GET PROTEIN FROM T-BONE OR PEANUTS!

Choice Beef KOUNCI-U



U. S. CHOICE

2-LB. PKG. \$1.35

SAVE 16¢ ON

SAVE ON MAYONNAISE

MESSAGE FROM COLONIAL!



tritional Awareness. As an expression of this support, we will for several weeks try to provide some information to show homemakers how they can be healthy, even if they are not wealthy, by shopping better-by eating better-and, we

Good nutrition requires that every person have servings every day from the Basic 4 food groups - milk; fruits and vegetables, cereal and bread; and meats,

Protein is both good to eat and good for you. It helps a child to grow, a man to work and keeps a woman at her best.

To many people, protein means beef. But dozens of other foods rate high in protein and often are easier on the budget. Today's ad includes a lot of these other foods along with big savings on beef.

Protein-rich foods can cost from 3c to 50e per serving. This means that you can have variety in a week's meals and at the same time have good nutrition on a balanced budget

For instance, ounce for ounce, peanut butter is a cheaper source of protein than steak. Serving for serving, dry split peas provide as much protein as pork chops, sirloin steak or ground beef. And, split pea soup costs only 3-1 2c per serving. A serving of baked beans provides the same amount of protein as a serving of roast beef, but at one-fifth the cost.

Here are some other foods that are high in protein and economical in cost:

Chicken	Eggs
Shellfish	Dry Beans
. Pork & Beans	Cheese
Milk	Peanut Butt
	Shellfish . Pork & Beans

Atlanta, Georgia 30302 Write for these FREE BOOKLETS: "Daily Food Guide" and "Food Shopping Tips".

COCKTAIL PKG. OF 3 SINGLETON STUFFED FLOUNDER......4 4 oz. \$ FISHER BOY FISH STICKSLB. BOOTH'S FRIED

SAVE ON SLICED

SINGLETON SHRIMP

FISH CAKES...... 39 MRS. PAUL'S FISH 'N' CHIPS 14 oz. 5 MRS. PAUL'S FRIED

ARMOUR

SAVE ON CIGARETTES AT COLONIAL

ROSEDALE

Warrenton, North Carolina

TURKEY •GRAVY 'N' SLICED BEEF .BEEF STEW .SALISBURY STEAKS . CHICKEN W' DUMPLINGS

OSCAR MAYER ALL MEAT OR

ALL BEEF FRANKS LB. 75¢

OSCAR MAYER SMOKIE LINK SAUSAGE 12 oz. PKG. 75\$

OSCAR MAYER LUNCH MEATS • ALL MEAT OR ALL BEEF BOLOGNA • COTTO SALAMI • PICKLE & PIMENTO LOAF SPICED LUNCHEON MEAT

8 oz. CHOICE! PKG.

FOOD

eccessor PKG. WE REDEEM PRICES GOOD THRU SAT., OCT. 3, 1970 - QUANTITY RIGHTS RESERVED FEDERAL

GARDEN FRESH PRODUCE One of the basic 4 U.S. NO. 1 WHITE

POTATOES 10-LB. 59¢

TENDER YELLOW CORN 10 EARS 69¢ YELLOW ONIONS 2 LB. BAG 19 3 LB. BAG 29 \$

POPCORN 1 LB. BAG 17 ... 2 LB. BAG 31 ... 4 LB. BAG 55 \$

THIS WEEKS FEATURE

Gourmet Cookware



SKILLET Regular \$5.49 and \$3.00

COLONIAL STORES

SUNRIPE STRAWBERRY

SCOTTIES

FACIAL

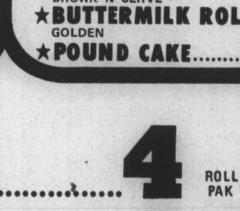
TISSUE

SILVER LABEL

WITH THIS COUPON AND YOUR PURCHASE OF 5 oz. (Extra Large) GLEEM 8c OFF

LABEL

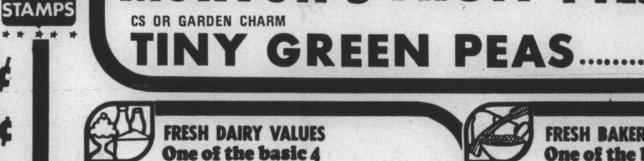




BANQUET FROZEN

. TURKEY .BEEF

WITH THIS COUPON AND YOUR PURCHASE OF



OLEO 1/4's 3 1-LB. \$100

CITATION - "YOUR FAVORITE FLAVORS"

MORTON'S FRUIT PIES FROZEN 29¢

FRESH BAKERY BUYS One of the basic 4

OUR PRIDE

*BUTTERMILK ROLLS 16 oz. 29¢ *POUND CAKE......28 oz. 79

BATHROOM TISSUE

15 oz. 00