

ADVERTISED ITEM POLICY—Each of these advertised items is required to be readily available for sale in each Kroger Store, except as specifically noted in this ad. If we do run out of an advertised item, we will offer you your choice of a comparable item, when available, reflecting the same savings or a raincheck which will entitle you to purchase the advertised item at the advertised price within 30 days. Only one vendor coupon will be accepted per item purchased.

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WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS.



Low prices. And more.
Including The Best Variety Anywhere!



Hostess Canned Ham
4-lb. Can
\$6.99
SLICED FREE

"LENTEN SPECIAL"
FROZEN NEW ZEALAND
Orange Roughy Fillets
Pound
\$3.99
REGULARLY LB. . . \$6.59

U.S. GRADE A HOLLY FARMS
Boneless Chicken Breasts
Pound
\$2.99

FRQZEN
Jeno's Pizzas..... 7.6--
..... 7.8-oz **79¢**
FROZEN JENO'S PIZZA ROLLS 6-OZ. . . 99¢

Kroger Sandwich Bread..... 24-oz. **BUY ONE-GET ONE FREE!**

IN OIL OR WATER
Star-Kist Chunk Light Tuna..... 6.5-oz **59¢**
DUKE'S MAYONNAISE 32-OZ. . . \$1.09

Sealtest 2% Lowfat Milk..... Gal. **\$2.19**
KROGER BUTTERMILK GALLON . . . \$1.99

NONRETURNABLE BOTTLE, CAFFEINE FREE DIET PEPSI,
Caffeine Free Pepsi, Diet Pepsi or Pepsi Cola..... 2-Ltr. **\$1.19**
6-PAK 12-OZ. CANS . . . \$1.89

California Head Lettuce..... Each **69¢**

LIGHT ICE MILK OR
Breyer's Ice Cream
½-Gallon

2 \$5
For

KROGER GRADE A LARGE EGGS 18-CT. . . \$1.39

"AS ADVERTISED ON TV"
Fresh Strawberries
Quart
\$1.69
REGULARLY \$1.99 QT.

IN THE DELI-PASTRY SHOPPE
Deli Fresh Pepperoni Pizza
12-Inch 20-oz.

2 \$5
For

REGULARLY . . . \$3.29 EACH

"KROGER COUPON"
\$1.00 Off Final Retail \$5.99 With Coupon
44-CT. MEDIUM OR 33-CT. LARGE
Comforts Elastic Leg Diapers
LIMIT 1 PKG. WITH COUPON
LIMIT ONE COUPON PER FAMILY
COUPON GOOD SUN. FEB. 25-SAT. MARCH 3, 1990
SUBJECT TO APPLICABLE STATE & LOCAL TAXES



FULL-FIGURED WOMEN FIGHT BACK — As trends in women's fashion continue to shift away from only slim, trim bodies, today's "Full-Figured Women Fight Back," demonstrating confidence with, and acceptance of being pleasingly plus-sized, reports the March EBONY. Zeno, 28, a 5'11", 193-pound Ebony fashion Fair model, lost her husband because of her weight. She gained a wealth of much-needed self confidence in return.



Consumer Watch
Consumers Have the Right to Information

By Esther Peterson

(NU)—To be a smart shopper and save money, you need useful and accurate information.

Insurance is one of your most important purchases, so you should devote the same care to it as buying a new car or other important items. Getting all the information will help you make the right choice.

To help you make insurance buying a little less confusing, an Insurance Consumer's Bill of Rights and Responsibilities has been prepared jointly by the Consumer Insurance Interest Group and the National Association of Professional Insurance Agents.

Consumers can now learn what to expect when buying insurance—and what's expected of them.

When buying insurance, you have the right to be informed. That means you should be told in advance when the price or terms of your policy are to change, and why.

What It Means

- Being informed also means:
- Having insurance policies written in understandable language.
 - Having insurance policies written in clear, easily readable type, and,
 - Having policy provisions explained to you before buy.

By being informed, you will know exactly what your policy covers. You can make better buying decisions with this information and decide if the coverage meets your needs—or if it is more than you need.

You also will know what to do if you have to file a claim. For example, does your insurance company require an adjuster look at the damage before you take your car in for repairs? Or do you have to get several estimates? You may not be able to collect damages if you do not follow the procedures outlined in your policy.

Don't Buy Blindly

Does the company "forgive" your

first accident or ticket and not raise your rates upon renewal? You have a right to know.

A smart shopper doesn't buy blindly. A smart insurance shopper takes the responsibility to be informed by:

- Reading each insurance policy, and at least trying to understand the provisions.

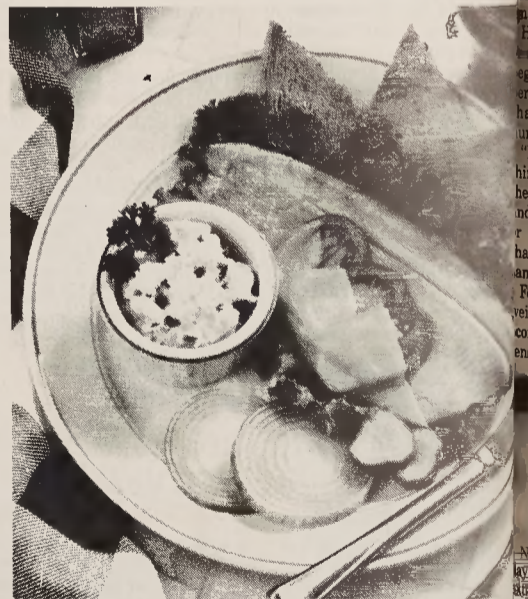
— Seeking answers from insurance professionals. Terms are not understood.

Being informed will help you get the most money on this important purchase. It will help make sure you know what you are getting.

If you would like a complete Insurance Consumer's Bill of Rights and Responsibilities, send a stamped, self-addressed 10 business envelope to: Esther Peterson, 400 N. Washington Street, Alexandria, VA 22314.

Esther Peterson, a former House Special Assistant on Consumer Affairs, serves as a consultant to the National Association of Professional Insurance Agents.

Update Family Favorites With Rainbow Trout



Rainbow trout stars in this updated, glamorous version of an old favorite—the tuna melt. Served at lunchtime or as a quick supper, Trout Melt is a delicious, healthful alternative to sodium-laden tuna.

Since rainbow trout takes only minutes to cook, families can enjoy a wonderful meal in on time at all. Quickly saute or broil rainbow trout until fish turns opaque and flakes easily with a fork. Topped with pickles, red onion and lettuce on rye bread.

You'll be surprised how easy it is to prepare a nutritious meal. Rainbow trout is an excellent source of Omega-3 fatty acids, which are good for the heart and can reduce cholesterol levels.

For additional time-saving tips, buy sandwich garnishes in the produce department. To complete the meal, serve Trout Melt with prepared salads from the deli and dessert from the bakery.

For more rainbow trout recipes, send a self-addressed, stamped envelope to: Updated Family Recipes, c/o SY&T, 1000 Street, Suite 375, San Francisco, California, 94111.

RAINBOW TROUT MELT

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|--|------------------|
| 4 Clear Springs® Idaho Rainbow Trout fillets (4-ounces each) | Garnishes: |
| 2 Tomatoes, sliced | rye toast points |
| 8 Cheese slices, (American, Jack or Swiss) | red onion slices |
| | lettuce |
| | pickles |

Broil trout 4 inches from heat source for about 3 to 5 minutes. Top with tomato and 2 slices of cheese. Broil until cheese is melted and garnish with onion, lettuce, and pickle. Makes 4 servings. Approximately 340 calories per serving.