

# On The Front Burner

During the cold winter months it is most important that we eat the right foods so our bodies can fight cold, virus, etc.

We can not expect our bodies to function correctly if they do not receive the right foods - our cars do not run without oil and gas do they?

Surveys show that in Hoke County and North Carolina we do not get the needed amounts of milk, fruits and vegetables.

We homemakers are the gate keepers of the foods our families get, so let's treat them right.

Help family members get their needed milk by using milk often in your cooking.

Using dry lowfat milk will help you cut on calories.

Hot chocolate, puddings, ice cream, sauces and gravies are a few ways to cook with milk.

Try this cheese butter.

### CHEESEBUTTER

Beat 1/2 cup (1 stick) butter with 3/4 teaspoon italian seasoning, 1/8 teaspoon each garlic powder and black pepper. Blend in 1 cup (4 oz.) shredded cheddar cheese and 1 teaspoon lemon juice. Form into log shape on waxed paper and refrigerate until ready to use.

### FRUIT SALAD

Use fruits you have on hand such as apples, oranges, bananas, grapes. Kiwi and fresh pineapple add to a salad but we do not always have them on hand. Cut up your fruit and add a sprinkle of salt and sugar. Prepare a little ahead of time for fruits to blend and you have a pretty and oh so good salad. Leaving the peeling on the apple adds color.

### BROCCOLI-TOMATO STACK-UPS

1 10-oz. pkg. frozen chopped broccoli  
3 large tomatoes  
1/2 cup (2 oz.) process swiss cheese  
2 tablespoons chopped onion

Prepare broccoli according to package directions; drain. Cut tomatoes into 4 slices each. Sprinkle tomato slices with salt; place on baking sheet. Combine broccoli, 2 tablespoons cheese and onion. Spoon broccoli mixture atop tomato slices. Broil 4 to 5 inches from heat till hot, about 10-12 minutes. Sprinkle with remaining cheese. Return tomatoes to broiler until cheese melts, about 1 to 2 minutes. Makes 6 servings.

### VITAMINS

(continued from last week)

The Daily Multi-Myth - An advertisement on television shows a person explaining how he stays healthy and looking "great." He says he watches his diet, gets plenty of exercise, and, "just to be sure," takes a vitamin-mineral supplement every day.

This is the way we have come to expect the marketing of dietary supplements. They are promoted as an "insurance" policy to guarantee good health.

The implication of such advertising has contributed to the myth that even a balanced diet cannot provide adequate nutrients.

Some people have gone further and maintain that modern farming methods have depleted the soil and that food itself no longer contains adequate nutrients.

This is untrue. More is known about the nutrient content of food today than ever before, and more is done, through modern farm practices, to protect and enrich the soil than was even known about in the good old days.

Crop rotation, soil tests, and routine enrichment of crop soil were developed because the oft-revered "natural" way of farming was quantitatively and qualitatively unreliable.

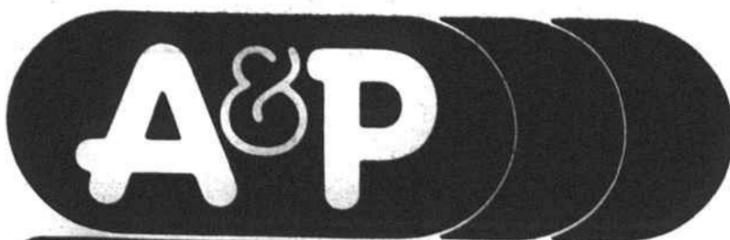
In addition, the protein, carbohydrate, fat, fiber, and vitamins are controlled primarily by the plant's genetic structure, not by the soil.

Excess mineral elements in soil beyond the plant's requirements may be reflected in the plants, but these differences are usually small.

Both desirable (magnesium, zinc, iron, etc.) and undesirable (lead, cadmium, selenium, etc.) elements, are similarly accumulated.

A balanced diet which generally meets the U.S. RDA requirements for vitamins A, B1, B2, C, and D will nearly always provide the needed amounts of other vitamins, despite the claims of some people that these other vitamins are hard to find and therefore must be eaten in special foods or taken by pill.

Schedule  
Thursday, January 13, 1983, 2:30 p.m. - Allendale-Antioch Extension Homemakers Club Meeting.



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

## Roller Day Spectacular

**P** **Pork Specials**  
BLUE RIDGE BRAND  
**Sliced Bacon**  
12 oz. pkg. **100**

A&P QUALITY  
**Meat Franks** 12 oz. pkg. **100**  
TALMADGE FARMS  
**Franks or Bologna** 2 12 oz. pkgs. **100**

**P** **Dairy Specials**  
A&P CHILLED  
**Orange Juice**  
1/2 gal. ctn. **88¢**

IN QUARTERS  
**Blue Bonnet Margarine** 2 1-lb. pkgs. **100**  
BUTTER-ME-NOT  
**Merico Biscuits** 3 5 ct. 4 1/2 oz. cans **100**  
SEALTEST  
**Cottage Cheese** 12 oz. ctn. **59¢**

**P** **Dairy Specials**  
FLAVO-RICH  
**Homogenized Milk**  
gal. paper ctn. **100**

QUAKER  
**Quick Grits** 5 lb. bag **100**  
JEFFY CORN  
**Muffin Mix** 4 8 1/2 oz. pkgs. **100**

**The Butcher Shop**  
**P** **Meat Specials**  
U.S.D.A. INSPECTED FRESH  
**Fryer Breast**  
6 lbs. or more lb. **98¢**

EXTRA LEAN SPECIAL TRIM COUNTRY FARM  
**1/4 Pork Loin Sliced** lb. **168**  
A&P QUALITY HOT OR MILD  
**Pork Sausage** 1-lb. pkg. **89¢**

**THE FARM**  
Fresh With Quality  
GOLDEN YELLOW RIPE READY-TO-EAT  
**Dole Bananas**  
4 lbs. only **100**

EASTERN GROWN ALL PURPOSE  
**White Potatoes** 10 lb. bag **100**  
CRISP SOLID GREEN  
**Cabbage** 5 lbs. only **100**  
MILD TENDER MEDIUM  
**Yellow Onions** 5 lb. bag **100**

**P** **Grocery Specials**  
PLAIN • SELF RISING UNBLEACHED  
**Pillsbury Flour**  
5 lb. bag **79¢**

CHICKEN W/RICE • CREAM OF CHICKEN  
CHICKEN NOODLE O'S • CHICKEN STARS  
**Campbell Soup** 3 10 1/2 oz. cans **100**  
FIRESIDE  
**Saltines** 2 16 oz. pkgs. **100**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE  
**Bottom & Eye Round**  
20-26 lb. avg. lb. **148**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS BOTTOM  
**Round Roast** lb. **198**  
OSCAR MAYER (BEEF LB. 1.69) OR  
**Meat Franks** 1-lb. pkg. **159**

**Juicy Grapefruit** 3 Jumbo 23 size **100**  
WASHINGTON STATE RED OR GOLDEN  
**Delicious Apples** 2 lbs. only **100**  
CALIFORNIA RICH & BUTTERY  
**Avocados** 4 60 size **100**

**P** **Grocery Specials**  
**Old Milwaukee Beer** ctn. of 12 12 oz. cans **379**

FARMER'S CHOICE SHOESTRING  
**Potatoes** 3 20 oz. pkgs. **100**  
ANN PAGE  
**Macaroni & Cheese** 4 7 1/2 oz. pkgs. **100**

**P** **Poultry Specials**  
U.S.D.A. INSPECTED FRESH  
**Box-0-Chicken**  
lb. **45¢**

U.S.D.A. INSPECTED FRESH  
**Fryer Leg Qtrs.** 2 lbs. only **100**  
EXTRA LEAN SPECIAL TRIM COUNTRY FARM BOSTON BUTT  
**Pork Roast** lb. **139**

**P** **Frozen Specials**  
ALL NATURAL  
**Breyer's Ice Cream**  
gal. ctn. **200**

BEEF • CHICKEN • TURKEY  
**Ann Page Pot Pies** 3 8 oz. pkgs. **100**  
SENECA  
**Apple Juice** 12 oz. can. **100**  
MORTON LEMON OR  
**Chocolate Pie** 14 oz. pkg. **100**

**P** **Grocery Specials**  
**Pepsi Cola** ctn. of 8 16 oz. btls. **149** plus deposit

KRAFT  
**Grape Jelly** 2 lb. jar **89¢**  
TASTER'S CHOICE REG. DECAF.  
**Instant Coffee** 8 oz. jar **449**

# DOUBLE Coupon Savings!

Between now and Jan. 8, 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!

Savings are Great with A&P's DOUBLE SAVINGS COUPONS!

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

Buy One - Get One FREE!  
16 OZ. LOAF  
**Roman Meal Bread**

Buy One - Get One FREE!  
8 OZ. CTN.  
Blueberry • Peach • Strawberry  
Banana • Strawberry  
**Light & Lively Yogurt**

Buy One - Get One FREE!  
FRENCH S  
Brown Gravy (7.5 oz.) • Spaghetti Sauce (1.5 oz.)  
Chili O Mix (1.75 oz.) • Sloppy Joe (1.5 oz.)  
**Sauce & Gravy Mixes**