



# LOW CHOLESTEROL RECIPES FOR THE BALANCED MEAL

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

**LOW CHOLESTEROL SWEET-SOUR CHICKEN**  
 4 Deboned, Skinless Chicken Breasts  
 Salt and pepper  
 Juice of fresh lemon  
 4 teaspoons corn oil  
 20 oz. can chunk pineapple, chunks halved

Preheat oven to 350°F. Remove all skin and visible fat from chicken. Place chicken breasts in baking pan making sure sides do not overlap. Sprinkle salt and pepper on each piece; turn and sprinkle other sides. Pour lemon juice evenly over all. Pour 1 teaspoon corn oil over each piece and rub into surface with back of a spoon. Cover chicken breasts with halved pineapple chunks. Combine wine vinegar, soy sauce, pineapple juice and sugar and pour over all. Cover with foil and bake for 20 minutes. Add pepper strips, recover and bake 20 more minutes. Remove chicken, peppers and pineapple from baking pan, leaving all juices, and place on warm serving platter. Combine 2 tablespoons cornstarch and ¼ cup water. Add this to juices in baking pan and heat through until bubbly and thick. Pour over chicken, peppers and pineapple and serve at once. Delicious served with brown or white rice.

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., AUGUST 21 AT A&P IN RAEFORD, N.C.  
 ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

BLUE RIDGE  
**Sliced Bacon** 1 lb. pkg. **149**  
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—FRESH  
**Ground Chuck** 3-lb. or more pkg. **178**

**Poultry Specials**  
 U.S.D.A. INSPECTED FRESH  
**Box-O-Chicken**  
 FRESH WHOLE Fryer Legs lb. **89¢**  
**45¢** lb.

**The Butcher Shop**  
 with supermarket prices  
**Meat Specials**  
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—WHOLE  
**New York Strip**  
**199** lb. Bone In  
 16 Lbs. To 20 Lbs. Avg. Wt. Cut Free Into Bone In New York Strip Steaks

**Beef Specials**  
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Chuck Roast**  
 Bone In **128** lb.  
**BONE-IN Shoulder Roast** lb. **178**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—WHOLE  
**Beef Shoulder** Boneless 18-24 lb. Avg. lb. **178**  
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Beef Stew** Boneless 3-lbs. or more lb. **198**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Chuck Steak** Bone-In lb. **148**  
 U.S.D.A. INSPECTED FRESH  
**Turkey Wings or Necks** lb. **49¢**

HOLLY FARMS CHICKEN  
**Franks or Bologna** 1-lb. pkg. **89¢**  
 EXTRA LEAN SPECIAL TRIM COUNTRY FARM  
**Pork Chops** Economy Cut lb. **179**

A&P QUALITY Hot or Mild **99¢** 1 lb. Pkg.  
**Pork Sausage**  
 OLD HICKORY PORK BAR-B-QUE 1-LB. PKG. **1.99**  
**Ball Park Franks** Beef 1-lb. pkg. **1.99**

**Dairy Specials**  
 A&P CHILLED  
**Orange Juice**  
**99¢** ½ gallon carton

**THE FARM**  
 Fresh With Quality  
 CALIFORNIA CRISP SOLID ICEBERG  
**Head Lettuce**  
**2 100** large heads

**Frozen Specials**  
 FROZEN  
**Ann Page Pizzas**  
**79¢** 10 oz. pkg.  
 • Pepperoni  
 • Sausage  
 • Cheese

BUTTERMILK  
**Pillsbury Biscuits** 4 10 ct. 7½ oz. cans **99¢**  
 KRAFT CHEESE FOOD SLICES  
**American Singles** 12 oz. pkg. **149**  
 ONION, CLAM, CUCUMBER-ONION  
**Sealtest Dips** 8 oz. pkg. **65¢**  
 ANN PAGE REG. OR CRINKLE  
**Potato Chips** Twin Pack 8 oz. pkg. **89¢**

CALIFORNIA BLACK EXOTIC, RED CARDINALS, OR THOMPSON GREEN  
**Seedless Grapes** lb. **79¢**  
 CALIFORNIA SWEET AND JUICY  
**Nectarines** lb. **69¢**  
 FLORIDA—RICH IN BUTTER MINERALS  
**Avocados** Jumbo 12 Size **69¢**

RED RIPE SALAD SIZE  
**Tomatoes** 28 oz. family pack **99¢**  
 CRISP—TASTY LOW IN SODIUM  
**Fresh Celery** Jumbo 24 Size **59¢**  
 COUNTRY STAND—SNOW WHITE FRESH  
**Mushrooms** 8 oz. box **88¢**

ALL NATURAL  
**Breyer's Ice Cream** ½ gal. ctn. **229**  
 ANN PAGE REGULAR OR CRINKLE CUT  
**French Fries** 5 lb. bag **199**  
 STRAWBERRY, BLACKBERRY, APPLE  
**Pet Ritz Cobblers** 26 oz. pkg. **169**  
 REGULAR  
**Pet Ritz Pie Shells** 2 ct. pkg. **59¢**

**Grocery Specials**  
 BUSH'S BLACK EYE PEAS OR  
**Pinto Beans**  
**4 100** 15 oz. cans

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

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

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

GREAT VALUE!  
**Greer Tomatoes** 3 16 oz. cans **100**  
 ARGO  
**Green Lima Beans** 3 16 oz. cans **99¢**  
 DEL MONTE PREMIUM SMALL  
**Sweet Peas** 2 17 oz. cans **99¢**

LUCK LEAF  
**Apple Juice** 48 oz. **99¢**  
 KRAFT  
**Grape Jelly** 2 lb. jar **99¢**  
 DOG FOOD  
**Ken-L-Ration Stew** 4 15 oz. cans **100**

WITH TRIGGER  
**Fantastic** Spray Cleaner 22 oz. bottle **79¢**  
 WITH TRIGGER  
**Glass Plus** Window Cleaner 22 oz. bottle **99¢**  
 DESIGNER OR ASSORTED  
**Bounty Towels** big roll **79¢**

50¢ OFF LABEL—REG. OR WITH CONDITIONER  
**Head & Shoulders** You Pay Only 15 oz. bottle **269**  
 REGULAR OR UNSCENTED - 3.33oz. oz. - Full On 2 1/2 oz. - Anti-Perf. 4 oz. each only **179**  
 TWIN PACK—SAVE 2.40  
**Scope Mouthwash** 2 24 oz. btl. **398**

**SUPER SAVER COUPON**  
 REGULAR, ELECTRIC PERK, AUTOMATIC DRIP  
**Maxwell House Coffee** **195** 1-lb. bag #664  
 LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 21 AT A&P IN RAEFORD, N.C.

**SUPER SAVER COUPON**  
 ANN PAGE  
**Pure Vegetable Shortening** **119** 3 lb. can #665  
 LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 21 AT A&P IN RAEFORD, N.C.

**SUPER SAVER COUPON**  
 WHITE YELLOW BLUE  
**White Cloud Tissue** **88¢** 4 roll pkg. #666  
 LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 21 AT A&P IN RAEFORD, N.C.

**Hoke Agricultural Extension News**  
 by Willie Featherstone, Jr.  
 Agricultural Extension Agent

**FALL FISHING - IT'S GREAT**  
 We're on the downhill side of summer, and even though we're sweating out the "dog-days" of August, we're dreaming of the pleasant activities which come with cooler fall weather - things like hunting, football, and trips to the mountains to see the fall colors. One activity which often gets overlooked by many folks is fall fishing.

There are a number of different types of fishing available in the fall. You simply have to know where to look. There is excellent autumn fishing for many varieties of salt water fish at the coast, with October usually being the peak month. Not so well-known, however, is the fact that there is also much good inland freshwater fishing available at the same time. Fishing in ponds and lakes for bream and bass can be excellent after a few weeks of relief from summer's heat. And in the mountains, the cool, clear trout streams offer fine fishing for those who know how to catch trout when water is clear and streams low. These conditions offer a challenge to the angler, but the results often are in the form of some nice trophy trout.

One of the best things about fall fishing is that the outdoors is at its best at that time of year. Fall colors, pleasant temperatures, and brisk, cool days make for an invigorating environment to be in. The annual crop of wildlife is at its peak and chances of observing some of these animals while fishing are good. An added bonus is that in the fall of the year, out lakes and streams are not crowded. You may fish all day and not see another fisherman. Fall is also one of the best times to camp, and combining a camping and fishing trip makes for a great outdoor experience. If you haven't tried it, you're really missing something.

For information and advice on good places to fish, check with your local Wildlife Commission, biologist, or enforcement officer. If you don't know who the Wildlife employees are in our area, contact the local Extension office for information.

## Public Meeting In Fayetteville August 25

RALEIGH -- Would you like to discuss possible dates for the upcoming duck seasons or learn more about waterfowl management in North Carolina? If so, consider attending one of the public meetings scheduled from August 23-25 conducted by the North Carolina Wildlife Resources Commission concerning waterfowl seasons and regulations.

"The purpose of these meetings is to gather public input on proposed waterfowl regulations and seasons," said Hal Atkinson, chief of the Commission's Division of Wildlife Management. "The federal government sets the basic framework of regulations and seasons for each flyway, but there are still numerous options within this framework. We urge all interested citizens to attend these meetings, and voice their opinions."

All meetings will begin at 7:30 p.m. and the meeting is as follows for local people: -- Cumberland County new Courthouse, Fayetteville, Wednesday, August 25.

## Celebration

The third anniversary of Reverend Dennis N. Caldwell, pastor of McCormick Chapel Baptist Church, located in Duffie Station near Red Springs will be celebrated August 22 at 4 p.m.

Reverend S.C. Fairley and choir of Nazareth Baptist Church, Wagram, will be in charge of the services. The public is invited to attend.

## Reunion

The final deadline for payment to Class of 1972 from Hoke County High School reunion is August 21. If any questions, please call Irene Dockery, 875-5375.

Edenborough Shopping Center  
 Raeford, N.C.