

HELPING PEOPLE TO LIVE WITH **change**

SCHEDULE
Thursday, October 14, 1982, 2:30 p.m. - Area Meeting - Allendale - Antioch and Raedeen Extension Homemakers Club.

HINT
Use ice cream scoop to put batter in muffin tins - easier and makes more uniform muffins.

WHAT WOMEN NEED IN THEIR NAMES

Recent changes in state and federal laws provide some help for a divorced woman in getting her fair share of jointly held property. And these new laws can also help widows get some relief from estate taxes.

Even so, it's advisable for a wife to own the following items in her name: her car, half of the property the couple acquires during marriage; any property she brought to the marriage; at least one bank account; a credit card in her own name and some capital that's been invested in securities or a savings account.

If the married woman doesn't work outside the home, it becomes especially important that she have some property listed in her name alone. This gives her some recognition for her contributions to the family.

HELP MEAT GO FURTHER

There's no need to cut meat from your diet if you want to stretch the family food dollar. Instead, think smart -- and find ways to make a little meat go a long ways.

For instance -- you can supplement meat with other foods rich in protein. A smaller serving of meat teamed up with pasta, bread, cheese, milk, eggs, yogurt, cottage cheese or cooked legumes adds up to good nutrition.

Another tip: cook meat at low temperatures. Meat cooked at low temperatures shrink less, are more tender and have more flavor than those cooked at high temperatures. Become familiar with a variety of sauces and gravies that go well with meats. They are easy to make and are inexpensive when made from the pan drippings. Experiment with spices and seasonings.

Most of the great flavor makers -- garlic, mustard, Worcestershire, chili, catsup, horseradish, herbs and spices -- are relatively low in cost and quick to use.

Then, use vegetables as meat stretchers. Fresh, frozen or canned -- vegetables added to a sauce or gravy will add flavor, texture and vitamins. Almost any vegetable you like is compatible with a meat dish.

LEISURE IN LEAN TIMES

If there are fewer dollars in the recreation kitty this year, you might consider some of the following. Instead of a long, tiring trip, you might try getting acquainted with your home area or neighboring counties.

This year take in the festivals, the special events, the historic places, the parks, and areas of natural beauty. Then, while you're at it, try a new hobby.

Although some hobbies might call for spending a lot of money, others don't.

Snoop around your community. You might be surprised at the number of hobby clubs that would welcome new members. Try a new craft.

You might start by checking your trash basket. Some of the items you've thrown away might be transformed into a gift or game that could be used to entertain a child or a shutin. Another alternative: be a volunteer. Every community needs another pair of hands.

Decide what age groups you enjoy or would like to know better.

Also, check with persons who work with handicapped children, senior citizens or others who might have special needs. Last, but certainly not least, read.

You can get the equivalent of a college education by reading the books in your own public library. Or for a change of pace, read to the children in your neighborhood.

Even better, let them read to you.

Hoke High Band In 71st High Contest Oct. 9

The Hoke County High School marching band will compete in the Fifth annual Seventy-First Invitational Marching Band Festival which will be held October 9 at Seventy-First High School on Raeford Road (U.S. 401 north), from 3:30 p.m. to 9 p.m.

Concession stands will offer hot dogs, Cokes and baked goods for sale.



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., OCT. 9 AT A&P IN RAEFORD

CAPTURE

THE WONDERWORLD OF WILDLIFE.

The New Funk & Wagnalls Illustrated Wildlife Encyclopedia.

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Volume 1 only **99¢**
Volumes 2-24 only \$2.99

TRUCKLOAD MEAT SALE!



Meat Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE OR HALF
New York Strips
16-20 lb. avg. lb. **188**

The Butcher Shop
with supermarket prices
Meat Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE
Bottom & Eye Round
20-26 lb. avg. Cut Free! lb. **157**

Meat Specials
U.S.D.A. INSPECTED FRESH
Fryer Leg Qtrs.
8 lb. pkg. or more. Limit 2 Pkgs. lb. **39¢**

Meat Specials
A&P QUALITY FRESHLY
Ground Chuck
3 lbs. or more lb. **168**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE-IN
Sirloin Steak lb. **268**
EXTRA LEAN SPECIAL TRIM COUNTRY FARM ASSORTED
Pork Chop 10 lbs. or more lb. **167**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE (18-24 LB. AVG.)
Shoulder Roast lb. **167**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF FULL-CUT BONE IN
Round Steak lb. **198**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS BOTTOM
Round Roast lb. **198**
RUDY FARMS HOT OR MILD
Pork Sausage 1 lb. pkg. **178**

ALLGOOD
Hot Dogs 12 oz. pkg. **97¢**
HILLSHIRE FARMS
Smoked Sausage 1 lb. pkg. **198**

Dairy Specials
MINUTE MAID CHILLED
Orange Juice
Minute Maid ORANGE JUICE gal. ctn. **129**

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

Frozen Specials
ICE CREAM PARLOR TASTE
Sealtest Ice Cream
gal. ctn. **179**

ANN PAGE HOMESTYLE OR
Buttermilk Biscuits 4 10 ct. 8 oz. cans **79¢**

FLORIDA PINK OR WHITE
Grapefruit 3 Jumbo 23 size **99¢**
FLORIDA GROWN
Avocados 3 18 size **100**
VINE RIPENED LARGE RED RIPE
Tomatoes lb. **59¢**

GOLDEN YELLOW RIPE
Dole Bananas 3 lbs. only **89¢**
WASHINGTON STATE EX. FANCY
Bartlett Pears lb. **49¢**
EASTERN GROWN CRISP TART
McIntosh Apples lb. **59¢**

SWANSON (SALIS. STEAK 11 1/2 OZ. 79¢) OR
Turkey Dinner 11 1/2 oz. pkg. **109**
PET RITZ BLACKBERRY - STRAWBERRY OR
Apple Cobbler 26 oz. pkg. **159**
SNOW CROP FRUIT BEVERAGE
Five-Alive 12 oz. can **89¢**
SEALTEST
Polar B'ars 6 ct. **169**

KRAFT MILD 1.49 (EX. SHARP 1.89) OR
Sharp Cheese 8 oz. pkg. **165**
LIGHT N' LIVELY
Cottage Cheese 24 oz. ctn. **149**
GREEN GIANT CREAM STYLE OR
Niblets Corn 10 oz. Butter Sauce pkg. **99¢**

Weekly Specials
P&Q BRAND
Soft Drinks
Cola - Orange - Ginger Ale liter btl. **79¢**

Weekly Specials
JFG
Mayonnaise
32 oz. jar **79¢**

Grocery Specials
P&Q BRAND
Sandwich Bread
24 oz. loaves **99¢**

Household Specials
20¢ OFF LABEL
Fab Detergent
49 oz. box **179**
You Pay Only

SUPER SAVER COUPON
SAVE 40¢
ON THE PURCHASE OF 10 OZ. JAR
MAXWELL HOUSE
Instant Coffee
GOOD THRU SAT., OCT. 9 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #686

SUPER SAVER COUPON
SAVE 20¢
ON THE PURCHASE OF 4 CT. PKG.
P&Q BRAND
Bath Tissue
GOOD THRU SAT., OCT. 9 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #687

SUPER SAVER COUPON
SAVE 20¢
ON THE PURCHASE OF 1-LB. QTRS.
MRS. FILBERT'S
Margarine
GOOD THRU SAT., OCT. 9 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #688

SUPER SAVER COUPON
SAVE 20¢
ON THE PURCHASE OF 1/2 GAL. CTN.
A&P CHILLED
Orange Juice
GOOD THRU SAT., OCT. 9 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #689

SUPER SAVER COUPON
SAVE 20¢
ON THE PURCHASE OF 32 OZ. BTL.
HUNT'S
Tomato Ketchup
GOOD THRU SAT., OCT. 9 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #690

SUPER SAVER COUPON
SAVE 20¢
ON THE PURCHASE OF 6 1/2 OZ. CAN
A&P QUALITY
Chunk Tuna in Water
GOOD THRU SAT., OCT. 9 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #691

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Edenborough Shopping Center
Raeford, N.C.