

GOOD NUTRITION NEED NOT BE EXPENSIVE!

Cheaper By The Dozen Sale!



Buy 12 and Save!

Item	Special Price Each	Dozen Price	Savings on Dozen
CHARMIN BATH TISSUE 4-Roll Pkg.	34¢	\$1 ⁰⁰	20¢
BEANS WITH PORK LUCK'S 17-oz. Can	21¢	\$2 ⁴⁹	51¢
TOWELS VIVA JUMBO Roll	33¢	\$3 ⁸⁸	44¢
FAB DETERGENT 4¢ OFF LABEL 20-oz. Pkg.	33¢	\$3 ⁸⁸	32¢
EVAP. MILK CARNATION 15 oz. Can	20¢	\$2 ³⁹	21¢

THE SAVINGS ON DOZEN IS FROM OUR REGULAR LOW SHELF PRICES

Buy 12 and Save!

Item	Special Price Each	Dozen Price	Savings on Dozen
FRUIT DRINKS DEL MONTE GRAPE PUNCH ORANGE CHERRY 46 oz. Can	29¢	\$3 ⁴⁵	55¢
Del Monte Corn WHOLE KERNEL or GOLDEN CREAM 17 oz. Can	24¢	\$2 ⁸⁵	63¢
Del Monte Peas EARLY GARDEN 17 oz. Can	24¢	\$2 ⁸⁵	69¢
Cut Green Beans DEL MONTE 16 oz. Can	24¢	\$2 ⁸⁵	87¢
Del Monte Catsup 14 oz. Bottle	24¢	\$2 ⁸⁵	63¢
Green Limas DEL MONTE 17 oz. Can	34¢	\$3 ⁹⁹	45¢

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.

Canned foods are an economical source for some of the Basic 4 food groups your family needs every day. There are as many as 1,294 different canned foods to help prepare balanced meals on a balanced budget.

Here are 4 ways to be a "canny" shopper:

1. Buy our brands. Products like Our Pride, Farm Charm, Garden Charm, Orchard Charm, Red Gate, Oven Krisp, Silver Label, Mother's, Sun Ripe, Pick of the Nest and 3D offer extra savings.
2. Buy to suit your use. Choose one quality for the table, another for cooking. Whole canned tomatoes are excellent to serve as a vegetable. Thrifty all-purpose tomatoes are perfect for sauces and casseroles. Prices are different, but nutrition value is the same.
3. Buy in several sizes. Use large cans for family table service, smaller ones for cooking. For example, when a recipe calls for 1 cup peas, it is thrifter to use all of a small can than part of a large one with too little left for another time.
4. Save at sales. Canned food sales like the one this week are ideal times to stock up on the foods you use often.

Agnes Olmstead
Director of Consumer Affairs
Box 4358
Atlanta, Georgia 30302

Write for these FREE BOOKLETS: "Daily Food Guide" and "Food Shopping Tips".

CALIF. VINE-RIPE Tomatoes lb. 23¢



GARDEN FRESH PRODUCE
One of the basic 4

- U. S. No. 1 RUSSET BAKING
Potatoes 10 LB. BAG 59¢
- EX. FANCY RED DELICIOUS
Apples 12 FOR 49¢
- LARGE FLORIDA
Grapefruit 5 lb. bag 49¢
- ★ **YAMS 3 lbs. 29¢**
- ★ **COLLARDS lb. 17¢**
- ★ **White Onions ... 2 lb. bag 29¢**



FRESH BAKERY BUYS
One of the basic 4

- OUR PRIDE PRODUCTS!
- RYE BREAD 1-lb. LOAF 29¢**
 - DATE-NUT LOAF 15 oz. 39¢**
 - ORANGE ICED CAKE 26 oz. 79¢**
 - COFFEE CAKE CHERRY ALMOND 11 oz. 49¢**



FRESH DAIRY VALUES
One of the basic 4

- CAROLINA MAID CANNED **BISCUITS**
- | SPECIAL PRICE | DOZ. PRICE | SAVINGS ON DOZ. |
|---------------|------------|-----------------|
| 8-oz. can 9¢ | 98¢ | 20¢ |



PROTEIN RICH
SMOKED MEATS
One of the basic 4

SMOKED MEAT SALE!

LEAN TENDER Smoked Hams SHANK PORTION LB. 39¢	● BUTT PORTION lb. 49¢ ● CENTER ROAST lb. 89¢ ● CENTER SLICE lb. 99¢	Sliced Country Ham HICKORY MTN. 12 oz. \$1³⁹
LEAN SMOKED PICNICS LB. 39¢		Sliced Bacon ROSEDALE 1-lb.-pkg. 65¢ 2-lb. pkg. \$1²⁹
HICKORY MOUNTAIN COUNTRY (Half Ham lb. 95¢) WHOLE HAM LB. 89¢		Rath's Sliced Bacon LB. 79¢
NO BONE - NO FAT - NO WASTE RATH'S HAMS 3-LB. CAN \$2⁹⁹		Smoked Slab Bacon LB. 49¢
HORMEL CURE - NO BONE, NO WASTE "81" HAMS LB. \$1³⁹		Parti Style Hams ARMOUR LB. \$1⁴⁹
		Sliced Bologna ARMOUR 10 oz. pkg. 53¢
		Oscar Mayer Franks ALL MEAT ALL BEEF LB. 75¢
		Smokie Links OSCAR MAYER 12 oz. pkg. 75¢
		Lunch Meats OSCAR MAYER 8 oz. pkg. 59¢
		● PICNIC LOAF ● LIVER CHEESE ● BEEF SALAMI ● OLD FASHION LOAF ● OLIVE LOAF ● HAM 'N' CHEESE



PRICES GOOD THRU SAT., OCT. 17, 1970 - QUANTITY RIGHTS RESERVED

50 GOLD BOND STAMPS
WITH THIS COUPON AND YOUR PURCHASE OF 6½ oz. EDGE PROTECTIVE SHAVE
VOID AFTER OCT. 17, 1970

50 GOLD BOND STAMPS
WITH THIS COUPON AND YOUR PURCHASE OF MED. SIZE MUM CREAM DEODORANT
VOID AFTER OCT. 17, 1970

50 GOLD BOND STAMPS
WITH THIS COUPON AND YOUR PURCHASE OF 36's EXCEDRIN TABLETS
VOID AFTER OCT. 17, 1970

50 GOLD BOND STAMPS
WITH THIS COUPON AND YOUR PURCHASE OF 24 oz. GLORY SPRAY RUG CLEANER
VOID AFTER OCT. 17, 1970

BUY 12 AND SAVE!

Item	Special Price	Dozen Price	Savings on Dozen
French Fries EVERFRESH 20-oz. pkg.	17¢	\$1 ⁹⁹	29¢
Pot Pies MORTON 8-oz. size	21¢	\$2 ⁴⁹	51¢
Veg. Soup GARDEN CHARM 10¼ oz. can	14¢	\$1 ⁶⁵	21¢
Spaghetti SHOWBOAT 14 oz. can	11¢	\$1 ²⁹	15¢
Pork & Beans RED GATE 16 oz. can	11¢	\$1 ²⁹	21¢
Pineapple DEL MONTE 20% SLICED 20 oz.	34¢	\$3 ⁹⁹	\$1 ¹⁷
Pineapple DEL MONTE 20% CRUSHED 20 oz.	34¢	\$3 ⁹⁹	\$1 ¹⁷
JUICE DEL MONTE 46 oz. PINEAPPLE can	34¢	\$3 ⁹⁹	\$1 ¹⁷

VALUABLE COUPON

FIFTH WEEK
OCT. 12 - OCT. 17

2½ QT. SAUCE PAN W/COVER **\$4⁹⁹**
Regular \$5.49

With Coupon and \$3.00 Purchase

COLONIAL STORES