

Did you know?

The addition of pea bran to the enriched white flour of white bread enhances its nutritional value and results in a bread called "whole white."
 Whole white bread contains 1.6 percent crude fiber, while regular white contains only .2 percent, says Rachael Kinlaw, extension foods and nutrition specialist at N.C. State University.
 In addition to non-nutritive crude

fiber, the pea bran adds to levels of vitamins, including thiamine, riboflavin and niacin; protein; carbohydrate; fat calcium; phosphorus; magnesium and potassium.
 Mrs. Kinlaw notes that the bread's calorie content is the same as whole wheat bread and that it is creamy-white in color, without the rough texture and strong, grainy flavor of whole-grain breads.

School menus

The following are the centralized menus for the coming week for Perquimans County High School, Perquimans Central School, Hertford Grammar School, and Perquimans Union School.

BREAKFAST

- MON., JAN. 17**
 Donut or Cereal
 Fruit or Juice
 milk.
TUES., JAN. 18
 Toast and Jelly or Cereal
 Fruit or Juice
 milk.
WED., JAN. 19
 Honey Bun or Cereal
 Fruit or Juice
 milk.
THURS., JAN. 20
 NO SCHOOL FOR STUDENTS
FRI., JAN. 21
 NO SCHOOL FOR STUDENTS

LUNCH

- MON., JAN. 17**
 Tony's Pizza or Ravioli
 French Fries
 Green Beans
 Fruit
 milk.
TUES., JAN. 18
 Sloppy Joe or Ham Sandwich
 Potato Wedges
 Fruit
 Green Peas
 milk.
WED., JAN. 19
 Grilled Cheese or Luncheon Meat
 Sandwich
 Vegetable Soup
 Tater Tots
 Fresh Fruit
 milk.
THURS., JAN. 20
 NO SCHOOL FOR STUDENTS
FRI., JAN. 21
 NO SCHOOL FOR STUDENTS

Cook's corner

EDNA WOLVERTON



These biscuits are a wonderful change from the usual. Plan to make them with left over sweet potato (or bake an extra one or two).

SWEET POTATO BISCUITS

- 2 c. flour
- 1/2 t. salt
- 1 c. cooked mashed sweet potato
- 3 t. baking powder
- 4 T. shortening

3/4 c. milk
 Combine flour, baking powder and salt. Cut in shortening and add sweet potatoes. Add milk. Mix. Roll. Cut. Bake at 450 degrees for 15-20 minutes.

(Tip: you may make the biscuits with self-rising flour, omitting the salt and baking powder!)



Hospital notes

Mrs. C.R. Holmes and Mrs. Hazel K. Mathews are patients in Norfolk General Hospital. Mrs. F.T. Johnson is a patient in Albemarle Hospital.
 Mrs. Pearl Banks has returned home from Elder Lodge Rest Home and Miss Louise Chalk has returned home from Chowan Hospital.

"Shampoo" comes from the Hindu word shampoo, meaning "to press." A good shampoo involves pressing the fingers against the scalp

CLASSIFIEDS WORK FOR YOU!

	STAMP PRICE SPECIAL KRAFT Mayonnaise 1 Qt. Jar 89¢	STAMP PRICE SPECIAL KRAFT Cheese & Macaroni 7 1/4 oz. Box 2 19¢ For	STAMP PRICE SPECIAL Liquid Bleach Clorox 1 Gal. Jug 39¢	STAMP PRICE SPECIAL Grade 'A' Medium Eggs 1 Dozen Carton 9¢
	<small>With One Filled S&H Stamp Price Special Book. Contains 30 Big Ten Stamps.</small>			
	Sale thru Jan. 15, 1983 Quantity rights reserved Be-Lo Welcomes			
	<small>Not Responsible for Typographical Errors</small>			

3 Cans \$1.00 Pork & Beans 15 oz. Can Showboat	2 1 lb. Cans \$1.00 Peach Halves or Pear Halves
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SPECIAL BUYS

- Tropicana Chugger**
Apple-Orange or Grapefruit 44 oz. Btl. **\$1.29**
- Libby's Corned Beef** 12 oz. Can **\$1.29**
- Gainesburgers**
Beef Dog Food 2 lb. 4 oz. Box **\$1.79**
- Laundry Detergent Fab**
49 oz. Box **\$1.79**
- Detergent All Liquid** 1 qt. Btl. **\$1.59**
- Softener Final Touch** 1/2 Gal. Jug **\$1.99**
- Liquid Cleaner Pine Sol** 28 oz. Btl. **\$2.29**

Libby's

Corn Peas or Green Beans

2 16 oz. Cans **89¢**

Health & Beauty Aids

- Raisin Bran** 18 oz. Box **\$1.49**
- Nabisco Premium Saltines** 1 lb. Box **89¢**
- Nabisco-Double Stuff or Reg. Oreos** 19 oz. Box **\$1.79**
- Assorted Mixes Golden Dipt.** 2 10 oz. Pkgs. **\$1.00**

LaChoy Dinners

Pepper Steak-Egg Foo Young-Sukiyaki or Chicken (17 oz.)
 29 oz. Can **\$1.69**

- Camellia** **59¢**
Fruit Cocktail 16 oz. Can
- Camellia** **2 89¢**
Lima Beans 16 oz. Can For
- Camellia** **\$1.39**
Shortening 3 lb. Can

Nestle's Chocolate Quick

2 lb. Box **\$2.59**

Tetley Tea Bags 100 ct. Pkg. **\$1.89**

Creamy-Imperial Margarine

1 lb. Quarters
 2 **\$1.00** Pkgs.

The Perfect Match

Borden's Creamora
 16 oz. Jar **\$1.59**

Reg., Drip or Elec. Perk
Folger's
 1 lb. Can **\$2.59**

SNACK TREATS

Triple Cola
 Ginger Ale or Orange
 2 Liter Btl. **79¢**

Schlitz Beer
 6 12 Oz. Cans **\$2.29**

Dairy Bar

- KRAFT** Singles **Velvetta Cheese** 12 oz. Pkg. **\$1.49**
- Ice Cream** 12 oz. Pkg. **\$1.79**
- Biscuits** 4 7 1/2 oz. Pkgs. **\$1.19**
- Kraft Shredded Mozzarella** 1/2 lb. **\$1.49**
- KRAFT** 1/2 Moon **Cheddar Cheese** 1 lb. **\$1.79**

Absorbent Cornet Paper Towels

Large Roll **69¢**

Cornet **Napkins** 100 ct. Pkg. **79¢**

Pet Ice Milk 1/2 Gal. Ctn. **99¢**

Camellia Fresh Florida Orange Juice 1/2 Gal. Ctn. **99¢**

Diet Rite, Decaf, R.C. 100 R.C. Cola
 8 1 Pt. Btls. **\$1.39**

Crisp-Gordon's Potato Chips
 7 oz. Twin Pkg. **89¢**

Camellia

Grade 'A' Medium Eggs
 Dozen **99¢**