

WHAT CAN YOU EXPECT FOR 300 CALORIES?

PROTEIN PHOSPHORUS NIACIN B12 IRON RIBOFLAVIN ZINC

Right off, you probably never expected beef. But four ounces of top sirloin has just 235 calories. The vegetables add just 64 for a total of 299. A chef's salad has more. So does French onion soup. Yet for 235 very satisfying calories, beef packs protein, iron, B-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.

U.S.D.A. CHOICE TENDERIZED BEEF
Bottom Round Steaks
\$1.39
LB.



REGULAR, JUMBO, MEAT OR BEEF
Oscar Mayer Wieners
\$1.49
1 LB. PKG.



U.S.D.A. CHOICE BEEF
T-Bone Steaks
\$3.39
LB.

BONELESS U.S.D.A. CHOICE, RUMP OR
Bottom Round Roast
\$1.59
LB.

WHOLE OR HALF
TV Boneless Hams
\$1.79
LB.

U.S.D.A. GRADE A
Holly Farms Whole Fryers
59¢
LB.

18-22 POUND AVERAGE
TV Brand Tom Turkeys
89¢
LB.

MINIMAX MEANS MORE...CONFIDENCE!!

HICKORY SMOKED OR SMOKEY MAPLE
Rath Sliced Bacon
\$2.49
1 LB. PKG.

THORN APPLE VALLEY BEEF
Smoked Sausage
\$1.59
LB.

ASSORTED VARIETIES, SLICED TV BRAND
Wafer Meats
39¢
2.5 OZ. PKG.

BAKERY & DELI
At All Stores
With In-Store
Bakery & Deli

SIGNATURE QUALITY
Roegelien Luncheon Meats
\$2.59
1 LB. PKG.
ROEGELIEN
Cooked Ham 1 LB. PKG. \$3.29

U.S.D.A. GRADE A HOLLY FARMS
Split Broilers
99¢
LB.
U.S.D.A. CHOICE BEEF
Porterhouse Steaks LB. \$3.99
Skirt Steaks LB. \$2.29
WHOLE OR HALF
Claussen Pickles 32 OZ. JAR. \$1.75
12 OZ. REG. THICK OR BEEF, THICK BEEF
Oscar Mayer Bologna PKG. \$1.69

U.S.D.A. GRADE A HOLLY FARMS
Drumsticks or Thighs
\$1.29
LB.
EXTRA LEAN
Ground Beef LB. \$2.09
LEAN MEATY
Short Ribs LB. \$1.49
AROMATIZED CHICKEN FRIED
Beef Patties LB. \$1.59
OSCAR MAYER, SLOJAPPE, ROUND, BEEF
Variety Pak 12 OZ. PKG. \$2.19

FRESH BAKED
Iced Cinnamon Rolls
6 89¢
FOR
LEMON FILLED
Bismarks 4/\$1
7 INCH SUPREME
Lemon Cake EACH \$3.29

HOMESTYLE
Split-Top White Bread
2 \$1
LOAVES FOR
8 INCH COCONUT
Meringue Pie EACH \$2.29
HAFNIA
Danish Ham LB. \$3.29

NATURAL
Louis Rich Turkey Breast
\$3.99
LB.
LAND-O-LAKES BIG EYE
Swiss Cheese LB. \$3.89
CREAMY
Cole Slaw LB. .99