



Celeste
ASSORTED VARIETIES
Celeste Pizzas
EACH **99¢**



TV Brand
Biscuits
8 OZ. CANS FOR **99¢**



Homestyle
Biscuits
8 OZ. CANS FOR **99¢**



TV Brand
Potatoes
5 LB. PKG. **\$1.99**



TV Brand
Lemonade
12 OZ. CANS FOR **3.99**



Minute Maid
Fruit Juices
6 PACK 2.5 OZ. PKGS. **\$1.39**



Seneca
Apple Juice
12 OZ. CAN **79¢**



Borden
Frosty Pops
24 CT. BOX **99¢**

SHRIMP, CHICKEN OR MEAT/SHRIMP
La Choy Egg Rolls 7.25 OZ. PKG. **\$1.29**

VARIETY PACK MINUTE MAID
Fruit Juices 12 PACK 2.5 OZ. PKGS. **\$2.39**

GREAT FOR SNACKS
Jeno's Pizza Trays 7.5 OZ. PKG. **\$1.49**

16 OZ. FAMILY SIZE
Sara Lee Pound Cake PKG. **\$2.69**

TV BRAND
Mixed Vegetables 20 OZ. PKG. **.99**

COUNTRY CROCK
Shedd's Spread 11 LB. TUB **.69**

RAINBOW INDIVIDUALLY WRAPPED
American Slices 12 OZ. PKG. **.99**

ASSORTED FLAVORS
Lifesavers Pops 12 CT. PKG. **.99**

TV BRAND
Chilled Lemonade 64 OZ. CTN. **.99**

TV BRAND MONTEREY JACK
Cheese Loaf 2 LB. PKG. **\$4.79**

"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.

Purex Detergent WAS \$1.63 NOW \$1.39 42 OZ. BOX	Renuzit Roommate Air Fresheners WAS \$1.73 NOW \$1.57 4.4 OZ. PKG.	Pillsbury Figurines WAS \$2.25 NOW \$2.17 6.08 OZ. PKG.
Gladiola Cornbread Mixes WAS \$3.91 NOW 3.93 6 OZ. PKG. FOR	Gladiola Flour WAS \$1.25 NOW \$1.05 5 LB. BAG	Imperial Spread WAS \$2.15 NOW \$2.09 3 LB. TUB
Ralston Chex Cereals WAS \$1.67 NOW \$1.69 14 OZ. PKG.	Tender Vittles Cat Food WAS \$1.71 NOW \$1.67 18 OZ. PKG.	Betty Crocker Cake Mixes WAS \$1.09 NOW 89¢ 18.5 OZ. BOX

32 OZ. JAR BLUE PLATE
Mayonnaise WAS \$1.79 NOW **\$1.79**

1 GAL. JUG.
Bleach WAS \$1.07 NOW **\$1.07**

64 OZ. BTL. TROPICANA
Orange Juice WAS \$2.47 NOW **\$2.47**

8 OZ. CUP KRAFT LITE SOFT
Cream Cheese WAS \$1.29 NOW **\$1.29**

32 OZ. JAR.
Sections WAS \$2.73 NOW **\$2.73**

25 LB. BAG BEEF FLAVOR
Alpo Dinner WAS \$8.79 NOW **\$8.79**

9 OZ. BUTTER ME NOT
TV Biscuits PKG. WAS 65¢ NOW **61¢**

10 OZ. PKG. WEIGHT WATCHERS
Cheese Slices WAS \$1.83 NOW **\$1.83**

1 LB. BLUE BONNET SOFT
Margarine PKG. WAS \$1.21 NOW **\$1.21**

Health & Beauty Savings!

Mink Styling Products WAS \$1.99 NOW \$1.99 5.5 OZ. CAN OR 4 OZ. TUBE	Mink Aerosol Hair Spray WAS \$1.99 NOW \$1.99 7 OZ. BTL.	Head & Shoulders WAS \$2.89 NOW \$2.89 11 OZ. BTL.
Secret Solid Deodorant WAS \$2.49 NOW \$2.49 2 OZ. STICK	Absorbent OB Tampons WAS \$3.89 NOW \$3.89 30 CT. PKG.	Listerine Acne Scrub WAS \$2.39 NOW \$2.39 4 OZ. BTL.
Bugs Bunny Vitamins WAS \$3.99 NOW \$3.99 60 CT. BTL.	Looney Tunes Fruity Toothpaste 2.7 OZ. TUBE \$1.29 Marquee Brand Toothbrushes EACH 2/99 No-Nonsense Pantyhose PAIR EACH \$1.69	