

On The Front Burner

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Have you called 1-800-662-7301 Extension Teletip for information? If not I suggest that you do. Tape 1101 Best Food Buys states that cabbage, apples, turnips, irish potatoes, sweet potatoes, citrus fruits are some of the best buys right now. The tape has some good tips about meat buying. Tape #5 Recipe of the Week is country skillet breakfast - it sounds great.

Some new foods are on the market: Pizza Eggs Rolls and Frozen Pops.
This is the recipe used for the cornbread served at the Wild Game Cookery Workshop.

OUTER BANKS CORNBREAD

- 1/2 stick butter
- 1 cup yellow cornmeal
- 1 tablespoon flour
- 2 teaspoons baking powder
- Pinch of salt
- 2 teaspoons sugar
- 1 cup cold milk
- 1 egg

Preheat oven to 425 degrees F. Place 1/2 stick of butter in 9x5-inch oblong pan. Put in oven to melt butter and heat pan. Mix meal, flour, baking powder, salt, and sugar in bowl; add cold milk and egg - just beat together for a minute. Pour into hot pan with butter. Bake at 425 degrees F. for 20 minutes.

A few dishes prepared at the workshop were:

SQUIRREL CASSEROLE

- 4 cups squirrel - cooked and boned. Cut up.
- 1 package herbal dressing mix
- 1 can cream of mushroom soup plus 1 cup of water
- 1 can cream of chicken soup
- 1/2 stick butter cup-up on top

Layer in casserole with butter on top and cook 30 minutes at 350 degrees F.

BEAVER OR RACON ROAST WITH BEER BARBECUE SAUCE

- 1 small to medium beaver or racoon, cut into serving pieces
- 1/2 teaspoon salt
- 3 tablespoons brown sugar
- 1/2 cup chili sauce
- 1 teaspoon instant minced onion
- 1 (7 oz.) bottle beer
- 1-1/2 teaspoon worchestershire sauce

Place pieces of beaver or racoon in a foil-lined roasting pan. Preheat oven to 350 degrees and roast, covered for a half hour. Meanwhile, mix other ingredients in a small bowl. After your meat has roasted a half hour uncover and pour barbecue sauce over the pieces. Then roast, uncovered for another half hour to an hour - until tender. Baste several times during cooking using your barbecue sauce.

PORCUPINE BALLS

- 1 lb. ground venison
- 1/2 cup rice (uncooked)
- 1 onion chopped
- Salt and pepper
- 1/4 teaspoon oregano
- 1 can tomato sour or 10 ozs. of pizza or spaghetti sauce

Mix meat, rice, onion, and seasonings. Make into balls and brown in oil. Pour sour or sauce over the mixture and bake 2 1/2 hours in 325 degree oven. Add water as needed.

WOODCOCK, DOVE OR SNIPE AMANDINE

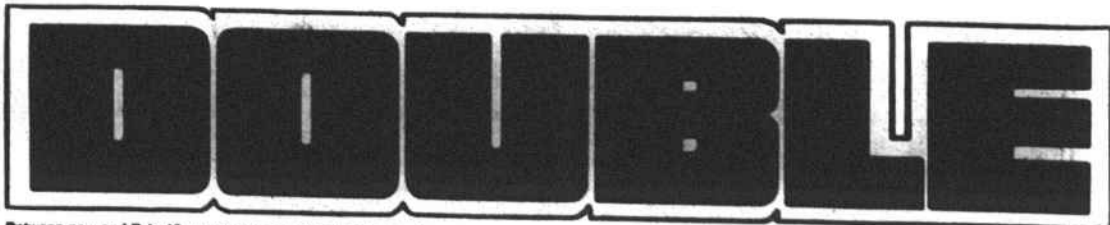
- 6 woodcock, or 12 dove or snipe, split down back
- 1/4 cup flour
- Salt and pepper
- 4 tablespoons butter
- 1/2 cup white table wine
- 2 tablespoons lemon juice
- 1/4 cup blanched, sliced almonds

Dust birds in flour seasoned with salt and pepper. Melt butter in a heavy skillet or electric frypan and saute birds until nicely browned. Add wine and lemon juice. Cover and continue cooking slowly for 15 to 20 minutes. Add almonds and cook for 5 to 10 minutes longer or until birds are fork tender. (Allow 2 quail or woodcock per serving; 4 dove or snipe.)

ORIENTAL GINGERED DUCK OR VENISON

- Meat from 3 to 4 lbs. young duck or venison, cut into 1-1/2 inch cubes, skin left on
- 2 eggs lightly beaten
- 1/4 cup flour
- 2 tablespoons water
- 1/2 teaspoon salt
- Fat or deep frying
- 1/4 cup water, boiling

(Continued on page 7B)



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., FEB. 12 AT A&P ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

Between now and Feb. 12, we will redeem all national manufacturer's 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 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.

Now! At A&P — Manufacturer's cents off coupon is worth twice as much... that's Double Coupon Savings!

SORRY-RAINCHECK POLICY NOT IN EFFECT DURING THIS SPECIAL EVENT

P SUPER SAVER COUPON

SAVE ON
GRADE A
A&P **GRADE A**
Large Eggs

59¢

dozen only

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #663

P SUPER SAVER COUPON

SAVE 40¢ ON
PLAIN - SELF-RISING
Red Band Flour

579¢

lb. bag

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #664

P SUPER SAVER COUPON

SAVE ON
IN QUARTERS
Blue Bonnet Margarine

29¢

1 lb. pkg

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #665

P SUPER SAVER COUPON

SAVE 10¢ ON
Betty Crocker Cake Mixes

81¢

18 oz. pkg

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #666

P SUPER SAVER COUPON

SAVE 10¢ ON
READY-TO-BREAD
Betty Crocker Frosting

129

16 oz. can

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #667

P SUPER SAVER COUPON

SAVE 20¢ ON
INSTANT
Folger's Coffee

379

10 oz. jar

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #668

P SUPER SAVER COUPON

SAVE 20¢ ON
A&P QUALITY
Tasteos Cereal

129

15 oz. pkg

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #670

P SUPER SAVER COUPON

SAVE 20¢ ON
WELCH'S
Grape Juice

99¢

24 oz. jar

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #675

P SUPER SAVER COUPON

SAVE 20¢ ON
SUNSWET
Prune Juice

109

12 oz. jar

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT ONE WITH COUPON AND 7.50 ORDER. #673

P SUPER SAVER COUPON

SAVE 10¢ ON
EMPRESS IN JUICE
Sliced Pineapple

90¢

2 20 oz. cans

GOOD THRU SAT., FEB. 12 AT A&P
LIMIT TWO WITH COUPON AND 7.50 ORDER. #678

P Grocery Specials

- A&P QUALITY
Quick Oats 18 oz. pkg. **69¢**
- POST TOASTIES
Corn Flakes 18 oz. pkg. **89¢**
- FAMILY SIZE
Lipton Tea Bags 24 ct. pkg. **129**

PREMIUM LIGHT
Jacob Best Beer

6 12-oz. cans **219**

P Dairy Specials

PILLSBURY HUNGRY JACK
Buttermilk Biscuits

279¢

5 oz. cans

SWANSON
Chicken Pie 2 8 oz. pkgs. **99¢**

KRAFT SHARP
Cheddar Cheese 8 oz. ctn. **159**

TROPICANA GOLD N' PURE
Orange Juice

119

1/2 gal. ctn. **99¢**

LIGHT N' LIVELY
Cottage Cheese

69¢

12 oz. ctn.

P Grocery Specials

- MOTT'S
Apple Juice 64 oz. jug **139**
- CHICKEN NOODLE O'S - CHICKEN & STARS
Campbell Soup 3 10 oz. cans **100**
- SUNBRIGHT UNSWEETENED PINK
Grapefruit Juice 46 oz. can **59¢**

REMEMBER YOUR SWEETHEART
FEB. 14th
See Our Selection of
Valentine candies

P Frozen Specials

ALL NATURAL
Breyer's Ice Cream

219

gal. ctn.

PET RITZ DEEP DISH
Pie Shells 12 oz. pkg. **99¢**

WINTER GARDEN
Coconut 2 8 oz. pkgs. **100**

SAUSAGE - PEPPERONI - HAMBURGER
Red Baron Pizza

299

22 oz. pkg.

SALISBURY STEAK - MEAT LOAF
SLICED TURKEY - BEEF PATTY - MUSHROOM
Morton Family Meals

149

MORTON King-Size Entrees 12 oz. pkg. **139**

P Health & Beauty Aids Specials

- AGREE CONDITIONER OR
Agree Shampoo 8 oz. btl. **148**
- EXTRA MOISTURE—EXTRA PROTECTION
Soft Sense Lotion 10 oz. btl. **148**
- REGULAR - MENTHOL - SKIN COND. - LIME - SPECIAL
Edge Shave Gel 7 oz. can **148**

REFRESHING
Pepsi Cola

2-liter bottle **119**

P Grocery Specials

P&Q BRAND
Sandwich Bread

2100

24 oz. loaves

GREER
Applesauce 3 16 oz. cans **109**

VAN CAMP
Pork & Beans 3 16 oz. cans **100**

STOKELY CUT - FRENCH STYLE
Green Beans

3 16 oz. cans **100**

BLACK FOREST PIE

Pie Crust **129**

La Creme Topping **89¢**

Pie Filling **99¢**

EDENBOROUGH CENTER