\$1.00



PRICES EFFECTIVE THRU SAT., JUNE 25 AT AGP IN RAEFORD, N.C.
ITEMS OFFERED FOR SALE NOT AVAILABLE TO
OTHER RETAIL DEALERS OR WHOLESALERS

## **DOUBLE COUPONS**

FOR EVERY \$10.00 YOU PEND, WE WILL DOUBLE MIFO'S COUPONS EXAMPLE:

ADDITIONAL COUPONS REDEEMED AT FACE VALUE!

Savings are Great with A&P's

COUPON COUPON D

DOUBLE SAVINGS COUPONS!			
MFC'S COUPON	MFC CENTS OFF	AAP ADDED CENTS OFF	COUPC AT AL
OUPON A	254	254	50
OUPON B	18-	18*	36







JAMESTOWN PORK SAUSAGE (1-LB.) OR OLE CAROLINA

THE COUNTRY DAIRY

Clorox Bleach

5° OFF LABEL

**Sliced** 

Bacon

You Pay

0

S.D.A. INSPECTED FRESH

WESTERN GRAIN FED BEEF

2 IN A BAG—LIMIT 2 BAGS

WESTERN GRAIN FED BEEF CUT FREE Whole

Round

**Bone-In** Chuck Steak

THE COUNTRY STORE

**CAROLINA PRIDE** 

York Strip

16-20 lb. avg.

WESTERN GRAIN FED BEEF









0

0

LIGHT N' LIVELY Cottage Cheese 12 oz. Margarine

Buttermilk Biscuits 7.5 oz. 99¢

BREAKFAST DRINK Orange Tang PAQ BRAND **Bath Tissue** 

FLORIDAGOLD Orange Juice 1/2 Gal. Ctn. KRAFT REDUCED CALORIE - FRENCH - ITALIAN 1000 ISLAND - CATALINA - CREAMY ITALIAN Salad Dressing

Macaroni & Cheese **CREAM STYLE Ann Page Corn** 

FROZEN Totino's Pizza (SALIS. STEAK 111/2 OZ. 89\*) - TURKEY Swanson Dinners 111/4 oz. APPLE - BLACKBERRY - STRAWBERRY **Pet Ritz Cobblers** 

Mayonnaise 32 oz. jar

**Aim Toothpaste** DISPOSABLE

Massengill Douche

Miss Breck Hair Spray

129

On The Front Burner

(Continued from page 4B)

1 can (15 oz.) tomato sauce divided 2 teaspoons garlic salt 1 teaspoon chili powder

In large bowl, combine mashed beans, 1 cup cheese, onion, olives, 3/4 cup tomato sauce, chilies and garlic salt. Mix well. Place about 1/3 cup bean mixture along center of each tortilla. Roll up and place in two 11-3/4 x 7-1/2 x 1-3/4 inch baking dishes. Combine remaining tomato sauce, chili powder and hot pepper sauce spoon over filled tor-tillas. Sprinkle remaining cheese over sauce. Bake at 350 degrees 15 to 20 minutes or until thoroughly heated. Makes 12 enchiladas or about 6 servings. Per serving: 400 calories, 18 grams protein, 16 grams fat, 48 grams carbohydrate, 38 miligrams cholesteral and 1257

## Favorite Recipes Can Be Adjusted For Low Salt, Fat

miligrams sodium.

by Rebecca Smith

Hoke Health Center Ingredient Substitutions: Many of your favorite recipes can be adjusted for use in your sodium, fat and cholesterol-controlled diet

without giving up good flavor.
To do this, read the ingredients in your recipes carefully and make the appropriate following substitu-tions as suggested. Unless other-wise indicated, use an equal amount of the substituted ingre-

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Beef Broth

10 calories per cup (makes 3 cups) l tablespoon oil

I pound boneless, lean beef shank, well-trimmed

I small onion, chopped 1 bay leaf

4 peppercorns

4 whole cloves

1/2 teaspoon garlic powder

1/8 teaspoon thyme

1/8 teaspoon marjoram

Heat oil in large saucepan. Brown meat lightly and pour off fat. Add remaining ingredients. Bring to a boil. Cover, reduce heat

and simmer 2-21/2 hours or until meat is tender. Remove meat from broth, refrigerate and use in another recipe. Adjust yield to 3 cups either by adding water or boiling down excess broth. When ready to use, remove and discard hardened fat from surface of

Chicken Broth

15 calories per cup (makes 3 cups) 21/2 pound frying chicken, cut in pieces, skinned quart water

medium onion, chopped

8 whole cloves 2 bay leaves

1/2 teaspoon pepper

1/4 teaspoon marjoram

1/4 teaspoon rosemary 1/4 teaspoon basil

1/8 teaspoon garlic powder

Place chicken in large, deep pan. Add remaining ingredients. Bring to a boil. Cover, reduce heat and

simmer 21/2 hours or until chicken is tender. Remove chicken from broth and refrigerate. When ready to use, remove and discard hardened fat from surface of broth

No-Cholesterol Egg Substitute

200 calories per recipe (makes ½ cup)

4 egg whites

1 tablespoon oil

Combine all ingredients. Mix until well-blended. Use in place of 2 whole eggs in your recipes. This substitution may require some experimenting in baking since it will not work in every cake and cookie

Editor's note: The preceding recipes were reproduced, with permission, from Cooking Without Your Salt Shaker, Copyright 1978 by the American Heart Association, Northeast Ohio Affiliate,

Coca-Cola 2 LITER GOOD ONLY IN RAEFORD

ENGLENOOK

**Table Wine** 

GOOD ONLY IN RAEFORD

**Ripe Plums** 

**Tomatoes** RED RADISHES (BAG) - GREEN ONIONS (BUNCH) Green Peppers 3 🚉

WESTERN GROWN Fresh With Quality

SHOW WHITE Mushrooms

Broccoli

**Bing Cherries** 

**EDENBOROUGH CENTER**