

Coupons

Truckload Meat Sale

A&P

On The Front Burner

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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 mightily 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 buy.

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 comments, 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."

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 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 assistance.

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 Service.

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.

EXTRA LEAN SPECIAL TRIM COUNTRY STYLE

Assorted Pork Chops

10 lbs. or more
save 41c lb.

148

U.S.D.A. INSPECTED FRESH

Fryer Leg Qtrs.

10 lbs. or more
save 40c lb.

39¢

A&P QUALITY FRESHLY

Ground Chuck

5 lbs. or more
save 41c lb.

158

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE

Beef Shoulder

18-24 lb. avg.
WHOLE Beef 45-50 lb. Loin 198

168

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

Sirloin Steak

BONE-IN T-Bone Steak 288

268

MARKET STYLE

Pork Sausage

(10 lb. TUB 9.99)
MARKET STYLE Sliced Bacon 5 lb. pkg. 139

119

SAVE 10¢ ON BANNER

Bath Tissue

You Pay Only
White Only 4-Roll Pkg. 89¢
Assorted 4-Roll Pkg. 614

EXTRA LEAN SPECIAL TRIM COUNTRY FARM

1/4 Pork Loin

Sliced
CENTER CUT 1/4 Pork Chops 198

178

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

Cubed Steak

WHOLE Sirloin Tip 9-12 lb. avg. 178

298

A&P SLICED

Meat Bologna

(Beef 1-lb. 1.69)
BALL PARK Meat Franks 1-lb. pkg. 189

159

SAVE 20¢ ON CLOX

Liquid Bleach

You Pay Only
gal. jug 87¢
#616

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

Smoked Picnic

COUNTRY STYLE Pork Ribs 198

98¢

ARMOUR

Turkey Franks

16 pkg. case 949
12 oz. pkg. 68¢

68¢

FROZEN

Turkey Wings

or Turkey Necks
30 lb. case 999

999

SAVE 20¢ ON 20¢ OFF LABEL

Palmolive Liquid

You Pay Only
22 oz. btl. 103¢
#615

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

Shoulder Roast

or Chuck Roast
BONELESS 198

198

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS

Sirloin Tip Roast

or Bottom Round Roast

248

U.S.D.A. INSPECTED FRESH

Box-O-Chicken

WHOLE Fryer Legs 40-lb. case 2699

45¢

SAVE 20¢ ON FOR BEAUTIFUL FURNITURE

Lemon Pledge

You Pay Only
7 oz. can 159¢
#627

FLORIDA GROWN SWEET & JUICY

Temple Oranges

large 80 size

8 100

THE FARM Fresh With Quality

Head Lettuce

CALIFORNIA CRISP SOLID ICEBERG

2 100

WASHINGTON STATE EXTRA FANCY

D'Anjou Pears

lb.

49¢

SAVE 20¢ ON LIGHT N' LIVELY

Cottage Cheese

You Pay Only
24 oz. ctn. 159¢
#623

CALIFORNIA CRISP FIRM

Celery Hearts

each pkg. 79¢

79¢

A&P BRAND

Raisins

U.S. #1 JUMBO BAKING
6 pk. size 100

100

DAILY BRAND

Bird Seed

5 lb. bag 99¢

99¢

SAVE 20¢ ON PURE VEGETABLE

Wesson Oil

You Pay Only
48 oz. btl. 219¢
#620

SNOW WHITE FRESH

Mushrooms

1-lb. pkg. 159

159

RED SALAD SIZE

Russett Potatoes

3 lbs. only 100

100

CALIFORNIA SWEET & JUICY

Red Grapes

lb. 69¢

69¢

FLORIDA YOUNG & TENDER

Yellow Squash

lb. 39¢

39¢

FLORIDA GROWN RED RADISHES OR

Crisp Carrots

3 1-lb. pkgs. 100

100

28 oz. family pack

Ripe Tomatoes

99¢

99¢

EDENBOROUGH CENTER