



DOUBLE Coupon Savings!

On The Front Burner

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Christmas is over and we did enjoy all of those good foods - but now lets get down to talking nutrition. We will begin with vitamins (continued next week).

Myths Of Vitamins - Once a day

"just to be sure," millions of Americans take a multivitamin pill. Then, when cold season comes around, some stock up on Vitamin C. Others whose sex lives seem to be lagging may reach for vitamin E, with the added hope that it will starve off heart disease. And if all these vitamins don't prevent that "rundown feeling," they might try a little - or a lot - of all the vitamins, with an added boost of vitamin B 12.

According to some of the latest "literature" appearing in books by nutrition "experts" and in magazine articles, this sort of therapy should do the trick. But as millions of Americans now know, it doesn't necessarily mean you can even win a tennis match. And as a 4 year old boy in Kansas will never forget, taking a whole bottle of 40 children's vitamins at once won't help him grow stronger, faster.

He spent the following 2 days in intensive care with vitamin A and iron poisoning.

His experience was added to the statistics compiled by FDA's National Clearinghouse for Poison Control Centers which reveal that 4,000 cases of vitamin poisonings are reported each year, with some 3,200 involving children.

Other Americans, with rashes, diarrhea, or headaches, may also be unwary victims of the belief that since vitamins are good for them, the more the better.

Of course, this is just one of many myths about vitamins that is accepted by many health-conscious Americans.

Some of the myths have been with us so long they're difficult to distinguish from fact.

For instance, many people will tell you that vitamins provide extra energy.

False. Some of the B vitamins do aid in the conversion of food to usable energy, but in amounts greater than the U.S. Recommended Daily Allowance (U.S. RDA); they provide nothing of value.

Only people with a relatively rare medically diagnosed deficiency of a vitamin would benefit from an amount greater than the U.S. RDA levels.

FDA had promulgated regulations which are designed to prohibit false and misleading promotional and labeling claims about vitamins and minerals, and to distinguish between vitamins and minerals that are dietary supplements, and those that should be sold for drugs.

Still, educational efforts are required for the public to be able to know what vitamins can, and cannot, accomplish.

New Years Day is only a few days off. This is the day to remember to serve blackeyed peas - for good luck "they say".

One thing we are sure of and this is that you will be getting good food value.

Team up blackeyed peas and cornbread or blackeyed peas and rice and you will have your needed protein for that meal.

Try cabbage for good eating. This recipe came from Flora Alice Crowder and her daughter Bunny had given it to her. 1/2 cabbage chopped and cooked in salted water until about half done.

Mix cooked cabbage, 1/2 an onion cut fine, meaty parts of a can of tomatoes that have been drained.

Sprinkle with black pepper. Toss all of this and put in a buttered casserole.

Cover with buttered dressing mix. Put in oven to brown.

Want to save time when you are going to serve bake potatoes? Try steaming them in your pressure sauce pan. I believe you will like them.

If you are one of those lucky persons who received a microwave oven as a gift call 875-2162, the home agents office and register for a microwave workshop Tuesday, January 25, 7:30 p.m.

Schedule
Wednesday, January 5, 1983, 10:00 a.m. - Wayside Extension Homemakers Club Meeting.
Thursday, January 6, 1983, 10:00 a.m. - Raeford Morning Extension Homemakers Club Meeting.

Hint
When using the oven, make the most of the heat from that single source. Cook as many foods as you can at one time. Prepare dishes that can be stored or frozen for later use or make all oven-cooked meals.

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., JAN. 1 AT A&P IN RAEFORD, N.C. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS

A&P WILL CLOSE AT 9 P.M. NEW YEAR'S EVE. WE WILL BE OPEN FROM 9 TIL 6 NEW YEAR'S DAY

Happy New Year

Between now and Jan. 1, we will redeem all national manufacturers' cents-off coupons up to 50¢ for double their value. Offer good on national manufacturers' cents-off coupons only. (Food retailer coupons not accepted.) Customer must purchase coupon product in specified size. Expired coupons will not be honored. One coupon per customer per item. No coupons accepted for free merchandise. Offer does not apply to A&P or other store coupons whether manufacturer is mentioned or not. When the value of the coupon exceeds 50¢ or the retail of the item, this offer is limited to the retail price.



Clip the Manufacturers' "Cents-Off" Coupons from your mail, newspapers and magazines . . . then bring them to your A&P Food Store!

MFC'S COUPON	MFC CENTS OFF	A&P ADDED CENTS OFF	TOTAL COUPON AT A&P
COUPON A	25¢	25¢	50¢
COUPON B	18¢	18¢	36¢
COUPON C	50¢	50¢	\$1.00
COUPON D	75¢	25¢	\$1.00

Meat Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS
Chuck Roast 198 lb.
BONELESS Beef Stew 198 lb.

The Butcher Shop
Meat Specials
EXTRA LEAN SPECIAL TRIM COUNTRY FARM
Assorted Pork Chops 128 8 lbs. or more
BOSTON BUTT Pork Roast 149 lb.

Meat Specials
A&P QUALITY FRESHLY
Ground Beef 98¢ 5 lb. roll pkg.
FRESH Ground Chuck 178 3 lbs. or more lb.

Meat Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE-IN
Sirloin Steak 268 lb.
T-Bone Steak 288 lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS
Shoulder Roast 228 lb.
EXTRA LEAN SPECIAL TRIM COUNTRY FARM REGULAR OR COUNTRY STYLE
Pork Spare Ribs 148 lb.

U.S.D.A. INSPECTED
Box-O-Chicken 48¢ lb.
FROZEN
Dressed Flounder 2.5 lb. pkg. 299

FOR YOUR NEW YEAR'S PARTY! ARMOUR
Luncheon Meat 79¢ 6 oz. pkg. Your Choice
ARMOUR (BEEF 12 OZ. 1.19) OR
Meat Franks 119 12 oz. pkg.

MARKET STYLE
Sliced Bacon 149 lb.
A&P QUALITY HOT OR MILD
Pork Sausage 89¢ 1-lb. pkg.

Dairy Specials
FLORIDAGOLD
Orange Juice 100 gal. ctn.

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

Frozen Specials
SAUSAGE · HAMBURGER PEPPERONI
Jeno's Pizza 99¢ 10 1/2 oz. pkg.

KRAFT SHARP
Cheddar Cheese 149 8 oz. pkg.
A&P QUALITY
Buttermilk Biscuits 69¢ 4 5 ct. cans
"FAMILY CROCK"
Shedd's Spread 179 3 lb. ctn.

NORTH CAROLINA GROWN
Sweet Potatoes 13¢ lb.
EASTERN GROWN ALL PURPOSE
York Apples 139 5 lb. bag
CALIFORNIA SWEET JUICY SEEDLESS
Navel Oranges 10¢ each 113 size

LOCALLY GROWN MUSTARD · TURNIP · OR
Collard Greens 39¢ lb.
FOR YOUR HOLIDAY DINNER · FRESH
Blackeye Peas 59¢ 11 oz. pkg.
MILD TENDER MEDIUM
Yellow Onions 49¢ 3 lb. bag

ANN PAGE
Ice Cream 139 1/2 gal. ctn.
ORIGINAL JUMBO · BLUEBERRY · RAISIN
Aunt **Jermina Waffles** 79¢ 10 oz. pkg.
DULANY FROZ. CHOPPED COLLARS (16 OZ. 69¢) OR
Blackeye Peas 99¢ 16 oz. pkg.

Weekly Specials
FLAV O RICH
Egg Nog 89¢ quart ctn.

Grocery Specials
BUSH FRESH · DRIED
Blackeye Peas 99¢ 15 oz. cans
SMOKED BACON SQUARES
Hog Jowl 68¢ lb.

Grocery Specials
SPRITE · TAB · MELLO YELLO
Coca Cola 89¢ 2 liter bottle

Household Specials
ANHEUSER BUSH
Budweiser Beer 12 439 Regular or Light 12 oz. cans

SUPER SAVER COUPONS
SAVE ON
Eight O'Clock Instant Coffee 299

SUPER SAVER COUPONS
SAVE 20¢ ON
Tomato Ketchup 79¢

SUPER SAVER COUPONS
SAVE 20¢ ON
Saltine Crackers 59¢

SUPER SAVER COUPONS
SAVE 30¢ ON
Chunk Light Tuna 59¢

SUPER SAVER COUPONS
SAVE 30¢ ON
A&P Bath Tissue 69¢

SUPER SAVER COUPONS
SAVE ON
Mrs. Filbert's Margarine 39¢

EDENBOROUGH CENTER