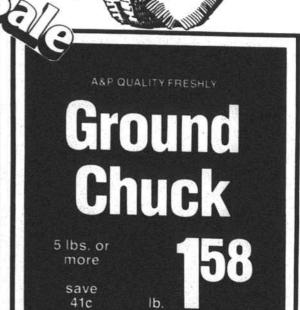


Assorted **Pork Chops**

save

Poultry Specials

save 40c



A&P QUALITY HEAVY WESTERN GRAIN FEED BEEF

Beef Shoulder

EXTRA LEAN SPECIAL TRIM COUNTRY FARM 1/4 Pork Loin

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE-IN

Sirloin Steak

Pork Sausage

ASP QUALITY HEAVY WESTERN GRAIN FED BEEF

Cubed Steak

A&P SLICED

Meat Bologna

(Beef 1-lb. 1.69)

FROZEN

Turkey Wings

A&P QUALITY WHOLE

Smoked Picnic

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

Shoulder Roast

BONELESS

Chuck

ARMOUR **Turkey Franks**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS

Sirloin Tip Roast

CHE FARA

ICEBERG

Head

Lettuce

U.S.D.A. INSPECTED FRESH

Box-O-Chicken

FLORIDA GROWN

Temple Oranges size

Celery Hearts SNOW WHITE FRESH

Mushrooms

FLORIDA YOUNG & TENDER

U.S. #1 JUMBO BAKING Russett Potatoes 3 billy **RED SALAD SIZE**

Raisins

heads

28 oz. family pack

WASHINGTON STATE EXTRA FANCY

DAILY BRAND **Bird Seed**

Red Grapes

FLORIDA GROWN RED RADISHES OF

Crisp

SUPER SAVER COUPON SAVE 10° ON **Bath Tissue**

GOOD THRU SAT., JAN. 22 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER. SUPER SAVER COUPON SAVE 20° ON

Liquid Bleach

SUPER SAVER COUPON SAVE 20° ON 20° OFF LABEL

Palmolive Liquid

GOOD THRU SAT., JAN. 22 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER

SUPER SAVER COUPON SAVE 20° ON FOR BEAUTIFUL FURNITURE

Lemon Pledge

GOOD THRU SAY, JAN. 22 AY A S.P. LIMIT ONE WITH COUPON AND \$7.50 ORDER. SUPER SAVER COUPON SAVE 20° ON

Cottage Cheese 24 oz.

GOOD THRU SAT., JAN. 22 AT A&P.
LIMIT ONE WITH COUPON AND \$7.50 ORDER. SUPER SAVER COUPON

SAVE 20° ON PURE VEGETABLE Wesson Oil You Pay Only

SUPER SAVER COUPON

SAVE 20° ON GREEN GIANT FROZEN **Niblets Corn**

GOOD THRU SAT., JAN. 22 AT AAP.
LIMIT ONE WITH COUPON AND \$7.50 ORDER.

On The Front Burner

(Continued from page 12)

After all, you're going to shop for .. him -- not for yourself.

As you shop, think about the person you're buying for. And try to answer these questions: Does the person need this? Will this item fit into his wardrobe? Is this a color or style that he would choose?

Be especially careful of size and fit. Some clothes need to fit well. If you're selecting a dress shirt, you'll need to know collar size and sleeve length. If it's pants you're buying, you'll need to know waist and inseam sizes.

If you're shopping for someone who lives close by, you might suggest window shopping together. And if the person sees something he likes, ask him to try it on. Then ask the clerk to hold the article. There are some clothing items that are just hard to buy for other

people, so you might want to steer clear of these. For example, some men are mightly particular about their ties and socks. Also try to find out if the person you're shopping for has any allergies. It would be a shame to

buy a wool shirt or sweater for. someone who is allergic to wool. Of course, there is a simple way to solve the clothing question. Use gift certificates. Just make sure the certificate is large enough to pay for the item you want the person to

WORDS ARE POWERFUL CHILD GUIDANCE TOOL

Words have the power to build children up or tear them down. So you may do well to choose your words carefully before you speak. Just by rephrasing your com-

ments, you can get a point across in a positive, rather than a negative manner. Here's what I mean.

Instead of saying "Put on your coat and boots," try "How fast can you put on your coat and boots?"

Instead of commanding "Pick up those blocks," try "You pick up a block and I'll pick up a block.'

Instead of demanding "Give me that," "I'll trade you this toy for that one."

Next time you're tempted to shout, "Don't pinch the baby," try "Be gently" touch the baby like this?" like this.

You might slow your child down by changing "Don't run in the house," to "Remember, running is for outdoors." And, last but not least, next time you're tempted to correct your

child with "That's not the way to do that," try another tactic. Say "Let's see if we can figure out a better way to do that."

It adds up to this. Positive words have a better chance of getting a positive response.

And helping a child build a positive self-image is important. Having a positive self-image as a child is one of the keys to becoming a mentally healthy adult.

Schedule January 24, 1983, 7:30 p.m.

Mildouson Extension Homemakers Club Meeting. January 25, 1983, 9:30 a.m. Rockfish Extension Homemakers Club Meeting. January 25, 1983, 12:40 p.m. Business Girls Extension

Extension Homemakers Club Meeting. January 27, 1983, 5:30 p.m. -North Raeford Extension Club Meeting.

Free Tax Help Offered Here

Free tax assistance is available to taxpayers who are confused about filling out a tax return or who cannot afford to pay for professional

VITA, the Volunteer Income Tax Assistance Program, is sponsored by Lumbee Regional Development Association, Pembroke, N.C. VITA volunteers are trained in basic returns preparation by the Internal Revenue Ser-

VITA assistance will be available in the Hoke County area on January 24 through April 15 at the LRDA CETA Office located in the South Hoke community during the hours of 8:30 a.m. until 5 p.m.-Monday through Friday.

VITA assists taxpayers with the Form 1040A, 1040EZ and the basic Form 1040, including exemptions, deductions, and special credits for which some taxpayers may be eligible. Taxpayers interested in free tax

help should bring their tax packages, W-2 forms, interest statements, and other pertinent tax documents to the location listed above. For more information contact: Brenda Jacobs at 875-5742.

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