

A&P

DOUBLE COUPONS

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

SEE YOUR LOCAL A&P IN RAEFORD, N.C. FOR DETAILS

CRISCO
Shortening

188
 3 lb. can
 LIMIT ONE WITH ADDITIONAL 10.00 OR MORE PURCHASE.

HUNT'S
Ketchup

68¢
 32 oz. btl.
 LIMIT ONE WITH ADDITIONAL 10.00 OR MORE PURCHASE.

FREE CLOROX
 PICK UP ONE GALLON OF CLOROX BLEACH FREE! WHEN YOU PURCHASE
Fab Detergent

 84 oz. king size box
 LIMIT ONE WITH ADDITIONAL 10.00 OR MORE PURCHASE.

ASSORTED DESIGNER
Brawny Towels

288¢
 big rolls
 LIMIT TWO WITH ADDITIONAL 10.00 OR MORE PURCHASE.

CITRUS HILL CHILLED
Orange Juice

99¢
 64 oz. ctn.
 LIMIT ONE WITH ADDITIONAL 10.00 OR MORE PURCHASE.

A&P QUALITY GRADE "A"
Large Eggs

48¢
 each dozen
 LIMIT ONE WITH ADDITIONAL 10.00 OR MORE PURCHASE.

Frozen (P) Specials

Grocery (P) Specials

Beef (P) Specials

Pork (P) Specials

FROZEN
Fox Pizza


59¢
 10 oz. pkg.

BLACK EYE - GREAT NORTHERN PINTO
Luck's Beans

279¢
 15 oz. cans

FRESH CUT GRAIN FED BEEF WHOLE
Sirloin Tip

168
 Boneless 9-12 lb. Avg. lb. CUT FREE!

FRESH LEAN COUNTRY FARM ASSORTED
Pork Chops

118
 lb.

SEALTEST
Sour Cream 16 oz. ctn. **89¢**
Banquet Pie 20 oz. pkg. **109**
Kraft Singles 8 oz. pkg. **119**
Pie Shells 2 ct. pkg. **99¢**

ALL FLAVORS
Oodles of Noodles 3 oz. pkgs. **100**
Kraft Dressing 16 oz. btl. **139**
Quick Grits 5 lb. pkg. **99¢**
French's Potatoes 5 oz. pkg. **69¢**

FRESH CUT GRAIN FED BEEF
Rib Eye Steak lb. **398**
Meat Hot Dogs 12 oz. pkg. **119**
Pork Sausage 1 lb. pkg. **179**
Sliced Bacon 1 lb. pkg. **189**

MARKET STYLE
Sliced Bacon lb. **128**
Jumbo Shrimp 12 oz. pkg. **699**
Rib Roast lb. **249**
Dressed Spots lb. **189**

IN QUARTERS
Shedd's Spread

289¢
 1 lb. pkgs.

KRAFT DINNER
Macaroni & Cheese

289¢
 7 1/4 oz. pkgs.

U.S.D.A. INSPECTED FRESH
Fryer Leg Qtrs.

48¢
 lb.

FRESH CUT GRAIN FED BEEF BONELESS
Sirloin Tip Roast


198
 lb.

Grocery (P) Specials

Produce (P) Specials

Produce (P) Specials

General Merchandise (P) Specials

DIET PEPSI - MTN. DEW
Pepsi Cola

109
 2 Liter
 GOOD ONLY IN RAEFORD, N.C.

RED - WHITE - BLUE
Grape Sale

88¢
 lb.

FRESH
Green Cabbage

4100
 lbs.

EXCLUSIVELY AT A&P SUPERB ELEGANTLY CRAFTED STAINLESS STEEL FLATWARE
 AT AN EXCEPTIONAL VALUE
 CHOOSE FROM THREE HANDSOME PATTERNS - TRADITIONAL GARLAND CONTEMPORARY BAMBOO OR THE SIMPLICITY OF DELTA. ALL ARE HEAVY WEIGHT AND DISHWASHER SAFE. A SERVICE FOR EIGHT IS LESS THAN \$14.1 AND MATCHING COMPLETE SETS ARE ON SALE AT ALL TIMES WITHOUT ANY ADDITIONAL PURCHASE.
Our Weekly Feature Schedule
 WEEK 1 Dinner Plate 3 for \$1
 WEEK 2 Dinner Knife 3 for \$1
 WEEK 3 Teaspoon 3 for \$1
 WEEK 4 Soup Spoon 3 for \$1
 WEEK 5 Salad Plate 3 for \$1
 WITH EVERY \$3 PURCHASE
ON SALE THIS WEEK... Dinner Knife 3 for 100
 WITH EVERY \$3.00 PURCHASE

BEER - GOOD ONLY IN RAEFORD, N.C.
Old Milwaukee ctn. of 12 12 oz. cans **\$379**
Carlo Rossi 1.5 lb. btl. **\$379**
 GOOD ONLY IN RAEFORD, N.C.

CRISP GREEN
Leaf Lettuce each bunch **59¢**
Green Onions 3 for only **100**
Rome Apples 2 lb. bag **99¢**

NEW CROP
Red Bliss Potatoes 3 lbs. only **100**
Yellow Onions 5 lb. bag **99¢**
Jumbo Broccoli each bunch **99¢**

... Front Burner

(Continued from page 4B)

butter milk, and nonfat dry milk; also yogurt, ice cream, ice milk, and cheese, including cottage cheese.

Milk and most milk products are relied on to provide calcium (they're the major source of this mineral in the American diet) and riboflavin and to contribute protein and vitamins A, B⁶ and B¹².

They also provide vitamin D, when fortified with this vitamin. Fortified (with vitamins A and D) lowfat or skim milk products have essentially the same nutrients as whole-milk products but fewer calories.

Meat Poultry Fish and Beans Group

Two basic servings daily. Includes beef, veal, lamb, pork, poultry, fish, shellfish (shrimp, oysters, crabs, etc.) organ meats, (liver, kidneys, etc.), dry beans or peas, soybeans, lentils, eggs, seeds, nuts, peanuts, and peanut butter.

Count two to three ounces of lean, cooked meat, poultry, or fish without bone as a serving. One egg, 1/2 to 3/4 cup cooked dry beans, dry peas, soybeans, or lentils, two tablespoons peanut butter, and 1/4 to 1/2 cup nuts, sesame seeds, or sunflower seeds count as 1 ounce of meat, poultry, or fish.

These foods are valued for the protein, phosphorus, vitamins B⁶, B¹², and other vitamins and minerals they provide. However, only foods of animal origin contain vitamin B¹² naturally. It's a good idea to vary your choices among these foods as each has distinct nutritional advantages.

For example, red meats and oysters are good sources of zinc. Liver and egg yolks are valuable sources of vitamin A. Dry beans, dry peas, soybeans and nuts are worthwhile sources of magnesium.

The flesh of fish and poultry is relatively low in calories and saturated fat. Seeds (sunflower, sesame for example) contribute polyunsaturated fatty acids which are an essential part of a balanced diet. Cholesterol, like vitamin B¹² occurs naturally only in foods of animal origin.

All meats contain cholesterol which is present in both the lean and fat. The highest concentration is found in organ meats and in egg yolks. Fish and shellfish, except for shrimp, are relatively low in cholesterol (Dairy products also supply cholesterol.)

Marinated vegetables

1/2 cup salad oil
 2 tablespoons finely chopped green pepper
 1/4 teaspoon paprika
 3 cups (1 small head) cauliflower broken into florets, cooked tender-crisp
 1 cup carrots, cut in thin strips
 1/2 cup cider vinegar
 1 tablespoon parsley, chopped
 1 teaspoon salt
 1/8 teaspoon pepper
 1 1/2-oz. can garbanzo beans, heated, drained
 2 cups cucumber, unpared, sliced
 Place oil, vinegar, green pepper, parsley, salt and spices in a large bowl. Mix well. Add vegetables. Mix gently. Cover. Marinate for several hours or overnight in the refrigerator. Mix occasionally. For optimum eating quality, use within a few days. Makes 7 cups. Calories per 1/2 cup: About 75.

Foods that do not freeze well include: bananas, cream fillings, and puddings, custards, gelatin dishes, hard-cooked eggs and cooked potatoes.

Help Yourself with a Nationwide IRA Account

Take advantage of recent tax-law revisions on IRA plans. Your Nationwide agent can help you arrange for tax-deductible contributions up to \$2000 annually in an IRA account. Call:



M. Yardell Hedgpeth
 121 West Elwood Avenue
 Raeford, N. Carolina 28376
 875-4187



Nationwide Life Insurance Company
 Home Office, Columbus, Ohio

Sun. 9 A.M. - 6 P.M.
 Mon.-Sat. 8 A.M. - 10 P.M. EDENBOROUGH CENTER