

3 LB. PKG. OR LARGER

Ground Beef

LB. **\$1.39**

HEAVY NORTHERN BONELESS

Chuck Roast

LB. **\$1.49**

JONES **Link Sausage** 1 LB. PKG. **\$2.49**

ARMOUR BREADED **Pork Patties** LB. **\$1.89**

ARMOUR CHICKEN **Fry Patties** LB. **\$1.89**

CHOPPED **Sirloin Patties** LB. **\$2.09**

JONES **Scapple** 1 LB. PKG. **\$1.09**

GRADE A **Ducklings** LB. **\$1.19**

TYSON 2 20 OZ. BIRDS **Game Hens** **\$3.69**

HEAVY NORTHERN **Boneless Chuck Steak** LB. **\$1.69**

BEEF **Skirt Steaks** LB. **\$1.89**

LEAN TENDER BONELESS **Stew Meat** LB. **\$2.09**

GRAVY **Steaks** LB. **\$2.79**

LEAN-MEATY **Short Ribs** LB. **\$1.59**

HEAVY NORTHERN BNLS. CHARCOAL **Steaks** LB. **\$1.89**

SLICED **Beef Liver** LB. **.99**

GOOD VALUE ASSORTED SLICED

Lunch Meats

6 OZ. PKG. **.69**

HOLLY FARMS

Breast Quarters

HOLLY FARMS **Leg Quarters** LB. **.69**

WESTERN

REGULAR OR WINTERFRESH GEL

Colgate Toothpaste

Colgate **Toothbrushes** EACH **.89**

ASSORTED SIZES EACH **\$1.79**

Hearty Beef Stew

Winter time meals are times for the hearty stews, soups and casseroles with hot breads. One of my favorites is this savory beef stew with lots of hot rolls and butter....

Carol Scroggins
DIRECTOR OF CONSUMER AFFAIRS
P.O. Box 1479
Houston, TX 77251

Savory Oven Beef Stew

2 lb. Chuck Roast	1 (16oz.) can tomato sauce
1/4 tsp. pepper	1 (16oz.) can tomatoes
1 tsp. salt	4 med. carrots, sliced
1/4 c. flour	1 (10oz.) pkg. frozen peas
2 bay leaves	2 med. potatoes, peeled and cubed
2 med. onions, peeled & quartered	2 c. water
1 c. sliced celery	

Combine flour, salt and pepper. Dredge meat in flour. Brown in small amount of hot fat. Add remaining ingredients. Cover and bake in 300° oven for 2 1/2 to 3 hours. Remove bay leaves, adjust seasoning if necessary. Cut meat into small pieces. Thicken with small amount of flour if desired. Serves 6.

From the Bakery ...

GOOD ONLY AT STORES WITH BAKERY!

FRESH BAKED

White Bread

18 OZ. LOAF **.59**

REGULAR CRUST OR LATTICE TOP

Cherry Pie

26 OUNCE **\$2.29**

DELICIOUS **Onion Rolls** PKG. OF 6 **\$1.19**

TASTY **Cinnamon Rolls** PKG. OF 6 **.89**

APPLE, CHERRY OR APRICOT **Fried Pies** 4 OZ. 4/**\$1**

ICED **Fudge Brownies** 5/**\$1**

CONTACT SEVERE **Cold Capsules** 10 CT. PKG. **\$2.89**

FAST ACTING **Anacin Tablets** 50 CT. BTL. **\$2.89**

BODY POWDER **Shower to Shower** 13 OZ. **\$2.99**

GOOD VALUE LOTION **Cocoa Butter** 16 OZ. BTL. **\$3.99**

LIQUID ACNE SOAP **Propa PH** 4 OZ. **\$4.99**

GOOD VALUE STRESS FORMULA **Vitamins** 60 CT. SIZE **\$2.91**

BAN ASSORTED FORMULAS

Roll-On Deodorant

ASSORTED SUAVE **Shampoo & Conditioner** 16 OZ. BTL. **\$1.59**

2.5 OZ. PKG. **\$2.79**

TRUE VALUE WHOLE OR HALVES

Turkey Hams

LB. **\$1.49**

TRUE VALUE

Sliced Bacon

1 LB. PKG. **\$1.79**

LOUIS RICH BOLOGNA OR SALAMI

Turkey Lunch Meats 1 LB. PKG. **\$1.29**

OSCAR MAYER BEEF OR MEAT **Bologna** 8 OZ. PKG. **\$1.09**

OSCAR MAYER REG OR THICK 1 LB. **Sliced Bacon** PKG. **\$2.79**

OSCAR MAYER 12 OZ. **Smokie Links** **\$1.99**

SEA HOST **Cod Fillets** LB. **\$3.19**

SEA HOST DOVER **Sole Fillets** LB. **\$3.49**

CATFISH **Steaks** LB. **\$1.69**

WILSON **Sliced Bacon** 1 LB. PKG. **\$2.45**

GOOD VALUE SMOKED **Sausage** LB. **\$2.09**

ROEGELEIN 1 LB. PKG. **Chopped Ham** **\$2.79**

ROEGELEIN 12 OZ. PKG. **Pork Links** **\$1.39**

GOOD VALUE SLICED **Slab Bacon** LB. **\$1.79**

SMOKED **Pork Hocks** LB. **\$1.29**

HORMEL LITTLE **Sizzlers** 12 OZ. PKG. **\$1.59**

OSCAR MAYER MEAT OR BEEF REGULAR OR JUMBO

Wieners

1 LB. PKG. **\$1.69**

ROEGELEIN

"SIGNATURE QUALITY"

Boiled Ham

1 LB. PKG. **\$2.99**

ROUND-UP

From The Deli...

GOOD ONLY AT STORES WITH DELI!

VIRGINIA BAKED

Russer Ham

LB. **\$3.99**

TRUE VALUE

Large Eggs

GRADE A EGGS

DOZEN CARTON **.59**

RUSSER

Cooked Salami

LB. **\$2.49**

TRUE VALUE ASSORTED FLAVORS

Yogurt 8 OZ. CTN 3/**\$1**

TRUE VALUE 24 OZ. CARTON **Cottage Cheese** **\$1.39**

BORDEN **Hi Protein Milk** 1/2 GAL. CTN. **\$1.33**

BORDEN **Buttermilk** 1/2 GAL. CTN. **\$1.29**

HOME STYLE **Potato Salad** PNT. **.79**

DELICIOUS **BBQ Chicken** LB. **\$1.29**

PAULY **Baby Swiss Cheese** LB. **\$3.29**

ORANGE RIND **Muenster Cheese** LB. **\$2.89**

CREAMY MARGARINE

Blue Bonnet Quarters

1 LB. PKGS. FOR **\$2.11**

BLUE BONNET **Margarine**