Thursday, May 29, 1969

Sizzlin Good "Super-Right" Meats! "SUPER-RIGHT" QUALITY GOVERNMENT INSPECTED HEAVY CORN-FED BEEF-CHUCK SUPER-RIGHT" QUALITY CORN-FED BEEF

BONELESS

Shoulder Roast Boneless 69c Stew Beef

"SUPER-RIGHT" QUALITY LEAN, FRESHLY Lb. 69c Ground Chuck

STOCK YOUR FREEZER WITH "SUPER-RIGHT" QUALITY HEAVY CORN-FED BEEF

CUT TO YOUR SPECIFICATIONS INTO ROAST AND STEAKS

CAP'N JOHN'S SEA SCALLOP OR

repozen Chopped cap'n John's Haddock, Seafood or Cap'n John's Sea Scalle Sks 2 Pkg. \$1.39 Ocean Perch Dinner Pkg. 45c Shrimp Dinner "SUPER-RIGHT" COOKED SALAMI, LIVER LOAF, PICKLE LOAF OR SPICED LUNCHEON LOAF

Ham

"SUPER-RIGHT" QUALITY LEAN, BONELESS

"SUPER-RIGHT" QUALITY 10 TO 14 LB. LB. AVG. FRESH Lb.

PRICES IN THIS AD EFFECTIVE THRU MAY 31st.

ANN PAGE REALLY FRESH

Pop Tarts

Mayonnaise

39c

Big Weekend! Big Grocery Buys! FRENCH DRESSING

WITH LEMON & SUGAR—OUR OWN INSTANT 1½-Oz. Pkgs. In Cello Bag TEA MIX 15c IONA TOMATOES

BISCUITS

* ANN PAGE RICH, RED TOMATO

17 Oz.

14-Oz. Produce!



GREAT SALAD VALUE! FRESH-CRISP

SERVE FRIED OR STEWED-YELLOW

Squash

SALAD FRESH

Cucumbers

IDEAL FOR SHORT CAKES! FRESH-RED

Pint

JUICY "Great For Lemonade!

14-0z. 89c

3 oz. Cans 55c

17-Oz. 45c

Oranges

2 Lbs. 29c

JUICY-TROPICAL

12 Count 39c Lemons NEW CROP-WHITE

Potatoes

SHOP A&P BUY ASSORTED FLAVORS

35c 6-Oz. 39C . MARVEL BRAND ICE CREAM WITH SHERBET OR

1/2-Gal. 55c

· JANE PARKER SUGARED, GOLDEN OR CINNAMON

STRAWBERRIES · ASSORTED FLAVORS-MORTON FROZEN

ANGEL FOOD JANE PARKER ENRICHED REGULAR OR SANDWICH

> 1½-Lb. Loaves



Nows items this week from heels, the wise homemaker can Rowan, Wayne, Durham and Polk stretch her energy, not herself,

Rowan, Wayne, Durham and Polk counties.)

POPUMAR IN NEW ZEALAND

At an event last summer, attended by homemakers from a round the world, a Rowan County homemaker, Mrs. Elmer Lagg, met a homemaker from Palmenston, New Zealand, Mrs. Joey Newton.

After the session Mrs. Newton the refershment of their allow-

Newton.

After the session Mrs. Newton sent Mrs. Lagg a piece of jewelry made of shells collected in New Zealand. Mrs. Lagg acknowledg the gift by sending Mrs. Newton a tote bag made of upholstery webbing embroidered with wool thread. She included directions and a sample of the webbing fabric.

A few weeks later Mrs. Lagg to be they wanted their rooms to look.

A few weeks later Mrs. Lagg
received this note from her
friend: "Juanita, you will never
believe the number of bags our
Country Women's Institute club
members are making. They are
doing orang making them."

going crazy making them."

New Zealand's Country Institute Clubs are similar to our Extension Homemakers Clubs, Edieh

Lost Medicare Card?

You Can Get Another Hinshaw, home economics Extension agent, Rowan County, explains.

TREASURES

"I've lost my Medicare card. How do I get a new one?" This question is one of the most fre-

TREASURES

TREASURES

Items stored in packhouses, storehouses and attics may be "treasures" in disguise observes.

Barkley, District Manalger. storehouses and attics may be "treasures" in disguise, observes Betty Jean Barr, home economics Extension agent, Wayne County.
For example, one homemaker, Mrs. C. F. Grady, Mt. Olive, Rt. 3, found a pair of brass frames that had been packed away for ages. What had been considered a useless item, became a useful accessory after cleaning.
Another woman, Mrs. Janie B. Cousin, Mt. Olive, Rt. 4, gained more home storage by sprucing up an ol dtrunk.

ENERGY STRETCHERS

Barkley, District Manager.

"Get in touch with our office at once if you lost your Medicare ard," Mr. Barkley advises." Give us your full name, address, your claim number (social security number), and your date of birth We will get you another card."

Barkley, District Manager.

"Get in touch with our office at once if you lost your Medicare card," Mr. Barkley advises." Give us your full name, address, your full name, addres

ENERGY STRETCHERS

If a homemaker spends most information that will be needed of her time stretching while she does daily household jobs, she "There is no charge for the

does daily household jobs, she may have little energy left for leisure activities.

To help homemakers save energy, Mrs. Mary J. Whitmore, assistant home economics agent. Durham County, advises women to check their kitchen cabinet handles to see if they are within easy reach. If not her suggestion

Ballard Joins easy reach. If not, her suggestion is to have them adjusted to your beight.

Ballard Joins
Five Gallon Club height.

In the china closet, turn handles on cups and pitchers toward doors so you can reach items easily, the agent suggests.

A Kings Mountain blood donor gave his 40th pint of blood at a recent visit of the Red Cross order to stop filth merchants. To avoid unnecessary bending from mailing further material to while looking for small items in dowbrook Road gained member-

the refrigerator, locate a tray ship in the exclusive five gallon on a convenient shelf that fea-bloodmobile here. tures hard-to-find items, the adds. Charles E. Ballard of 620 Mea-By using her head and not her rick, blood program chairman.

tient as to coverage, number of days of care available, and other

One Hour THE MOST IN DRY CLEANING

SUMMER STORAGE

WE HAVE A LARGE STORAGE SPACE ESPECIALLY FOR "SUMMER STORAGE" — Your Winter Clothes Will Be Cleaned, Moth Proofed and Stored. This Fall We Will Press and Finish For You At Your Convenience -

"NO EXTRA CHARGE FOR THIS SERVICE"

537 EAST KING ST.

TELEPHONE 739-5844

MON., TUES. & WED. SPECIALS MEN'S OR LADIES' 2-PIECE SUITS 85c LADIES' 1-PIECE DRESSES

EVERY DAY SPECIAL

Laundered Crisp-Folded or On Hangers

EACH

MON., TUES. & WED. "SPECIAL"

TROUSERS SKIRTS OR **SWEATERS**

MIX \$115 MATCH

OPEN EVERY DAY 7:30 TILL 6 p.m.

EXCEPT SUNDAY