

On The Front Burner

Ellen White
Home Economics Extension Agent

I want to share with you a chicken casserole I enjoyed at a covered dish luncheon in December. I found this such a delightful dish that I began a search to find who had prepared it - Mrs. Jane Miller. She was delighted to give the recipe to me. Try it - you will like it.

CHICKEN CASSEROLE
2 cups diced chicken
1 cup cooked rice
4 oz. can mushrooms
1 tablespoon lemon juice
1/2 cup shredded almonds
1/4 cup mayonnaise
1/2 teaspoon salt
1 cup diced celery
1 tablespoon finely chopped onion
1 can cream of chicken soup
Combine. Place in casserole topping with 1 cup corn flake crumbs and 2 tablespoons margarine. Bake at 350 degrees F. 30 to 40 minutes. Serves 8.

Jean Hodgkin, former Extension Secretary makes a delicious sandwich spread. This is good to have on hand. It will keep a long time in the refrigerator.

DATE SANDWICH SPREAD
1 small can crushed pineapple (undrained)
7 oz. marshmallows (miniature)
1 package dates, cut up
Juice of 1 lemon.
Mix and cook till clear and thickened. When cooled add 1 cup mayonnaise and 1 cup chopped nuts.

Mrs. Virginia McColl of Rockfish encourages you to try this no crust Apple Pie.

NO CRUST APPLE PIE
1 1/2 cups sugar
2 eggs
2 cups raw apples chopped
1 cup self rising flour
1 teaspoon vanilla
1 cup nuts
Mix flour and sugar, stir, add eggs and vanilla. Add apples and nuts, stir. Bake at 350 degrees F. for 30 minutes. Grease square baking dish or large pie dish. Serve with ice cream or whipped cream.

WHAT THE ECONOMY WILL BE LIKE IN 1983
The new year is always a time for economic forecasts 1982 was a bad year, in terms of economics, for many people. The question is: Will 1983 be better?

WHAT HAPPENED IN 1982
1982 can be viewed as a year in which the Federal government, specifically the Federal Reserve Board, continued policies designed to reduce the rate of inflation. Inflation is simply caused by the Federal Reserve pumping too much money into the economy relative to the goods and services being produced. In short, the old saying that "inflation is caused by too much money chasing too few goods," is true.

At times in the late 1970's the Federal Reserve was allowing the money supply to grow at two to three times the rate of growth of the economy. This policy was the cause of the very high inflation rates at that time.

In 1982 the Federal Reserve continued to try to reduce the inflation rate by restricting the growth of the money supply to the range of 3% to 5% annually, which is the rate of growth for the economy in normal times.

Consequently, the inflation rate fell to approximately 5% annually, which is the lowest rate in a decade.

This is a considerable achievement when we recognize that the inflation rate was over 15% only a couple of years ago.

However, an inevitable consequence of the anti-inflation policies of the Federal Reserve in 1982 was a continued economic recession and high and rising unemployment.

The reason is that when the Federal Reserve reduces the growth rate of the money supply, the credit markets (banks, brokerage houses, etc.) initially interpret this action as meaning less money to lend rather than less inflation.

Hence, as with any product when there is less of it, its price rises - in this case, the price of lending money, the interest rate, rises.

Higher interest rates mean less borrowing by businesses and consumers, which means less spending and an economic slowdown, or recession. An economic slowdown causes higher unemployment.

The above description basically paints the picture of the economy in 1982.

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



CARNIVAL

P SUPER SAVER COUPON
SAVE 66¢ ON
PURE CANE
A&P Sugar
5 99¢
You Pay Only 5 99¢
1 lb. pkg.

P SUPER SAVER COUPON
SAVE 40¢ ON
REGULAR
Eight O'Clock Bean Coffee
1 189
You Pay Only 1 189
1 lb. pkg.

P SUPER SAVER COUPON
SAVE 11¢ ON
ASSORTED - SOFT PRINT
Northern Bath Tissue
3 88¢
You Pay Only 3 88¢
3 roll pkg.

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SAVE 20¢ ON
Ragu Spaghetti Sauce
15 89¢
You Pay Only 15 89¢
15 oz. jar.

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P SUPER SAVER COUPON
SAVE 20¢ ON
Muellers Noodles
15 59¢
You Pay Only 15 59¢
15 oz. pkg.

GOOD THRU SAT. JAN. 29 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER.

P SUPER SAVER COUPON
SAVE 20¢ ON
LUCKY LEAF
Apple Juice
64 169
You Pay Only 64 169
64 oz. jug.

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P SUPER SAVER COUPON
SAVE 10¢ ON
POST TOASTIES
Corn Flakes
12 59¢
You Pay Only 12 59¢
12 oz. pkg.

GOOD THRU SAT. JAN. 29 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER.

P SUPER SAVER COUPON
SAVE 20¢ ON
MIDLAND
Quick Grits
2 59¢
You Pay Only 2 59¢
2 lb. pkg.

GOOD THRU SAT. JAN. 29 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER.

P SUPER SAVER COUPON
SAVE 10¢ ON
EAGLE BRAND
Condensed Milk
13 105
You Pay Only 13 105
13 oz. can.

GOOD THRU SAT. JAN. 29 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER.

P SUPER SAVER COUPON
SAVE 10¢ ON
Chunk Light Tuna
4 79¢
You Pay Only 4 79¢
4 cans.

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P Grocery Specials

KRAFT Grape Jelly 2 lb. jar 99¢

KRAFT DINNERS Macaroni & Cheese 3 7 1/4 oz. pkgs. 99¢

JFG Mayonnaise 32 oz. jar 89¢

REGULAR OLD MILWAUKEE Beer 3 7 9
Ctn. of 12 12 oz. can

P Grocery Specials

STOKELY REGULAR or FRENCH CUT Green Beans 3 16 oz. cans 1 00

STOKELY WHOLE KERNEL or Cream Style Corn 3 17 oz. cans 1 19

VAN CAMP Pork & Beans 3 16 oz. cans 1 00

TAB. SPRITE & MELLO YELLO Coca-Cola 2 99¢
2 ltr. btl.

P Health & Beauty Aids Specials

SPECIAL PURCHASE SAVE 7¢ A&P Alcohol 3 16 oz. btl. 1 00

TOOTHPASTE 30¢ OFF LABEL Aqua Fresh 8.2 oz. tube 1 29

TWIN PACK CONDITIONER OR St. Ives Shampoo 36 oz. btl. 2 49

QUAKER STATE 10W30 MOTOR OIL Super Blend 89¢
case of 24 quarts \$21 00
quart can NO LIMIT

P Dairy Specials

A&P QUALITY CHILLED FLORIDA Orange Juice 64 99¢
64 oz. ctn.

P Frozen Specials

SAUSAGE - PEPPERONI - HAMBURGER Jenos Pizzas 10.3 99¢
10.3 oz. pkg.

P Dairy Specials

FLAV-O-RICH Light Milk 99¢
1 gal. carton

TOASTED ONION - JALAPENO CHEDDAR - MUSHROOM & HERB Breakstone Dips 8 79¢
8 oz. ctn.

KRAFT HALFMOON Longhorn Cheese 10 1 59
10 oz. pkg.

KRAFT MILD OR MEDIUM Cheddar Cheese 8 1 29
8 oz. pkg.

SEALTEST Polar B'ars 6 1 69
6 ct. pkg.

BANQUET Fried Chicken 2 2 49
2 lb. pkg.

SWANSON DINNERS Salisbury Steak 11.5 99¢
11.5 oz. pkg.
Turkey Dinner 11.5 1 19
11.5 oz. pkg.
Wild Chicken Dinner 11.5 1 39
11.5 oz. pkg.

GREER Applesauce 3 16 oz. cans 1 00

P&Q BRAND Tomatoes 3 16 oz. cans 1 00

ALL FLAVORS Diet Faygo 4 1 00
16 oz. btl.

PILLSBURY Buttermilk Biscuits 4 89¢
4 cans

ANN PAGE Margarine Quarters 3 1 00
3 pkgs.

ICE CREAM PARLOR TASTE Sealtest Ice Cream 1 189
1 ct.

EDENBOROUGH CENTER