

# GET PROTEIN FROM T-BONE OR PEANUTS!

## U.S.D.A. Choice Beef

# Round-Up!



COLONIAL STORES

### ROUND STEAK

U. S. CHOICE FULL CUT lb.

99¢

### SIRLOIN STEAK

lb.

\$1.19

### T-BONE OR PORTERHOUSE STEAKS

lb.

\$1.19

TENDER LEAN U.S. CHOICE BEEF!

CHUCK STEAK..... LB. 79¢

BONELESS ROAST ROUND or RUMP LB. \$1.19

TIP STEAK BONELESS SIRLOIN..... LB. \$1.39

7-BONE ROAST..... LB. 79¢

7" CUT RIB STEAK LB. \$1.09

Boston Rolled Roast..... LB. 99¢

SAVE ON SLICED

### Bacon

ARMOUR STAR LB.

79¢

ROSEDALE LB.

69¢

2-LB. PKG. \$1.35

SINGLETON SHRIMP COCKTAIL..... PKG. OF 3 4 oz. JARS 79¢

SINGLETON STUFFED FLOUNDER..... 4 4 oz. PKGS. \$1.00

FISHER BOY FISH STICKS..... LB. 39¢

BOOTH'S FRIED FISH CAKES..... LB. 39¢

MRS. PAUL'S FISH 'N' CHIPS..... 14 oz. PKG. 59¢

MRS. PAUL'S FRIED FISH FILLETS..... 14 oz. 79¢

### BANQUET BUFFET SUPPERS

•GRAVY 'N' SLICED 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

YOUR CHOICE! 8 oz. PKG. 49¢

U.S. CHOICE... 7" CUT

RIB ROAST..... LB. 99¢

U.S. CHOICE... SIRLOIN

TIP ROAST..... LB. \$1.29



## HIGH IN PROTEIN! LOW IN COST!

SAVE 16¢ ON

# Crisco Oil 99¢

48 oz. BOTTLE

SAVE ON MAYONNAISE

# Dukes 59¢

QUART JAR

MOTHER'S

QUART JAR

# 39¢

# CARNATION EVAP. MILK 5 15 oz. CANS 99¢

# MORTON'S FRUIT PIES 29¢

CS OR GARDEN CHARM

FROZEN 20 oz. SIZE

# TINY GREEN PEAS 4 17 oz. CANS \$1.00

SAVE ON CIGARETTES AT COLONIAL



# Winston

KING SIZE PACK or BOX CARTON

\$2.29

10¢ Off Label-Detergent

# DRIVE

49 oz. PKG.

69¢

PRICES GOOD THRU SAT., OCT. 3, 1970 - QUANTITY RIGHTS RESERVED

WE REDEEM FEDERAL FOOD STAMPS

### GARDEN FRESH PRODUCE

One of the basic 4

U.S. NO. 1 WHITE

POTATOES..... 10-LB. BAG 59¢ 15-LB. BAG 69¢

HONEYDEWS CALIF. JUMBO..... EA. 49¢

APPLES RED ROME COOKING..... 4 LB. BAG 39¢

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

VALUABLE COUPON



THIRD WEEK SEPT. 28 THRU OCT. 3

10 INCH SKILLET Regular \$5.49 **\$4.99**

With Coupon and \$3.00 Purchase

COLONIAL STORES

### SILVER LABEL COFFEE

1-LB. CAN 79¢

SUNRIPE STRAWBERRY Preserves..... 18 oz. JAR 39¢

ANTISEPTIC - SAVE 17¢ LISTERINE..... 7 oz. BOTTLE 68¢

SCOTTIES FACIAL TISSUE

3 BOXES of 200 \$1.00

BATHROOM TISSUE

# WALDORF 4 ROLL PAK 35¢

# SUMNER BRAND HOSIERY 3 PRS. \$1.00

# BANQUET FROZEN Cookin' Bag 4 5 oz. PKGS. \$1.00

• TURKEY • BEEF • CHIC. ALA KING • SALISBURY STEAK

50 GOLD BOND STAMPS WITH THIS COUPON AND YOUR PURCHASE OF 5 oz. (Extra Large) GLEEM 8c OFF TOOTHPASTE VOID AFTER OCTOBER 3, 1970

50 GOLD BOND STAMPS WITH THIS COUPON AND YOUR PURCHASE OF 5 oz. SECRET ANTI-PERSPIRANT 25c OFF LABEL VOID AFTER OCTOBER 3, 1970

50 GOLD BOND STAMPS WITH THIS COUPON AND YOUR PURCHASE OF 14 oz. LEMON PLEDGE DUSTING WAX VOID AFTER OCTOBER 3, 1970

### A MESSAGE FROM COLONIAL!



Colonial wholeheartedly supports the government's interest in Nutritional 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 hope, by shopping at Colonial.

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 50c 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 3-12c 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:

Turkey	Chicken	Eggs
Fish	Shellfish	Dry Beans
Canned Dry Beans	Pork & Beans	Cheese
Nuts	Milk	Peanut Butter

Agnes Olmstead  
Director of Consumer Affairs  
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Write for these FREE BOOKLETS: "Daily Food Guide" and "Food Shopping Tips".