



LOW SODIUM RECIPES

FROM THE A&P KITCHEN

A&P RECIPES FOR ZESTY VARIETY IN THE LOW SODIUM MEAL!
(FIFTH IN A SERIES)

• GARLIC CROUTONS •

- 1 teaspoon minced garlic
- 1/2 teaspoon oregano
- 1 tablespoon sweet butter, melted
- 1 cup cubed low sodium bread (1 slice toasted)

Combine garlic, oregano and butter and allow to stand for five minutes. Toss bread cubes with garlic mixture. Spread on cookie sheet and toast under broiler until crisp and golden.

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., AUG. 14 AT A&P IN RAEFORD, N.C. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

A&P QUALITY
Pork Sausage 1-lb. pkg. **99¢**
Hot
Mild
U.S.D.A. INSP. FRYER LEGS. lb. 89¢
Box-O-Chicken lb. **49¢**

P Beef Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—WHOLE
Sirloin Tips
Boneless
Cut Free Into Boneless Sirloin Tip Roast and Steaks, Stew Beef and Chopped Sirloin
168
9 To 12 Lb. Avg. Wt. lb.

The Butcher Shop
with supermarket prices
P Poultry Specials
U.S.D.A. INSPECTED FRESH
Whole Fryers
2 In A Bag. Limit 2 Bags. Please
49¢
lb.

P Weekly Specials
ROYAL BUFFET SUPREME
Dubuque Hams
4798
lb. can

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Ground Chuck 3 lb. or more lb. **179**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Sirloin Tip Roast Boneless lb. **269**

BEEF CHUCK STEAK Bone-In lb. 1.89
Shoulder Steak Bone In lb. **199**
SIRLOIN PORK CHOPS END CUT LB. 1.79
Pork Ribs Country Style lb. **179**
ARMOUR MEAT OR **Beef Hot Dogs** 12-oz. pkg. **129**
BLUE RIDGE **Sliced Bacon** 1 lb. pkg. **149**

TALMADGE FARM FRANKS OR
Chicken Bologna 12-oz. pkg. **59¢**
A&P QUALITY SLICED BEEF OR
Meat Bologna 1-lb. pkg. **169**

P Dairy Specials
MINUTE MAID
Orange Juice
129
1/2 gal. ctn. **99¢**
1/2 gal. ctn.

THE FARM
Fresh With Quality
CALIFORNIA RED CARDINALS OR THOMPSON
Seedless Grapes
79¢
lb.

P Frozen Specials
Mr. P's PIZZA
FROZEN
• Combination
• Pepperoni
• Sausage
79¢
10 oz. pkg.

A&P ORANGE, GRAPE, LEMON, PUNCH
Fruit Drinks gallon jug **99¢**
IN QUARTERS
Shedd's Spread 3 1 lb. pkgs. **100**
HUNGRY JACK
Buttermilk Biscuits 2 5 oz. cans **79¢**
LIGHT N' LIVELY
Cottage Cheese 24 oz. pkg. **119**

RIPE—READY TO EAT
Dole Bananas 3 lbs. for **100**
WASHINGTON STATE SWEET
Fresh Cherries lb. **99¢**
WASHINGTON STATE EXTRA FANCY
Apples Red Delicious 3 lb. bag **139**
FRESH SWEET FULL OF JUICE
Dole Pineapple large 10 size **169**
LOCALLY GROWN
Ripe Tomatoes lb. **49¢**
U.S. #1 EASTERN GROWN ALL PURPOSE
White Potatoes 10 lb. bag **99¢**

• CHAR-BROILED PATTY
• CHICKEN CROQUETTES • SLICED TURKEY
• SALISBURY STEAK • MEAT LOAF
Ann Page Entrees 2 lb. pkg. **149**
Lemonade 4 6 oz. cans **100**
ALL FLAVORS
Sealtest Sherbet qt. ctn. **129**
ANN PAGE
Ice Cream 1/2 gallon carton **139**

P Weekly Specials
12¢ OFF LABEL—ASSORTED
Coronet Towels
You Pay Only big roll **59¢**

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

P Grocery Specials
ARGO
Green Lima Beans
399¢
16 oz. cans

P Weekly Specials
Pepsi Cola
12 oz. Can **\$179**
6 Pak.

PINK
Texize Dishwashing Liquid 32 oz. btl. **69¢**
CORONET ASSORTED
Bathroom Tissue 8 roll pkg. **169**
HEAVY DUTY
Purex Laundry Detergent 72 oz. box **199**

JFG
Mayonnaise qt. jar **79¢**
ANN PAGE—TWIN PACK
Potato Chips 8 oz. pkg. **89¢**
SENECA
Lemon Juice 32 oz. btl. **99¢**

DEL MONTE PREMIUM SMALL
Sweet Peas 2 17 oz. cans **99¢**
GREAT VALUE
Greer Tomatoes 3 16 oz. cans **100**
ANN PAGE UNSWEETENED FLORIDA
Grapefruit Juice 46 oz. can **69¢**

30¢ OFF LABEL—YOU PAY ONLY
Listerine Mouth Wash 18 oz. bottle **169**
AAPRI—SAVE 2.00
Facial Cleanser 4 oz. size **299**
REGULAR OR EXTRA BODY
Silkience Shampoo or Conditioner 7 oz. btl. **149**

P SUPER SAVER COUPON
CHUNK LIGHT
Star-Kist Tuna
In Oil
In Water
6.5 oz. can **49¢**
LIMIT ONE WITH COUPON AND 7.50 ORDER. GOOD THRU SAT. AUG. 14 AT A&P IN RAEFORD, N.C.

P SUPER SAVER COUPON
FAMILY SIZE
Lipton Tea Bags
2499¢
LIMIT ONE WITH COUPON AND 7.50 ORDER. GOOD THRU SAT. AUG. 14 AT A&P IN RAEFORD, N.C.

P SUPER SAVER COUPON
A&P LIQUID
Laundry Bleach
49¢
LIMIT ONE WITH COUPON AND 7.50 ORDER. GOOD THRU SAT. AUG. 14 AT A&P IN RAEFORD, N.C.

Deaths And Funerals

Lawrence Bounds

Lawrence Junior Bounds, 51, died Sunday afternoon in Rex Hospital in Raleigh.

A memorial service was conducted Tuesday morning at First Baptist Church by the Rev. Billy Beaver.

Bounds was a veteran of Navy service and was active in the Raeford Post 20 of the American Legion.

Surviving are his wife, Mrs. Joyce Bounds; his sons, Ricky, Joel and Thomas Bounds, his daughter, Susan Bounds; his brothers, Jack and Hardy Bounds of Red Springs, and Howard Bounds of Marion, N.C.; and his sisters, Mrs. Doris Hall and Mrs. Louise McNeill of Red Springs, Mrs. Marie Letzler of Elk Grove, Calif., Mrs. Mary Helen Davis of Fayetteville, and Mrs. Eunice Ray of Franklinton.

In lieu of flowers, the family asks that contributions planned be made to the Hoke Reading/Literacy Program and the First Baptist Church building fund.

James McInnis

James Edwin McInnis, 62, of Fayetteville, died Friday.

He was the son of the late Mr. and Mrs. A.A. McInnis of Rockfish.

A Holy Communion service was held Saturday afternoon at St. Pauls Episcopal Church. A Memorial service was held Sunday afternoon at Westminster Presbyterian Church.

Surviving are his wife, Mrs. Betty McInnis; his sister, Mrs. Mary Catherine Hare of Charlotte; and his brothers, Dan and Smith McInnis of Raeford, Thomas McInnis of Rockfish, and Angus McInnis of Wagram.

Mrs. Sophia H. Steele

Mrs. Sophia Henninger Steele, 91, of Winston-Salem died Thursday, at Forsyth Memorial Hospital, Winston-Salem.

Funeral services were conducted Friday at Fogler Reynolds Chapel, with a graveside service at Oakwood Cemetery in Statesville.

She is survived by two sons, F. Montgomery Steele of Statesville, and W. Parrin Steele of Winston-Salem; one stepson, Flake F. Steele, Jr., of Winston-Salem; 12 grandchildren, 15 great grandchildren; and her sister, Mrs. J.C. McLean of Raeford.

Mrs. Julia Russell

The funeral for Mrs. Julia Ann Russell were conducted Saturday afternoon at Spring Branch Baptist Church by the Rev. J. Swindell. Burial was in McNair Cemetery.

Surviving are her daughters, Mrs. Lola McNeill of Raeford, Mrs. Beatrice Fisher of Brooklyn, N.Y., and Mrs. Louise McLean of Wagram; and her brothers, Ernest McNeill of Wagram, and George McNeill of Hampton, Va.

Buie Funeral Home was in charge of the arrangements.



EAGLE SCOUT -- Marshville Baptist Church was the setting Sunday, August 1 for the Eagle Scout Court of Honor Ceremony for Wallace Paul Crumpler, son of former Raeford residents Jack and Lois Crumpler and grandson of Mrs. Marianna McLean. The parents honored their son with a reception following the ceremony in the church fellowship hall. His grandmother was a special guest. Wally, a 1982 honor graduate from Forest Hills High School, is the recipient of two scholarships totaling over \$4,000. He will enter North Carolina State University this fall to study biological engineering.

Parks Reunion

The Parks reunion will be held August 14 at the Civic Center in Raeford.

All relatives are invited to attend and bring a picnic lunch and tea. Dinner will be served at 4 p.m.

Edenborough Shopping Center
Raeford, N.C.