



THE TIME HAS COME TO PUT PRICE & PRIDE TOGETHER AGAIN.



If we can't do it,
nobody can.

PRICES EFFECTIVE THURSDAY, SEPT. 18 THROUGH SATURDAY, SEPT. 20 AT A&P IN RAEFORD, N. C.

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.

Read and Study
the U.S. Constitution
"Constitution Week"
September 17 - 23

THE AWARE SHOPPER
By Barbara Sullivan
A&P Director of Consumer Affairs

Protein Substitutes ... Peas & Beans

Dry beans and their close cousins, dry peas and lentils, are the answer to penny-low and nutrition-high meals. They are among the least expensive sources of protein, iron and B-Vitamins. To get the most value from your bean dishes, include complementary proteins in your menu like—eggs, cheese, milk, or nuts.

Most beans and peas require soaking before cooking. For a good shortcut, start by boiling them for 2 minutes then remove from heat, soak an hour and they're ready to cook. Read package directions because some varieties are presoaked. If you want really great flavor, use chicken or beef broth instead of water.

Cooking time varies with type. Allow about 2 hours for black and split green or yellow peas. Lima beans need 45 minutes to an hour. Great Northern beans require 1 to 1½ hours. And lentils and black-eyed peas need only ½ hour.

Add one teaspoon salt per cup of dry beans or peas, and flavorings such as onions and herbs when cooking. Simmer gently and stir very little to prevent breaking of skins.

Always remember to allow room for expansion when cooking. 1 cup of beans gives you 2 to 2½ cups cooked beans.

AP We Owe You More Than Just Food

SUPER BUY

Crisco Oil 88¢
24 Oz. Bottle
Limit 1 With \$7.50 Order

SUPER BUY

Thompson
Seedless Grapes 3 Lbs. \$1

For Your Shopping Convenience
Your Raeford A&P Is Now Open
Monday through Saturday
8:30 AM - to 9:00 PM
Sunday 1:00 - 6:00 PM

SUPER BUY

"Super Right" Heavy Western Grain Fed Beef
Sirloin Tip Roast \$1.39
Lb.

SULTANA MAYONNAISE
Qt. Jar
68¢

SUPER BUY

Beale's Country Cured
Hams \$1.18
10 to 14 Lb. Avg.
Butt Half \$1.28
Shank Half \$1.38
Ham Sliced \$1.38 Lb.

Bakery
Marvel Sandwich Sliced
White Bread 3 1½ Lb. Loaves \$1
Jane Parker
Giant Gold Loaf 26 Oz. Pkg. 99¢

Fruits & Vegetables
Washington State
Bartlett Pears 4 Lbs. \$1
Mix or Match Sale
Your Choice
Fresh Carrots 2 Lb. Pkg. \$1
Celery Stalks 1-Lb. Pkg. 3 for \$1

A&P Pure (5 Lb. Pkg.)
Ground Beef Lb. 79¢
"Super Right"
Sliced Beef Liver Lb. 69¢
"Super-Right" Heavy Western Grain Fed Beef
Sirloin Tip Steak Boneless Lb. \$1.49
Cubed Round Steak Lb. \$1.00
Freshly Ground Round Lb. \$1.30

"Super Right" Heavy Western Grain Fed Beef
Whole Beef Loin \$1.38
CUT FREE INTO STEAKS AND TRIMMINGS 45 to 55 Lb. Average Lb.
Oscar Mayer Meats
Sliced Bologna Thick Sliced All Meat All Beef 12 Oz. Pkg. 99¢
All Meat Wieners or Beef Franks 1-Lb. Pkg. \$1.19
Link Pork Sausage Lb. \$1.69

100% Pure Florida Orange Juice
A&P Concentrated Frozen
Orange Juice 3 12 Oz. Cans \$1
Bremner
Saltine Crackers 2 1-Lb. Pkgs. 89¢

Carnation Instant Nonfat
Dry Milk 20 Qt. Pkg. \$3.99
A&P
Apple Sauce 4 16 Oz. Cans \$1
Smucker's
Grape Jelly 2 Lb. Jar 99¢

Pillsbury Hungry Jack Mashed
Potatoes 32 Oz. Pkg. 99¢
Bush's Spinach or
Chopped Kraut 4 15 Oz. Cans \$1
Your Choice
Bush's
Baby Butter Beans 5 15 Oz. Cans \$1
OR
• Blackeye Peas
• Turnip Greens
Your Choice

USDA INSPECTED
Box-O-Chicken 49¢
• 3 Breast Qtrs.
• 3 Leg Qtrs.
• 3 Giblet Packs
• 3 Wings • 3 Necks Lb.
Turkey Hindquarters Lb. 39¢
FROZEN FISH—HEADLESS AND DRESSED
Frozen Whiting Lb. 49¢ 5-Lb. Pkg. \$1.99
FROZEN—CELLO WRAPPED
Ocean Perch Fillets Lb. 89¢
FROZEN FISH
Turbot Fillets Lb. 79¢
Jesse Jones Franks 12-Oz. Pkg. 99¢
JESSE JONES
Pure Pork Sausage 12 Oz. Pkg. \$1.19
A&P
All Meat Franks 2-Lb. Pkg. \$1.79
Allgood Sliced
Bacon 1-Lb. Pkg. \$1.59

Field Trial Chunks or
Dog Ration 25 Lb. Bag \$2.98

A&P FROZEN FRENCH FRIED
Potatoes 2 2-Lb. Bags 99¢
Morton Frozen
Apple Pies 24 Oz. Pkg. 59¢

ANN PAGE BICENTENNIAL
Preserves 1 Lb. Jar 59¢
Damson Plum, Apricot, Orange Marmalade
Regular 89¢
NOW

Duncan Hines — White, Yellow
Cake Mixes 18½ Oz. Pkg. 69¢
A&P Virginia
Salted Peanuts 13 Oz. Pkg. 79¢
A&P — White, Yellow, Pink
Facial Tissue 2 200 Ct. Pkgs. 89¢

Marcal Paper Towels 2 Jumbo Rolls 79¢

ORANGE OR GRAPE
Hi-C Drinks 46 Oz. Can 49¢
ORANGE
Noodles With Cheese 8½ Oz. Pkg. 35¢
Wonderfoil Aluminum Foil Wrap 2 12" x 25' Rolls 59¢

25¢ OFF LABEL
Tide Laundry Detergent 64 Oz. Pkg. \$1.00
BODY BAR WITH BATH OIL
Caress 4½ Oz. Bar 33¢
HEAVY DUTY LIQUID DETERGENT
Era Detergent 1-Gal. Jug \$4.00

BARBARA DEE
Nutter Butters 13½ Oz. Pkg. 69¢
KEEBLER
Zesta Saltines 1-Lb. Pkg. 55¢
Barbara Dee
Cookies 1-Lb. Pkg. 59¢
Chocolate Chip Butter Assorted

LISTERINE Two 14 Oz. Bottles \$1.69

Family Size
Pepsodent Toothpaste 7-Oz. Tube 59¢
Save 66¢

VO-5 Hair Spray Regular or Hard To Hold 16 Oz. Can \$1.19
Save \$1.00