

**t-Wise**

SHOP THESE FOOD BUYS!

WE ACCEPT FOOD STAMPS

QUANTITY RIGHTS RESERVED

real value specials



**SOUTHERN PRIDE GRADE**

ENJOY  
REFRESHING

**BEECH-NUT  
BABY FOOD**

**1/2" MIXED FRYER PARTS**

2 LITER

STRAINED

**49¢**  
LB.

**99¢**

**15¢**

**LAURETTE  
SWEET  
CONDENSED  
MILK**

18 OZ.

**9¢**



**COMET  
RICE**

2 LB. BAG

**69¢**



**SHAWNEE  
FLOUR**

5 LB.

**89¢**

**WESSON  
OIL**



64 OZ.

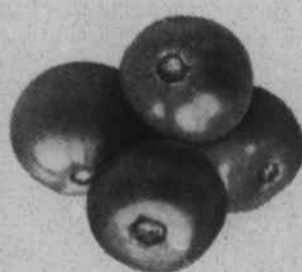
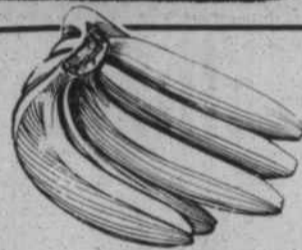
**\$3.49**

**DELTA  
KITCHEN  
TOWEL**

4 ROLL PKG.

**89¢**

BEALE'S 1/2 COUNTRY HAMS	SLICED	\$1.99
BEALE'S COUNTRY HAM	[CENTER SLICES]	\$2.49
SIRLOIN TIP ROAST	LB.	\$1.99
SIRLOIN TIP STEAKS	LB.	\$2.29
LUNDY'S FRESH LEAN PORK SPARERIBS	LB.	\$1.68
JIMMY DEAN'S FRESH PORK SAUSAGE (MILD OR HOT)	LB.	\$1.59
GWALTNEY'S FINEST QUALITY SLICED BACON	PKG. 1 LB.	\$1.58
GWALTNEY'S FINEST QUALITY FRANKS	12 OZ. PKG.	98c
BREADED VEAL PATTIES	LB.	\$1.68
CHEF'S PANTRY PRE-COOKED BREADED TURKEY NUGGETS & STICKS	LB.	\$2.48
DRY-CURED FAT BACK	LB.	57c
OSCAR MAYER'S COOKED HAM	6 OZ. PKG.	\$1.69

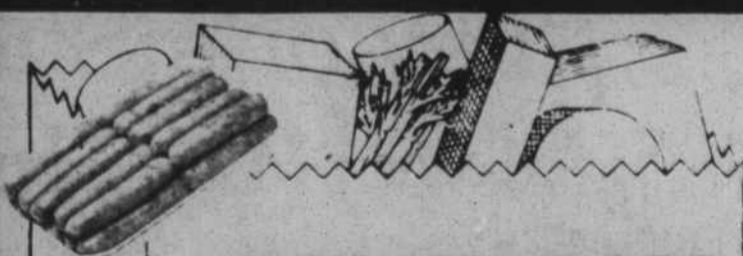


**PRODUCE**

GOLDEN RIPE BANANAS	3 LBS.	99¢
VINE RIPE TOMATOES	PKG. OF 3	49¢
YELLOW SWEET CORN	4 EARS	99¢
SUNKIST LEMONS		5/59¢
MEDIUM YELLOW ONIONS	3 LB.	79¢
EASTERN WINESAP APPLES	3 LB. BAG	\$1.09
LARGE WHITE GRAPEFRUIT		29¢
CALIFORNIA NAVEL ORANGES	4/\$1.00	
FRESH MUSHROOMS	8 OZ. CUP	99¢
YELLOW SQUASH	3 LBS.	99¢

**USE FOOD VALUES**

300 CAN	49c
20 CAN	99c
15 1/2 OZ.	\$1.69
19 1/2 OZ.	\$1.59
25 LB. BAG	\$3.49
10 LB. BAG	\$1.69
GT. SIZE	99c
22 OZ.	99c
60 CT. BOX	89c
10 OZ.	\$1.79



**MARKET-MADE  
FRESH LINK  
SAUSAGE**

**\$1.39**  
LB.

**DELICIOUS RECIPE  
CHILLED CHOCOLATE DESSERT**

- 1 envelope unflavored gelatin
- 1/2 cup skim milk
- 1/4 cup sugar
- 3 tablespoons cocoa
- 1/4 cup skim milk
- 1 (12-ounce) carton low-fat cottage cheese
- 2 eggs, separated
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons sugar
- 1/2 cup graham cracker crumbs
- 1/4 teaspoon ground cinnamon
- 1 tablespoon diet margarine
- 1 cup frozen whipped topping, thawed
- 1 cup fresh strawberries



Combine gelatin and 1/2 cup milk in a small saucepan. Let stand 1 minute. Cook over medium heat, stirring constantly, about 1 minute or until gelatin is dissolved; set aside to cool.  
Combine 1/2 cup sugar and cocoa in a small bowl; gradually add 1/4 cup milk, stirring until smooth. Combine cocoa mixture, cottage cheese, egg yolks, and vanilla in container of an electric blender; process until smooth. Add gelatin mixture, blending well. Set aside.  
Beat egg whites [at room temperature] until foamy. Gradually add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold one-fourth of the chocolate mixture into egg whites; fold in the remaining chocolate mixture.  
Combine graham cracker crumbs and cinnamon; cut in margarine with a pastry blender or fork. Firmly press mixture evenly into bottom of an 8- or 9-inch springform pan. Pour chocolate mixture over crust; cover and chill 4 hours or until firm. Spread whipped topping over top of cheesecake, and garnish with strawberries. Yield: 8 servings (about 157 calories per serving).