



Ingles Offers You A Gallery Of Nationally Advertised
FREE GIFTS ... Just For Saving
VALUE GIFT COUPONS

Here's How To Get Your Free Gifts!

Special Features... Charitable and Religious Organizations

Corningware, AM/FM Radios, Bath Sets, Coffee Makers, even Food Processors and Microwave Ovens...

Pick up your Free Value Gift Coupon Catalog with a Free Value Gift Coupon enclosed. See our Gift Merchandise Display at your local Ingles Markets.

THE BEST MEAT IN TOWN

USDA INSPECTED WHOLE FRYERS 2 TO A BAG **47**

FAMILY PACK... CUT-UP FRYERS 39

FRYER BREASTS **99**¢
 FRYER DRUMSTICKS **99**¢
 FRYER THIGHS **79**¢
 FRESH CHICKEN LIVERS **79**¢
 OSCAR MAYER MEAT OR BEEF WEINERS **1.49**
 OSCAR MAYER MEAT OR BEEF BOLOGNA **1.39**
 OSCAR MAYER LINKS BREAKFAST SAUSAGE **1.09**

• Gwaltney, 6oz. PK. COOKED HAM **1.39**
 • Gwaltney, 8oz. PRESSED HAM **1.39**
 • Gwaltney, 6oz. SMOKED HAM ROLL **1.39**
 • Gwaltney, 8oz. CHICKEN BOLOGNA EA. **59**¢
 • MARKET STYLE BACON **1.09**
 • SWIFT PREMIUM 3lb. CAN HAM **5.99**
 • VALLEYDALE ROLL SAUSAGE **1.09**

US CHOICE BONELESS **SHOULDER ROAST 1.79**

US CHOICE BONELESS SHOULDER STEAK **1.99**
 LEAN BONELESS STEW BEEF **1.89**
 SELECTO BACON **1.39**

• CAPTAIN HY. 8oz. FROZEN FISH STICKS **49**¢
 • BOSTON BONNIE BATTER RIPPED FISH PORTIONS 24oz. **2.19**

HUNTS... 32oz. JUG... **KETCHUP 79**¢
 5lb. RED BAND... **FLOUR 59**¢
 GUEST RANCH BATHROOM **TISSUE 59**¢

VALUE GIFT SWEEPSTAKES
 *WIN A NEW 1979 4 DOOR CADILLAC DEVILLE

NO PURCHASE NECESSARY. YOU DO NOT HAVE TO BE PRESET TO WIN. YOU MUST BE 18 OR OLDER TO REGISTER. INGLES EMPLOYEES... NOT ELIGIBLE TO WIN.

3lb. CAN... **CRISCO 1.49**

1lb. CHASE & SANBORN **COFFEE 1.69**

5lb. DOMINO **SUGAR 89**¢

• MDI... 12oz. SLICED AMERICAN CHEESE PK **1.19**
 • NABISCO... 16oz. BOX... RITZ CRACKERS **99**¢
 • 5lb. BAG QUAKER... GRITS **79**¢
 48oz. JUG... DAWN DISH DETERGENT **1.79**
 • CHEFS BLEND... 7lb. BAG CAT FOOD **2.39**
 • MARCAL... 180ct. PK... NAPKINS **59**¢
 • SEALTEST... 24oz. CUP... COTTAGE CHEESE **99**¢
 • KEEBLER... 12oz. BAG COOKIES RICH-N-CHIPS **99**¢
 COCONUT CHOC. DROP **99**¢ EA.

LIBBY'S SALE!

303 CAN... CUT... GREEN BEANS **3.10**
 303 CAN FRENCH GREEN BEANS **3.10**
 303 CAN CREAM STYLE CORN **3.10**
 303 CAN... WHOLE CORN KERNEL **3.10**
 303 CAN... MIXED... VEGETABLES **3.10**
 14oz. CAN DEEP BROWN BEANS **4.10**

303 CAN... SPINACH **2.79**¢
 32 oz. JAR... TOMATO JUICE **2.10**¢
 8oz. CAN... TOMATO SAUCE **5.10**¢
 16oz. CAN... CHILI & BEANS **59**¢
 3oz. CAN... POTTED MEAT **4.89**¢
 303 CAN... CORNED BEEF HASH **75**¢

48oz. JUG **WESSON OIL 1.49**

JFG. 32oz. **MAYONNAISE 79**¢

TEX SIZE 1/2 GAL. **FLUF 59**¢

OVER 200 YEARS OF RECIPES!
McCALL'S GREAT AMERICAN RECIPE CARD COLLECTION

FREE RECIPE CARD CASE

WITH PURCHASE OF SET NO. 1
 • PLASTIC COATED
 • 24 COMPLETE SETS IN ALL.
 • ON SALE - A SET EA. WK. **1.49** PER SET.

FROZEN FOODS

RUSSET 2lb. BAG... **59**¢
 CRINKLE FRIES MORTON, 8oz. **3.80**¢
 POT PIES **3.80**¢
 QUICK MAID 8oz. WHIP TOPPING **39**¢
 WIFE SMITH'S NAT. JUICE APPLE PIES 37oz. **1.59** EA.

STOCK UP AND SAVE!

FREEZER QUEEN MEAT & GRAVY **2lb. 1.29** EA.

SUPPERS **1.29** EA.

GUEST RANCH... BIG ROLL PAPER TOWELS **2.79**¢

MDI... 6 CAN PACK... SWEET MILK BISCUITS **89**¢

2 LITRE... NO RETURN MTN. DEW OR PEPSI'S **83**¢ EA.

FRESH PRODUCE

10lb. BAG... IDAHO RUSSET... **POTATOES 99**¢

FLA. JUMBO... AVACODOES **2.10**

FRESH BUNCH... BROCCOLI **59**¢ EA.