

**Coca Cola**

All Sizes

**35<sup>c</sup>**  
ct.

Bring Bottles

**SUGAR**

10 Lb. Bag

**\$1.29**

(Limit 2)

Lipton's Pkg. of 48  
**TEA BAGS 59c**

Jiff's 12 Oz.  
**Peanut Butter 35c**

Instant Maxwell House

**COFFEE 79c**  
6 Oz. Jar

3 Lb. Can  
**CRISCO 69c**

Pocahontas 46 Oz. Can  
**Tomato Juice 25c**

April Shower 303 Can  
**PEAS 2 for 35c**

Pocahontas No. 3 Can  
**Sweet Potatoes 2 for 49c**

Depend on Our **MEATS** for  
the **HEART** of Your Meals



Meat MAKES the meal! The rest of your menu revolves around it! And Parrish Super Market's quality meats are guaranteed to make every dinner a real winner! They're Taste Treats in juicy goodness and tempting tenderness. And they're treats for your budget, too, because our prices are always low and our meats are pre-trimmed of excess bone and fat to give you more good eating meat for the money. So depend on Parrish Super Market's meats — and your family will love your cooking.

USDA GRADE A  
**FRYERS 25<sup>c</sup> lb.**  
Whole

Fresh  
**PICNIC 29<sup>c</sup> lb.**  
Whole

USDA Inspected  
**TURKEY HENS 39c lb.**  
6 to 10 Lb.

Sun Valley  
**OLEO 2 lbs. 29c**

Section Pkg. of 12  
**PLATES 23c**

Show Boat No. 2 1/2 Can  
**PORK & BEANS 2 for 35c**

Roller Champion  
**FLOUR \$1.99**  
25 Lb. Bag



**3 for \$1.00**  
12 Oz. Can

**BACON Frosty Morn 59c lb.**

USDA Good or Armour Star  
**Sirloin Steak 89c lb.**  
**Round Steak 79c lb.**

**Ground Beef 39c lb.**  
or **3 lbs. \$1.00**

**Smoked Sausage 4 lbs. 95c**

**CUBE STEAK 69c lb.**



**23<sup>c</sup> PINT**

Prices Effective August 1, 2, 3

Closed Wednesday Afternoon

Better VAL-U  
INDEPENDENT  
GROCERY STORES  
— INC —

**PARRISH**

*Super Market*

ARENDELL, AVE

ZEBULON, N.C.

**FS**  
GOLD  
STAMPS

10% EXTRA  
CASH SAVING  
FS Gold Stamps pay the 10%  
Federal Excise Tax to bring you  
extra cash savings

**BANANAS**

**10<sup>c</sup> lb.**

Quantity Rights Reserved

We Offer Double

**FS** GOLD  
STAMPS

Tuesday, August 6th