



Think E.N.E.R.G.Y.

WITH FUEL BILLS A MAJOR CONCERN, IT'S TIME TO REVIEW A FEW HINTS TO HELP YOU CONSERVE ENERGY IN THE KITCHEN.

SINCE THE OVEN IS AN EXPENSIVE HEATING DEVICE, PLAN TO USE IT AS WISELY AS POSSIBLE BY HEEDING THE FOLLOWING HINTS:

- PLAN A COMPLETE MEAL THAT WILL COOK AT THE SAME TEMPERATURE.
- COOK LARGE ENOUGH QUANTITIES TO HAVE A SECOND MEAL THAT MAY REQUIRE ONLY BRIEF HEATING.
- GLASS OR CERAMIC BAKING DISHES COOK FASTER THAN METAL. YOU SHOULD LOWER THE TEMPERATURE BY 25 DEGREES WHEN USING GLASS CONTAINERS.
- DON'T OPEN THE DOOR TO PEEK—BECAUSE EVERY TIME THE DOOR IS OPENED, THE TEMPERATURE DROPS FROM 25-50 DEGREES.
- TURN THE OVEN OFF 5 MINUTES BEFORE THE TIME IS UP AND LEAVE THE DOOR SHUT. THE FOOD WILL CONTINUE TO COOK WITH THE RETAINED HEAT.



Carol Scroggins
CAROL SCROGGINS
DIRECTOR OF CONSUMER AFFAIRS

Carol Scroggins
Director Of Consumer Affairs
P.O. Box 1479
Houston, TX 77251

The Choice Is Yours...

PRIVATE LABEL, OR STORE BRAND, PRODUCTS ARE AN IMPORTANT FACTOR IN YOUR CHOICE OF FOOD BECAUSE THEY OFFER PREMIUM QUALITY PRODUCTS FOR LESS.

THE U.S.D.A. HAS ESTABLISHED GRADING SYSTEMS FOR MANY FOOD PRODUCTS. MOST ARE BASED ON COLOR, FLAVOR, TEXTURE, SIZE AND SHAPE; OR IN THE CASE OF MEAT, THE RATIO OF MEAT TO FAT. WORDS, NUMBERS OR LETTERS OF THE ALPHABET ARE COMMONLY USED TO IDENTIFY THE DIFFERENT FOOD GRADES. IN ADDITION TO GRADING, WE MAKE SURE IT TASTES AND LOOKS GOOD AND CONTAINS EXTRA INFORMATION YOU WANT AND NEED ON THE LABEL WHENEVER POSSIBLE.

THERE ARE THREE MAJOR GRADE CATEGORIES FOR MANY NATURAL AND PROCESSED FOODS. YOU MAY BE FAMILIAR WITH THE GRADE MARK ON SOME DAIRY, FROZEN FOODS, MEAT AND/OR PRODUCE ITEMS. HOWEVER, THE GRADE DESIGNATION DOES NOT USUALLY APPEAR ON CANNED GOODS AND PACKAGED FOODS.

MOST CANNED GOODS, FROZEN AND DRIED FOODS ARE PACKAGED ACCORDING TO GOVERNMENT STANDARDS WHETHER OR NOT THE GRADE IS INDICATED ON THE LABEL. GENERALLY, THE PRICE OF THE PRODUCT IS AN INDICATION OF THE GRADE.

TV (TRUE VALUE) BRAND PRODUCTS ARE OF EQUAL OR SUPERIOR QUALITY TO NATIONALLY ADVERTISED BRANDS, AND ARE EXCELLENT CHOICES WHERE APPEARANCE, TEXTURE AND UNIFORMITY ARE IMPORTANT. TV BRANDS ARE AVAILABLE IN A WIDE VARIETY OF GROCERY, DAIRY, FROZEN, AND MEAT ITEMS.

GV (GOOD VALUE) BRAND PRODUCTS ARE EQUAL IN QUALITY TO NATIONALLY ADVERTISED BRANDS, EXCEPT IN CANNED FRUITS AND VEGETABLES, WHERE THEY MEET U.S.D.A. EXTRA STANDARD QUALITY LEVELS. FOR EXAMPLE, GOOD VALUE FRUITS ARE PACKED IN LIGHT SYRUP RATHER THAN THE HEAVY SYRUP FOUND IN MOST NATIONAL BRANDS.

SO IF YOU'RE LOOKING FOR QUALITY, VALUE AND FRESHNESS FOR YOUR FAMILY, AND AT A PRICE THAT YOU CAN AFFORD, TRY TRUE VALUE AND GOOD VALUE BRANDS.



Compare Store Brands And Save!!



There Will Be Savings In Every Department During Our.....

WESTERN ROUND-UP

CHILIAN SEEDLESS

White Grapes

LB. **\$1.39**

CALIFORNIA PASCAL

Celery

LARGE STALK. **.59**

US NO. 1 RUSSET

Potatoes

8 LB. BAG **\$1.39**

WASHINGTON EXTRA FANCY DELICIOUS

Red Apples

LB. **.59**

CELLO TENDER

Carrots

1 LB. PKG. **3/.99**

TEXAS SWEET

Oranges

5 LB. BAG **\$1.39**

YELLOW FRESH

Onions

5 LB. **.99**

ROMAINE

Lettuce

EACH. **.59**



CALIFORNIA SUNKIST

Navel Oranges

3.99

LBS. FOR

US NO. 1 PREMIUM

Baking Potatoes

LB. **.29**



RUBY RED
Texas Grapefruit
7.99

NEW CROP
Hass Avocados
4.99

FRESH APPLE

Cider

1 GAL. **\$2.79**

FRESH JUICY

Large Pears

LB. **.59**

FRESH

Yams

LB. **.39**

POTATO

Toppers

PKG. **.69**

Save At Wilcox Minimax!!

