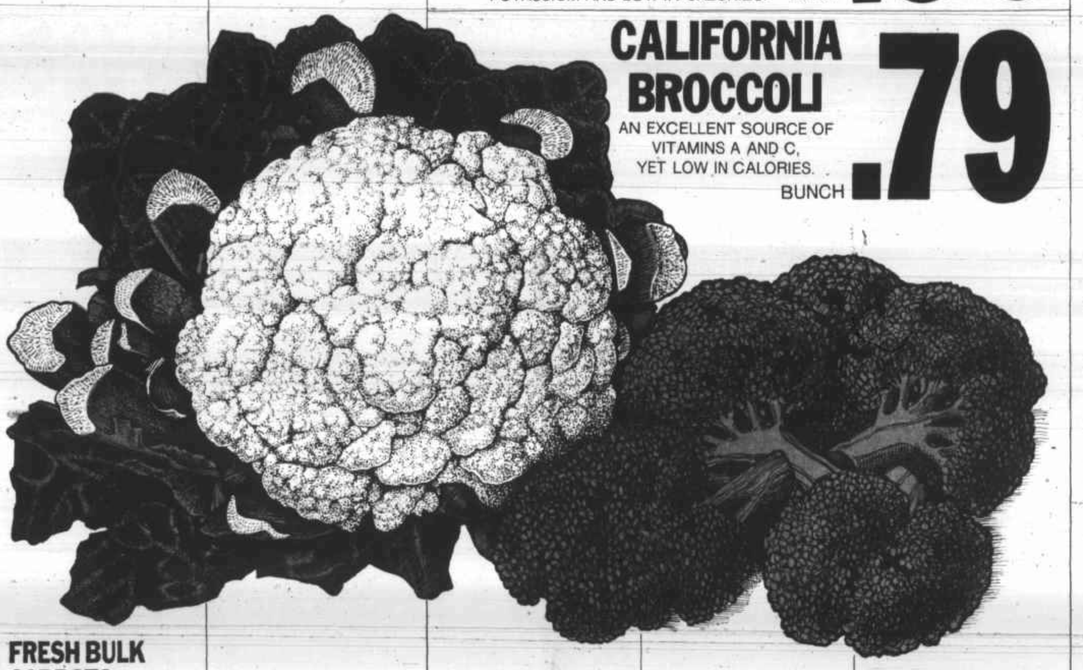
a fresh look at vegetables

CALIFORNIA CAULIFLOWER .99

AN EXCELLENT SOURCE OF VITAMIN C, POTASSIUM AND LOW IN CALORIES. EACH

CALIFORNIA BROCCOLI .79

AN EXCELLENT SOURCE OF VITAMINS A AND C, YET LOW IN CALORIES. BUNCH



FRESH BULK CARROTS Low in calories, rich in vitamin A. Carrots are great cooked or raw. BUNCH .59

LEEKS Serve as soup, salad or vegetable. Good source of potassium, low in sodium. BUNCH .99

ACORN & BUTTERNUT WINTER SQUASH A low sodium vegetable. Try it sauteed with onions. .49 LB.

FRESH CORN FROM FLORIDA Low in sodium, yet rich in taste. A medium ear has about 100 calories. .33 EACH

ARTICHOKES Have a nut like flavor and are low in calories. A super treat. 2/.99

SELECT BAKER RUSSETS One medium potato contains about 100 calories and is low in sodium. .33 LB.

A simple rule of vegetable shopping: for the best taste, always buy the freshest. Our vegetable buyers do. And you do too —everytime you shop our fresh fruit and vegetable department.

You see, our buying experts personally inspect the finest croplands in America and they buy only the cream of the crop. Then it's rushed to our stores and offered to you at its peak of freshness, quality and flavor. Wide buying power means we sell at the lowest possible price.

Cauliflower-Broccoli Stir Fry Medley

- 2 c. cauliflower florets
- 2 c. broccoli florets
- 1 med. onion, sliced ¼" thick
- 2 med. carrots, scraped & sliced ¼" thick
- 4 stalks celery, sliced diagonally
- 1 med. green pepper, chopped
- ¼ lb. fresh mushrooms, sliced
- ¼ c. margarine, melted
- ¼ c. water

Combine vegetables and melted margarine in large skillet or wok. Cook for 5-7 minutes, stirring occasionally. Add water, cover and simmer 3-5 minutes or until crisp tender. Season with salt and pepper as desired. Serves 8. Approximately 100 calories per serving.

Another rule of vegetable shopping: the fresher it is, the more nutritious. So our outstanding freshness gives you top nutrition with every fruit and vegetable you buy. One important thing to remember about food shopping is that most fresh vegetables are low in sodium; good news for many health conscious people today.

Try the proven recipe on this page. It's easy, delicious and naturally good for you. Just another fresh idea—from an old friend in food shopping.

U.S. NUMBER ONE GOLDEN YAMS Try them baked, mashed or candied Vitamin packed and rich in flavor. .33 LB.

U.S. NUMBER ONE YELLOW ONIONS Give lots of flavor zip with few calories. .15 LB.

BOILING ONIONS Great for adding flavor to other foods, yet low in calories. 12 OZ. PKG. .99

COUNTRY STAND MUSHROOMS 100% edible, low in calories and a few go a long way. .89 8 OZ. PKG.

U.S. NUMBER ONE GREEN CABBAGE Rich, dependable source of vitamin C and only 15 calories per cup. .15 LB.

PURPLE TOP TURNIPS Nippy, flavorful root vegetable. A low sodium source of vitamin C, minerals and fiber. .49 LB.

MINIMAX

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2" x 30' DUCT TAPE 1.00 — Withstands extreme heat and cold. Many household and work uses. T903(118) — COUPON SPECIAL PRICE WITHOUT COUPON 1.69

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16 OZ. CAN SPRAY PAINT 2 FOR 3.00 — Beautifies and protects woods & metal indoors & out. High gloss finish. Choice of colors. SP (107) — COUPON SPECIAL PRICE WITHOUT COUPON 2.39 EA.

4 OUNCE LIQUID WRENCH 2 FOR 1.00 — Frees rust & dirt quickly. LT-04(117) — COUPON SPECIAL PRICE WITHOUT COUPON 79¢ EA.

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ELECTRICAL TAPE 3 FOR 1.00 — ¾"x60' roll of strong PVC tape. Many household and shop uses. U.L. listed ET60(112) — COUPON SPECIAL PRICE WITHOUT COUPON 69¢ EA.

DAP KWIK SEAL TUB & TILE CAULK 2 FOR 3.00 — 6-oz. Seals around tubs, sinks. Re-sets loose tiles 11860(109) — COUPON SPECIAL PRICE WITHOUT COUPON 1.99 EA.

DAP ALL PURPOSE ADHESIVE 1.00 — Waterproof, nail-tight bond. Many construction uses. 20580(110) — COUPON SPECIAL PRICE WITHOUT COUPON 1.69

MASKING TAPE 2 FOR 1.00 — Use all around the house. Big ¾"x60 yard roll MT-34(113) LIMIT 6 PER CUSTOMER — COUPON SPECIAL PRICE WITHOUT COUPON 1.19 EA.

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