

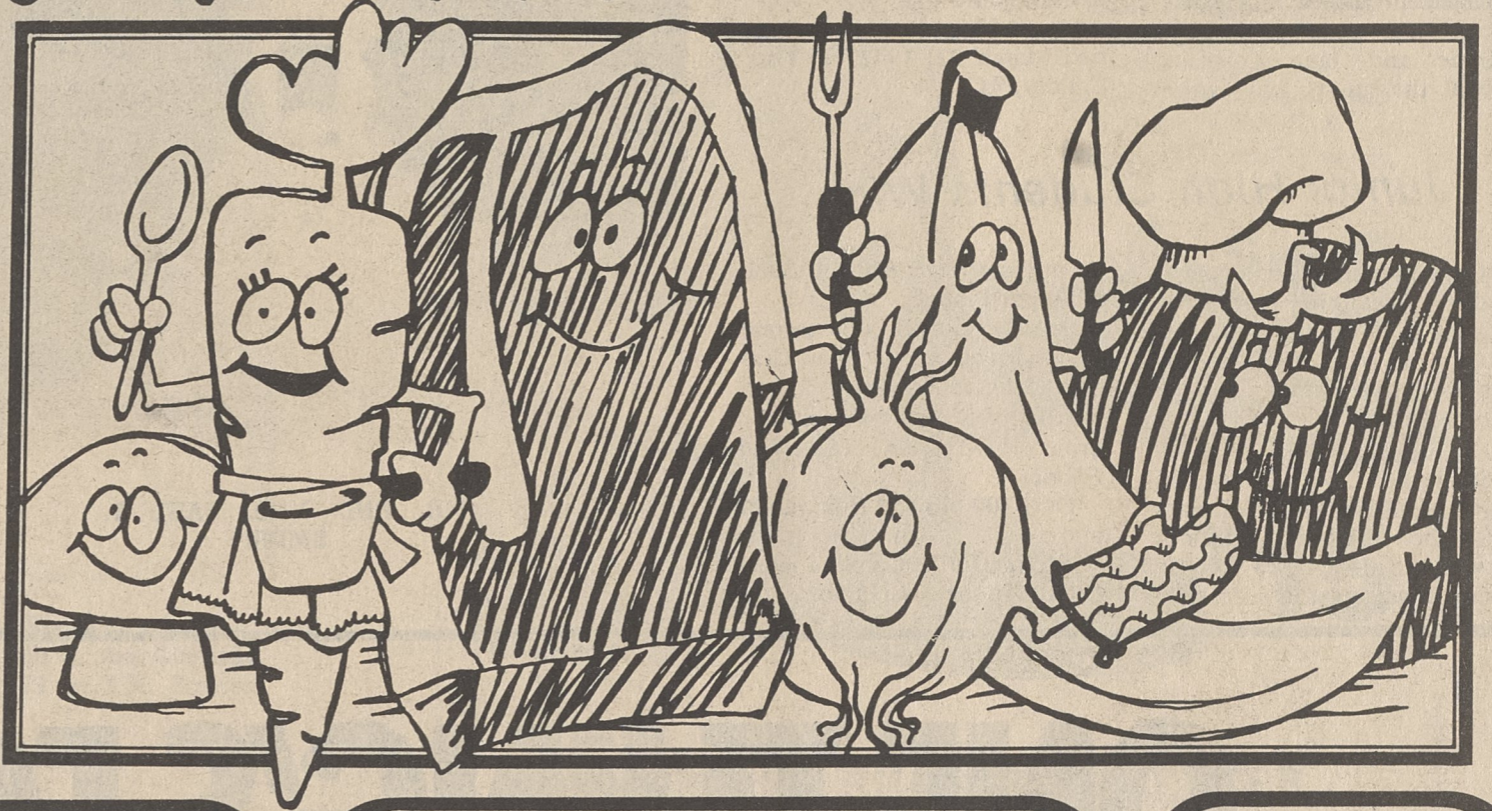
# Harris Teeter RECIPES

**MENUS**

*Helpin' out in the kitchen.*

Beginning today, Harris-Teeter has several new ways to make your meal planning more efficient, your shopping trip more productive, and your meal preparation more enjoyable. Stretch your food dollars with our:

- ★ MEAL-A-DAY MENU IDEAS  
Seven well-rounded and money-saving menu ideas, based on our weekly features.
  - ★ HARRIS-TEETER FEATURE RECIPE  
Delicious recipe based on a leading feature item.
  - ★ TOP O' THE DAY RECIPES  
Three of Barbara Stutts' popular ideas, as shown on her show, on everything from delicious appetizers to scrumptious desserts.
- For your shopping list, Recipes and Meal-A-Day ideas are available in all stores. We're doing more than just selling food. We're "Helpin' out in the kitchen".



 <p>House of Raeford Grade "A" Pre-basted <b>Turkey Breast</b> 4 To 7 Lbs. Avg. Weight Lb. <b>99¢</b> (Limit One Per Customer, Please)</p> <p>Feature In-Store Recipe Ingredient</p>	<p>Sweet Juice <b>Florida Oranges</b> 5 Lb. Bag <b>\$1.29</b> Washington State Anjou Pears... Lb. 49c</p>	<p><b>BEEF FOR YOUR FREEZER</b> USDA Choice Whole "Untrimmed" Boneless <b>Whole Rib-Eye</b> (8 To 12 Lbs. Average Weight) <b>\$3.29</b> Lb. (You receive Rib-Eye Steaks or Roast and Trimmings) Cut Up And Counter Wrapped FREE!</p>	<p>Mix Or Match Red Or White <b>Florida Grapefruit</b> (Jumbo 27 Size) 3 <b>\$1.00</b> For California Buttery Smooth Avocados...5 For \$1.00</p>	<p>2 Ltr. Non-Returnable Tab, Sprite, Diet Sprite, Mello Yello, Schweppes Ginger Ale Or <b>Coca-Cola</b> 2 Ltr. Btl. <b>99¢</b></p>
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<p>Vanilla or Neopolitan <b>Galaxy Ice Milk</b> Half Gal. <b>99¢</b></p>	<p>Arm Shoulder <b>Pork Steak or Roast</b> 3 Lbs. Or More Lb. <b>99¢</b> (Less Than 3 Lbs. ...Lb. \$1.09) (Boneless Boston Roast ...Lb. \$1.19)</p>	<p>Frozen Turkey, Beef, Macaroni &amp; Cheese Or Chicken <b>Banquet Meat Pies</b> 4 <b>\$1.00</b> 8 Oz.</p>	<p>Frozen All Varieties <b>Jeno's Pizzas</b> 12 Oz. <b>97¢</b></p>	<p><b>Carolina Pride Beef Franks</b> 12 Oz. Lb. \$1.29 <b>99¢</b> Regular, Sour Cream &amp; Onion Or Barbecue Lay's Potato Chips...8 Oz. 99c</p>	<p>1/2 Lb. <b>H-T Homestyle White Bread</b> 2 <b>\$1.00</b> Loaves</p>
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<p>(In The Dairy Case) Grade "A" <b>Hood Orange Juice</b> 64 Oz. <b>99¢</b></p>	<p>Mild <b>Carolina Pride Pork Sausage</b> Lb. <b>79¢</b></p>	<p>Instant <b>Maxwell House Coffee</b> 10 Oz. Jar <b>\$3.59</b> 6 Oz. Jar \$2.89</p>	<p>Cinnamon Or Green <b>Listermin Mouthwash</b> 18 Oz. <b>\$1.69</b></p>	<p><b>Valu-Time Bath Tissue</b> 6 Pk. <b>\$1.00</b> Shick Super II Twin ...5 Ct. \$1.49</p>	<p>(40 Ct.) Toddler Or (48 Ct.) Extra Absorbent <b>Dartmouth Diapers</b> Box <b>\$4.99</b></p>
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## KINGSTON IN YOUR KITCHEN SALE

KINGSTON IN YOUR CUPBOARD		KINGSTON IN YOUR FREEZER	
Salt	5 26 Oz. \$1.00	Macaroni & Cheese	6 7.25 Oz. \$1.00
Shortening	3 Lbs. \$1.39	Tomato Soup	6 10.75 Oz. \$1.00
Evaporated Milk	3 13 Oz. \$1.00	Peaches	2 16 Oz. \$1.00
Cake Mixes	2 18.5 Oz. \$1.00	Fruit Cocktail	2 16 Oz. \$1.00
Flour	5 Lbs. 69¢	Potato Chips	8 Oz. 69¢
Vegetable Oil	24 Oz. 69¢	Char King Charcoal	20 Lbs. \$2.99
Tomatoes	2 17 Oz. 99¢	KINGSTON IN YOUR CLEANING	
Peanut Butter	18 Oz. \$1.29	Bleach	1 Gal. 55¢
Cut Green Beans	3 17 Oz. 89¢	Laundry Detergent	64 Oz. \$1.49
Corn	2 Cans For 79¢	Fabric Softener	1 Gal. 89¢
		Air Freshener	2 6 Oz. 79¢
		Orange Juice	12 Oz. 79¢
		Mixed Vegetables	20 Oz. Bag 89¢
		Sliced Strawberries	10 Oz. 79¢
		Red Raspberries	10 Oz. \$1.19
		Baby Limas	20 Oz. \$1.29
		Lemonade	3 6 Oz. 99¢
		Brussel Sprouts	20 Oz. \$1.49
		Peas & Carrots	2 10 Oz. 99¢
		Cauliflower	10 Oz. 79¢
		Crowder Peas	20 Oz. \$1.29

Prices In This Ad Effective Through Sunday, April 4, 1982  
We Reserve The Right To Limit Quantities  
We Gladly Redeem Federal Food Stamps