

WHAT CAN YOU EXPECT FOR 300 CALORIES?

PROTEIN PHOSPHORUS NIAIN B12 IRON RIBOFLAVIN ZINC

Right off, you probably never expected beef! But how many of you know that 300 calories of top sirloin has just 250 calories. The vegetables add just 64 for a total of 300. A chef's salad has more. So beef is French onion soup. Yet for 225 very satiating calories, beef packs protein, iron,



8 vitamins and essential minerals. And the protein and iron in beef even help you use the protein and iron in vegetables and whole grains. Beef gives you a head start on the balanced diet that builds strength from the inside out. And with that, you can expect almost anything.

BEEF GIVES STRENGTH.



HEAVY NORTHERN
Boneless Chuck Roast

\$139

3 LB. PKG. OR LARGER
Fresh Ground Beef

\$109

U.S.D.A. CHOICE BONELESS
Top Sirloin Steaks

\$209

ASSORTED VARIETIES
Roqueleim Lunch Meats

MEAT, BEEF OR CHICKEN, SALAMI, LUNCHEON MEAT OR HAM, NATURAL

\$149

1 LB. PKG.

RATH BLACK HAWK
Sliced Bacon

\$199

1 LB. PKG.

ALL MEAT, BEEF OR JUMBO
Oscar Mayer Wieners

\$169

1 LB. PKG.

HEAVY NORTHERN BONELESS
Chuck Steaks

\$159

1 LB.



**MINIMAX MEANS MORE...
"LOWER PRICED WEEKLY SPECIALS!"**

SWIFT PREMIUM
Brown 'N Serve Sausage

\$169

1 LB. ROLL

FRESH LEAN
Tender Gravy Steaks

\$259

1 LB.

ASSORTED
State Fair Burritos

BEF & BEAN RED, BEF & BEAN GREEN, BEF HOT, BEAN & CHEESE OR BEAN & BEET

3 \$1

5 OZ. PKGS. FOR

Bakery and Deli Savings!

AT ALL STORES WITH IN-STORE BAKERY & DELI...

JOHN MORRELL
Sliced Bacon

\$119

12 OZ. PKG.

JOHN MORRELL
Beef Franks

\$109

1 LB. PKG.

KAHN'S
Li'L Smokies

\$249

1 LB. PKG.

PRE-SLICED JOHN MORRELL
Boneless Ham

\$269

1 LB.

JOHN MORRELL
Tasty Links

79¢

8 OZ. PKG.

BATTER WRAPPED KAHN'S
Beef Corn Dogs 8 OZ. PKG. \$1.59
Turkey Lunch Meats 12 OZ. PKG. \$1.59
Sliced Bologna 12 OZ. PKG. \$1.75
Beef Patties 1 LB. \$1.49

FRESH BAKED
Golden Hoagie Rolls

6 79¢

ROLLS FOR

FRESH BAKED
Split Top White Bread

79¢

LOAF EACH

IMPORTED
Krakus Polish Ham

\$359

1 LB.

ASSORTED FRIED
Fruit Pies EACH 4/\$1
Pecan Pie EACH \$2.99

HOMESTYLE
Sugar Cookies DOZ \$1.39
Salami 1 LB. \$3.69

ASSORTED MINN
Egg Rolls 3 OZ. ROLL .69
Snack Pack EACH \$1.79