

BIG

DISCOUNT FOOD STORE

We Reserve the Right to Limit Quantities Welcome All FOOD STAMP Shoppers

• CORNER 7th & TRADE STS. • 3100 BOWEN BLVD.
 FOR THE FRESHEST CHOICE MEATS AND VEGETABLES
 IN TOWN, SHOP AND SAVE WITH JOE'S LOW, LOW
 PRICES. AND SAVE MORE MONEY THAN EVER BEFORE.
 "WE LOVE TO SAVE YOU MONEY"

HOURS TRADE ST. thru 7:00—T. 8:30 to 6:00—W. 8:30 to 6:00—
 T. 8:30 to 6:00—F. 8:30 to 7:00—S. 8:30 to 6:00
 BOWEN BLVD. thru 7:00—T. 8:30 to 7:00—W. 8:30 to 7:00—
 T. 8:30 to 7:00—F. 8:30 to 7:00—S. 8:30 to 7:00

JOE'S LOW PRICE

FRESH WHOLE FRYERS
 2 per bag
49¢ lb.

JOE'S LOW PRICE
 USDA CHOICE
SIRLOIN STEAKS \$1.79 lb.
 USDA CHOICE
T-BONE STEAKS \$1.89 lb.

JOE'S LOW PRICE
 Choice lean
GROUND BEEF
59¢ lb.

OVENGOLD SANDWICH BREAD
 1 1/2 lb. loaf
29¢

JOE'S LOW PRICE
 Armour's Veri-Best
 Quarter Sliced
PORK LOIN
\$1.29 lb.

IDA TREAT CRINKLE CUT FRENCH FRIES
 2 lb. Bag
29¢

PRICES IN THIS AD GOOD THRU AUG. 12th
 Jumbo Size
KLEENEX TOWELS
 2 for
89¢

GLAD TRASH BAGS
 10 ct. size
79¢

Pillsbury Hungry Jack Instant
POTATOES
 1 lb. Box
69¢

Campbell's
PORK and BEANS
 1 lb. can
 4 for
99¢

TREND Laundry Detergent
 Giant Size
59¢

Corrihers
Country Sausage
\$1.19 lb.

All Flavors
JENO'S PIZZAS
 Large Size
79¢

BEST-PAK Outdoor Clean-Up Bags
 8 ct. Box
69¢

Borden's Individually Wrapped
CHEESE
 12 oz. Pk.
79¢

JOE'S LOW PRICE
 U.S. No. 1
POTATOES
 10 lb. Bag
89¢
 Plain or Self-Rising
RED BAND FLOUR
 5 lb. Bag
69¢

JOE'S LOW PRICE
 Fresh Green
CABBAGE
8¢ lb.

JOE'S LOW PRICE
COKES
 16 oz. 8 bot. ctn.
85¢

18 oz. Kellogg's
CORN FLAKES
53¢ with coupon in today's paper.

JOE'S LOW PRICE
 Mrs. Filbert's
OLEO Margarine
 Golden Quarters Margarine
 Quarters
43¢ lb.

Fresh Grade "A"
EGGS
29¢ DOZ.



Nutrition

By
Anita Shabah

Selling your family on the idea of eating fresh fruit should not be hard if you learn to select fruits that are ripe, sweet and juicy.

1. Buy in season when quality is high and prices lowest.
2. Don't buy more than you need since fruits perish quickly.
3. Don't buy damaged fruit.
4. Handle displayed fruits carefully.
5. Buy fruits that are mature, well colored, and free of bruises, skin punctures and decay.
6. Once fruits are ripe, they last longest stored in the refrigerator.
7. Do not wash fruits until serving time if you want them to last a long time.

Stewed Peaches

- 6 ripe peaches
- 1/4 cup brown sugar
- 3/4 cup water
- cinnamon

Peel the peaches, cut them in half and remove pit. Simmer brown sugar, water and cinnamon for 5 minutes. Add peaches and simmer, covered for 10 minutes until tender. Refrigerate until ready to use, then serve topped with ice cream, cottage cheese, or yogurt.

ASTRO-DESTINY

- ARIES** Mar. 21 - Apr. 19 Try to mend an important business relationship that's slipping. It may not be easy, but it is necessary.
- TAURUS** Apr. 20 - May 20 Romance and friendship are favored. It pays to know one from the other - lest you become entangled.
- GEMINI** May 21 - June 20 Your practical insight improves your financial situation. Leave speculation to the daring. Remember the tortoise and the hare.
- CANCER** June 21 - July 22 Your usually confident nature has slipped a bit. A great deal has to do with changing values.
- LEO** July 23 - Aug. 22 Finances need careful consideration. Take the time to review your situation. Maybe a budget could be the answer.
- VIRGO** Aug. 23 - Sept. 22 That "sure thing" has turned illusive. More work must be done before you accomplish your task.
- LIBRA** Sept. 23 - Oct. 22 Trying to do too much is just as bad as leaving a lot of your work undone. Take things as they come.
- SCORPIO** Oct. 23 - Nov. 21 You can be in the front all this month. This week is just the beginning of a good period for you and your impossible dreams.
- SAGITTARIUS** Nov. 22 - Dec. 21 Being conservative seems to be your outlook for this week. Caution can be a good thing, but it also can be overdone.
- CAPRICORN** Dec. 22 - Jan. 19 Don't become overly aggressive with your friends or co-workers. It could be misinterpreted and feelings could be hurt.
- AQUARIUS** Jan. 20 - Feb. 18 If wishes were possible, you might wish for an entirely different set of circumstances this entire week. A stiff upper lip is needed.
- PISCES** Feb. 19 - Mar. 20 Things are going great guns this week. Progress is to be made on all fronts. Give it all you've got and the results will be amazing.
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