



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., JULY 24 AT A&P IN RAEFORD, N.C.

FRESHLY GROUND **Ground Chuck** 3 lbs. or more lb. **179**
 BLUE RIDGE BRAND **Sliced Bacon** 1 lb. pkg. **139**
 LOCALLY GROWN FRESH TENDER **Eggplant** lb. **49¢**

LOW SODIUM RECIPES FOR THE BALANCED MEAL

Last week, A&P started 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.

EASY BAKED EGGPLANT

Preheat oven to 350°F.
 Pare skin from eggplant. Slice into 1/4 inch pieces. Place slices closely together on cookie sheet. Brush tops of the slices with one tablespoon vegetable oil. Bake for twelve minutes. Turn slices and bake about ten minutes longer. Serve at once.

Variations:
 Combine one tablespoon lemon juice with vegetable oil and brush onto slices.
 or
 Combine 1/2 teaspoon minced garlic and oregano with one tablespoon oil. Allow to stand five minutes. Brush mixture onto eggplant slices.
 or
 Slice two ripe tomatoes and place slices on top of eggplant. Sprinkle oregano onto tomato.

change
 Ellen Willis
 Home Economics
 Extension Agent

Hint: Don't set your thermostat at a colder setting than normal when you turn your air-conditioner on. It will NOT cool faster. It WILL cool to a lower temperature than you need and use more energy.

MAKE IT PAY -- MEND GARMENTS

Keeping a garment in good wearing condition may call for repair skills now and then. The key is to catch the damaged area while it is small. The smaller the hole or rip, the less time it takes to mend and the less visible the results will be. Even though the most durable mending is done by machine, hand mending is acceptable. In fact, hand stitches have a decided advantage for hard-to-reach areas.

When mending by hand, use the backstitch tack to anchor beginning and ending stitches. This tack is made by taking a small stitch into the fabric and going back and forth over it several times. The hand stitch that most nearly duplicates machine stitching is the backstitch. It can be quite durable. The backstitch, useful in underarm seams, gussets and plackets, is made from the underneath side.

When it comes to hemming garments or to repairing split seams from the right side, the blind-stitch is useful. Another stitch the hand sewer should be familiar with is the buttonhole stitch. This stitch can help prolong the life of buttonholes and is a useful stitch for sewing on snaps, hooks and eyes.

SNAZZY SOCKS

The little white ankle seems to have gone the way of little white gloves. Because when it comes to socks these days, the style includes zebra stripes, fancy argyles, metallic threads, and applique. The designers have gotten into the sock business -- and the result is footwear with sporty overtones. For today's socks are designed for skiing and roller skating. And trends toward shorter skirts and calf-length slacks are also boosting sock sales. Sock manufacturers are looking for a twenty percent increase in sales this year. And prices will range from \$2.50 for ankleties to \$80.00 for cashmere knee socks handknit in Wales. The sock trend seems most popular with the 25 to 35 year olds.

OWN BOSS

The urge to be your own boss is alive and well. For the number of people who are self-employed is growing at a faster rate than the ranks of those who work for someone else. In addition there are more and more women who are becoming owners and managers of their own businesses. In fact, more than 700,000 women own businesses; almost half of them are operated from the owner's home. People who own their own businesses work more hours than those of us who work for someone else. But their average earnings are below what those of us who work for someone else make. One final fact -- entrepreneurs seem to be getting younger. More than half the people who own their own businesses are between 16 and 44 years of age.



Read Mark 6:30-44
 When (Jesus) came ashore, he saw a great crowd; and his head went out to them. —Mark 6:34 (NEB)

Have you noticed that when you have nothing planned, nobody calls, but when you are busy, the doorbell does not stop ringing?
 An elderly friend of mine made a practice of calling on friends on Monday mornings. I would be trying to stir the custard, make sure the carrots did not boil dry, and keep an eye on the washing machine, when I would hear her familiar ring. "I'm not staying," she would say. "You're busy." Twenty minutes later, I would return to the smell of burned carrots and the sight of my husband's slippers floating towards the kitchen door on a tide of washing water. It was difficult to appear welcoming when the bell rang the next Monday.
 Now my friend is in a retirement home in a remote part of the country. In her letters she says how lonely she is and how much she misses popping in for a chat whenever she feels depressed. I would gladly endure lumpy custard and a flood in the kitchen to hear her ring the bell on Monday morning.

P Pork Specials
 EXTRA LEAN SPECIAL TRIM COUNTRY FARM
Pork Roast
 Fresh Picnic
89¢
 lb.

The Butcher Shop
 with supermarket prices
P Meat Specials
 U.S.D.A. INSPECTED FRESH
Whole Fryers
 2 In A Bag. Limit 2 Bags. Please
47¢
 lb.

P Beef Specials
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
New York Strips
 Whole Or Half Bone In
 Cut Free Into Bone In New York Strip Steaks
248
 lb.

FROZEN HEADLESS & DRESSED WHITING lb. 69¢
Ocean Perch Fillets 1 lb. pkg. **169**
 TALMADGE (CHICKEN SMOKED SAUSAGE) 1 lb. pkg. 89¢
Chicken Franks Or Chicken Bologna 12 oz. pkg. **59¢**

U.S.D.A. INSPECTED FRESH FRYER
Box-O-Chicken lb. **47¢**
 FRESH FRYER BACKS lb. 19¢
Fryer Gizzards lb. **49¢**
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Shoulder Roast** Bone In lb. **169**
 A&P QUALITY REG. OR THICK (BEEF) 1 lb. 1.69
Meat Bologna 1 lb. pkg. **159**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Shoulder Steak Bone In lb. **199**
 A&P QUALITY **Sliced Beef Liver** lb. **89¢**

P Dairy Specials
 IN QUARTERS
Ann Page Margarine
100
 3 1 lb. pkgs.

THE FARM
 Fresh With Quality
 CALIFORNIA SWEET JUICY VINE RIPENED
Cantaloupes
 Not This 23 Size Not This 18 Size But This 15 Size
69¢
 each only

P Frozen Specials
 PEPPERONI, SAUSAGE, CHEESE
Ann Page Pizzas
69¢
 10 oz. pkg.

ANN PAGE HOMESTYLE OR
Buttermilk Biscuits 4 10 ct. 8 oz. cans **79¢**
 KRAFT CHEESE FOOD SLICES
American Singles 12 oz. pkg. **149**
 ONION, CLAM, OR CUCUMBER-ONION
Sealtest Dips 8 oz. pkg. **65¢**
 ANN PAGE
Potato Chips 8 oz. twin pack **89¢**

CALIFORNIA RED SEEDED OR THOMPSON
Seedless Grapes lb. **99¢**
 CALIFORNIA RIPE READY TO EAT
Nectarines lb. **69¢**
 NORTH CAROLINA FRESH
String Beans lb. **39¢**
 WASHINGTON STATE SWEET JUICY
Bing Cherries lb. **99¢**
 NORTH CAROLINA GROWN RED
Ripe Tomatoes lb. **59¢**
 NORTH CAROLINA GROWN FRESH
Green Cabbage 4 lbs. for **100**

DELICIOUS
Ann Page Lemonade 4 6 oz. cans **100**
 ANN PAGE UNSWEETENED
Grapefruit Juice 2 6 oz. cans **79¢**
 ALL FLAVORS
Sealtest Sherbet 1/2 gal. ctn. **169**
 P&Q BRAND
Snack Crackers 11 oz. pkg. **75¢**

P Weekly Specials
 ASSORTED
Hi Dri Towels
59¢
 big roll

P Bakery Specials
 P&Q BRAND
White Bread
 Sandwich Sliced **2 99¢**
 24 oz. loaves

P Grocery Specials
 CREAMY VELVET
JFG Mayonnaise
 ANN PAGE Mayonnaise qt. jar **79¢**
 qt. jar **99¢**

P Weekly Specials
Pepsi Cola
\$139
 6 Pak 16 oz

A&P TODDLER SIZE
Disposable Diapers 40 ct. pkg. **499**
 DISHWASHING DETERGENT—DOVE OR
Lux Liquid 22 oz. btl. **99¢**
 DOG FOOD
Ken-L Ration Stew 4 15 oz. cans **100**

NEW! ANN PAGE
Polish Dill Pickles 48 oz. jar **99¢**
 STOKLEY CREAM STYLE
Golden Corn 2 17 oz. cans **79¢**
 STOKLEY
Applesauce 3 16 oz. cans **100**

HUNT'S
Tomato Ketchup 32 oz. btl. **99¢**
 CHUNK LIGHT • IN WATER • IN OIL
StarKist Tuna 6 1/2 oz. can **79¢**
 FAMILY SIZE
Lipton Tea Bags 24 ct. pkg. **129**

15¢ OFF LABEL—YOU PAY ONLY
Colgate Tooth Paste • Reg. 5 oz. each only **79¢**
 DEODORANT REG., SUPER, SUPER PLUS
Playtex Tampons 28 ct. box **239**
 FLEX—25¢ OFF LABEL—YOU PAY ONLY
Shampoo or Conditioner 16 oz. btl. **169**

P SUPER SAVER COUPON
 A&P OR ANN PAGE GRADE 'A'
Large Eggs
49¢
 dozen for #651
 LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 24 AT A&P

P SUPER SAVER COUPON
 PURE VEGETABLE
Wesson Oil
179
 48 oz. bottle #652
 LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., JULY 24 AT A&P

P SUPER SAVER COUPON
 CHICKEN, TURKEY MACARONI & CHEESE
Jiffy Pot Pies
5 100
 8 oz. pkgs. #653
 LIMIT FIVE WITH COUPON AND 7.50 ORDER THRU SAT., JULY 24 AT A&P

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

Edenborough Shopping Center
 Raeford, N.C.