

TOP QUALITY YOUNG

# TURKEYS

TOP QUALITY YOUNG UNDER 10-LB. AVG. SMALL TURKEYS ... lb. 45c

10 to 14-LB. AVERAGE

16 to 22-LB. AVERAGE

8 TO 10-LB. AVERAGE—STUFFED SWIFT'S TURKEYS ... lb. 49c

HENS 39c

TOMS 37c

TOP QUALITY 4 TO 6 LB. AVERAGE YOUNG DUCKLINGS ... lb. 39c

"SUPER-RIGHT" Quality 12 to 16 Pound Average SMOKED HAMS

6 TO 8 POUND AVERAGE Ham Shank Half ... lb. 69c

WHOLE SMOKED PICNICS ... lb. 45c

CHRISTMAS MENU VALUE 10 TO 14-LB. FRESH PORK HAMS ... Whole Per Lb. 69c

12 TO 14-POUND AVERAGE GENUINE LUTER'S SMITHFIELD HAMS ... Whole Per Lb. 89c

MORRELL'S PRIDE CANNED FULLY COOKED PICNICS 3 Lb. Can \$2.19

MORRELL'S PRIDE, FULLY COOKED HAM 3 Pound Can \$2.89

SHOP A&P FOR CHRISTMAS VALUES

BALSAM TREE 3 to 4 Ft. Size Each \$1.29

SULTANA SALAD DRESSING Quart Jar 35c

Stuffed Olives 10 1/2-Oz. Jar 65c

8 O'CLOCK COFFEE

1-LB. BAG 63c

3-LB. BAG \$1.85

REG. 69c REG. \$1.99

SLICED PINEAPPLE OR Glaced Cherries 1/2-Lb. Pkg. 42c

VACUUM PACKED A&P Black Walnuts 6-Oz. Can 57c

GLACED PEELS, CITRUS OR Mixed Fruit 1/2-Lb. Pkg. 34c

Pecan Mixes EXCEL BRAND PACKER'S LABEL BLEACHED White Raisins 15-Oz. Pkg. 49c

## NEW CROP NUTS

FILBERT'S BRAZILS 1-Lb. Bag 47c

PECANS 1-Lb. Bag 45c

WALNUTS 1-Lb. Bag 55c

10-CENTS OFF LABEL ON PURE A&P INSTANT COFFEE 10-Oz. Jar \$1.09

A HARVEST OF TASTE FOR MEALS! FRESH FRUITS & VEGETABLES

# ORANGES 8 LB. BAG 49c

BLUE STAR FROZEN MINCE PIES 3 4-Oz. Pkgs. 1.00

MORTON FROZEN FRUIT PIES 4-Oz. Pkg. 25c

A&P REAL CREAM TOPPING 6 1/2-Oz. Can 39c

A&P FROZEN SLICED STRAWBERRIES 1-Lb. Pkg. 35c

A&P VAN. BAVARIAN CREME CAKE 11-Oz. Size 49c

CRINKLE CUT OR REGULAR FRENCH FRIED A&P POTATOES 9-Oz. 10c

MARVEL ICE CREAM 2 1/2-Gal. Ctn. 95c

HANDI-WRAP 50-Ft. Roll 17c

SUNSHINE CHEEZ-IT 6 1/2-Oz. Pkg. 23c

A&P COCOANUT 8-Oz. Pkg. 21c

A&P CRANBERRY SAUCE 4 1-Lb. 4 89c

ROYALTY PINEAPPLE: 4 12-Oz. Jars 89c

Jan Parker Potato Chips one-lb. can 79c



BAKER'S COCOANUT ANGEL FLAKE 7-Oz. 33c

CAMPFIRE MARSHMALLOWS SUPER SOFT 2 1-Lb. 45c

SUNNYFIELD BUTTER 1-Lb. Ctn. 75c

Angel Flake 2 7-Oz. Pkgs. 45c

Strained or Jellied 2 1-Lb. Cons. 39c

Crushed or Sliced 4 1-Lb. 4 89c

Jan Parker Potato Chips one-lb. can 79c

MOUNT OLIVE SWEET RELISH 4 12-Oz. Jars 89c

MIXING BOWLS 1-Qt. 2-Qt. 3-Pt. 99c

WHITE CANDY JAR With Cover Only 59c

GIFT WRAP 3 Roll 39c

STORE HOURS MONDAY THRU THURSDAY, DEC. 20-23

8:00 AM TILL 9:00 PM DAILY

FRIDAY, DECEMBER 24 8:00 AM till 6:30 PM

CLOSED CHRISTMAS

JANE PARKER 8-INCH Size GERMAN CHOCOLATE CAKE \$1.89

ONLY AT A&P CAN YOU BUY AMERICA'S FAVORITE FRUIT CAKE

JANE PARKER FRUIT CAKE OVER 2 3 FRUIT & NUTS

5 LB. CAKE \$3.99

1 1/2 LB. CAKE \$1.49

2 1/2 LB. CAKE \$2.89

## Housewives Hold Key To Better Health

CHAPEL HILL — The Tar Heel housewife starting out for a shopping foray at the supermarket may not feel like a VIP. But that innocent-looking grocery list she carries is a factor in setting her family on the road to better health and longer life, says the North Carolina Heart Association.

It's not necessarily the expense of the order, or even the quantity of food she carries home that have such a bearing on the family's wellbeing. More often it's a matter of selection, the heart group points out—and wishful thinking can be turned into "disfeful sarrinking." Those two bugaboos, calories and cholesterol, bear constant watching.

It's not the holiday feasting that adds the budge to the milk piff. It's day-to-day eating habits that should be revised by substituting foods which are just as nutritious and often just as tempting and tasty as those offered in the old regimens.

Therefore, the "advance planning" for a long and healthy life for your family starts at the supermarket. With the holidays in the offing, here are some tips that could be followed to advantage now and for the year 'round:

A basic rule for each meal (holiday or otherwise) is "Don't push seconds." Moderate portions will help keep calories—and waistlines—down. (The housewife doesn't want to take the meals away from her family—she should merely try to take some of the calories away from the meal. Of course, this requires some knowledge of caloric and nutritional values, a few cooking tricks...and a little forethought.)

Eating patterns are established in early childhood, and it is especially important not to push seconds because children can easily get into the "overeating" habit and the observant little eyes will take due note of their parents' example at the dinner table.

Buy only lean cuts of meat. Avoid fat-laden prime steaks and rib roasts. Plan only meals around fish and poultry.

Use skim milk in recipes calling for milk.

It is better to broil than to fry or saute.

Use poly-unsaturated cooking oil and special margarines wherever possible.

Prepare soups and stews a day ahead and refrigerate; skim the congealed fat from the top before heating and serving the next day. It might be a good idea to discuss the matter of family nutrition with your family physician on your next visit to his office. The North Carolina Heart Association has a special word of caution to the housewife: "Don't fool around with fad diets and crash diet programs." A diet which eliminates certain foods may very well need to replace them with other foods because the objective of a meal is to provide the needed nourishment.

Nourishment includes enough but not too many calories, enough protein, the needed vitamins and minerals, and—enough but not too much protein, the needed vitamins and minerals, and—enough but not too much temptation for the family's taste buds.

## Police Club Sets Second Turkey Shoot

After one successful turkey shoot, members of the Kings Mountain Police club have scheduled another one for Saturday, Dec. 11th.

The policemen, who maintain their own club on Highway 161, gave away 62 turkeys and six hams at the last shoot. That amounted to 70 pounds of turkey.

It's expected that Saturday's shoot will be even better, a spokesman said.

Shooting will start at 8 a.m. and continue all day. The public is invited.

## Liberty Loan Declares Dividend

The Board of Directors of Liberty Loan Corporation on December 6, 1965, declared the 123rd consecutive quarterly dividend on the common stock of 30 cents per share payable January 1, 1966, to the stockholders of record at the close of business on December 16, 1965.

In addition, the Board of Directors declared the regular quarterly dividend of 35.9375 cents per share on the 5 1/4% Convertible Preference Stock and 3 1/4 cents per share on the 5% Cumulative Preferred Stock. The payable and record dates are the same as for the common stock.

## Yuletide Motorist Gets Safety Tips

North Carolina motorists today were urged to go through a "countdown for safety" before launching their cars into the street or highway.

The six-step countdown was proposed by Mrs. Bessie B. Ballentine, executive secretary of the North Carolina Automobile Dealers Association, to make Yuletide driving safer and more pleasant. It is part of a "Drive for a Safe Holiday" program NCADA is sponsoring in cooperation with Auto Industries Highway Safety Committee.

The driver's countdown should be done before starting any trip, whether just around town or longer, declares Mrs. Ballentine. A "no" to any of these five questions should be a clue to take corrective action before turning the ignition key.

"Five — Car in safety shape—especially brakes, lights, steering, tires?"

"Four — Enough time allowed to make the trip without rushing?"

"Three — Driver set for possible weather and traffic conditions ahead?"

"Two — Rest breaks mapped out along the way, if trip is long?"

"One — Seat belts fastened — snugly?"

"Zero — Take a deep breath, relax, and drive for safety. The countdown takes just a minute to perform, and is as easy as 3-2-1," says Mrs. Ballentine. "Just try it and see."

## Best-Bet BOOT

Straight from Paris boulevards, the clean, young lines of the back-zipped high-rise boot in bright white or bold black imitation leather. Terrific!



Style 2120 2128

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12:16-23

Christmas Trees

Scotch Pines, 4 to 5 ft. ... \$3.95

Deluxe Nylon Hose 59c pair

Seamless Mesh 79c pair

Men's Ties \$1.50 to \$2.00 Value

each \$1.00

Pool Table Deluxe \$1.79

Bowling Set Empire 11" \$1.79

Plastic Cake Cover \$1.79