



Carol Scroggins
CAROL SCROGGINS
DIRECTOR OF CONSUMER AFFAIRS

Carol Scroggins
Director Of Consumer Affairs
P.O. Box 1478
Houston, TX 77251

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 HAVE THOUGHT WHEN THEY SAY THEY HAVE A VERY GOOD APPEARANCE AND TEXTURE AND THE TRUE TASTE OF THE VEGETABLE IS MORE EVIDENT.

HOWEVER, TV LOW SODIUM VEGETABLES ARE NUTRITIONALLY EACH CAN WILL CONTAIN A NUTRITIONAL LABEL WITH FULL DETAILS. THE FOLLOWING CHART SHOWS THE CALORIE AND SODIUM COMPARISONS:

SODIUM
(per ½ cup serving)

<u>VEGETABLES</u>	<u>TV LOW SODIUM</u>	<u>REGULAR</u>
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.



DOLLAR DAYS

ARE HERE AGAIN TO HELP YOU SAVE!

SHOP WILCOX

Minimax And Save!

SUMMERTIME FAVORITE

Fresh Green Onions BUNCHES **4/51**

GREAT FOR COOKOUTS, FLORIDA

Sweet Yellow Corn EARS **5/51**

FOR HOME-MADE LEMONADE,

Sunkist Juicy Lemons **8/51**

U.S. NO. 1 PREMIUM

Baking Potatoes LBS. **2/51**

FRESH

Yellow Squash LBS. **3/51**

WASHINGTON EXTRA FANCY

Red Delicious Apples LB. **.69**

FRESH CALIFORNIA

Pascal Celery LARGE SIZE. **59**

BEAN SPROUTS OR VINE RIPE

Tomatoes LB. **79**

NEW CROP CALIFORNIA

Seedless Grapes

\$100

ADDS FLAVOR TO COOKING. MILD

Yellow Onions

GREAT FOR SALADS, FRESH

6 OZ. PKGS. **4/1**

Red Radishes

FRESH NEW CROP GEORGIA

Juicy Peaches

FIRST OF THE SEASON!!!

LB. **49**



McGoy's
BUILDING SUPPLY CENTERS

WEIMAR
115 East Highway 90
(9) 263-5400

ROSENBERG
Highway 59
(Across from Holiday Inn)
(713) 341-0214

NOTE: Prices and availability of some items may vary in Rosenberg.

PRICES GOOD THROUGH SATURDAY, JUNE 25

ANTIQUE
BRASS
FINISH

PAIR OF ENTRY
LOCKSETS

19.95

SALE!
V23460-4A

NATIONAL
LOCK

ANOMALIA

3BAR HEAVY-DUTY
WOOD SCREEN DOOR
Not finger-jointed

28" x 68" 28.8
30" x 68" 29.1

PER SQUARE
(100 SQUARE
FEET)

ROOFING SHINGLES

FIBER-
GLASS

21.95

95 95 OR 6" STEEL T-POST • With clips 2.19 15 1/2 GA. "GAUCHO" BARR WIRE 19.95  	READY-MIX CONCRETE • 80 pounds • Just add water 2.19 
---	--

26 1/2" wide
fiberglass by
sequenflex

PEBBLE
FINISH
TEXTURED

HEAVY-DUTY
FIBERGLASS
PANELS

White, clear or green
SALES 5.89
10' 7.99
12' 9.39



VALUE DAYS

SKILSAW

COUPON

MODEL 574

SKIL 7 1/4" MCCOY'S

CIRCULAR SAW

\$5.00 OFF

REGULAR PRICE... 39.95

LESS COUPON... 5.00

34.95

Good May/June
With Coupon

OFFER ENDS JUNE 25

- Rugged 1 3/4 horsepower, 10 amp burn-out protected motor
- No-load speed of 4600 r.p.m.
- Double-insulated
- Comes with combo and blade wrench



McGOWAN'S Wholesale Supermarkets
SHOP 8-6 Monday-Friday
 8-5 Saturday
CL528 Smiths

CATALOG
 \$0.53

1228B
 A.  **SALE!**
 B.  **SALE!**
 1285T

C.  1423 1220C


CARBIDE-TIP SAW BLADES
 A. 4-TOOTH ENDURGO COMBO 2.99
 B. 8-TOOTH ENDURGO P.L. WOOD 4.49
 C. 18-TOOTH COMBO 5.99
 D. 40-TOOTH P.L. WOOD 9.99

\$1.00 PER BLADE MAIL-IN REBATE!
 (CHECK MCCOY'S FOR DETAILS)
 (LIMIT \$3.00)