



**Tropicana**  
REGULAR OR HOMESTYLE  
**Orange Juice**  
12 OZ CAN  
**87¢**



**TV Brand Homo Milk**  
VITAMIN D  
1 GAL JUG  
**\$2.28**



**Budget Gourmet Entrees**  
ASSORTED VARIETIES  
10 OZ PKG  
**\$1.39**



**Jello Pudding Pops**  
ASSORTED VARIETIES  
12 CT PKG  
**\$2.49**



**Velveeta Loaf**  
KRAFT  
2 LB PKG  
**\$2.99**

**White Castle Hamburgers**  
FROZEN  
10 CT PKG  
**\$4.99**

**TV Brand Halfmoon Cheese**  
CHEDDAR OR COLBY  
16 OZ PKG  
**\$1.99**



**Whipped Topping**  
TV BRAND  
12 OZ TUB  
**99¢**



**Shedd's Spread**  
COUNTRY CROCK  
1 LB PKG  
**49¢**



**Borden Novelty**  
ASSORTED FLAVORS  
12 CT PKG  
**99¢**

**TV Brand Waffles**  
BREAKFAST TREAT  
SARA LEE  
10 OZ PKG  
**.49**

**French Cheese Cake**  
SARA LEE  
23 OZ PKG  
**\$3.29**

**Strawberry Cheese Cake**  
SARA LEE  
26 OZ PKG  
**\$3.29**

**TV Brand Onion Rings**  
CRISP  
16 OZ PKG  
**.99**

**Broccoli Cuts**  
TV BRAND  
20 OZ PKG  
**\$1.19**

**Dark Sweet Cherries**  
TV BRAND  
16 OZ PKG  
**\$1.59**

**TV Brand Margarine**  
STICK, QUARTERS  
1 LB PKG  
**.39**

**Weight Watcher's Regular or Reduced Sodium Cheese Sticks**  
WEIGHT WATCHER'S  
8 OZ PKG  
**\$1.59**

**Oak Farms Fruit Drinks**  
REFRESHING  
1 GAL JUG  
**.89**

**Shredded Cheese**  
TV BRAND, MILD CHEDDAR, MOZZARELLA, OR SHARP CHEDDAR  
4 OZ PKG  
**.59**

**"The Necessary Nutrient!"**

What is classified as a nutrient because it is involved in so many vital bodily processes, yet is not a vitamin, mineral, fat, carbohydrate or protein? It's water! A part of every cell, water accounts for about 60% of adult body weight. Though amounts vary with body size, diet and physical activity, adults need 6 to 8 glasses of liquids, daily. Water, milk and fruit juices are recommended. Coffee, tea, caffeine containing soft drinks and alcohol act as diuretics and may result in water loss rather than retention. Solid and semi-solid foods also provide a surprising amount of water. Here are a few foods and their water contents in percentages to help you in these hot summer months...

|                        |        |                      |       |
|------------------------|--------|----------------------|-------|
| *Lettuce               | 94-95% | *Eggs                | 74%   |
| *Yogurt                | 89     | *Broiled Cod         | 65    |
| *Milk                  | 87     | *Cooked Beef         | 40-63 |
| *Fresh Apples or Pears | 83-84  | *White Bread         | 35    |
| *Cottage Cheese        | 78-79  | *Butter or Margarine | 16    |

## MINIMAX MAXI-MISERS!

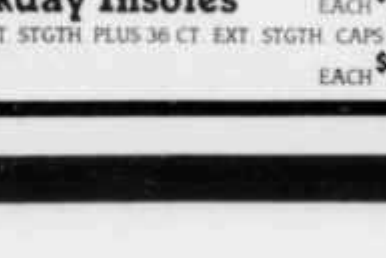
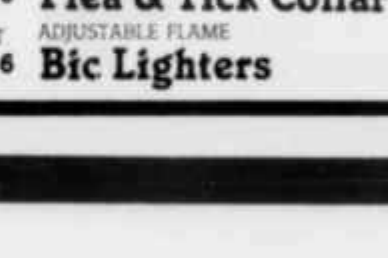
TEMPORARY PRICE REDUCTIONS DUE TO MANUFACTURERS ALLOWANCES.

|                                                                                                                                                                                          |                                                                                                                                                                                   |                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Bonkers Cat Treats</b><br/>REGULAR, SEA OR CHICKEN<br/>4 OZ PKG<br/>WAS .87 NOW <b>83¢</b></p> |  <p><b>Ozarka Water</b><br/>DISTILLED OR DRINKING<br/>1 GAL JUG<br/>WAS .79 NOW <b>71¢</b></p> |  <p><b>Purina Meow Mix</b><br/>CATS ASK FOR<br/>7 LB BAG<br/>WAS \$5.99 NOW <b>\$5.69</b></p> |
|  <p><b>Purina Cat Chow</b><br/>ORIGINAL OR COUNTRY<br/>4 LB BAG<br/>WAS \$3.05 NOW <b>\$2.89</b></p> |  <p><b>Sego Drinks</b><br/>LIQUID DIET MEAL<br/>10 OZ CAN<br/>WAS .99 NOW <b>87¢</b></p>      |  <p><b>Heinz Relish</b><br/>ASSORTED<br/>10 OZ PKG<br/>WAS .89 NOW <b>79¢</b></p>            |
|  <p><b>Bone Appetit Dog Food</b><br/>PURINA<br/>6 OZ CAN<br/>WAS .49 NOW <b>47¢</b></p>             |  <p><b>Kraft Orange Juice</b><br/>CHILLED<br/>64 OZ BTL<br/>WAS \$2.39 NOW <b>\$2.19</b></p> |  <p><b>County Line Halfmoon Cheese</b><br/>10 OZ PKG<br/>WAS \$2.19 NOW <b>\$2.05</b></p>   |

8 OZ PLAIN, DIP OR BBQ TV BRAND **Potato Chips** PKG. WAS .99 NOW **.93** **Duncan Hines Chocolate Chip Cookies** 16 OZ PKG. WAS \$1.75 NOW **\$1.75** **4 OZ ALPO Beef Jerky Bits** PKG. WAS \$1.15 NOW **\$1.15**

OCEAN SPRAY ASST. JUICES AND **Drinks** 3 PAK. WAS \$1.23 NOW **\$1.23** **Apple Sauce** 50 OZ JAR MUSSELMAN WAS \$2.05 NOW **\$2.05** **Margarine** PKG. WAS \$1.15 NOW **\$1.15**

BOUNTY MICROWAVE, ASSORTED OR DESIGNER **Towels** BIG ROLL. WAS .99 NOW **.93** **Mayonnaise** 16 OZ JAR HELLMAN'S LIGHT WAS \$1.21 NOW **\$1.21** **Orange Juice** 64 OZ CTN. TROPICANA PREMIUM WAS \$2.59 NOW **\$2.59**

| HEALTH & BEAUTY AIDS                                                                                                                                                                                                 |  | YOUR CHOICE                                                                                                                                                                |  | NEW! YOUR CHOICE                                                                                                                                                        |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|  <p><b>Crest Toothpaste</b><br/>6.4 OZ TUBE<br/><b>99¢</b></p>                                                                  |  |  <p><b>Atune Shampoo or Conditioner</b><br/>15 OZ BTL<br/><b>\$3.19</b></p>           |  |  <p><b>Anacin Tablets</b><br/>FAST PAIN RELIEF<br/>50 CT PKG<br/><b>\$2.89</b></p> |  |
|  <p><b>Cover Girl Make-Up</b><br/>PRESS POWDER<br/>EACH<br/><b>\$2.59</b></p>                                                   |  |  <p><b>Tums Tablets</b><br/>SODIUM FREE<br/>3 ROLL PKG<br/><b>\$1.19</b></p>          |  |  <p><b>Bul-Puf Sponges</b><br/>GENTLE FOR GENTLE<br/>EACH<br/><b>\$2.79</b></p>    |  |
|  <p><b>Workday Insoles</b><br/>CAFF. FREE 40 CT. EXT. STGTH. PLUS 36 CT. EXT. STGTH. CAPS 40 CT.<br/>EACH<br/><b>\$7.46</b></p> |  |  <p><b>Flea &amp; Tick Collar</b><br/>ADJUSTABLE FLAME<br/>EACH<br/><b>\$2.99</b></p> |  |  <p><b>Bic Lighters</b><br/>2 PACK<br/><b>\$1.29</b></p>                           |  |