

BeLo FOODS

Sale thru Feb. 14, 1987
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Be-Lo's Consumer Corner By Marie Cox

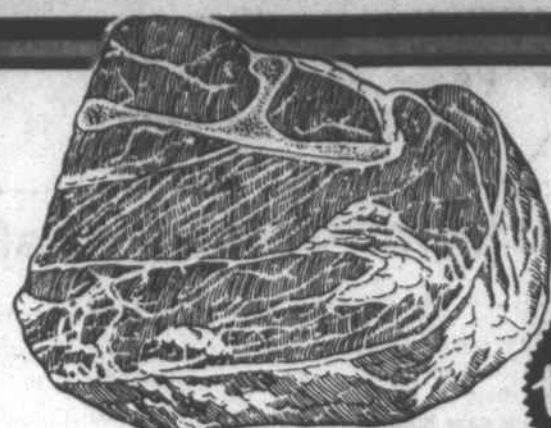
DO IT FOR YOUR

Sweet Heart

WE'RE FIGHTING FOR YOUR LIFE
American Heart Association
Support your American Heart Association

High blood pressure is the silent killer because it produces no symptoms, in fact, you probably feel fine. High blood pressure becomes a problem when it is not treated and brought under control. Untreated blood pressure will go higher and lead to very serious complications, including heart attacks and strokes. It is estimated that one out of every two Americans will develop high blood pressure at some time in their lives. There is no cure, it can only be controlled.

Join in the fight for your life. Have your blood pressure checked regularly. Check your store for free blood pressure screenings.



Ground Chuck
Fresh Lean
3 lbs. or
Lgr. Pkg. 1b.



1b.

\$1.29

**Blade Cut
Chuck Roast**
99¢



Stewing Beef
3 lbs. or More
\$1.69
1b.

Boneless
"English Roast" 1b. **\$1.69**
Round Bone "Swiss"
Shoulder
Steak 1b. **\$1.29**



**Center Cut Bone-In
Chuck Steak**
\$1.19
1b.



"Hot-To-Go" Service Deli

Deli Sliced
Boiled Ham 1b. **\$1.59**
Sliced Yellow
American Cheese 1b. **\$1.99**
Deli Sliced
Hard Salami 1b. **\$3.49**
Sandwich
Ham'n Cheese Each **\$1.29**
Deli-licious
Banana Pudding 1b. **99¢**

Southern Fried Chicken Wings
Each **29¢** | 4 For **\$1.00** | 24 Pc. Bucket **\$3.99**

...From The Sea

Pan Size
**Trout or
Croakers** 1b. **\$1.39**
Heat & Serve-Pre-Cooked
**Fish Portions or
Fish Sticks** 1b. **\$1.29**

Tidewater's Favorite
Pan Spots
1b. **\$1.49**

Fresh Claw
Crab Meat
1 lb. Cup **\$2.29**



**Creamy
Imperial
Margarine**
2 1 lb. **\$1.00**
Qtrs.



**Light Meat
Empress
Chunk Tuna**
2 6 1/2 oz. **\$1.00**
Cans



**Heavy Duty
Trend
Detergent**
72 oz. **\$1.89**
Box



**American
KRAFT Singles**
12 oz. **\$1.59**
Pkg.

Empress
Mackerel 2 15 oz. **\$1.00**
Cans

**Castleberry
Beef Stew**
24 oz. Can
99¢

**Lucky Leaf Cherry
Pie Filling**
21 oz. Can
89¢

Buy 1-Get 1 FREE!
10 lb. Bag-Cat Litter
Tidy Cat



**Reg. or Homestyle
Tropicana
Orange Juice**
1/2 Gal. **\$1.09**
Ctn.



**Yellow Cake-Gingerbread
Fudge Brownies
Washington Mixes**
3 7 oz. **\$1.00**
Pkgs.



**The Shore's Finest
Red-Glo Tomatoes**
3 14 1/2 oz. **\$1.00**
Cans

Assorted
**Smack Ramen
Noodles** 5 3 oz. **\$1.00**
Pkgs.



**Mt. Dew,
Reg. or Diet
Pepsi**
2 Ltr. Btl.
99¢

**Non-Refrigerated
Black Label
Beer**
6 12 oz. **\$1.99**
Cans

Mickey's
Malt Liquor ... 6 12 oz. **\$1.79**
Cans



Doritos
Tortilla Chips
6 oz. **99¢**
Bag



Valuable Coupon
Reg. ADC. Electra Perk
Maxwell House

Coffee
1 lb. **\$2.69**
Bag

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Feb. 14, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon



Valuable Coupon

**Absorbent
Delta Towels**
3 Large **\$1.00**
Rolls

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Feb. 14, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon



**BC
Cola** **\$1.39**
Cans

**Carlsberg
Wines** **\$4.99**
Bottle