

FRESH CRISP

California Iceburg Lettuce

HEAD

38¢

CREAMY RIPE

California Hass Avocados

FOR

6 \$1

FRESH TEXAS MILD

Yellow Onions

LBS. FOR

5 99¢

LARGE SLICING SIZE

Cucumbers

FOR

6 99¢

FRESH JUICY

D' Anjou Pears

FOR

6 99¢

FRESH RIPE

Red Tomatoes

4 CT. PKG.

69¢

FRESH

Yellow Squash

LB.

49¢

FRESH JUICY

Tropical Mangoes

LARGE SIZE EACH

\$139

WASHINGTON EXTRA FANCY RED OR GOLDEN

Delicious Apples

FOR

6 99¢

Helpful Tips About The Mango

- Mango varieties have different shapes, sizes and colors
 - Ripen at room temperature until soft, then refrigerate
 - Best to eat when soft
 - Excellent source of vitamins A and C

A Refreshing Recipe

Mango Split

1 med. ripe mango
1 pt. vanilla ice cream

½ c. granola or chopped nuts

Peel and slice mango. Arrange on salad plate or banana split dish. Spoon ice cream over mango. Top with granola or nuts. Serve immediately. Serves 2.

TRUE VALUE

Sandwich Bread

WHITE OR ROUNDTOP

79¢

24 OZ. LOAF

CHEETOS BRAND

Cheese Snacks

YOUR CHOICE, PUFFS, REGULAR OR SHARP CHEDDAR STYLE

\$119

8 OZ. BAG

CHUNK-LIGHT

Starkist Tuna

69¢

6.5 OZ. CAN

YOUR CHOICE, ARMOUR

Classic Lite Dinners

10 OZ. ORIENTAL, 11 OZ. TURKEY, 11 OZ. CHICKEN BURGUNDY, 13.75 OZ. SEAFOOD/HERBS, 11 OZ. COD-DIVAN, 10 OZ. PEPPER STEAK OR 10 OZ. BEEF/BROCCOLI

EACH

\$289

CRISP N' TASTY

Assorted Jenos Pizzas

CHEESE, SAUSAGE, HAMBURGER, COMBINATION, PEPPERONI OR CANADIAN BACON

10 OZ. PKG.

\$108

CRISP N' TASTY

True Value Mini Cob Corn

MICROWAVEABLE

6 EAR PKG.

\$103

LA CHOY CHICKEN, SHRIMP OR MEAT & SHRIMP

Egg Rolls

7.25 OZ. PKG.

\$117

MRS. SMITH'S DUTCH APPLE OR REGULAR

Apple Pie

26 OZ. PKG.

\$199

DELICIOUS ROMAN MEAL

Frozen Waffles

12 OZ. PKG.

\$109

YOUR CHOICE FROZEN

Blue Bell Novelties

ASST. SIZES EACH

\$119

MINUTE MAID

Chilled Orange Juice

64 OZ. CARTON

\$209

TRUE VALUE PROCESSED

American Singles

8 OZ. PKG.

\$109

ASSORTED OAK FARMS

Fruit Drinks

PLASTIC GALLON

89¢

"Daily Delights"

TIPS TO CLIP

Considering current emphasis on our dietary needs for calcium, let's look at some appetizing ways to meet those requirements with a variety of dairy products and milk-rich foods. The following will each provide about as much calcium as 1 cup of fresh whole milk:

- 1½ oz. natural Cheddar cheese
- 1½ oz. process Cheddar cheese
- 1½ c. creamed cottage cheese
- 1 c. Swiss cheese
- 1 c. cottage, made with milk
- 1 c. custard
- 1½ c. ice cream
- 1 c. ice milk, soft serve
- ¾ c. homemade macaroni & cheese
- 1 milk shake, made with ½ c. milk and ½ c. ice cream
- 1 c. oyster stew
- ¾ of a 14" round pizza, made with cheese topping
- 1 c. pudding, made with milk and cornstarch
- 1½ c. canned cream soup, prepared with equal volume of milk
- 1 c. yogurt

Carol Carol Scroggins, Director Of Consumer Services
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"Tuna Rice Salad"

As the days get warmer, we begin to look for cool main dish ideas. This salad is not only delicious, but attractive enough to serve for your garden club or a bridesmaids luncheon. Add a tomato juice appetizer, warm popovers and a fruit salad for a delightful menu.

- 1 c. uncooked rice
- 1 (6½ oz.) can waterpacked tuna, flaked, drained
- 1 c. finely chopped celery
- 1½ c. finely chopped carrots
- 3 green onions, finely sliced
- ¼ c. chopped sweet pickle
- ¼ tsp. pepper
- ¼ c. mayonnaise
- ¼ c. vegetable oil
- ¼ c. vinegar
- ½ c. chopped parsley
- sliced tomatoes

Cook rice according to package directions. Cool and add next 6 ingredients. Stir in mayonnaise, oil, and vinegar, mix well. Stir in ¼ c. parsley. Sprinkle remaining parsley into 2 quart mixing bowl and turn, then add tuna into bowl, pressing down. Chill until serving time. Turn out onto serving plate, slipping a knife around to help release. Garnish with tomato slices.