



# DOUBLE

# Coupon Savings!

FOR EVERY \$10.00 YOU SPEND, WE WILL DOUBLE 3 MFG'S COUPONS EXAMPLE:

\$10 PURCHASE = 3 COUPONS  
\$20 PURCHASE = 6 COUPONS  
\$100 PURCHASE = 30 COUPONS AND SO ON!

Between now and June 18, 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 area. 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 value 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

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., JUNE 18 AT A&P IN RAEFORD, N.C.  
ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

ADDITIONAL COUPONS REDEEMED AT FACE VALUE!

**Shedd's Spread**  
IN QUARTERS

**389¢**

1 lb. pkg.

**A&P COUPON**

JANE PARKER  
24 OZ. LOAF

**FREE BREAD!**

LIMIT ONE PER FAMILY WITH COUPON AND ADDITIONAL 10.00 PURCHASE  
GOOD THRU SAT., JUNE 18 AT A&P #663

**Sliced Bacon**  
JAMESTOWN

**129**

1 lb. pkg.

**COUNTRY BUTCHER SHOP**

U.S.D.A. INSPECTED FRESH

**Whole Fryers 39¢**

2 IN A BAG—LIMIT 2 BAGS

BONELESS BOTTOM

**Round Roast**  
WESTERN GRAIN FED BEEF

**268**

lb.

HONEYMOON BRAND  
Whole 'Or Half

**Boneless Ham 188**

lb.

WESTERN GRAIN FED BEEF

**Whole Rib Eye 398**

lb.

ARMOUR STAR  
TURKEY BOLOGNA OR

**Turkey Franks 69¢**

12 oz. pkg.

U.S.D.A. INSPECTED FRESH

**Box-O Chicken 49¢**

lb.

**THE COUNTRY DAIRY**

Ann Page Biscuits  
BUTTERMILK • HOMESTYLE

**489¢**

10 ct. 8 oz. cans

**THE COUNTRY STORE**

Mayonnaise  
HELLMANN'S

**139**

32 oz. jar

**THE COUNTRY STORE**

Green Beans  
ENGLISH MOUNTAIN CUT

**4100**

15 1/2 oz. cans

**THE COUNTRY FREEZER**

Ice Cream  
SEALTEST

**189**

1/2 gal. ctn.

STRAWBERRY • RASPBERRY • BLUEBERRY  
BLACK CHERRY

**Breyer's Yogurt 89¢**

2 8 oz. ctns.

25¢ OFF LABEL

**Fab Detergent 169**

49 oz. pkg.

A&P QUALITY

**Instant Rice 169**

28 oz. pkg.

MORTON PEACH OR

**Apple Pie 129**

24 oz. pkg.

KRAFT

**Velveeta Slices 169**

12 oz. pkg.

DOG FOOD (5 LB. PKG. 1.35)

**Field Trial Chunks 359**

25 lb. bag

PREGO REG. • MUSHROOM • MEAT

**Spaghetti Sauce 149**

32 oz. jar

PEPPERONI • SAUSAGE • CHEESE

**A&P Pizza 89¢**

10 oz. pkg.

**Pepsi Cola**  
DIET PEPSI • MTN. DEW  
16 oz. Returnable

**\$149**

GOOD ONLY IN RAEFORD

**THE FARM**  
AT A&P  
Fresh With Quality

TEXAS GROWN

**Ripe Honeydews 88¢**

each only

**Bath Towels**  
TASTEMAKER

**399**

each only 25 x 50

BUDWEISER

**Beer 469**

12/12 oz. Pak

GOOD ONLY IN RAEFORD

LUSCIOUS RED RIPE

**Strawberries 139**

quart box

FLORIDA RED RIPE

**Watermelon 149**

half only

25¢ OFF LABEL

**Crest Toothpaste 169**

8.2 oz. tube

CALIFORNIA SEEDLESS

**White Grapes 119**

lb.

FLORIDA TENDER

**Yellow Corn 159**

10 for only

SCOPE MOUTHWASH

**239**

24 oz. btl.

CARROTS (1-LB.) • GREEN PEPPERS • OR

**Cucumbers 100**

3 for only

LOCALLY GROWN

**Yellow Squash 100**

3 lbs. only

ROLL-ON (1.5 OZ.)

**Secret Deodorant 139**

## On The Front Burner

(Continued from page 4B)

3 zucchini, cut in 1/2 inch slices (about 4 cups)  
1 green pepper cut in strips  
1 teaspoon garlic salt  
1/4 cup grated parmesan cheese  
Melt butter in skillet; add zucchini, cauliflower, green pepper, onion and garlic salt. Cover; simmer 12 to 15 minutes or until vegetables are almost tender, stirring occasionally. Top with tomatoes; cook 3 minutes longer. Sprinkle with cheese. Variation: Substitute 2 packages (10 oz. each) frozen cauliflower, thawed for fresh cauliflower. Yield: 8 servings

### Easy Cauliflower and Tomato Cheese Casserole

1 large head cauliflower  
1/8 teaspoon nutmeg  
1 cup (4 oz.) shredded cheddar cheese  
2-3 tomatoes, cut in wedges  
1 tablespoon chopped parsley  
1/2 teaspoon salt  
dash of pepper  
2 tablespoons butter, melted  
1/2 cup shredded cheddar cheese  
1 1/2 quart buttered shallow casserole

Preheat oven to 400 degrees F. Rinse cauliflower and separate into flowerets. Cook in a 3 quart covered saucepan, in 1 inch boiling salted water, for 8-15 minutes or until just tender; drain. Place in casserole. Sprinkle with salt, nutmeg and pepper. Cover with 1 cup cheddar cheese. Drizzle butter all over. "Tuck" in tomato wedges, sprinkle over an additional 1/2 cup cheese and bake 5 minutes or until cheese is slightly melted. Serve garnished with parsley. Note: If cooked cauliflower has cooled before assembling casserole, heat in oven 5 minutes with 1 cup cheese and butter before tucking in tomato wedges and sprinkling with 1/2 cup cheese.

### Carrots Au Gratin

3 or 4 cooked or canned sliced carrots  
1/2 cup grated sharp cheese  
2 teaspoons butter or margarine  
1 can cream of celery soup  
1/4 cup dry bread crumbs  
1/3 cup crushed potato chips  
Place carrots in buttered 1 1/2 quart casserole. Blend soup and cheese; pour over carrots. Sprinkle with crumbs; dot with butter. Add potato chips. Bake, uncovered, at 350 degrees F. for 20 minutes. Yield: 6 servings.

### Stir Fried Vegetables and Chicken

4 cups shredded cabbage  
1 small onion thinly sliced  
1 green pepper, thinly sliced in strips  
1 large tomato, cut into thin wedges  
2 cups broccoli flowerets, broken into small pieces  
3 tablespoons vegetable oil  
2 teaspoons sugar  
1 cup cooked chicken, cubed salt and pepper to taste  
Prepare vegetables. Sprinkle cabbage with sugar, salt and pepper and toss lightly. Heat oil in skillet. Add vegetables in this order: Saute onions. Add green pepper, cabbage and broccoli. Toss together. Add tomatoes and toss. Add chicken. Cover and cook 2 to 3 minutes over medium heat. Serves 6.

### ...Cut Sodium

(Continued from page 4B)

MOCK CREAM CHEESE  
120 calories per 1/4 cup (makes 1 1/4 cups)  
1 cup (8 ounces) unsalted dry cottage cheese  
1/4 cup margarine\*, softened  
skim milk if needed  
Mix margarine and cottage cheese thoroughly in blender. If mixture appears too thick to spread, add skim milk. 1 teaspoon at a time, until the desired consistency is reached. Cover tightly and store in refrigerator.

MOCK WHIPPED CREAM  
100 calories per 2 tablespoons (makes 2 cups)  
1 1/2 cups (12 ounces) unsalted dry cottage cheese  
1/2 cup tub margarine\*  
1 cup powdered sugar  
2 teaspoons lemon juice  
1/4 teaspoon vanilla  
Mix all ingredients together in a blender until smooth. May be stored in refrigerator up to 1 week. \*available in unsalted form

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