



10 lb. bag **SAVE!** **\$1.27**

Idaho Russet Baking Potatoes

USDA CHOICE


Cut & Wrapped Free!



10 to 12 lb. Average Whole, Untrimmed Sirloin Tip

SAVE 41¢ lb. **\$1.48** lb.

THE BEST COSTS LESS!



BI-LO Gallon Bleach

Limit 2 Please

SAVE! **48¢**

WHEN YOU BI-LO YOU GET MORE THAN LOW PRICES.

We Reserve The Right To Restrict Quantities Of Merchandise•No Sales To Dealers

This Ad Good Sept. 16-22 At Our Concord, Charlotte, Cheraw, Shelby, Florence, Rockingham, Darlington, Rock Hill, York, Hendersonville, Conway, Morganton, Newton/Conover, Hartsville, Hickory, Monroe, Statesville, Gastonia, Kannapolis, Black Mountain, Asheville, Brevard, Spindale, Arden, Maiden, Canton, Weaverville & Waynesville Stores!

more! **WALTER'S FAMOUS PRODUCE**

Caesar Salad Special

Romaine Lettuce lb. 69¢

Storehouse of Nutrition

Carrots . . 2 lb. bag 89¢

more! **LUNCHEON OR BREAKFAST MEATS**

1 lb. Hormel Black Label **Bacon ea. \$1.89**

1 lb. Roll Mild or Hot Rudy's Farm **Sausage ea. \$1.69**

more! **BI-LO BRAND**

THE BEST COSTS LESS EVERYDAY!

- ✓Quality Control
- ✓100% Satisfaction Guaranteed
- ✓Large Selection
- ✓Grade A Fancy
- ✓Costs Less

42 oz. All Temperature **Laundry Detergent . . . \$1.39**

64 oz. Concentrated **Fabric Softener . . . \$1.69**

22 oz. With Sprayer **Window Cleaner . . . \$1.05**

32 oz. Lemon **Ammonia 79¢**

32 oz. Lemon Dishwashing **Detergent . . . \$1.39**

22 oz. With Trigger **All Purpose Cleaner . . . \$1.29**

more! **FRESH PORK & SMOKED MEATS**

Market Sliced Center Cut **Smoked Hams lb. \$1.89**

Cut & Wrapped Free! **Fresh Rib Half Pork Loins. . lb. \$1.58**

USDA Grade A Holly Farms Country Style **Cut-up Fryers lb. 77¢**

Ground Fresh Daily! **Sirloin Patties lb. \$1.99**

more! **LIMOGES CHINA**

EXCLUSIVELY AT BI-LO!

SAVE \$2.00

2 Count **Soup/Cereal Bowls \$3.99**

Regular Price \$5.99

How to live high on the hog and steer clear of the fat.

It's easier than you might think. Because, believe it or not, cutting down on saturated fat and cholesterol doesn't mean cutting out pork and beef. It simply means being more selective. Taking the time to find the leanest cuts of meat and removing all visible fat before cooking.

Other tips to decrease the fat and saturated fat in you are: Use skim or low fat milk. Enjoy low fat yogurt. Eat fewer baked goods made with lard, coconut oil or palm oil. Avoid fried foods. Choose reduced fat salad dressings and processed meats. Enjoy fruits and vegetables to your heart's content.



2 Liter Regular or Diet **Coca-Cola Classic \$1.19**

WITH VITAMIN C

SAVE! 64 oz. BI-LO Apple Juice **77¢**

SAVE! Jumbo Yellow **Slicing Onions 4 lbs. \$1**

USDA Choice Beef **Boneless Sirloin Tip Roast \$1.97**

SAVE! lb.

Roll Assorted Varieties **Paper Towels**

Limit 2 Please

SAVE! **59¢**

SAVE! 28 oz. Tray **Salad Tomatoes 99¢**

USDA Grade A Holly Farms **Chicken Breast Quarters \$1.89**

SAVE! lb.

4 Roll Assorted Varieties **Bath Tissue**

Limit 2 Please

SAVE! **77¢**