

ARMOUR STAR
Bacon
ARMOUR BACON
SLICED
1 LB. PKG.
\$1.99

FREY MEAT OR BEEF
Franks
FREY
WIEN
16 OZ. PKG.
\$1.69

ROEGELEIN SLICED MEATS
Bologna
SUMMER SAUSAGE, MEAT, BEEF OR GARLIC
BOLOGNA, SALAMI OR LUNCHEON MEAT
1 LB. PKG.
\$1.69

HILLSHIRE SMOKED
Sausage
REG., HOT, BEEF, POLSKA
LB.
\$2.29

USDA CHOICE BEEF
Whole Rib Eyes IN THE BAG—LB. **\$3.49**
USDA CHOICE BEEF
Whole Boneless Strips IN THE BAG—LB. **\$3.29**
USDA CHOICE BEEF
Whole Top Sirloin IN THE BAG—LB. **\$2.29**
USDA CHOICE BEEF
Whole Tenderloins IN THE BAG—LB. **\$3.49**
USDA CHOICE BEEF
Whole Sirloin Tips **\$2.19**

OSCAR MAYER SQUARE, ROUND OR BEEF
Variety Pak 12 OZ. **\$1.99**
OSCAR MAYER REGULAR, CHEESE, OR BEEF
Smok-Y-Links 12 OZ. **\$1.99**
OSCAR MAYER 1 LB. PKG.
Cheese Hot Dogs **\$1.69**
WHOLE OR HALVES IN 32 OZ. JAR
Claussen Pickles **\$1.39**

Boneless Chuck Roast

LEAN HEAVY NORTHERN BEEF

HEAVY NORTHERN BONELESS
Charcoal Steaks LB. **\$1.89**
HEAVY NORTHERN
Boneless Chuck Steak LB. **\$1.69**
TASTY
Lean Cube Steaks LB. **\$2.99**
DELICIOUS
Gravy Steaks LB. **\$2.79**

SOLD AS
ROASTS
ONLY!

\$1.48

LB.

TRUE VALUE TRIM
Means More Good Meat
For Your Food Dollar.

Ground Beef
3 LB. PKG. OR LARGER
LB.
\$1.18

USDA CHOICE BEEF
Rib Eye Steaks LB. **\$3.79**
FAJITAS
Skirt Steaks LB. **\$1.69**
RUDY FARMS HOT OR MILD
Sausage Patties 12 OZ. PKG. **\$1.99**
UNIVERSAL
Beef Patties 3 LB. BOX **\$3.99**
STEAKS
Chopped Sirloin LB. **\$1.79**
TASTY
Boneless Stew Meat LB. **\$1.99**

12 OZ. BOLOGNA,
BEEF BOLOGNA,
SALAMI OR LUNCHEON

Lunch Meats
SLICED
.99

Cheese is a Complete Food.

Although cheese varieties differ widely in texture and flavor, they all begin in much the same way. Curing methods and subtle variety in the different manufacturing stages cause the infinite differences.

Basically, cheese is the solid portion of milk (called curd) separated from the liquid part (called whey). It takes about 10 pounds of milk (5 quarts) to make one pound of cheese. One ounce of cheese contains about 75% of the calcium, 75% of the protein, the same amount of Vitamin "A" and 60% of the phosphorus found in an 8 oz. glass of whole milk. About 25% of the weight of cheese is protein.

Proper storage and cooking of cheese is a major part of your success with it. Cheese should be cooked at low temperatures. For quicker cooking or melting, dice, cube, shred or crumble the cheese first. Store cheese in the refrigerator wrapped in plastic or foil to retain flavor and moisture. Stronger flavored cheeses are best stored in an air-tight container.

Cheese may be frozen, but it's best to cut into small pieces or shred, then wrap in waterproof, air-tight wrappings. Thaw in refrigerator and use as soon as possible.

Carol Scroggins
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DIRECTOR OF CONSUMER AFFAIRS
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Director Of Consumer Affairs
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YOUR CHOICE BORDEN
Lite Line Cheese
MUNSTER, SHARP, MONTEREY JACK, COLBY, SWISS, AMERICAN
8 OZ. PKG.
.99

FRESH AND NUTRITIOUS
Chilled Juice
MINUTE MAID
ORANGE JUICE IN 64 OZ. CARTON
\$1.49

REGULAR OR UNSALTED
Fleischmann's
Sweet Unsalted
Margarine
1 LB. QUARTERS
EACH
.69

ASSORTED FLAVORS
Yoplait
Yogurt
100% NATURAL
CHERRY YOGURT
100% NATURAL
MIXED BERRY
8 OZ. CUP
FOR
\$1.39

TRUE VALUE
TV Half and Half PINT CARTON **.63**
TV LONGHORN COLBY OR CHEDDAR 10 OZ. PKG. **\$1.39**
TV BUTTERMILK OR
TV Homestyle Biscuits 10 CT. **6/91**
MARGARINE
Soft Whipped Chiffon 1 LB. BOWL **.79**
PRICE'S 14 OZ. TUB
Pimiento Cheese Spread **\$1.99**
TRUE VALUE
TV Cottage Cheese 16 OZ. TUB **.89**
TRUE VALUE
TV Cinnamon Rolls 8 CT. CAN. **.89**
GOOD VALUE
Soft Margarine 1 LB. BOWL **.57**

BORDEN DUTCH
Chocolate Milk
\$1.49
1/2 GALLON CARTON
CHILI, JALAPENO OR ORION
Borden Dip 8 OZ. **.59**
BORDEN
Sour Cream 8 OZ. **.59**
MINIMAX