagency Council meeting.

Super Snackin'

This is an exciting time, nutritionally, in man's history. For centuries -- his main concern has been eating enough food for survival. If he ate enough, he lived; if the quantity dropped below his needs, he died. The amount of food available determined whether an infant survived, as well as the adult's productiveness and life expectancy.

Today's American family need no longer worry about the quantity available. The supply is plentiful. Except for those in extreme poverty or those of means who neglect their food choices -- everyone has the opportunity to improve his life by eating a better diet.

Our thoughts can now turn to the quality of food as it affects the quality of life. The supermarket offers a wide variety of choices -- perhaps too many for some of us to handle. Five thousand television commercials a year tell the child about candies, soft drinks and other "fun" foods, but hardly anything about their nutritive value or what other foods need to be eaten with them.

Teenagers are in even worse shape nutritionally. Because of the teenage growth spurt, they need more food and nutrients than at any other time of life except infancy. Unfortunately, many teens fill up on hamburgers, fries, soft drinks and candy. There's nothing wrong with these foods, except when they become the only items in the diet. Teenagers need fruits, vegetables, milk and other dairy foods, as well as fats and carbohydrates.

Teens no longer eat most of their

meals at home, nor do they depend upon three meals a day. Instead, snacks and numerous mini-meals typify teenage eating habits, intensifying their need for knowledge about nutrition.

Recent studies on teenage nutrition reveal that about 60 percent of the girls and 40 percent of the boys have inadequate diets. These studies also show that typical teenage diets are below Recommended Dietary Allowances for calcium, vitamin A and vitamin C.

Teens eat when they are hungry. Consequently, they eat foods available at the drop of a coin or the pull of a cupboard or refrigerator door. Instead of criticizing them for eating these foods, i.e., those high in sugar and fat, encourage teens to snack on foods that are better for them and available just as quickly. It's as easy to reach for fresh fruits, vegetables, cheese or a sandwich as it is for foods that are predominantly sugar or fat.

976,469 Cars Fail Inspection

Over one-third of the 3,426,111 automobiles inspected in North Carolina during 1974, failed to pass their original examination, according to Jake Alexander, Commissioner of Motor Vehicles.

Figures compiled by the enforcement and theft division of Motor Vehicles, show that 976,469 vehicles of the 1974 total had equipment defects. Enforcement and theft administrators the automobile inspection program required by the state.

Lights, including headlights and others, topped the list of defective equipment with a total of 758,599. Directional indicators ranked second with 136,127.

Other equipment found defective included wipers, 92,007; foot brakes, 82,777; tires, 81,972; horns, 29,510 and steering mechanisms, 16,653.

There were 5,974 stations and 17,968 mechanics licensed to inspect motor vehicles in North Carolina for the 1974 period.

Classes Out Early

Classes were dismissed early in all schools Tuesday so that teachers could attend a meeting, Hoke High principal Allen Edwards reported.

Students were excused at 2:30 P.M. and all teachers required to be at the meeting, held at Upchurch School.

J.H. AUSTIN

INSURANCE

SINCE 1950

AUTO - FIRE - LIFE CASUALTY

114 W. EDINBOROUGH AVE. PHONE 875-3667

INFLATION FIGHTERS!

Hamburgers 30¢

Hot Dogs 30¢

Snak Pak 99¢

Little Mint

AT THE LITTLE MINT IN RAEFORD