

**Crisp 'n Tasty
Jeno's Pizzas**
ASSORTED VARIETIES
ASST. SIZES
89¢
EACH

**TV Brand
Lemonade**
REGULAR OR PINK
12 OZ CANS FOR
3 \$1

**TV Brand
Potatoes**
CRINKLE CUT
5 LB BAG
\$2.59

Weaver Chicken Nuggets
MINI-DRUMS OR
12 OZ PKG.
\$2.29

Dining Lite Entrees
ASSORTED VARIETIES
11 OZ PKG.
\$1.19

Hungry Jack Biscuits
YOUR CHOICE, PILLSBURY
10 OZ CAN
59¢

TV Cheese Singles
24 SLICES, INDIVIDUALLY WRAPPED AMERICAN
16 OZ PKG.
\$1.89

**TV Brand
Medium Eggs**
GRADE A
1 DOZ CTNS FOR
2 \$1

**Citrus Hill
Orange Juice**
CHILLED
64 OZ CTN
\$1.19

Imperial Margarine
QUARTERED
1 LB PKGS FOR
2 \$1

More Great Savings!

Fish Sticks or Fillets
VAN DE KAMP'S
13.5-12 OZ PKG. **\$1.99**

Strawberry Cheesecake
SARA LEE
26 OZ PKG. **\$3.59**

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

Pepperidge Farm Cakes
CHOCOLATE, COCONUT, GERMAN CHOCOLATE
17 OZ PKG. **\$1.99**

TV Cheddar Cheese
SHARP
2 LB PKG. **\$4.99**

Awake Orange Beverage
FROZEN
12 OZ CAN. **2/\$1**

TV Cheddar Cheese
PER 1 LB **\$2.69**

"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.

Heinz Vinegar WHITE 64 OZ BTL WAS \$1.49 NOW \$1.45 Soft 'N Pretty Bath Tissue ASSORTED COLORS 6 ROLL PKG WAS \$1.99 NOW \$1.89 Dannon Yogurt ASSORTED FLAVORS 8 OZ CUP WAS .65 NOW 61¢	Beef Dinner Dog Food ALPO DRY 25 LB BAG WAS \$9.19 NOW \$8.79 Success Rice LONG GRAIN 21 OZ BOX WAS \$1.89 NOW \$1.79 My Classic Pizzas YOUR CHOICE PEPPERONI, 21.3 OZ WAS \$3.09 NOW \$2.93	Special K Cereal KELLOGG'S 18 OZ BOX WAS \$2.91 NOW \$2.69 Huggies Large Diapers CONVENIENCE PACK 33 CT PKG. WAS \$9.99 NOW \$9.79 Tree Sweet Juices ORANGE OR GRAPEFRUIT 46 OZ CAN WAS \$1.45 NOW \$1.39	Kraft Ranchers Choice Reg or Red Cal Salad Dressing 8 OZ BTL WAS \$1.19 NOW .99 Sausage 5 OZ CAN WAS \$1.57 NOW .57 Spring Water 1 GAL BTL CASE WAS \$5.79 NOW .79
Trash Bags 15 CT. HEFTY STEEL SAK WAS \$3.99 NOW \$2.95 Bubble Bath 2.5 OZ. SALT FREE, LOW PEPPER BTL WAS \$1.19 NOW \$1.29 Mrs. Dash BTL WAS \$1.19 NOW \$1.88	Bama Peach 16 OZ JAR PRESERVES WAS \$1.19 NOW \$1.39 BBQ Sauces 18 OZ BTL ASSORTED FLAVORS KRAFT WAS \$1.19 NOW \$1.13 Baggies FOOD STORAGE BAGS 75 CT PKG. WAS \$2.99 NOW \$1.95	HEALTH & BEAUTY AIDS Suave Hair Care Products ASSORTED FORMULAS 8 OZ BTL OR CAN \$1.15 Alka-Seltzer Tablets FLAVORED OR FOL PACK 36 CT PKG \$2.09 Liquid Make-up ASSORTED FORMULAS, IVORY CONDITIONER OR EACH \$3.07 15 OZ BTL \$2.15 Aim Toothpaste REGULAR OR MINT 6.4 OZ TUBE \$1.59 Listerine Mouthwash KILLS GERMS 32 OZ BTL \$3.69 Tylenol Tablets FAST RELIEF 100 CT PKG \$3.99 Schick Razors DISPOSABLE 5 CT PKG \$1.03 Noxzema Skin Cream MEDICATED 10 OZ JAR \$2.49 Micatin Cream ANTIFUNGAL CRM 1 OZ TUBE \$7.16	