



LOW SODIUM RECIPES FROM THE A&P KITCHEN

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 31 AT A&P IN RAEFORD, N.C.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Beef Stew Boneless lb. **1.98**

LOW IN SODIUM (Large 12 Size) **Broccoli** each **99¢**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF-WHOLE **Shoulder Roast** 18-24 lb. avg. Cut Free lb. **1.68**

A&P RECIPES FOR THE NATURAL GOODNESS OF LOW SODIUM FOOD!

(THIRD IN A SERIES)

• STIR-FRY BROCCOLI •

1 pound broccoli
2 tablespoons vegetable oil
1 cup water
1 teaspoon cornstarch

1/4 teaspoon summer savory
1/4 teaspoon rosemary
1/4 teaspoon oregano

Wash broccoli; cut stems from flowering tops. Remove leaves from stems and cut into 2 inch pieces. Heat oil until very hot in heavy skillet. Add stems only and stir fry for about five minutes. Add 1/4 teaspoon water and cut-up flowers. Cook quickly for two minutes. Push to one side of skillet and stir into oil mixture the water, blended spices and cornstarch. Let cook over low heat until thick. Blend in broccoli and mix thoroughly to prevent scorching. Cook until fork-tender; about ten minutes or less. Sprinkle oregano over all and cover. Allow to stand for two minutes, then serve at once.

Beef Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Boneless Roast Cut From The Chuck lb. **1.78**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Boneless Chuck Steak** lb. **1.98**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Whole Rib Eye** 9-12 lb. Avg. Cut Free lb. **3.59**

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

A&P CHILLED • Orange • Punch • Grape • Lemon
Fruit Drinks gallon jug **99¢**

KRAFT MILD **Cheddar Cheese** 12 oz. pkg. **1.99**
KRAFT CHEESE FOOD SLICES **American Singles** 6 oz. pkg. **89¢**
BREAKSTONE **Sour Cream** 8 oz. pkg. **59¢**

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

ANN PAGE **Potato Chips** 8 oz. twin pack **89¢**
TEXIZE PINK LIQUID **Dish Detergent** 32 oz. btl. **69¢**

SUPER SAVER COUPON
FAMILY SIZE **Lipton Tea Bags** 24 ct. pkg. **99¢**
LIMIT ONE WITH COUPON AND 7.50 ORDER
GOOD THRU SAT., JULY 31 AT A&P #654

The Butcher Shop with supermarket prices
Meat Specials
U.S.D.A. INSPECTED FRESH **Box-O-Chicken** Limit 4 Please lb. **45¢**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Rib Eye Steaks** Boneless lb. **3.98**

U.S.D.A. INSPECTED FRESH **Whole Fryer Legs** lb. **89¢**
EXTRA LEAN SPECIAL TRIM COUNTY FARM **Pork Steak** Cut From Boston Butt lb. **1.69**
U.S.D.A. INSPECTED FRESH **Turkey Wings or Necks** lb. **49¢**
BLUE RIDGE **Sliced Bacon** 1-lb. pkg. **1.39**

THE FARM Fresh With Quality
U.S. #1 EASTERN GROWN—ALL PURPOSE
White Potatoes lb. bag **1.39**

PLUMP TASTY FRESH TENDER **Yellow Corn** 6 large ears **1.00**
FLORIDA—GREAT WITH PERRIER **Seedless Limes** 10 for **79¢**
FLORIDA GROWN **Avocados** 2 for **1.00**
GOLDEN RIPE **Bananas** 3 lbs. for **1.00**
WASHINGTON STATE EXTRA FANCY **Bing Cherries** lb. **99¢**
CALIFORNIA SWEET JUICY **Nectarines** lb. **69¢**

Grocery Specials
CHUNK LIGHT **StarKist Tuna** In Water In Oil 6 1/2 oz. can **79¢**

HUNT'S **Tomato Ketchup** 32 oz. btl. **99¢**
DRY OCEAN FISH **Friskies Cat Food** 4 lb. bag **1.99**

SUPER SAVER COUPON
GOLDEN QUARTERS **Mrs. Filbert's Margarine** 1 lb. pkg. **29¢**
LIMIT ONE WITH COUPON AND 7.50 ORDER
GOOD THRU SAT., JULY 31 AT A&P #656

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

ANN PAGE **Apple Juice** 1/2 gallon bottle **1.29**
KRAFT **Grape Jelly** 2 lb. jar **99¢**

SUPER SAVER COUPON
BLENDED FOR TASTE **Eight O'Clock Decaffeinated Bean Coffee** 1 lb. bag **2.49**
LIMIT ONE WITH COUPON
GOOD THRU SAT., JULY 31 AT A&P #655

Beef Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Ground Chuck 3-lbs. or more lb. **1.78**

ARMOUR **Turkey Franks** 12 oz. pkg. **79¢**
CAROLINA PRIDE **Sliced Bologna** 12-oz. pkg. **99¢**

Frozen Specials
ICE CREAM PARLOR TASTE
Sealtest Ice Cream 1/2 gal. carton **1.89** Save 80¢

SAUSAGE, COMBINATION, PEPPERONI **Mr. P's Pizza** 10 oz. pkg. **79¢**
CHICKEN, TURKEY, MACARONI & CHEESE **Jiffy Pot Pies** 4 8 oz. pkgs. **1.00**
PET RITZ REGULAR **Pie Shells** 2 ct. **59¢**
MORTON SAL. STEAK, TURKEY, CHICKEN **King Size Dinners** 19 oz. pkg. **1.49**

Weekly Specials
Pepsi Cola 16 oz. Returnables 8 Pak **\$1.39**

BUY 2—GET 2 FREE BY MAIL—SEE STORE FOR DETAILS
Crest Toothpaste 6.4 oz. tube **1.39**
• NORMAL-DRY • ONLY
Pert Shampoo 11 oz. btl. **1.69**

SUPER SAVER COUPON
DECORATED OR ART'S 'N' FLOWERS
Scott Towels big roll **39¢**
LIMIT ONE WITH COUPON AND 7.50 ORDER
GOOD THRU SAT., JULY 31 AT A&P #657

38¢ Dividend
The Board of Directors of Burlington Industries, Inc., July 21 declared the regular quarterly dividend of 38 cents per share, payable September 1, 1982, to shareholders of record at the close of business August 2, 1982.

College News
Jeffrey Anders Dahlin, of Rt. 2, Raeford received the degree of Bachelor of Science from the University of South Carolina at Columbia during the university's spring commencement.

LAW For Laypersons
Many laypersons think that lawyers and judges are bound by the past because, under the theory of precedent, they rely on old cases to decide new law. The theory of precedent, however, is balanced by many factors which allow the law to grow and change without taking away the necessary stability of the law.
A previously decided case, for example, need not bind a judge to decide a new case in the same manner if the facts of the two cases, although fairly similar, are different in a significant respect. In fact, a very slight change in fact may make a judge decide to render an entirely different result from the older case.

Even if the facts of the older case and the present case are alike in all significant respects, the theory of precedent may still not govern the judge's opinion. Suppose, as illustration, you are a lawyer representing a client who has threatened another person with violence by using some strong words and shaking his fist. The person whom he threatened has sued him for simple assault and asked the court for money damages. His lawyer has pointed out a previously decided case with the very same facts in which the person who used the strong language and physical gestures was liable in money damages for the assault. Using the theory of precedent, the judge might well find your client also liable for the assault.

Assume, however, that when you read the older assault case, you discovered that the opinion was written by the Supreme Court of Wyoming and not by the Supreme Court of North Carolina. Your argument to the judge would be that although the previous case might be good law in the state of Wyoming, the North Carolina Supreme Court is not bound by a decision handed down by the Wyoming Supreme Court. Naturally, the law of Wyoming need not necessarily be the law of North Carolina. You might then argue that your client should not be liable for the assault unless he had actually made physical contact with the body of the other person.

Instead of finding that the previous case came from Wyoming, you might find that it was decided by the North Carolina Court of Appeals, which is the lower appellate court of North Carolina. Assuming that you are arguing before the North Carolina Supreme Court, you could argue that the North Carolina Supreme Court is not bound by a decision from the North Carolina Court of Appeals, even though the facts of the previously decided case are exactly the same as the facts of the present case. Naturally, the Supreme Court of North Carolina might well follow the decision of the Court of Appeals, but it would certainly not be bound to do so.

The rule of precedent is that like cases should be decided alike. However, to the extent that previous cases are decided by the courts of other states or courts inferior to the court actually deciding the case, the theory of precedent will not be binding.
"This article is written as a matter of general interest only. It is not to be construed as legal advice, and you should not rely on the statements made in the article to govern your actions in any specific case. If you have a particular question or problem, you should contact an attorney."

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