



DOUBLE Coupon Savings!

FOR EVERY \$10.00 YOU SPEND, WE WILL DOUBLE 5 MF8'S COUPONS
EXAMPLE:

\$10 PURCHASE = 5 COUPONS
\$20 PURCHASE = 10 COUPONS
\$100 PURCHASE = 50 COUPONS AND SO ON!

Between now and Oct. 15, 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.

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

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., OCT. 15, 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!

LOWEST FALL PRICES!

SAVE 71¢ LB.

Chuck Roast
WESTERN GRAIN FED BEEF

Bone In **118**
lb.

The Butcher Shop
with supermarket prices
P Pork Specials

FRESH LEAN COUNTRY FARM WHOLE

Pork Loin lb. **98¢**
Save 81¢

FAMILY PACK Assorted Pork Chops lb. **138**

SAVE \$1.01 LB.

New York Strip
WESTERN GRAIN FED BEEF

(Whole or Half 16-20 lb. avg.) **198**
lb. Bone In

WESTERN GRAIN FED BEEF BONELESS

Shoulder Roast lb. **248**

WESTERN GRAIN FED BEEF BONELESS

Beef Stew lb. **198**

WESTERN GRAIN FED BEEF

Cubed Steak lb. **288**

WESTERN GRAIN FED BEEF BONELESS

Chuck Roast lb. **198**

A&P QUALITY HOT OR MILD

Pork Sausage 1 lb. pkg. **78¢**

A&P (BEEF LB. 1.69)

Meat Bologna 1 lb. pkg. **159**

ANN PAGE

Sliced Bacon 1 lb. pkg. **149**

A&P (BEEF 12 OZ. 1.18)

Meat Franks 12 oz. pkg. **98¢**

OSCAR MAYER (BEEF LB. 1.79)

Meat Wieners 1 lb. pkg. **169**

OSCAR MAYER (BEEF 8 OZ. 1.09)

Meat Bologna 8 oz. pkg. **99¢**

U.S.D.A. INSPECTED

Whole Fryer Legs Family Pack lb. **88¢**

FROZEN

Baking Hens lb. **68¢**

FRESH LEAN COUNTRY FARM CENTER CUT RIB OR LOIN

Pork Chops lb. **198**

FRESH LEAN COUNTRY FARM COUNTRY STYLE

Pork Spare Ribs lb. **179**

FRESH LEAN COUNTRY FARM CENTER CUT

Boneless Pork Chops lb. **299**

FRESH LEAN COUNTRY FARM

1/4 Pork Loin Sliced lb. **158**

White Bread
JANE PARKER

16 oz. loaf **19¢**
Save 20¢

LIMIT ONE WITH ADDITIONAL 7.50 ORDER

Double-Q Tuna
IN OIL · IN WATER

6 1/2 oz. can **48¢**
Save 31¢

LIMIT ONE WITH ADDITIONAL 7.50 ORDER

Tomato Ketchup
HUNT'S

32 oz. btl. **78¢**
Save 41¢

LIMIT ONE WITH ADDITIONAL 7.50 ORDER

Corn Flakes
POST TOASTIES

18 oz. box **48¢**
Save 61¢

LIMIT ONE WITH ADDITIONAL 7.50 ORDER

Orange Juice
A&P FROZEN

16 oz. can **79¢**
Save 30¢

LIMIT ONE WITH ADDITIONAL 7.50 ORDER

Hi Dri Towels
ASSORTED

2 big rolls **88¢**
Save 30¢

LIMIT TWO WITH ADDITIONAL 7.50 ORDER

FLAV-O-RICH REG. OR LIGHT

Cottage Cheese 24 oz. ctn. **149**

BUTTERMILK · HOMESTYLE

Ann Page **Biscuits** 4 8 oz. cans **89¢**

A&P CHILLED

Orange Juice 1/2 gal. ctn. **99¢**

KRAFT AMERICAN

Cheese Food Slices 16 oz. pkg. **199**

STOKELY CUT · FRENCH STYLE

Green Beans 3 16 oz. cans **100**

WHITE HOUSE

Applesauce 2 25 oz. jars **100**

CREAMY ITALIAN · 1000 ISLAND
CREAMY CUCUMBER · CREAMY BUTTERMILK

Kraft Dressings 8 oz. btl. **79¢**

KRAFT DINNER

Macaroni & Cheese 7 1/2 oz. pkgs. **100**

REGULAR

Eight O'Clock Bean Coffee 1 lb. bag **199**

DONALD DUCK UNSWEETENED PINK

Grapefruit Juice 46 oz. can **59¢**

5¢ OFF LABEL You Pay Only 14 oz. can **39¢**

NEWBORN (24 CT.) · OVERNIGHT (14 CT.)
DAYTIME (18 CT.) · TODDLER (12 CT.)

Huggies Diapers Your Choice **299**

FROZEN

Banquet Meat Pies 3 8 oz. pkgs. **100**

GREEN GIANT WHITE SHOEPLEG CORN · BROCCOLI
SPAGHETTI · BUTTER SAUCE · BROCCOLI CHEESE SAUCE

Frozen Vegetables 10 oz. pkg. **99¢**

STUFFERS CHICKEN CHOW MEIN · SPAGHETTI WITH BEEF (12 1/2 OZ.)

Lean Cuisine 11 1/2 oz. pkg. **179**

CRINKLE CUT

Ore Ida Potatoes 2 lb. pkg. **119**

SAVE

Pepsi Cola
DIET PEPSI · MTN. DEW

16 oz. 8 Pak **\$1.39**

GOOD ONLY IN RAEFORD

MILLER

Beer 6 Pk. **\$2.29**

GOOD ONLY IN RAEFORD, N.C.

THE FARM
Fresh With Quality

N.C. GROWN RED OR GOLDEN

Delicious Apples 3 lb. bag **79¢**
Save 50¢

JUICY RED

Ripe Tomatoes 26 oz. family pack **99¢**

NEW CROP FLORIDA

White Grapefruit 3 for only **100**

GREEN

Fresh Cabbage 5 lbs. only **100**

CALIFORNIA

Valencia Oranges 8 for only **100**

Health & Beauty Aid Specials

GILLETTE "WORLD SERIES" SPECIALS

Atra Blades 10 ct. pkg. **389**

GILLETTE

Trac II Blades 5 ct. pkg. **189**

GILLETTE

Atra Razor each only **399**

RIGHT GUARD

Anti-Perspirant 4 oz. can **229**

RIGHT GUARD

Stick Deodorant 2.5 oz. size **169**

SOFT & DRI

Deodorant 4 oz. size **229**

FINESSE 35¢ OFF LABEL You Pay Only 11 oz. btl. **219**

Or Conditioner

MOUTHWASH

Listerine 32 oz. btl. **299**

On The Front Burner

(Continued from page 4B)

damaged or missing.

In the case of critical illness or death, a family records inventory would be valuable to the person who is trying to manage the family's business affairs.

To be on the safe side, you should make at least two copies of a family records and inventory goods list.

Seafood workshop

The fastest and most convenient method for storing fresh fish is a technique known as superchilling. To superchill, you need an insulated ice chest with a lid.

Line the bottom of the ice chest with three to four inches of flaked or crushed ice. It's also a good idea to place a rack or tray in the bottom of the cooler to keep the fish out of any water which may accumulate as the ice melts.

Next, layer the fish in a mixture of rock or table salt and flaked ice. Generally about a half-pound of salt should be used for every five pounds of ice.

While flaked ice may be more difficult to obtain, it is preferred over crushed and block ice since it has greater surface area for chilling and is less likely to tear the fish. Local seafood processors or fish houses are probably the best sources for flaked ice. If flaked ice is not available crushed ice is the next best substitute.

Whole fish should be layered, unwrapped, in the ice. Dressed fish should be individually wrapped in heavy, clear plastic. Shucked shellfish can be treated much the same way as dressed fish. For maximum freshness shrimp should be stored in their shells with their heads off. Be sure to wrap them in a double layer of plastic or in a heavy plastic pouch so that the shells will not puncture the wrap. As a general rule of thumb, use three pounds of ice per pound of fish.

When the cooler is filled, top it with a generous layer of ice and securely close the lid and drain plug (if there is one).

On the road - Once the fish have been properly iced, place the ice chest in a cool, shady section of your car. Avoid the trunk as that is probably the warmest part of the car. If you're traveling for several days, it's a good idea to drain off melt water at overnight stops and add more ice. Don't take the fish out of the cooler until you've reached your final destination. Simply add more ice and salt. Watch next week for directions on flaking fish.

Mrs. Lois Long shared a Broccoli Casserole from her daughter Shirley Campbell of Florida.

BROCCOLI CASSEROLE

1 1/2 lbs. fresh broccoli or 10 oz. frozen (fresh is better)

1/4 cup grated carrots

1/4 teaspoon salt

1/2 cup sour cream

1 can cream of chicken soup

1 tablespoon dry onions

1/8 teaspoon pepper

Cook broccoli till tender and drain well, put in a greased baking dish. Mix all other ingredients and pour over broccoli and bake at 350 degrees for 35 minutes. When done put the topping mix over by sprinkling well.

Topping: 2 tablespoons butter, 3/4 cup stuffing mix (herb season). Mix well and sprinkle over the broccoli mixture.

COTTAGE CHEESE PANCAKES

1 1/4 cups all-purpose flour

1/2 teaspoon salt

1 beaten egg

2 tablespoons oil

2 teaspoons baking powder

1 tablespoon sugar

1 cup milk

1/2 cup cottage cheese

Sift together dry ingredients. Combine egg, milk, oil and cottage cheese. Add to dry ingredients, stirring just until moistened. Bake on hot griddle. Note: Whole wheat flour can be substituted for half of the flour.

ORANGE SYRUP

Mix 1/2 cup frozen orange juice concentrate with 1/2 cup light corn syrup and 1 tablespoon margarine. Simmer over low heat until heated through. Serve hot. Yields about 1 cup.

NON-BAKE BANANA COOKIES

2 cups finely crushed vanilla wafers

1/2 cup mashed ripe bananas (1 medium) crushed cereal or wheat germ

1/2 cup wheat germ

1/4 cup shredded coconut

Combine first 4 ingredients in blender and mix well. Form 1-inch balls; roll in crushed cereal. Store in covered container. Yields 3 dozen cookies.

Now... Save A&P Gold Register Tapes for great savings on quality

Stainless Steel Cookware

5/8 QT. WARMER/SERVER **\$2.99**
WITH \$200 WORTH A&P GOLD REGISTER TAPES

Here's how it works...

- Save your valuable A&P gold register tapes
- When you have the amount of A&P gold register tapes needed, redeem them at the A&P Check Stand
- Naturally, you can start saving more A&P gold register tapes for the next cookware item you plan to select
- And remember, all items are on sale for the duration of this program. This offer is scheduled to end Saturday, December 17, 1983

EDENBOROUGH CENTER