



Some Plain Facts About Sodium & Low Sodium Foods!

HOW CAN I REDUCE THE AMOUNT OF SALT I EAT EACH DAY? ONE WAY IS TO USE LESS SALT AT THE TABLE. ANOTHER IS TO SELECT PRODUCTS THAT HAVE LESS OR NO SALT ADDED DURING PROCESSING. LOOK FOR THE NEW TV LOW SODIUM VEGETABLES WHICH ARE PACKED IN WATER WITH NO SALT ADDED. ALTHOUGH THEY DO CONTAIN SMALL AMOUNTS OF NATURALLY OCCURRING SODIUM, EACH WILL CONTAIN 35MG OF SODIUM OR LESS PER SERVING.

MANY WHO HAVE TRIED THEM SAY THEY HAVE A VERY GOOD APPEARANCE AND TEXTURE AND THE TRUE TASTE OF THE VEGETABLE IS MORE EVIDENT. HOW WILL TV LOW SODIUM VEGETABLES COMPARE NUTRITIONALLY? EACH CAN WILL CONTAIN A NUTRITIONAL LABEL WITH FULL DETAILS. THE FOLLOWING CHART SHOWS THE CALORIE AND SODIUM COMPARISONS.

VEGETABLES	TV LOW SODIUM	REGULAR
Whole Kernel Corn	under 10mg	320mg
Sweet Peas	under 10mg	340mg
Cut Green Beans	under 10mg	380mg
French Style Green Beans	under 10mg	380mg
Sliced Carrots	under 35mg	390mg
Sliced Beets	under 35mg	390mg
Mixed Vegetables	under 30mg	390mg
Whole Peeled Tomatoes	under 25mg	220mg

WHAT'S THE DIFFERENCE BETWEEN SALT AND SODIUM? THE TWO TERMS ARE OFTEN USED INTERCHANGEABLY SINCE THE CHEMICAL NAME FOR SALT IS SODIUM CHLORIDE (ABOUT 40% SODIUM & 60% CHLORIDE). BOTH SODIUM AND CHLORIDE ARE ESSENTIAL TO GOOD HEALTH BUT ARE REQUIRED IN VERY SMALL QUANTITIES.



Welly Wellness
Wellness is a new idea evolving as an alternative to illness. This new concept emphasizes the importance of eating the right kinds and amounts of foods and getting enough exercise and rest. All three play important roles in maintaining good health. Introducing "WELLY WELLNESS," our spokesperson for health. From time to time you may see WELLY in our ads and in special materials such as the "WELLY WELLNESS" Nutrition Fun Book. It has been designed for elementary school ages but can be enjoyed by kids of all ages. If your store doesn't have any nutrition fun books left, write to me for a complimentary copy.



U.S. NO. 1 QUALITY RUSSET

POTATOES

U.S. NO. 1 QUALITY RUSSET POTATOES..

POUND-FOR-POUND, DOLLAR-FOR-DOLLAR, NOTHING COMPARES WITH THE NUTRITIONAL VALUE AND WHOLESOMENESS OF THE POTATO. FOR A MAIN COURSE, OR AS A COMPLIMENTING SIDE DISH, TRY POTATOES.

SAVE \$1.00

10.75 LB. BAG

Grapefruit

TEXAS RUBY RED 5 FOR \$1

Avocados

CALIFORNIA HASS 3 FOR \$1



Oranges

TEXAS SWEET JUICY 4 LBS. FOR \$1

Carrots

FRESH TENDER 3 1-LB. BAGS FOR \$1

We start fresh everyday.™

McGOY'S BUILDING SUPPLY CENTERS

YELLOW PINE STUDS
#3 GRADE STUDS *Kiln-dried *Pretreated to 2.5, 8" or full 8" on available
1.05

#2 "STUD GRADE" PRECUT STUDS
*Kiln-dried *2.5, 8" long
1.35

#2 "STUD GRADE" 8 FOOT STUDS
*Kiln-dried
1.39

#2 YELLOW PINE

8'	10'	12'	14'	16'	18'	20'
SEE ABOVE	2.33	2.59	2.99	3.77		
2x6	2.35	2.95	3.75	3.99	4.65	5.19
2x8		4.39	5.79	6.35	7.29	
2x10			7.99		10.69	
2x12			9.99		12.99	

PLYWOOD AND PARTICLE BOARD

CD GRADE SHEATHING PLYWOOD
*Unpanded *Exterior glue
3/8" 6.49
1/2" 7.49
5/8" 9.88
3/4" 11.69

BC GRADE SANDED PLYWOOD
*Unpanded one side *Exterior grade
1/4" 8.59
3/8" 8.69
1/2" 10.88
5/8" 12.99
3/4" 14.88

PARTICLE BOARD
*4x8
4.39
4.86
4.99
7.49

EXTERIOR SIDING
*4x8
10.99

RUF-TEX PLYWOOD SIDING
*4x8 exterior pine plywood *Premium grade
9.99
13.44
13.88

GYPSUM WALLBOARD
*2x4x8
2.88

#1 YELLOW PINE
*Per linear foot *Lengths on available
1x2 11'
1x4 20'
1x6 30'

GYPSUM WALLBOARD TAPE
20' L. PURPOSE HOVER 1.29
21' HOVER BAG 3.33
ALL-PURPOSE LIQUID 3.49
TOILET PURPOSE LIQUID 5.29
TOILET PURPOSE LIQUID 7.99
SPRAY CEILING TEXTURE 5.99

BIRCH CABINET PLYWOOD
*4x8 3/4" *One-piece face
29.95

McGOY'S BUILDING SUPPLY CENTERS

FREE VALUE KEVED-ALIKE BRIGHT BRASS ARMORED DEADBOLT ENTRY LOCKSET

15.95 Both For Just NATIONAL LOCK

2.88 PROGRESS CHANDELIER 4010-10 Polished brass finished glass shades *Crystal glass column *Bulbs extra

31.99 FIBER-GLASS ROOFING SHINGLES Per Square

21.95 McCOY'S INSIDE LATEX WALL PAINT Per Gallon

7.99 McCOY'S OUTSIDE HOUSE PAINT Per Gallon

6.99 McCOY'S INSIDE LATEX WALL PAINT Per Gallon

12.88 McCOY'S OUTSIDE HOUSE PAINT Per Gallon

7.99 McCOY'S INSIDE LATEX WALL PAINT Per Gallon

4.44 McCOY'S OUTSIDE HOUSE PAINT Per Gallon

2.99 McCOY'S INSIDE LATEX WALL PAINT Per Gallon

37.77 CIRCULAR SAW 7 1/4" *17% horsepower

6.99 TREATED JUMBO LANDSCAPE TIMBER *Can be stained or painted

1.99 CARBIDE-TIP ENDURO SAW BLADE (REBATE LIMIT - \$2.00 PER HOUSEHOLD)

1.00 LESS MAIL-IN REBATE

2.99 SALE PRICE

1.99 YOUR NET COST

6.99 Saddle Oak ALL WOOD PANELING *Simulated woodgrain finish on mahogany plywood

2.99 CHAMPION Saddle Oak ALL WOOD PANELING

2.88 PROGRESS CHANDELIER 4010-10 Polished brass finished glass shades *Crystal glass column *Bulbs extra

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