



DOUBLE Coupon Savings!

CHECK WITH YOUR LOCAL A&P FOR DETAILS ON DOUBLE COUPONS

March 29, 1984

THE NEWS-JOURNAL

Raeford, N.C.

5B

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 31 AT A&P IN RAEFORD, N.C. ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

A&P WILL GLADLY ACCEPT CHECK CASHING CARDS FROM BIG STAR • KROGER • HARRIS TEETER FOOD LION • WINN DIXIE • FOOD WORLD

SAVE \$1.25 WITH COUPONS IN THIS AD

Birth Day Sale

125 YEARS OF SERVING AMERICA 1859-1984



New preacher
Rev. Robert B. Craig has been called as pastor of Ephesus Baptist Church, Raeford. He is a graduate of Southeastern Baptist Theological Seminary of Wake Forest. After returning from mission work in Colorado, he pastored White's Creek Baptist Church of Clarkton. Bob is married to the former Glenda Ann Carraway of Little Washington. They have two sons now living in Newport News, Virginia.

SAVE 41¢ LB.
Ground Chuck
A&P QUALITY FRESH
3 lbs. or more
158
lb.

The Butcher Shop
with supermarket prices
Meat Specials
Round Roast
WESTERN GRAIN FED BEEF
Boneless Bottom
199
lb. **Save 1.20**

Smoked Picnic
FRESH LEAN COUNTRY FARM
Whole
68¢
lb. **Save 51¢**

SAVE 60¢ LB.
Beef Shoulder
WHOLE
WESTERN GRAIN FED BEEF
10 - 16 lb. avg.
Boneless
169
lb.

OSCAR MAYER (SMOKIE LINKS 1 lb. 1.99)
Meat Wieners 1 lb. pkg. **159**
MARKET STYLE
Sliced Bacon lb. **119**
HORMEL D-SHAPED
Canned Ham 3 lb. can **699**

WESTERN GRAIN FED BEEF BONELESS BOTTOM
Round Steak lb. **229**
COUNTRY PRIDE
Roasting Chickens lb. **89¢**
FRESH LEAN COUNTRY FARM SEMI-BONELESS
Smoked Ham Portions lb. **139**

A&P COUNTRY TREAT FROZEN WHOLE HOG (HOT OR MILD)
Pork Sausage lb. **149**
A&P QUALITY (BEEF 1 lb. 1.69)
Meat Bologna 1 lb. pkg. **159**
FROZEN (5 lb. BOX 1.99)
Fryer Livers lb. **49¢**

WESTERN GRAIN FED BEEF BONELESS
Shoulder Steak lb. **249**
OSCAR MAYER
Sliced Bacon 1 lb. pkg. **229**
BUY ONE • GET ONE • FREE!! CHEF DELIGHT
Stuffed Crabs 5 oz. pkg. **99¢**

Green Beans
STOKELY REGULAR CUT OR FRENCH STYLE
Or Shellie Beans 16 oz. cans
288¢
Save 10¢

Buttermilk
FLAV-O-RICH
1/2 gal. ctn.
99¢
Save 35¢

Hi Dri Towels
ASSORTED • EARTHTONE
2 big rolls
100
Save 18¢

STOKELY PARTY PEAS • EARLY PEAS WHOLE KERNEL • CREAMSTYLE
Golden Corn 2 17 oz. cans **99¢**
HUNT'S
Tomato Ketchup 32 oz. btl. **99¢**
LIBBY'S
Corned Beef 12 oz. can **139**
ANN PAGE OR PACKERS LABEL
Pinto Beans 3 1 lb. bags **100**

SELF-RISING
Tenda Bake 5 lb. bag **119**
25% OFF LABEL
You Pay Only
Crisco Oil 32 oz. btl. **184**
ASSORTED FLAVORS
Light 'n' Yogurt 6 ct. pkg. **149**
KRAFT
Cheese Food Slices 12 oz. pkg. **149**

MINUTE MAID REGULAR • MORE PULP FROZEN
Orange Juice 12 oz. can **109**
DOWNYFLAKE
Hot 'n' Buttery Waffles 13 oz. pkg. **79¢**
PET RITZ
Pie Shells 2 ct. pkg. **69¢**
CHICKEN • BEEF • TURKEY
Morton Pot Pies 3 8 oz. pkgs. **100**

ASSORTED • WHITE
Scott Bath Tissue 4 roll pkg. **179**
ASSORTED
Viva Napkins 300 ct. pkg. **149**
BLUE LABEL • STEW
Ken-L-Ration Dog Food 15 oz. cans **179**
CHEF'S BLEND
Dry Cat Food 18 oz. pkg. **89¢**

SAVE
Coca-Cola
DIET PEPSI • PEPSI FREE • MTN. DEW
2 liter
89¢
GOOD ONLY IN RAEFORD, N.C.

THE FARM
CALIFORNIA
Fresh With Quality
Iceberg Lettuce heads only
299¢
SAVE 50¢ EA.

HEALTH & BEAUTY AIDS SPECIALS
Breck Shampoo 15 oz. BTL. (Save 1.10) or
Hair Spray 9 oz. CAN (SAVE 80¢)
Your Choice each **139**

MEISTER BRAU
Beer
179
6 Pk.
GOOD ONLY IN RAEFORD, N.C.

RIPE
Red Tomatoes lb. **69¢**
FRESH
Crisp Celery each stalk **59¢**
JUMBO CALIFORNIA
Navel Oranges 5 for only **100**
CREAMY
Fresh Avocados 3 for only **100**

FRESH
Green Peppers 3 for only **99¢**
CALIFORNIA FAMILY PACK
Tangy Lemons 11 ct. pkg. **99¢**
GENUINE BULK BAKING
Idaho Potatoes 2 lb. **99¢**
MIX OR MATCH RED RADISHES (8 OZ. PKG.)
Green Onions 3 for only **99¢**

AIM (30% OFF LABEL) SAVE 50%
Toothpaste 6.4 oz. tube **129**
SIGNAL (40% OFF LABEL) SAVE 1.30
Mouthwash 24 oz. btl. **189**
OLD SPICE SAVE 1.10
Solid Deodorant 2 oz. size **139**
LADY'S CHOICE ANTI-PERSPIRANT SAVE 1.10
Deodorant 2 oz. size **139**

A&P COUPON
SAVE 25¢ ON
REGULAR • ELECTRIC PERK • AUTO DRIP 1 LB. BAG
Maxwell House Coffee
GOOD THRU SAT., MARCH 31 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER. #650

A&P COUPON
SAVE 25¢ ON
PLAIN • SELF-RISING 5 LB. BAG
Southern Flour
GOOD THRU SAT., MARCH 31 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER. #651

A&P COUPON
SAVE 25¢ ON
REGULAR • DIET 2 LITER BTL.
Ann Page Cola
GOOD THRU SAT., MARCH 31 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER. #652

A&P COUPON
SAVE 25¢ ON
KRAFT PARKAY 1 LB. PKG.
Margarine Quarters
GOOD THRU SAT., MARCH 31 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER. #653

A&P COUPON
SAVE 25¢ ON
DUKES 32 OZ. JAR
Mayonnaise
GOOD THRU SAT., MARCH 31 AT A&P. LIMIT ONE WITH COUPON AND \$7.50 ORDER. #654

A&P COUPON
Senior Citizens Discount
5% Off Total Purchases On Wednesdays
WITH COUPON AND I.D. MUST BE AGE 62 OR OVER

Cunningham completes transport course

Army Pvt. Aundrey S. Cunningham, son of Lewis C. and Lucille A. Cunningham of 1215 Fuller St., Raeford, has completed an Army motor transport operator course at Fort Dix, New Jersey. During the course, students were trained in the operation and maintenance of military vehicles of less than four and one-half tons rated capacity. Instruction was also given in the transportation of personnel, equipment and supplies. He is a 1983 graduate of Hoke High School.

... Front Burner

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MEXICAN CHICKEN SOUP
1 3-lb. frying chicken, skinned and cut into serving pieces
1/2 cup chopped onion
2 cups cooked, drained pinto beans or garbanzos
2 cups canned tomatoes
1 clove garlic, minced
2/3 cup canned mildly hot chilies, (or 1/3 up for a milder flavored soup)
Place chicken pieces in a large saucepan. Add enough water to cover. Cook until tender, about 25 minutes. Remove chicken pieces from the broth and put in the tomatoes, garlic, onion and chilies. Slide chicken meat off the bones and return meat to the broth. Add beans and simmer about 15 minutes. Yield about 2 quarts. Approximately 190 calories in a 1 cup serving.

CHICKEN AND BROCCOLI WITH MUSHROOM SAUCE
1 10-oz. pkg. frozen broccoli
3 tablespoons flour
1 4-oz. can mushroom slices, with liquid
2 tablespoons chopped parsley
3 tablespoons margarine
1 cup chicken broth
1 lb. cooked chicken, sliced (or 2 cups cooked chicken or turkey)
Cook broccoli according to package directions. Mix margarine and flour together in saucepan. Cook briefly over medium heat. Blend in chicken broth, stirring constantly until thickened and smooth. Stir in mushrooms and their liquid. Season to taste. Place broccoli pieces in a shallow baking pan. Cover with sliced chicken and pour mushroom sauce over all. Top with parsley and bread crumbs. Bake at 375°F., uncovered, 15-25 minutes, or until bubbly and brown on top. Yield 4 servings. Approximately 330 calories.

FRENCH TOAST I
1 egg or egg substitute equivalent to 1 egg plus 1 egg white, beaten together
6 slices bread
1/4 cup skim milk
1/4 teaspoon vanilla extract
nutmeg
Mix egg, milk and vanilla extract. Soak bread in mixture for 5 minutes. Brown the bread slices on a greased griddle. Sprinkle each slice with nutmeg, and serve with honey, jelly or pure maple syrup. Yield 6 servings. Approximately 85 calories.

Schedule
Wednesday, April 4, 10 a.m. - Wayside Extension Homemakers Club Meeting.
Thursday, April 5, 10 a.m. - Raeford Morning Extension Homemakers Club Meeting.

MON.-SAT. 8:00 A.M. - 10:00 P.M.
SUNDAYS 9:00 A.M. - 6:00 P.M.

EDENBOROUGH CENTER