



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., JULY 17 AT A&P IN RAEFORD, N.C.

# LOW SODIUM RECIPES

## FOR THE BALANCED MEAL

### • HERB MEATLOAF •

- 1-lb. lean ground beef
- 1 shredded wheat biscuit
- 1/4 cup minced onion
- 1 egg
- 1/4 teaspoon summer savory
- 1/2 teaspoon sweet basil
- 1/4 teaspoon black pepper
- 1/4 cup milk

Pre-heat oven to 350° F. Mix all ingredients together in a bowl thoroughly, spread in lightly oiled loaf pan and bake for sixty minutes. Loaf will be moist.

This week, A&P is starting a series of recipes for dishes that are low in sodium. Many people are concerned with limiting sodium in their diets for health reasons. Watch this column for the next several weeks and combine these recipes to make a well balanced low sodium meal.



### Background Scripture:

Acts 10.

### Devotional Reading:

Romans 10:5-13.

Kathryn Kuhlman, the late great evangelist and healer, once said that she used to teach that, if a person had faith, they would be healed, and, if they weren't healed, it was because they didn't have faith. But she had to stop making that pronouncement, because, as she put it, "God didn't co-operate with me."

Many of us have made similar discoveries in our experience. Whenever we become too smug about our religious beliefs, whenever we assume that we have God pretty well boxed in by our doctrines, rituals or religious lifestyles, we are likely to be rudely awakened to the realization that God far transcends even the best of our religious convictions. God is too big to be fitted into our hip pocket - the place where so many of us seem to think we've got him.

Simon Peter had such an experience. In his dream/vision on the rooftop, Peter is instructed to kill and eat some of the animals that have been lowered from heaven in a great sheet. But Peter cannot bring himself to do so: his strong convictions as a Jew make it seem impossible to eat animals that, according to the Jewish law, would make him spiritually "unclean." So, despite the heavenly command, Peter says, "No, Lord; for I have never eaten anything that is common or unclean."

Obviously, Peter's Jewish concepts are strong enough so that he is willing to deny the heavenly voice. Although God says to him, "Rise, Peter; kill and eat," Peter feels it necessary to remind God that the animals would desecrate his purity. Peter decides to hearken to his traditions, instead of to his revelation.

This is still a very common experience. Much of the evil that "good people" do in this world is the result, not of not knowing what God wants of us, but of saying "No" to him because his will does not fit into our preconceived ideas. Our concept of what is "common" or "unclean" in God's sight is usually a reflection of our own prejudices, not the heart of our God. "What God has cleansed you must not call common."

At last, Peter obeyed the vision that told him to go to Joppa. There, another surprise awaited him, for while he was preaching to these Gentiles, "the Holy Spirit fell on all who heard the word." And the people who witnessed this were dumbfounded: "...the believers from among the circumcized who came with Peter were amazed, because the gift of the Holy Spirit has been poured out even on the Gentiles."

They had assumed that the Holy Spirit was their private possession. They believed that they knew all about the workings of the Holy Spirit. As they saw it, the Holy Spirit operated within their little man-made systems and was captive to their religious convictions.

But they were wrong - dead wrong - for the Holy Spirit belongs to no one group or person. As Peter finally realized: "Truly I perceive that God shows no partiality." Only people do that.

EXTRA LEAN SPECIAL TRIM COUNTRY FARM HOLLY FARMS  
**Whole Smoked Picnics** lb. **89¢** **Chicken Franks** Chicken Bologna lb. **79¢** 1 lb. pkg.

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A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
Boneless Whole  
**Sirloin Tips**  
Cut Free into Boneless Sirloin Tip Roast and Steaks, Stew Beef and Chopped Sirloin  
**178**  
9 To 12 Lb. Avg. Wt.  
lb.

**The Butcher Shop**  
with supermarket prices  
**Meat Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Round Steak**  
Full Cut Bone In  
**188**  
lb.

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U.S.D.A. INSPECTED FRESH  
**Box-O-Chicken**  
Limit 4 Please  
**45¢**  
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BLUE RIDGE BRAND  
**Sliced Bacon** 1 lb. pkg. **129**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—BONE IN  
**Sirloin Steak** T-Bone lb. **389**

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**Cubed Steak** lb. **289**

BALL PARK  
**Meat Franks** Beef lb. 2.09 1 lb. pkg. **199**  
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**Meat Bologna** Beef lb. 1.69 1 lb. pkg. **159**

WISCONSIN MILD CHEDDAR OLD FASHIONED  
**Hoop Cheese** lb. **199**  
INDIVIDUAL QUICK FROZEN  
**Flounder Fillets** lb. **99¢**

**Dairy Specials**  
A&P CHILLED  
**Orange Juice**  
1/2 gallon carton  
**99¢**

**THE FARM**  
A&P  
Fresh With Quality  
RED RIPE SWEET JUICY  
**Watermelon**  
20 Lb. Avg. Weight  
**169**  
each only

**Frozen Specials**  
SAUSAGE COMBINATION PEPPERONI  
**Mr. P's Pizza**  
10 oz. pkg.  
**79¢**

IN QUARTERS  
**Blue Bonnet Margarine** 2 1 lb. pkgs. **100**

ANN PAGE  
**Biscuits** Butter-Me-Not 2 9 1/2 oz. cans **99¢**  
SEALTEST  
**Cottage Cheese** 24 oz. pkg. **129**  
ANN PAGE—INDIVIDUALLY WRAPPED  
**Cheese Food Slices** 16 oz. pkg. **199**

EMERALD GREEN SWEET  
**Honeydews** Large 8 Size **99¢**  
FLORIDA—150 SIZE  
**Seedless Limes** 10 for only **79¢**  
NORTH CAROLINA GROWN  
**Tomatoes** Vine Ripened lb. **69¢**

GOLDEN RIPE  
**Bananas** 3 lbs. for **100**  
CALIFORNIA SWEET  
**Nectarines** Large Size lb. **69¢**  
CALIFORNIA PLUMP TASTY  
**Red Plums** lb. **89¢**

SEALTEST ICE MILK  
**Light n Lively** 1/2 gal. ctn. **149** Save 50¢  
BEEF, CHICKEN, TURKEY  
**Morton Pot Pies** 3 8 oz. pkgs. **100**  
MEAT LOAF, SALISBURY STEAK, CHICKEN, TURKEY  
**Morton Dinners** 11 oz. pkg. **79¢**  
ANN PAGE  
**Potatoes** Crinkle Cut 3 9 oz. boxes **100**

**Grocery Specials**  
ANN PAGE  
**Salad Dressing**  
JFG Mayonnaise qt. jar **79¢**  
**89¢**

**Grocery Specials**  
HUNT'S  
**Tomato Ketchup**  
32 oz. btl. **99¢**

**Bakery Specials**  
P&Q BRAND  
**White Bread**  
Sandwich Sliced 24 oz. loaves **299¢**

**Weekly Specials**  
**Coca Cola**  
**\$1.19**  
2 Liter

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**Potato Chips** 8 oz. twin pack **89¢**  
ROOT BEER, COLA, GINGER ALE, LEMON/LIME  
**Diet Shasta** 2 liter bottle **89¢**  
P&Q BRAND  
**Saltine Crackers** 2 1 lb. pkgs. **100**

FAMILY SIZE  
**Lipton Tea Bags** 24 ct. pkg. **129**  
ANN PAGE  
**Apple Juice** 1/2 gal. btl. **129**  
P&Q BRAND  
**Bathroom Tissue** 4 roll pkg. **69¢**

25¢ OFF LABEL  
**Quaker Quick Grits** 5 lb. bag **99¢**  
KRAFT  
**Grape Jelly** 2 lb. jar **99¢**  
DIXIE WHITE  
**Paper Plates** 100 ct. pkg. **99¢**

15¢ OFF LABEL—YOU PAY ONLY  
**Colgate** Tooth Paste Reg. 5 oz. each only **79¢**  
REGULAR, LIME, MINT  
**Old Spice** Stick Deodorant 2.5 oz. stick **129**  
SOLID—SCENTED, UNSCENTED, FRESH  
**Ladies Choice** Anti-Perfapant 2 oz. size **129**

**SUPER SAVER COUPON**  
LIGHT  
**A&P Chunk Tuna**  
In Oil In Water  
5 1/2 oz. can **29¢**  
#548  
LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 17 AT A&P

**SUPER SAVER COUPON**  
PLAIN OR SELF RISING  
**Pillsbury Flour**  
5 lb. bag **69¢**  
#649  
LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 17 AT A&P

**SUPER SAVER COUPON**  
P&Q BRAND  
**Paper Towels**  
BIG ROLL TOWELS  
3 big rolls **100**  
#650  
LIMIT THREE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 17 AT A&P

Edenborough Shopping Center  
Raeford, N.C.

## Ft. Bragg Bid Sale Set

The public is invited to the local Spot Bid Sale July 15 at the Defense Property Disposal Office on Macomb Street, Fort Bragg, beginning at 9 a.m.

Bidder registration begins at 8 a.m. The sale will offer household and office furnishings, office machines, clothing, vehicles, restaurant equipment, televisions, electronic and recreational equipment and many other items. These items are available for inspection daily from 8 a.m. to 3 p.m. at the rear of the bowling alley #3 at Scott Street.

Payment must be cash, personal, business or cashier's checks, money orders or certified checks.

For more information, call the sales section at (919) 396-5222 or visit the property disposal office during the inspection hours.



The tobacco plant belongs to the same family as the tomato and the potato. The family is known as Solanaceae.