

# GROCERIES—WEEKLY CONTEST

PRICES EFFECTIVE SEPTEMBER 23-29

We Accept  
Gov't Food  
Stamps

USDA CHOICE  
WESTERN BONELESS  
**CHUCK  
STEAKS**



USDA CHOICE  
WESTERN  
BONELESS  
**CHUCK  
STEW**

**\$1.39**  
LB.

**\$1.69**  
LB.

**THIS WEEK'S  
JACKPOT  
WINNERS:**

**KENANSVILLE STORE—  
NO WINNER — \$100.00**  
**BEULAVILLE STORE—  
NO WINNER — \$200.00**  
**PINK HILL STORE—  
NO WINNER— \$200.00**



**8 OZ.**  
**PET  
WHIP  
TOPPING**  
**59¢**



**1 LB.  
PKG.**  
**BLUE  
BONNET  
MARGARINE**  
**2/88¢**



**HUNT'S  
KETCHUP**  
**32 OZ.**  
**99¢**

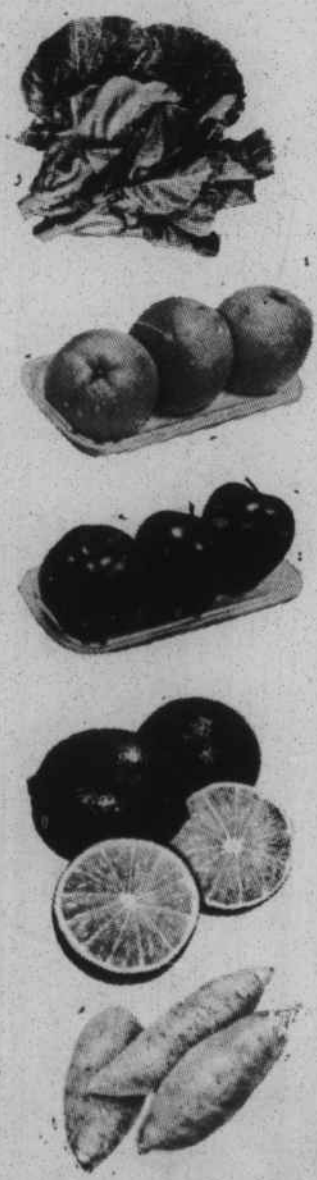


**20 OZ.**  
**WELCH'S  
GRAPE  
JELLY**  
**99¢**

- SARA LEE WALNUT LAYER CAKE 18 OZ. \$2.85
- PET RITZ PIE SHELLS PKG. OF 2 2/99¢
- PET RITZ CREAM PIES 14 OZ. 69¢
- DOWNYFLAKE HOT 'N BUTTERY WAFFLES 13 OZ. 99¢
- SEALTEST ORANGE JUICE 1/2 GAL. \$1.19
- SEALTEST COTTAGE CHEESE 24 OZ. \$1.39
- SEALTEST SOUR CREAM 16 OZ. 99¢
- KRAFT FRENCH DRESSING 16 OZ. 99¢
- KRAFT 1000 ISLAND DRESSING 16 OZ. 99¢
- CATES SALAD CUBES 16 OZ. 69¢
- WESSON OIL 48 OZ. \$1.99
- PILLSBURY PLAIN & SELF-RISING FLOUR 5 LB. BAG 88¢
- IGA SALT 26 OZ. 4/\$1.00
- PILLSBURY CAKE, ALL FLAVORS MIX 18 1/2 OZ. 69¢

- 2 LITER COKE 89¢
- SHASTA DRINKS 2 LITER 79¢
- LESUEUR SWEET PEAS 303 CAN 2/99¢
- SHOWBOAT PORK & BEANS 15 OZ. 3/\$1.00
- NIBLETS WHOLE KERNEL CORN 12 OZ. 2/99¢
- KRAFT DELUXE DINNER 14 OZ. 89¢
- COTTONELLE BATHROOM TISSUE 4 ROLL \$1.09
- HI-DRI TOWELS BIG ROLL 49¢
- COLD POWER 20° OFF GT. SIZE DETERGENT \$1.49
- TREND LIQUID LEMON DETERGENT 22 OZ. 79¢
- DEW FRESH SPREAD MARGARINE 2 LB. 89¢
- DRISTAN TABLETS 24 CT. \$1.99
- COLGATE 15° OFF 5 OZ.
- TOOTHPASTE \$1.19
- DRY IDEA 1.5 OZ.
- DEODORANT \$1.79

the fresh approach



- US NO. 1 ROUND WHITE POTATOES 10 LB. BAG 99¢
- MEDIUM YELLOW ONIONS 3 LB. BAG 59¢
- GREEN BEANS LB. 69¢
- EASTERN RED DELICIOUS APPLES 3 LB. BAG \$1.29
- 5 LB. BAG RED GRAPEFRUIT \$1.49
- FRESH BROCCOLI BUNCH 99¢
- SNOW WHITE CAULIFLOWER HEAD 99¢
- SWEET YELLOW CORN 5/\$1.00
- CHERRY TOMATOES 1 PT. 69¢
- CRISP CELERY STALK 39¢
- ALFALFA SPROUTS PT. CUP 69¢
- NORTH CAROLINA SWEET POTATOES LB. 29¢

**CREOLE CAULIFLOWER ON TOAST**

- 1/3 cup chopped fresh onion
- 1/2 cup chopped green pepper
- 1/4 cup butter or margarine
- 3 tablespoons flour
- 2-1/2 diced fresh tomatoes
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 3 cups cooked cauliflowerets
- Buttered toast

Saute onion and green pepper in butter or margarine until lightly browned, 10 minutes. Blend in flour. Add tomatoes, salt and black pepper. Stir and cook until of medium thickness. Add cauliflower. Serve on buttered toast. Makes 6 servings.

**GRANOLA BAKED APPLES**

- 4 cooking apples
- 1/4 cup granola cereal
- 2 tablespoons brown sugar

Core apples. Cut out center of apples to leave a 1/2-inch shell. Chop 1/4 cup apple from the center and reserve. Cut a strip of peel 1/2 inch wide around top of apple. In medium bowl mix granola, reserved 1/4 cup chopped apple, and brown sugar. Fill scooped out apples. Place in shallow baking dish; add 1/4 inch water to bottom. Cover and bake in 350° F oven 45 minutes, or until apples are tender. Serve with sour cream, if desired. Makes 4 servings.