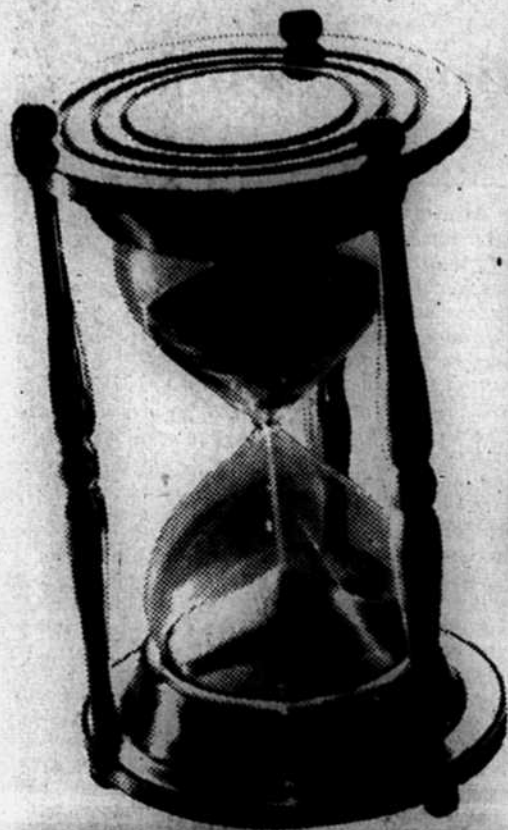


C. Post



**It's 1976... Time Marches On... But
There's One Constant You Can Count On:
FOOD TOWN'S
LFPINC**

Time goes on... things change... but there's one constant you can always count on, and that constant is FOOD TOWN'S "LFPINC"... "Lowest Food Prices In North Carolina." FOOD TOWN customers have saved millions of dollars since LFPINC was born in 1968, and 1976 is not going to be an exception. Are you getting your share of those cash savings? We invite you to come save money with more than 5,500 every day low prices found at each and every FOOD TOWN store. There IS a difference, and the difference is in YOUR favor at FOOD TOWN.

ARGO PEAS 4 89¢ 30.2 CAN WHY PAY \$1.24	MERITA FRESH CINNAMON BUNS 59¢ WHY PAY 75	JFG CREAMY MAYONNAISE 79¢ QUART JAR WHY PAY \$1.19	MPS PAUL'S FROZEN FISH STICKS 99¢ 14 OZ PKG WHY PAY \$1.19	SWEET OR BUTTERMILK BALLARD BISCUITS 6 79¢ CAN PACK WHY PAY 95
PRIDE OF ILLINOIS GOLDEN CORN 4 89¢ 30.1 CANS WHY PAY \$1.40	SWIFT'S PREMIUM BEEF STEW 69¢ 24 OZ CAN WHY PAY 93	DULANY FROZEN BROCCOLI SPEARS 39¢ 10 OZ PKG WHY PAY 45	EGGO FROZEN BLUEBERRY WAFFLES 59¢ 11 OZ PKG WHY PAY 69	FULL O-FLAVOR JFG TEA BAGS \$1.15 100 CT BOX WHY PAY \$1.59

IT'S THE TOTAL THAT COUNTS		OUR LOW PRICE	WHY PAY
GARNER'S PURE Grape Jelly	14-OZ. JAR	.67	.75
GARNER'S HOT SAUCE Texas-Pete Chili	10-OZ. SIZE	.28	.31
FOOD TOWN'S OWN Vegetable Oil	38-OZ. BOTTLE	1.09	1.25
PETER PAN Peanut Butter	3-LB. CAN	2.33	1.25
STAR KIST SOLID WHITE Tuna In Water	7-OZ. CAN	.73	.83
STAR KIST LIGHT MEAT Chunk Tuna	6 1/2-OZ. CAN	.59	.69
STAR KIST LIGHT MEAT Chunk Tuna	9 1/2-OZ. CAN	.85	.93
SEA PAK FROZEN Shrimp in Batter	16-OZ. PKG	1.69	1.79
JACK-IN-THE-BEANSTALK Cut Green Beans	20.3 CAN	.31	.35
Jack-In-The-Beanstalk Fancy Whole Kernel or Cream Style Corn	20.3 CAN	.37	.41
Jack-In-The-Beanstalk Whole Kernel Fancy Corn	No. 2 1/4 CAN	.59	.65
BONUS SIZE: 5-OUNCES FREE Heinz 57 Sauce	15-OZ. BOTTLE	.92	1.05
KRAFT'S THOUSAND ISLAND OR French Dressing	16-OZ. BOTTLE	.84	.93
KRAFT'S THOUSAND ISLAND, FRENCH OR Italian Dressing	8-OZ. BOTTLE	.48	.53
KRAFT'S COLE SLAW Salad Dressing	8-OZ. BOTTLE	.58	.63

NEW! HOLD COUGH DROPS 59¢ ROLL WHY PAY 89	ANTI-CAVITY Toothpaste GLEEM \$1.19 8 1/2 OZ. TUBE WHY PAY \$1.44	20 OFF LABEL Mouthwash SCOPE \$1.29 24 OZ. BOTTLE WHY PAY \$2.79
REG. OR CHILDREN'S LOZENGES SUCRETS 99¢ 24 CT. SIZE WHY PAY \$1.24	5 OZ. ANTIPERS 4-OZ. SPRAY Deodorant SECRET 89¢ YOUR CHOICE WHY PAY \$1.41	3 OZ. TUBE 7 OZ. LIQUID SHAMPOO PRELL 99¢ YOUR CHOICE WHY PAY \$1.51
DAIRY FRESH Land-O-Lakes BUTTER 99¢ 1 LB. PKG. WHY PAY \$1.10	PURE VEGETABLE Shortening CRISCO \$1.39 1 LB. PKG. WHY PAY \$1.41	SCOTTIE'S WHITE FACIAL TISSUE 2 89¢ 200 CT. BOXES WHY PAY \$1.10
REFILL ONLY TOP CHOICE \$1.89 WHY PAY \$2.10	CORINET PRINT Bathroom TISSUE 3 \$1 WHY PAY \$1.17	LOW FRESHENER SOLID ROSE RENUZIT 43¢ WHY PAY 54

BORDEN'S ASSORTED DELUXE ICE CREAM OR SHERBET

1/2-GAL. ROUND CARTON \$1.19

BORDEN'S MIX OR MATCH:
• POTSICLES • NIFEE BARS
• FUDGESICLES • CHOCKSICLES

12-CT. PACK **69¢**

VALUABLE COUPON

SAVE 12¢

WITH THIS COUPON AT FOOD TOWN ON 12-OZ. BOX POST FORTIFIED OAT FLAKES

WITH COUPON **53¢** WITHOUT COUPON **65¢** WHY PAY **79¢**

Limit One Coupon Per Purchase
Valid 5 thru January 17, 1976

LARGE AND JUICY Fresh Florida TEMPLE ORANGES DOZ. 79¢	SWEET CALIFORNIA Red Grapes LB. 39¢ FLORIDA ZIPPER-SKIN Tangerines..... doz. 49¢ FRESH SOUTH CAROLINA Collards..... LB. 23¢ FRESH SOUTH CAROLINA Spring Onions... BCH. 29¢ RED RIPE FLORIDA Tomatoes.....GT. BSKT. 79¢ NORTH CAROLINA NEW CROP Swt. Potatoes..... LB. 20¢ CRISP CRUNCHY Carrots..... 2-LB. BAG 39¢	VIRGINIA RED OR GOLDEN DELICIOUS or STAYMAN APPLES 3-LB. BAG 69¢
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ARMOUR TESTENDER BEEF

Boneless Chuck ROASTS

SAVE 51¢ PER POUND LB. 98¢

FAMILY PAK CENTER CUT CHUCK STEAKS SAVE 21¢ PER POUND 98¢ lb.	FAMILY PAK LEAN TENDER CUBED STEAKS SAVE 41¢ PER POUND \$1.58 lb.	ANY SIZE STEAKS CHOPPED SIRLOIN SAVE 21¢ PER POUND \$1.18 lb.
GROUND FRESH DAILY GROUND CHUCK 98¢ lb. SAVE 41¢ PER POUND	FAMILY PAK CENTER CUT PORK CHOPS \$1.58 lb. SAVE 21¢ PER POUND	SWIFT'S PREMIUM CANNED HAMS 3-LB. CAN SAVE \$1.50 \$5.99
QUARTER LOIN SLICED INTO PORK CHOPS SAVE 31¢ PER POUND \$1.38 lb.	FRESH MARKET STYLE MEAT LOAF SAVE 41¢ PER POUND 98¢ lb.	FAMILY PAK FRESH Boston Butt Pork STEAKS SAVE 21¢ PER POUND \$1.18 lb.
JOHN MORRELL ALL MEAT FRANKS 12-OZ. PKG. 68¢	MARKET STYLE SLICED BACON LB. 71¢	CURTIS BLUE RIBBON PURE PORK SAUSAGE LB. 99¢
HORMEL SAUSAGE LIL' SIZZLERS 12-OZ. PKG. 71¢	JOHN MORRELL CHUNK BOLOGNA LB. 89¢	HILLSHIRE FARMS SMOKED SAUSAGE LB. 71¢

NOW 4 CONVENIENT LOCATIONS IN CHARLOTTE TO HELP YOU SAVE

- EASTWAY DRIVE
- LAWYERS ROAD
- 5112 CENTRAL AVENUE
- 6216 PLAZA ROAD

OPEN 8 A.M. TO 12 MIDNITE OPEN 8 A.M. TO 10 P.M. OPEN 8 A.M. TO 10 P.M. OPEN 8 A.M. TO 10 P.M.

