

On The Front Burner

(Continued from page 6B)

FRENCH ONION SOUP
 4 large onions, thinly sliced
 1/4 cup butter or margarine
 3 10 1/2 oz. cans condensed beef broth
 1 teaspoon worcestershire sauce
 2 tablespoons grated parmesan cheese
 1/2 teaspoon salt
 Dash of pepper
 2 french or hard rolls, sliced and toasted
 Cook onions in butter until lightly browned, about 20 minutes. Add broth and worcestershire sauce. Bring to boiling. Season with salt and pepper. Pour soup in bowls and flat toast slices atop. Sprinkle toast with cheese and place under broiler until cheese melts. Serves 4-6. 168 calories per serving.

HAMBURGER CASSEROLE
 1 lb. hamburger
 1 medium onion, chopped
 Shortening
 2 cups whole kernal corn
 2 cups green beans
 1 10 or 12 oz. can tomato sauce or tomato juice, or canned tomatoes chopped finely.
 Salt to taste
 1 can refrigerator biscuits or your favorite biscuits
 Brown hamburger and onion in small amount of shortening; drain off excess shortening. Heat corn and beans in separate pan; drain off excess liquid. Combine hamburger mixture with bean mixture; add tomato sauce and salt. Pour into baking dish; top with biscuits. Bake according to package directions for biscuits. May make favorite biscuits, if desired. Left-over fresh corn and beans may be substituted for canned corn and beans. Yield: 10 servings.

VACATION CASSEROLE
 2 tablespoons butter
 2 cups hot cooked rice
 1/2 lb. cheddar cheese
 1 cup milk
 1/2 teaspoon salt
 1 teaspoon worcestershire sauce
 1 1/2 cup chicken or meat, cooked and diced
 1 cup peas, drained
 1 4-oz. can mushrooms, drained (optional)
 1 cup potato chips (optional)
 Add butter to rice; mix. Combine cheese, milk, salt and worcestershire sauce; cook over low heat for 3 minutes. Place 1/3 of the rice in greased 2-quart casserole; add 1/2 of the chicken. Add 1/2 of the peas; add 1/2 of the mushrooms. Repeat layers, ending with rice; pour cheese mixture over top. Top with potato chips. Bake at 350 degrees for 45 minutes. Yield: 6-8 servings.

BEEF AND LIMA BEAN DINNER
 1 lb. ground beef
 1 medium onion, chopped
 2 cups cooked lima beans, drained
 12 buttermilk biscuits
 3/4 cup barbecue sauce, or ketchup
 1 cut (4 oz.) shredded sharp cheddar cheese
 Cook ground beef and onion in a large skillet until meat is browned, stirring often to crumble; drain off drippings. Stir in lima beans and barbecue sauce or ketchup; heat until bubbly. Spoon meat mixture into a lightly greased shallow 2-quart casserole; sprinkle with cheese. Place biscuits on top of casserole, overlapping edges if necessary. Bake, uncovered, at 375 degrees for 25 minutes or until biscuits are golden brown. Yield: 4-6 servings.

THIS IS RESERVED FOR YOUR RECIPE PLEASE SEND IT IN!

Schedule
 Tuesday, March 22, 1983, 9:30 a.m. - Rockfish Extension Homemakers Club Meeting.
 Thursday, March 24, 1983, 5:30 p.m. - North Raeford Extension Homemakers Club Meeting.
Hint
 Soak raisins 15 minutes in warm water and pat dry on paper towels before adding to bread or coffee cake.

How often do you use soybeans in your kitchen? Most people use soybean oil every week. Soy oil is the main ingredient in 80 percent of the salad and cooking oils, 83 percent of the margarines, 63 percent of the solid shortenings and 90 percent of the salad dressings sold in American supermarkets. It is also in cake mixes, candies, mayonnaise, TV dinners, soups, frozen fried foods and many other items.



ADVERTISED ITEM POLICY 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., MARCH 19 AT A&P IN RAEFORD, N.C. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

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Between now and March 19, we will redeem national manufacturer's cents-off coupons up to 50¢ for double their value. Offer good on national manufacturer's 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.

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YOUR A&P COUNTRY STORE

CHOOSE FROM 12 DIFFERENT PIECES OF Genuine Diamond 14 Karat Gold Filled Jewelry each only **4.99** plus tax

P SUPER SAVER COUPON
 SAVE 1.00 ON REGULAR
Eight O'Clock Bean Coffee
 You Pay Only **5.99**
 3 lb. bag #628
 GOOD THRU SAT., MAR. 19 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER.

P SUPER SAVER COUPON
 SAVE 20¢ ON STAR KIST
Chunk Light Tuna In Oil In Water
 You Pay Only **59¢**
 6.5 oz. can #629
 GOOD THRU SAT., MAR. 19 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER.

P SUPER SAVER COUPON
 SAVE 35¢ 25¢ OFF LABEL
Tide Detergent
 You Pay Only **1.59**
 49 oz. box #630
 GOOD THRU SAT., MAR. 19 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
 BONELESS
Bottom Round Roast
 lb. **2.49**

FRESH Box-0-Chicken **39¢** - **COUNTRY BUTCHER SHOP**
 U.S.D.A. INSPECTED FRESH
Whole Fryers lb. **39¢**
 2 in a bag Limit 2 Bags

WHOLE OR RIBE HALF
Pork Loin lb. **1.29**
 A&P QUALITY
Meat Franks
 12 oz. pkg. **1.08**
 12 oz. pkg. **98¢**

A&P QUALITY CHIPPED CHOPPED All Varieties 2.5 oz. pkgs.
Luncheon Meats 2 **99¢**
Sliced Bacon lb. **1.29**
 HEADLESS & DRESSED
Whiting Per lb. 69¢ 5 lb. pkg. **2.99**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF Boneless
Top Round Steak lb. **2.49**
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Cubed Steak lb. **2.99**
 A&P QUALITY FRESH
Ground Round lb. **1.99**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF Boneless
Rib Eye Steak lb. **3.99**
 A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Sliced Beef Liver lb. **89¢**
 EXTRA LEAN SPECIAL TRIM COUNTRY FARM
Pork Roast BOSTON BUTT lb. **1.49**

U.S.D.A. INSPECTED FRESH
Whole Fryer Legs lb. **89¢**
 U.S.D.A. INSPECTED
Turkey Necks lb. **39¢**
 SWIFT HOSTESS
Canned Ham 4 lb. can **8.88**

THE COUNTRY DAIRY
 KRAFT QUARTERS
Parkay Margarine
 1 lb. pkgs. **2.100**

THE COUNTRY STORE
 DESIGNER · ASSORTED
Bounty Towels
 big roll **79¢**

THE COUNTRY STORE
 PRIDE OF THE FARM CUT
Green Beans
 15 1/2 oz. cans **4.100**

THE COUNTRY FREEZER
 ALL NATURAL
Breyer's Ice Cream
 1/2 gal. ctn. **2.19**

MINUTE MAID CHILLED
Orange Juice 1/2 gal. ctn. **1.29**
 KRAFT
American Singles 16 oz. pkg. **1.99**
 BUTTERMILK
Pillsbury Biscuits 4 7 1/2 oz. cans **1.00**

AUTOMATIC DISH DETERGENT
Electra Sol 35 oz. pkg. **1.59**
 RAGU (PLAIN · MEAT · MUSHROOM)
Spaghetti Sauce 32 oz. jar **1.69**
 VERMICELLI · REGULAR · OR THIN
Mueller's Spaghetti 16 oz. pkg. **69¢**

MT. OLIVE PROCESSED
Dill Pickles 46 oz. jar **1.09**
 KRAFT
Grape Jelly 2 lb. jar **99¢**
 P&Q BRAND
Sandwich Bread 2 24 oz. loaves **1.00**

PEPPERONI · SAUSAGE · CHEESE
Ann Page Pizza 10 oz. pkg. **89¢**
 OKRAY · CRINKLE CUT
French Fried Potatoes 2 2 lb. pkgs. **99¢**
 MULTI PACK
Pet Ritz Pie Shells 5 ct. pkg. **1.99**

DIET PEPSI · MTN. DEW
Pepsi Cola
 GOOD ONLY IN (TOWN NAME)

THE FARM A&P Fresh With Quality
 CALIFORNIA SWEET & JUICY SEEDLESS
Navel Oranges 113 size **15.100**

50¢ OFF LABEL
Efferdent Tablets
 96 ct. box **2.69** Save 1.00

ANHEUSER BUSH
Natural Light Beer
 6 12-oz. cans **2.29**
 GOOD ONLY IN RAEFORD

IMPORTED DIRECTLY FROM CHILE
Seedless Grapes lb. **99¢**
 CRISP SOLID FIRM
Fresh Cabbage 5 lbs. only **1.00**
 CALIFORNIA CRISP FIRM
Romaine Lettuce large bunch **59¢**

WASHINGTON STATE RED JUMBO SIZE
Delicious Apples lb. **48¢**
 FRESH & TASTY
Crisp Carrots 2 lb. bag **69¢**
 CALIFORNIA
Fresh Lemons 8 165 size **1.00**

25¢ OFF LABEL
Mennen Speed Stick 2.5 oz. size **1.29**
 AQUAMARINE CONDITIONER OR
Aquamarine Shampoo 16 oz. btl. **99¢**
 30 HD MOTOR OIL
Quaker State High Detergent qt. can **83¢**