



LOW CHOLESTEROL RECIPES FOR THE BALANCED MEAL

Last week, A&P started 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 FRUIT SALAD AMBROSIA

- 2 medium bananas
- 3 tablespoons fresh lemon juice
- 2 medium oranges
- 1 cup seedless grapes
- 1/4 cup raisins
- 1/4 cup slivered almonds
- 1/2 cup coarsely chopped walnuts
- 2 teaspoons coconut extract
- 2 teaspoons vanilla extract
- 2 teaspoons sugar

Slice bananas and gently toss with lemon juice to prevent browning. Drain off excess juice. Peel oranges, remove heavy membrane if necessary, separate sections and cut sections in half. Combine bananas, orange pieces, grapes, raisins, almonds and walnuts in medium bowl. Combine extracts and sugar. Pour over fruit mixture and gently toss until fruit is coated. This versatile salad can be used as an accompaniment dish or as a healthful satisfying dessert.

Magistrates Court

The following Hoke County magistrates' judgments were issued last week.

Mary L. Allen, Box 502, Raeford, worthless check, \$15 restitution to Cole's Store, and costs.
Mae L. McLaughlin, Rt. 3, Box 249C, Red Springs, worthless check, \$31.97 restitution to Jackson's FMA, and costs.
Roger Levon Adams, Box 513, Raeford, speeding 45 in a 35 zone, \$5 and costs.
McDaniel Barton, Rt. 2, Maxton, expired inspection certificate, costs.

Frank Lovelace Bell, Thomasville, unsafe move in traffic, costs.
Mary Alice Carthens, Rt. 1, Box 177E, Red Springs, displaying an expired registration plate, costs.
Pamela Clark, Rt. 1, Box 200, Raeford, unsafe move in traffic, costs.

Eric Darrin Edwards, Ft. Bragg, displaying a fictitious inspection certificate, and without being equipped with two separate means of applying the brakes on the vehicle, costs.

Joseph Herman Harrell, Raeford, unsafe move in traffic, costs.
Eric Vaughn Muth, speeding 70 in a 55 zone, \$10 and costs.
Denver Lee Williams, Laurinburg, speeding 65 in a 55 zone, \$5 and costs.

Jimmy Blue, Rt. 1, Wagram, allowing an unlicensed person to operate his auto while Blue was a passenger, \$25 and costs.
Steven Ralph Alexander, Iamo, S.C., failing to yield the right of way at a stop sign, costs.

Dennis Ray Cole, Rt. 9, Greensboro, speeding 70 in a 55 zone, \$10 and costs.

Carlin Virgil, Rt. 2, Raeford, worthless check, \$56.57 restitution to Auto Parts & Equipment, and costs.

Robert Virgil, Rt. 2, Raeford, worthless check, \$69.53 restitution to T&L Auto Parts, and costs.

Yvonne Southerland, 219 Reaves St., Raeford, worthless checks, \$20 restitution to Hoke Medical Service, and costs; \$10 restitution to Davis Kash Mart, and costs.

David S. Stentz, Rt. 4, Fayetteville, worthless check, \$57.13 restitution to Macks, and costs.
Willette H. Neal, Rt. 4, Box 65, Raeford, worthless check, \$7.54 restitution to Jackson's FMA, and costs.

C.D. McGougan, Rt. 4, Box 399-C, Raeford, worthless checks, \$215.25 restitution to Fayetteville Cigar & Candy Co., and \$118.13 restitution to Tommy A. Roach, and costs.

Dorothy J. Lamb, Box 513, Raeford, worthless check, \$20 restitution to Averitt's Grocery, and costs.

Eugene McCormick, Rt. 1, Box 12-A-4, Parkton, worthless check, \$16 restitution to Heilig-Meyers, and costs.

Charles Leroy Doak, Sr., Rt. 1, Box 646, Red Springs, worthless check, \$20.80 restitution to Averitt's Grocery, and costs.

Dimitrios Nagos, Ft. Bragg, speeding 70 in a 55 zone, \$10 and costs.

James Elise Jones, Lumberton, speeding 70 in a 55 zone, \$10 and costs.

Felton Jacobs, Rt. 1, Box 121-E, Raeford, no operator's license, \$25 and costs.

Joseph Gantt, Rt. 4, Sanford, expired inspection certificate, costs.

Lacy Calvin Moresly, Rt. 3, Box 29-0, Raeford, failing to reduce speed to avoid an accident.

David Earl McMillan, Laurinburg, speeding 68 in a 55 zone, \$10 and costs.

William Ellis Murray, Pineville, expired operator's license, \$25 and costs.

Robert John McLaughlin, Greensboro, displaying an expired registration plate, costs.

Paul Snow, Parkton, speeding 70 in a 55 zone, \$10 and costs.

Gary J. Pond, Southern Pines, speeding 65 in a 55 zone, \$5 and costs.

Fay Brewington Norwood, Rt. 8, Fayetteville, expired inspection certificate, costs.

Jonathan Stubbs, Thomasville, expired inspection certificate, costs.

Willie Allen Swann, Fayetteville, speeding 50 in a 35 zone, \$10 and costs.

Ronnie Michael Wall, Rocky Mount, speeding 68 in a 55 zone, \$10 and costs.

Robert Bruce Wallace, Rt. 2, Raeford, speeding 65 in a 55 zone, \$5 and costs.

Car Wash

A car wash will be held Saturday, September 4, at Edenborough Shopping Center, starting at 8 a.m., sponsored by "Touch A Team."

The charge will be \$2 to wash and clean a car.

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

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Ground Chuck 3 lbs. or more **1.68** lb.
A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF
Whole Rib Eyes Cut Free! 9-12 lb. Avg. **3.59** lb.

Beef Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Rib Eye Steaks Boneless **3.99** lb.
Boneless Bottom Round Roast lb. **2.29**

A&P TENDER
Sliced Beef Liver lb. **69¢**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Cubed Steak lb. **2.89**

The Butcher Shop
with supermarket prices
Poultry Specials
U.S.D.A. INSPECTED FRESH FRYER BOX-O-CHICKEN OR WHOLE
Fresh Fryers 2 in a bag Limit 2 bags, please **44¢** lb.

CAROLINA PRIDE
Sliced Bologna 12 oz. pkg. **1.19**
SIRLOIN END CUT PORK CHOPS lb. 1.79
Country Style Pork Chops lb. **1.79**
U.S.D.A. INSPECTED FRESH-WHOLE
Fryer Legs lb. **89¢**
BLUE RIDGE
Sliced Bacon 1-lb. pkg. **1.49**

Beef Specials
A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF
Whole Bottom & Eye Round 20 to 26 lb. avg. cut free lb. **1.69**

ALLGOOD
Hot Dogs 12 oz. pkg. **88¢**
U.S.D.A. INSPECTED FROZEN
Baking Hens lb. **49¢**

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

ANN PAGE HOMESTYLE OR
Buttermilk Biscuits 4 8 oz. 10 ct. cans **79¢**
SEALTEST
Sour Cream 16 oz. pkg. **99¢**
P&Q BRAND—INDIVIDUALLY WRAPPED
Cheese Food Slices 12 oz. pkg. **99¢**
P&Q BRAND
Snack Crackers 11 oz. pkg. **75¢**

THE FARM
Fresh With Quality
CALIFORNIA RED CARDINAL, BLACK EXOTIC, OR THOMPSON GREEN
Seedless Grapes lb. **79¢**

CALIFORNIA—SWEET & JUICY VINE RIPENED
Cantaloupes 15 Size each only **88¢**
GOLDEN YELLOW—RIPE READY TO EAT DOLE
Bananas 3 lbs. for **1.00**
FIRM CRISP FRESH
Broccoli Large 14 Size each only **99¢**
PERFECT FOR SALADS RED RIPE
Cherry Tomatoes pint box **69¢**
CRISP TENDER TASTY
Celery Jumbo 24 Size each only **59¢**
CRISP TENDER FRESH
Carrots 2 lb. bag **59¢**

Frozen Specials
ALL NATURAL
Breyer's Ice Cream 1/2 gallon carton **2.29**

BEEF, CHICKEN, TURKEY
Ann Page Pot Pies 3 8 oz. pkgs. **1.00**
SAL. STEAK, MEAT LOAF, CHICKEN, TURKEY
Ann Page Dinners 11 oz. pkg. **79¢**
MORTON CHOCOLATE OR LEMON
Cream Pie 14 oz. pkg. **99¢**
A&P REGULAR OR CRINKLE CUT
French Fries 2 lb. pkg. **79¢**

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

CHUNK LIGHT—IN OIL OR IN WATER
Star Kist Tuna 6 1/2 oz. can **79¢**
FAMILY SIZE
Lipton Tea Bags 24 ct. pkg. **1.29**
SENECA
Lemon Juice 32 oz. btl. **99¢**

Bakery Specials
P&Q BRAND
White Bread Sandwich Sliced 24 oz. loaves **2.99**

5¢ OFF LABEL—YOU PAY ONLY
Clorox Bleach gallon jug **79¢**
15¢ OFF LABEL—YOU PAY ONLY
Cold Power Laundry Detergent 49 oz. box **1.59**
P&Q BRAND DIET ORANGE, GINGER ALE, Or Diet Root Beer
Diet Cola 2 liter bottle **69¢**

Paper Specials
A&P TWO PLY WHITE
Paper Towels 2 big rolls **88¢**

WHITE OR ASSORTED
Banner Tissue 4 roll pkg. **99¢**
ASSORTED
Scott Napkins 300 ct. pkg. **1.49**
DOG FOOD
Field Trial Ration 25 lb. bag **3.79**

Weekly Specials
P & O Cola 2 Liter Plastic **79¢**

25¢ OFF LABEL—YOU PAY ONLY
Aqua Fresh Tooth Paste 6.4 oz. tube **1.29**
ADULT—SAVE 1.98
DX Toothbrushes 2 for only **1.00**
TWIN PACK—SAVE 2.40
Scope Mouthwash 2 24 oz. btl. **3.98**

SUPER SAVER COUPON
VAN CAMP'S
Pork 'N Beans 4 16 oz. cans **1.00**
LIMIT FOUR WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 28 AT A&P.

SUPER SAVER COUPON
A SUPERB BLEND, HIGH IN BRAZILIAN COFFEES—REGULAR
Eight O'Clock Bean Coffee 3 lb. bag **5.79**
LIMIT ONE WITH COUPON GOOD THRU SAT., AUG. 28 AT A&P.

SUPER SAVER COUPON
IN QUARTERS
Blue Bonnet Margarine 1-lb. pkg. **29¢**
LIMIT ONE WITH COUPON AND 50¢ ORDER GOOD THRU SAT., AUG. 28 AT A&P.

Edenborough Shopping Center
Raeford, N.C.