



**STARTS WEDNESDAY,
OCT. 13th
THROUGH SATURDAY, OCT. 16th
DAILY FROM DAWN 'TIL DUSK
240 S. MAIN ST. IN RAEFORD**

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 WED., OCT. 13 THRU SAT., OCT. 16 AT A&P IN RAEFORD. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



A&P FARMERS' MARKET

GREAT OUTDOOR SALE!



BOUGHT IN TRUCKLOAD QUANTITIES WITH THE SAVINGS PASSED ON TO YOU! ITEMS LISTED BELOW ARE JUST A SAMPLE OF WHAT YOU'LL FIND!

GOLDEN YELLOW

**DOLE
Bananas**

5 lbs. only 1⁰⁰

BONELESS

**Whole
Rib Eyes**

9-12 lb. avg.

lb. 2⁹⁷

CRISP & SNAPPY

**Delicious
Apples**

Red or Golden

lb. 49¢

SOLID CRISP

**Fresh
Cabbage**

5 lbs. only 1⁰⁰

BONE-IN

**Chuck
Roast**

lb. 1¹⁷

SNOW WHITE

**Fresh
Cauliflower**

Jumbo 12 Size 88¢

Bike-A-Thon

Planned Here

Saturday, 9 a.m.

A Leukemia Bike-A-Thon will be held here Saturday at 9 a.m. to 1 p.m.

Riders will get pledges from local citizens, and for their efforts will be given prizes donated by local merchants.

Any rider who raises \$25 for the Leukemia Campaign will get a T-shirt, and for \$50, a sports bag will be awarded. Prizes will also be awarded to the youngest rider, oldest rider and for the most miles logged.

For further information and sponsor forms, contact either a Health Occupations Student at Hoke High or stop by the Medicine Shoppe on Main Street.

Scout Troop 34

At Carowinds Park

The Boy Scouts of troop 434 attended the 7th annual Boy Scout Encampment at Carowinds on October 1, 2 and 3.

Twenty-three scouts from the troop attended the three day affair.

In addition to the entire day Saturday in the Carowinds Amusement Park, the boys also enjoyed displays and other activities at the camp site.

Scout officials registered over 1,300 scouts that camped on the grounds and over 1,500 who attended the amusement park.

Troops from both North and South Carolina were in attendance.

The Scout Master of troop 434 is James O. Cunningham, and he was assisted on the trip by Walter J. Blue.

Hoke Heart Assoc.

Offers Free Checks

For Blood Pressure

The fact that more people are aware of the dangers of high blood pressure and are seeking medical advice to control it may be responsible for the recent decline in deaths from stroke, heart attack, kidney failure, and other cardiovascular diseases, according to Emma Mims, president of the Hoke County Heart Association.

"This is one of those disease areas where public education can have a real impact," she said.

"Everyone should know that blood pressure must be checked periodically, because there is no other way to find out whether it is too high. There are no symptoms to tell you that trouble may be on the way," she added.

Once a physician has diagnosed high blood pressure, he can select from a variety of medications to control it, and the patient may have to take medicine indefinitely to keep his blood pressure within normal range, Mims pointed out.

"However, this is a small price to pay for avoiding a stroke, a heart attack, or kidney failure," she said.

To promote public education on this important health subject, Saturday, November 6, has been designated as Blood Pressure Screening Day in Hoke County by the Hoke County Heart Association.

The Blood Pressure Screening Clinics will be held from 10 a.m. to noon and 2-4 p.m. at the following locations: Edenborough Pharmacy, Hoke County Public Library, Hillcrest Fire Station, Rockfish Fire Station, Puppy Creek Fire Station, North Raeford Fire Station, West Hoke Fire Station, Stonewall Fire Station, Antioch Fire Station, and Tyler Town Fire Station.

The National High Blood Pressure Education Program and the American and North Carolina Heart Associations are providing information on high blood pressure and how people can protect themselves against this major cause of death and disability.

Your Hoke County Heart Association urges all citizens of Hoke County to come out and have your blood pressure checked free of charge.

Southern Pines Hosts

Bluebird Society Meet

From November 5-7

The North American Bluebird Society will hold its fifth annual meeting from November 5-7 at the Sheraton Motor Inn at Southern Pines. This organization is dedicated to increasing bluebird populations through management and research. Field trips, exhibits and guest speakers will be featured at the conference.

For more information, contact Jack Finch, Route 1, Box 341, Bailey, North Carolina 27807.