



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.

PRICES EFFECTIVE THRU SAT., MAY 8 AT A&P IN RAEFORD, N.C.

**GENUINE IMPORTED STONEWARE**  
From the Highland Floral Collection.  
**A GREAT VALUE AT A GREAT PRICE!**  
THIS WEEK'S FEATURE ITEM  
**Bread & Butter Plate** **69¢**  
With Each 5.00 Purchase PER PLACE SETTING PIECE

**A&P COUPON**  
SAVE 50%  
When You Purchase A  
Reg. 5.99 **Salt and Pepper Shaker** 5.49  
With This Coupon You Pay Only #660  
Good Thru Sat., May 8

HELPING PEOPLE TO LIVE WITH *change*

by Ellen S. Willis  
Home Economics Extension Agent

**Schedule**  
Thursday, May 13, 1982, 2:30 p.m.  
Allendale-Antioch Extension Homemakers Club Meeting.

**Hint**  
A finger cut from an old rubber glove and slipped over the top of a broom will keep the broom from falling when leaned against a wall.

**LUNCHES ON A STICK**  
Add a touch of creativity to brown-bag lunches by packing lunchtime treats on a stick. These alternatives to sandwiches stress nutrition and taste good too.

Try meat and vegetable kebobs to make good use of leftovers. Salad on a stick will please dieters and other nutrition-conscious eaters. Pineapple yummies end a brown-bag meal with a sweet touch. Cheese fun snacks provide a novel treat for brown-bag toters of all ages.

**Meat and Vegetable Kebobs.** Leftover meat such as beef or pork roast, ham, chicken, or turkey can be cut in one inch cubes to use for a tasty lunch treat. Thread the meat on small, disposable skewers alternating with olives, cherry tomatoes, and/or chunks of celery, cucumber, carrot, green pepper, or other fresh vegetable favorites. Slip the kebobs in a zip sandwich bag to keep the food fresh, and pack with a spillproof container of your favorite salad dressing. Dip meat and vegetables in the dressing to eat.

**Salad on a Skewer.** If you want to pack a surprise to add flavor and variety to your favorite sandwich, try these salads on a stick. Slide chunks of two or more of your favorite fresh vegetables - anything from avocado to zucchini - onto a small bamboo or wooden skewer. Wrap in a damp paper towel, then place in a zip sandwich bag to keep vegetables crisp. Pack with a spillproof container of dip made by combining one or two tablespoons (according to taste) of your favorite powdered ranch style salad dressing with a carton of low-fat, plain yogurt for low calorie goodness. Fruit on a skewer provides a sweet, nutritious treat at lunch time. Soak one inch chunks of banana, apple, or fresh peach in orange or pineapple juice 10 to 15 minutes. Drain and slide on a small skewer, alternating fruits with chunk pineapple, slices of orange, or other fresh fruits. You may want to add large marshmallows or maraschino cherries as well. Pack these easy to eat treats in zip sandwich bags to keep fruit fresh.

**Pineapple Yummies.** Slide chunk pineapple onto a small skewer, then coat or dip in honey mixed with a little water to spread more easily. Dip in toasted coconut flakes or shreds. This yummy dessert will highlight any brown bag lunch.

**Cheese Fun Snacks.** Cut any firm cheese (Cheddar or Swiss, for example) into 1-1/2 inch cubes. Skewer one or two cubes into a pretzel stick, then slip your snacks into a zip sandwich bag. Pack your favorite pickles in a separate zip sandwich bag. These snacks make a scrumptious pick me up at break or lunchtime.

**Lumber Bridge News**

by Lib Sumner

Presbyterian Church - May 2, 1982. The sermon, "The Self-Cleaning Christian," by the pastor, Dr. Gustafson.

Women of the Church Retreat for Fayetteville Presbytery is scheduled for May 21 and 22, 1982, at Camp Monroe.

Baptist Church  
Preaching Sunday's 2nd and 4th Sunday of each month at eleven o'clock.

Youth In Action Group met Tuesday evening at 4:00 p.m. with Mrs. Mavis Foster, in charge of the program.

Sunday - May 23rd is designated as Youth Sunday. The dedication of parents and small children during the morning service.

Congratulations to Beth Shook on making the Flora Macdonald Academy Honor Roll for the recently completed fourth 6-week grading period.

Col. and Mrs. F.R. Weber attended the Alumnae Day festivities on April 17th at Flora Macdonald Academy. Mrs. Weber is a graduate of the last class of Flora Macdonald College. Both she and the Colonel were members of the faculty at Vardell Hall.

Mrs. Jon Evans and daughter, Allison and Susan of Raleigh visited her mother, Mrs. John Covington, Saturday and Sunday.

Glad to report that Mrs. J.M. McGougan has been feeling better for the past several weeks.

If you need plants for the yard or house - visit the new nursery. The Hopkins Nursery, phone # 843-3458.

**P Poultry Specials**  
U.S.D.A. INSPECTED FRESH  
**Baking Hens**  
**49¢**  
lb.

**The Butcher Shop**  
with supermarket prices  
**P Meat Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE  
**Bottom & Eye Rounds**  
**169**  
lb. 20-26 lb. avg.

**P Pork Specials**  
EXTRA LEAN SPECIAL TRIM COUNTRY FARM ASSORTED  
**Pork Chops**  
**149**  
lb. 8 lbs. or more

U.S.D.A. INSPECTED  
**Box-O-Chicken**  
**49¢**  
lb.  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS BOTTOM  
**Round Roast** Steak lb. 2.59 **249**  
U.S.D.A. INSPECTED FRESH WHOLE  
**Fryer Legs** lb. **89¢**  
EXTRA LEAN SPECIAL TRIM COUNTRY FARM  
**1/4 Pork Loin** lb. **169**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Sirloin Tip Boneless Roast** lb. **249**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BOTTOM ROUND  
**London Broil** lb. **269**  
MARKET STYLE  
**Ground Beef** (3 lbs. or more) lb. **129**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS  
**Rib Eye Steak** lb. **499**

BLUE RIDGE BRAND  
**Sliced Bacon** 1-lb. pkg. **119**  
HILLSHIRE FARM  
**Smoked Sausage** 1-lb. pkg. **229**  
HOLLY FARMS (BOLOGNA LB. 99¢)  
**Chicken Franks** 1-lb. pkg. **89¢**  
BONELESS  
**Buffet Ham** lb. **199**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Cubed Steak** lb. **299**  
OSCAR MAYER (BEEF LB. 1.89)  
**Meat Weiners** 1-lb. pkg. **179**  
OSCAR MAYER  
**Smokie Links** 12 oz. pkg. **199**  
OSCAR MAYER BEEF OR MEAT (12 OZ. 1.49)  
**Sliced Bologna** 8 oz. pkg. **99¢**

**P Dairy Specials**  
OLD SOUTH  
**Orange Juice**  
**99¢**  
64 oz. ctn.

**THE FARM**  
Fresh With Quality  
LARGE LUSCIOUS RED RIPE  
**Strawberries**  
**99¢**  
Pie Glaze 15 oz. jar **89¢**  
JANE PARKER Shortcakes 6 ct. pkg. **69¢** qt. basket

**P Frozen Specials**  
CRISP CRUST EXTRA!  
**Totino's Pizza**  
Save 40¢  
12 oz. pkg. **99¢**  
Canadian Bacon  
Pepperoni  
Sausage  
Hamburger

IN QUARTERS  
**Land-O' Lakes Margarine** 2 1-lb. pkgs. **100**

GOLDEN YELLOW  
**Dole Bananas** 3 lbs. only **100**  
EASTERN GROWN  
**Russet Potatoes** 10 lb. bag **169**  
RED RIPE SALAD  
**Tomatoes** 26 oz. family pk. **99¢**

FLORIDA GROWN SWEET  
**White Corn** 7 large ears **99¢**  
RED RIPE SWEET  
**Watermelon** 1/2 melon only **149**  
SWEET JUICY  
**Pineapple** large 10 size **99¢**

BEEF • CHICKEN • TURKEY  
**Morton Pot Pies** 3 8 oz. pkgs. **100**  
MEAT LOAF • SALIS. STEAK • CHICKEN • TURKEY  
**Morton Dinners** 11 oz. pkg. **79¢**  
DULANY BUTTER PEAS OR  
**Cut Okra** 16 oz. pkg. **109**  
ANN PAGE  
**Twin Pops** 12 ct. pkg. **109**

**P Weekly Specials**  
**Coke, Sprite, Tab, Mellow Yello**  
**119**  
7 LITER N.B.

**P Grocery Specials**  
SUNSHINE  
**Krispy Crackers**  
**59¢**  
16 oz. pkg.

**P Grocery Specials**  
LUCKY LEAF  
**Apple Juice**  
**129**  
64 oz. btl.

**P Frozen Specials**  
BREYERS  
**Ice Cream**  
**229**  
1/2 gal. ctn. Save 70¢

LUNCHEON SIZE  
**Scott Napkins** 160 ct. pkg. **79¢**  
LAUNDRY DETERGENT  
**Super Suds** 40 oz. pkg. **129**  
TWIN PET CHICKEN • REGULAR • BEEF  
**Dog Food** 5 15 oz. cans **100**

Regular or Light  
**Schlitz Beer**  
Ctn. of 6 12 oz. btls. **219**  
GOOD ONLY IN RAEFORD, N.C.

SAVE ON  
**Greer Tomatoes** 3 16 oz. cans **109**  
SAVE ON  
**Greer Peaches** 29 oz. can **59¢**  
ANN PAGE REGULAR • RIPPLED  
**Potato Chips** 8 oz. twin pack **89¢**

REGULAR 7 OZ. OR NEW GEL.  
**Colgate Toothpaste** 6.4 oz. tube **129**  
CONDITIONER OR (NORMAL • OILY • EX BODY)  
**L'Oreal Shampoo** 16 oz. btl. **139**  
REGULAR, SPECIAL, LIME  
**Edge Shaving Gel** 7 oz. can **147**

**P SUPER SAVER COUPON**  
ALL VARIETIES  
**Duncan Hines** 18 1/2 oz. pkg. **49¢**  
Cake Mixes  
Limit One With Coupon and 7.50 Order  
#674  
GOOD THRU SAT., MAY 8 AT A&P IN RAEFORD, N.C.

**P SUPER SAVER COUPON**  
A SUPERB BLEND, RICH IN BRAZILIAN COFFEE  
**Eight O'Clock** 1-lb. bag **169**  
Bean Coffee  
Limit One With Coupon and 7.50 Order  
#673  
GOOD THRU SAT., MAY 8 AT A&P IN RAEFORD, N.C.

**P SUPER SAVER COUPON**  
WHITE  
**Cottonelle** 6 roll pkg. **99¢**  
Bath Tissue  
Limit One With Coupon and 7.50 Order  
#675  
GOOD THRU SAT., MAY 8 AT A&P IN RAEFORD, N.C.

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

Edenborough Shopping Center  
Raeford, N.C.