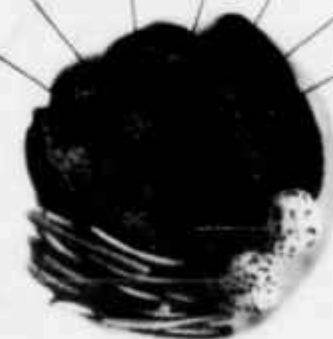


WHAT CAN YOU EXPECT FOR 300 CALORIES?

PROTEIN PHOSPHORUS NIACIN B12 IRON RIBOFLAVIN ZINC

Right off, you probably never expected beef. But food lovers 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 BONELESS BEEF
Bottom Round or Rump Roast

\$1.78
LB.



U.S.D.A. GRADE A
Holly Farms Whole Fryers

58¢
LB.



TV BRAND
Tom Turkeys

18 TO 22 POUND AVERAGE
88¢
LB.



ALL MEAT
Rath Hot Dogs

12 OZ. PKG.
88¢
12 OZ. RATH
Beef Hot Dogs PKG. \$1.08



ARMOUR GOLD STAR LUNCH MEAT
Chopped Ham

8 OZ. PKG.
\$1.48
ARMOUR GOLD STAR
Cooked Ham 8 OZ. PKG. \$1.68



WHOLE OR HALF, TV BRAND
Boneless Hams

\$1.98
LB.

MINIMAX MEANS MORE...SERVICE!



LOUIS RICH
Ground Turkey

GROUND TURKEY OR TURKEY SAUSAGE
\$1.18
1 LB. ROLL



U.S.D.A. GRADE A HOLLY FARMS
Whole Roasters

98¢
LB.



ARMOUR CHICKEN FRIED
Beef Patties

\$1.68
LB.



ASSORTED VARIETIES
Roegel's Luncheon Meats

\$1.68
1 LB. PKG.



LEAN TENDER
Boneless Cube Steaks

\$2.99
LB.



WHOLE OR HALF CLAUSSEN
Dill Pickles

\$1.78
32 OZ. JAR

MORE MINIMAX MEAT SAVINGS!

SLICED
Beef Liver LB. .88
Beef Fajitas LB. \$3.48

LEAN BONELESS
Stew Meat LB. \$1.99
BATTER WRAPPED KAHN'S BEEF
Corn Dogs 1 LB. PKG. \$1.88



Bakery & Deli Specials!

AT ALL STORES WITH IN-STORE BAKERY & DELI!

GOLDEN
Delicious Glazed Donuts
6 88¢
FOR

FRESH
Baked Hoagie Rolls
6 88¢
FOR

TENDER BOILED
Thorn Apple Valley Ham
\$2.98
LB.

8 INCH
Apple Pie EACH \$1.48
7 INCH COCONUT
Layer Cake EACH \$3.78

BAKERY FRESH COOKIES
Chocolate Chip DOZ \$1.48
WILSON
Beef Bologna LB. \$2.48

LAND-O-LAKES
Jalapeno Cheese LB. \$2.78
CHOPPED BEEF PO-BOY
Sandwiches EACH \$1.28