

## On The Front Burner

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### FRUIT AND VEGETABLE

#### BAKED SNAPBEANS

1 quart snapbeans (cooked)  
1 can mushroom soup  
1 cup grated cheese  
1 cup cracker crumbs  
2 medium size onions  
3 strips bacon  
Fry thin slice of onion in small amount of butter. Make 2 or 3 layers of snapbeans in baking dish using cheese, onion, and mushroom soup between layers. Add bacon to top layer. Dash with butter. Bake in 375 degree oven for 45 to 60 minutes.

#### STUFFED SWEET POTATOES

Cut a slice from top of baked sweet potatoes or cut large ones in half. Scoop out inside, leaving a lining of sweet potatoes next to the skin. Mash the contents, add spices and sugar to taste. Add enough hot milk to make mixture smooth and fluffy. Stuff mixture back into shell. Brush top with melted butter or margarine. Bake in 450 degree oven until flecked with brown.

#### BAKED PEARS

1/2 cup white sugar  
1/4 cup brown sugar  
Grated rind of 1 orange  
1 cup orange juice  
2 tablespoons lemon juice  
2 tablespoons butter  
1 tablespoon cornstarch (rounded)  
Pinch salt  
Pour over canned pears and bake at 350 degrees for 25-30 minutes. (If fresh ones are used bake until tender.)

#### FRUIT PUDDING

1 egg  
1/2 cup sugar  
3 tablespoons cornstarch or 6 tablespoons flour  
2 cups fluid milk  
1 tablespoon fat (margarine or butter)  
1 teaspoon vanilla  
2 cups canned fruit cocktail, drained  
1/2 teaspoon salt (if plain flour is used)  
Put egg in pan and beat. Stir in sugar, cornstarch or flour and salt. Add milk (whole milk or skim milk made from nonfat milk may be used). Cook and stir mixture over medium heat until thickened. Cook and stir one minute longer. Remove from heat, stir in vanilla, margarine or butter, and fruit cocktail, drained. Pour pudding into bowl. Cover. Keep cold.

#### BREAD AND CEREAL

#### PIZZA PLEASIN' OATMEAL CRUST

1 pkg. active dry yeast  
1/2 cup milk  
1 teaspoon salt  
1 3/4 to 2 cups flour  
1/4 cup warm water (110 degrees F.)  
1/4 cup oil  
1/2 cup 3-minute brand oats  
Sprinkle yeast over warm water. Set aside to soften. Scald the milk. Add oil and salt to milk and cool to lukewarm. Stir in oats and softened yeast. Gradually add enough flour to form a stiff dough. Cover and let rise until double in size (20 to 25 minutes). Press the dough into two greased 12 or 13 inch pizza pans. Bake for 10 minutes at 425 degrees F. Top with favorite pizza topping. Return to oven for 5 to 10 minutes longer to cook topping. Yield: 2 12 or 13 inch pizza crusts. To Freeze: After prebaking crust for 10 minutes, cool and wrap crust for freezing. To make pizza; remove from freezer and top with favorite topping. Add 5 minutes to baking time of topping to make sure crust is hot.

#### TAR HEEL HUSH PUPPIES (Sanitary Fish Market and Restaurant) (Morehead, N.C.)

1 lb. cornmeal, 1 egg, little salt and sugar, pinch soda, 1 cup buttermilk. Mix all ingredients. Add enough water to make a thick consistency. Drop in deep fat (peanut oil is best). Cook in fat at 375 degrees.

#### MILK

#### BUTTERMILK

Stir in 1 cup buttermilk to 1 2 gallon of liquid nonfat milk. Let stand at room temperature until clabbered. Use same as fresh milk.

#### LOW CALORIE SOUR CREAM FROM COTTAGE CHEESE

Put 1/2 cup water, milk or buttermilk into container. Add 8 ounces cream style cottage cheese and 1 tablespoon lemon juice. Cover. Press liquify on blender. Blend 30 seconds. (another good recipe).

Hope you have learned that eating the right foods can be fun.



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

GET 'EM  
HERE  
WHEN YOU  
SHOP!

Money  
Orders

FOR EVERY \$10.00  
YOU SPEND, WE  
WILL DOUBLE 3  
MANUFACTURER'S  
COUPON OFFERS.

EXAMPLE: \$10.00  
PURCHASE = 3  
COUPONS:  
\$20 PURCHASE =  
6 COUPONS;  
\$100 PURCHASE =  
30 COUPONS;  
AND SO ON!

## DOUBLE COUPONS

Between now and March 26, 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's 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.

Savings are Great with A&P's  
DOUBLE SAVINGS COUPONS!

MFC'S COUPON	MFC CENTS OFF	A&P ADDED CENTS OFF	TOTAL COUPON AT A&P
COUPON A	25¢	25¢	50¢
COUPON B	18¢	18¢	36¢
COUPON C	50¢	50¢	\$1.00
COUPON D	75¢	25¢	\$1.00

# 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 70¢ ON  
KRAFT  
**Miracle Whip  
Salad Dressing**

You Pay Only 32 oz. jar **99¢**

A&P GOOD THRU SAT., MAR. 26 AT A&P. #631  
LIMIT ONE WITH COUPON AND \$7.50 ORDER.

**P SUPER SAVER COUPON**

SAVE 41¢ ON  
COTTONELLE  
**Bath Tissue**

You Pay Only 4 roll pkg. **88¢**

A&P GOOD THRU SAT., MAR. 26 AT A&P. #632  
LIMIT ONE WITH COUPON AND \$7.50 ORDER.

**P SUPER SAVER COUPON**

SAVE 30¢ ON  
REGULAR  
**Eight O'Clock  
Bean Coffee**

You Pay Only 1 lb. bag **1.99**

A&P GOOD THRU SAT., MAR. 26 AT A&P. #633  
LIMIT ONE WITH COUPON AND \$7.50 ORDER.

FRESH

**Pork Shoulder  
Picnic Roast**

**79¢**

lb.

**COUNTRY BUTCHER SHOP**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

**Top Round  
Steak** Bone In

**1.99**

lb.

BONELESS BOTTOM  
Round Roast **1.99**

U.S.D.A. INSPECTED  
FRESH

**Box-O  
Chicken**

Limit Four

**39¢**

lb.

A&P QUALITY

**Canned Ham** 3 lb. can **5.99**

A&P COOKED SALAMI - OLD FASHION LOAF - SPICED LUNCHEON MEAT - PICKLE LOAF - OLIVE LOAF

**Luncheon Meats** Your Choice 8 oz. pkg. **89¢**

A&P QUALITY HOT OR MILD

**Pork Sausage** lb. **98¢**

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**Sliced Bacon** (2 lb. 3.35) 1 lb. pkg. **1.69**

COTTAGE BRAND

**Smoked Sausage** lb. **1.19**

A&P QUALITY SLICED

**Meat Bologna** 1 lb. pkg. **1.59**

HOLLY FARMS

**Chicken Franks** 1 lb. pkg. **99¢**

U.S.D.A. INSPECTED FRESH  
COMBINATION PKG.

**Choice Fryer Parts** lb. **1.19**

U.S.D.A. INSPECTED FRESH

**Whole Fryer Legs** lb. **89¢**

A&P QUALITY SEMI-BONELESS

**Smoked Ham Portions** lb. **1.69**

A&P QUALITY FRESH

**Ground Round** lb. **1.99**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
WHOLE (20-26 LB. AVG.)

**Bottom & Eye Round** lb. **1.79**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

**Top Round Steak** Boneless lb. **2.29**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

**Rib Steak** BONE-IN lb. **3.59**

**THE COUNTRY DAIRY**

A&P CHILLED

**Orange  
Juice**

64 oz. ctn. **99¢**

**THE COUNTRY STORE**

STOKELY

**Tomato  
Catsup**

32 oz. btl. **88¢**

**MORTON HOUSE**

**Beef  
Stew**

24 oz. can **99¢**

**THE COUNTRY FREEZER**

ALL NATURAL

**Breyer's  
Ice Cream**

ALL FLAVORS

1/2 gal. ctn. **2.19**

FLAV-O-RICH  
Swiss  
Style **Yogurt** 2 8 oz. ctns. **88¢**

LIGHT 'N LIVELY

**Cottage Cheese** 24 oz. ctn. **1.49**

PILLSBURY BUTTERMILK  
Hungry Jack **Biscuits** 3 5 oz. cans **1.00**

KELLOGG'S

**Corn Flakes** 18 oz. box **99¢**

50¢ OFF LABEL

**Wisk Liquid** 64 oz. btl. **3.29**

25¢ OFF LABEL

**Sunlight** Dish Detergent 32 oz. btl. **1.69**

PRIDE OF THE FARM

**Cut Green Beans** 4 15 1/2 oz. cans **1.00**

CHUNK LIGHT

**Star Kist Tuna** In Oil In Water 6.5 oz. can **89¢**

ARMOUR

**Corned Beef** 12 oz. can **1.89**

CHICKEN - TURKEY - SALIS. STEAK - MEAT LOAF

**Morton Dinners** 11 oz. pkg. **89¢**

BEEF - CHICKEN - TURKEY

**Morton Pot Pies** 2 8 oz. pkgs. **79¢**

FAMILY PACK

**Eggo Waffles** 17 oz. pkg. **1.29**

DIET COKE - MELLO YELLO

**Coca  
Cola**

2-liter bottle **99¢**

GOOD ONLY IN RAEFORD

**THE FARM**  
Fresh With Quality

CALIFORNIA CRISP SOLID ICEBERG

**Head  
Lettuce**

3 large heads **1.00**

30¢ OFF LABEL

**Aim  
Toothpaste**

Regular Mint You Pay Only 6.4 oz. tube **1.29**

Save 50¢

ANHEUSER BUSH

**Natural Light  
Beer** Ctn. of 6 12-oz. cans **2.29**

GOOD ONLY IN RAEFORD

GOLDEN YELLOW RIPE

**Dole Bananas** 3 lbs. only **1.00**

N.C. GROWN

**Sweet Potatoes** 5 lbs. only **1.00**

MILD TENDER MEDIUM

**Yellow Onions** 3 lb. bag **69¢**

WASHINGTON STATE RED

**Delicious Apples** lb. **48¢**

U.S. #1 JUMBO SIZE BAKING

**Russet Potatoes** lb. **39¢**

CALIFORNIA RICH & BUTTERY

**Avocados** 3 large 48 size **1.00**

SUMMER'S EVE (SAVE 50¢)

**Disposable Douche** 9 oz. btl. **1.09**

STICK (SAVE 70¢)

**Old Spice Deodorant** 2.5 oz. size **1.49**

DISPOSABLE (SAVE 30¢)

**Good News Razors** 3 ct. pkg. **79¢**

EDENBOROUGH CENTER