



# LOW SODIUM RECIPES

FOR THE BALANCED MEAL

**A&P RECIPES FOR THE NATURAL GOODNESS OF LOW SODIUM FOOD!**  
(FOURTH IN A SERIES)

**• RED WINE VINEGAR DRESSING •**

- 1/4 cup red wine vinegar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dry mustard
- 1/2 teaspoon sugar
- 1/4 cup water
- 1/4 teaspoon black pepper
- 2 tablespoons fresh lemon juice
- 1/2 cup vegetable oil

Combine all ingredients and place into jar or bottle with tight fitting lid. Shake vigorously until well blended. Store covered in refrigerator. This can be used over favorite tossed salad or as a marinade for vegetables, meat or poultry.



Devotional Reading: Acts 13:44-52.

Somehow it doesn't seem quite fair. In my opinion, Barnabas is one of the most admirable persons in the New Testament, yet few Christians even remember him. If Barnabas were to come back today, we might expect that he would experience not a little hurt that his contribution should have been so largely overlooked and forgotten.

Yet, although we might expect such a reaction -- a very human one, to be sure -- I think I'm quite safe in judging that Barnabas would not react in that manner. In fact, that's one of the things that makes him so admirable. He was secure enough in his faith to be magnanimous to others. For Barnabas, discipleship was not an ego trip.

Our first glimpse of this man comes in Acts 4, where the writer is telling us of the early church's policy of sharing their material goods to alleviate the needs of the whole group. Selling their valued possession, they distributed the proceeds from their sales to the more needy members of the group. Joseph Barnabas, originally of Cyprus and a Greek-speaking, Greek-cultured convert to Christ, is mentioned by the writer of Acts for his exemplary generosity in sharing with the church in the proceeds of the sale of his real estate.

Our next view of Barnabas comes in Acts 9. Although the church in Jerusalem is frightened of having anything to do with Paul who was claiming to have been converted to Christ, Barnabas recognizes Paul's great potential and brings him together with the disciples in Jerusalem. Because Barnabas believed in him while all others distrusted him, Barnabas found for the church the great apostle it needed. Ironically, up until the arrival of Paul, Barnabas was the most prominent Greek-speaking Christian in the Jerusalem church. Soon, however, this was a place that Paul would quickly take over.

Instead of being bitter against Paul for taking over the place he had occupied, Barnabas developed a close friendship with Paul and left his established life and trade to embark with him on the first missionary journey. Barnabas proved an invaluable traveling companion and co-worker with Paul.

Nevertheless, in Acts 15 Paul and Barnabas come to a parting of the ways. In preparing for their next missionary journey, Barnabas wants to take with them his young cousin, John Mark. But Paul strongly disagrees, remembering that John Mark had deserted them on a previous trip. So a disagreement broke out between these two men: Paul, who wanted nothing to do with John Mark, and Barnabas, who still believed in his cousin. Unable to agree over this matter, Paul and Barnabas went their separate ways: Barnabas and John Mark to Cyprus and Paul to Asia Minor.

And that's the last we hear about this self-effacing man. Yet, although his name hardly lives on, his unselfish work does -- and that's what Christian discipleship is really all about!

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., AUG. 7 AT A&P IN RAEFORD, N.C.  
ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

MARKET STYLE **Sliced Bacon** lb. **139** U.S.D.A. INSPECTED FRESH FRYER **Box-O-Chicken** lb. **45¢**

**Beef Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—WHOLE  
**Boneless Bottom & Eye Round**  
Cut Free Into Boneless Bottom Round Roast and Steaks, Eye Round Roast and Steaks, and Ground Round.  
**168**  
16 Lb. To 24 Lb. Avg. Wt. lb.

**The Butcher Shop**  
with supermarket prices  
**Meat Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Sirloin Steaks** lb. **289**  
Bone In  
U.S.D.A. INSPECTED FRESH  
**Fryer Leg Quarters** 4 lbs. or more lb. **48¢**

**Meat Specials**  
A&P QUALITY  
**Meat Franks**  
A&P Beef Franks 12 oz. pkg. **108**  
**98¢**  
12 oz. pkg.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Bottom Round Roast** Boneless lb. **249**  
EXTRA LEAN SPECIAL TRIM COUNTRY FARM  
**Country Ham** Butt Portion For Seasoning lb. **119**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**T-Bone Steak** (Porterhouse) lb. 3.09 lb. **299**  
U.S.D.A. INSPECTED FRESH  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Cubed Steak** lb. **289**  
COUNTRY TREAT  
**Turkey Wings or Necks** lb. **49¢**  
**Pork Sausage** Mild-Hot 1-lb. pkg. **179**

GWALTNEY  
**Great Dogs** 1-lb. pkg. **98¢**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Chuck Steak** Bone-In lb. **169**

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

**THE FARM**  
Fresh With Quality  
RED RIPE SWEET AND JUICY  
**Watermelons**  
20-22 lb. Avg. each only **139**

**Frozen Specials**  
ICE CREAM PARLOR TASTE  
**Sealtest Ice Cream**  
1/2 gal. ctn. **189**  
Save 80¢

ALL FLAVORS  
**Breyer's Yogurt** 8 oz. pkgs. **2 89¢**  
KRAFT AMERICAN  
**Cheese Slices** 8 oz. pkg. **119**  
MERICCO  
**Biscuits** Texas Style 2 12 oz. cans **89¢**  
A&P ORANGE, GRAPE, LEMON, PUNCH  
**Fruit Drinks** gal. jug **99¢**

PLUMP TASTY FRESH TENDER—LOW IN SODIUM  
**Yellow Corn** 6 large ears **100**  
LOCALLY GROWN VINE RIPENED  
**Tomatoes** lb. **49¢**  
FIRST OF THE SEASON—CALIFORNIA  
**Bartlett Pears** lb. **69¢**  
GOLDEN RIPE  
**Bananas** 3 lbs. for **100**  
WASHINGTON STATE EXTRA FANCY  
**Bing Cherries** lb. **88¢**  
CALIFORNIA SWEET JUICY  
**Nectarines** lb. **69¢**

• CANADIAN BACON • PEPPERONI • COMBINATION, • SAUSAGE • HAMBURGER  
**Totino's Pizza** 11 1/2 oz. pkg. **99¢**  
BANQUET  
**Fried Chicken** 2 lb. pkg. **259**  
A&P CONCENTRATED  
**Orange Juice** 12 oz. can **79¢**  
• SAL. STEAK • TURKEY • MEAT LOAF • BEEF PATTIE  
**Morton Family Meals** 2 lb. pkg. **149**

**Weekly Specials**  
HEAVY DUTY  
**Trend Detergent**  
42 oz. box **99¢**

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

**Grocery Specials**  
ANN PAGE UNSWEETENED FLORIDA  
**Grapefruit Juice**  
46 oz. can **69¢**

**Weekly Specials**  
**Pepsi Cola**  
2 Liter Plastic **\$119**

P&Q BRAND  
**Liquid Bleach** gallon jug **59¢**  
A&P EXTRA ABSORBENT  
**Disposable Diapers** 48 ct. pkg. **499**  
DOG FOOD  
**Ken-L Ration Stew** 4 15 oz. cans **100**

PLAIN OR SELF RISING  
**Martha White Flour** 5 lb. bag **89¢**  
SENECA  
**Lemon Juice** 32 oz. btl. **99¢**  
JFG  
**Mayonnaise** qt. jar **79¢**

DEL MONTE LITE FRUIT COCKTAIL, MIXED FRUIT  
**Lite Peaches** Or Pear Halves 16 oz. can **69¢**  
CHUNK LIGHT • IN WATER • IN OIL  
**StarKist Tuna** 5 1/2 oz. can **79¢**  
DIXIE WHITE  
**Paper Plates** 9 inch Size 100 ct. pkg. **99¢**

BUY 2—GET 2 FREE BY MAIL—SEE STORE FOR DETAILS  
**Crest Toothpaste** 6.4 oz. tube **139**  
40¢ OFF LABEL—YOU PAY ONLY  
**Signal Mouthwash** 24 oz. btl. **179**  
ADULT  
**Pepsodent Toothbrushes** each **59¢**

**Super Saver Coupon**  
PURE VEGETABLE  
**Crisco Shortening**  
3 lb. can **189**  
#658  
LIMIT ONE WITH COUPON AND 7.50 ORDER  
GOOD THRU SAT., AUG. 7 AT A&P IN RAEFORD, N.C.

**Super Saver Coupon**  
A SUPERB BLEND, RICH IN BRAZILIANS COFFEES—REGULAR  
**Eight O'Clock**  
Bean Coffee  
Custom Ground  
1-lb. bag **189**  
#659  
LIMIT ONE WITH COUPON AND 7.50 ORDER  
GOOD THRU SAT., AUG. 7 AT A&P IN RAEFORD, N.C.

**Super Saver Coupon**  
WHITE, BLUE, YELLOW  
**Cottonelle Tissue**  
4 roll pkg. **88¢**  
#660  
LIMIT ONE WITH COUPON AND 7.50 ORDER  
GOOD THRU SAT., AUG. 7 AT A&P IN RAEFORD, N.C.

Edenborough Shopping Center  
Raeford, N.C.

## 48 Youth Going To 4-H Camp

Forty-eight young people and five adults will leave Sunday about 1 p.m. from the T.B. Lester Building on South Magnolia Street, Raeford, for a week at Camp Millstone, a 4-H camp near Ellerbe.

The adults are Alice Lancaster, Hoke County Agricultural Extension Service 4-H agent; and 4-H leaders Lester Simpson, Jim Cook, Alan MacDonald, and Juanita Holland.

They will return home August 13.

## Youth Cooking Class Next Week

If you are interested in learning more about cooking, then 4-H has the class for you.

There will be a foods class open to 9-13 year olds August 10, 11 and 12, from 10 a.m. to noon at the Lester Building (4-H Extension office on South Magnolia Street).

There is a registration fee of \$1.50 to cover materials used in the class.

If you would like to participate, you may register by calling 875-2162 between 8 a.m. and 5 p.m. The class is limited to 12 people, so call today.