

BELO FOODS

Sale thru Feb. 28, 1987
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Not Responsible for Typographical Errors



Big 8 Franks
Meat-1 lb. Pkg. Beef-1 lb. Pkg.
\$129 \$139

Big-8 (Beef-1 lb. *1.39)
Meat Bologna 1 lb. Pkg. **\$129**
Gwaltney Great Dogs 1 lb. Pkg. **79¢**
Gwaltney Great Bologna 1 lb. Pkg. **89¢**

Fry

1 lb.

Rockingham Be

2 Breast-2 Th
2 Drumstick

Be-Lo's Consumer Corner
By Marie Cox

Heart Health

- 1 Eating foods low in fats and cholesterol safely lowers blood cholesterol.
- 2 People with low blood cholesterol have less chance of getting coronary heart disease than people with high cholesterol levels.
- 3 Overweight is related to heart disease. Eating less fat is one way your family can reduce calories.

WERE FIGHTING FOR YOUR LIFE
American Heart Association

Smithfield
"New Low Salt"
Sliced Bacon

1 lb. Pkg. **\$169**

For Seasoning-Dry
Salt Fat Back

1 lb. **49¢**

Assorted Flavors & Cola

Camellia Cola

3 Ltr. Btl. **99¢**

Diet Rite or R.C. Cola 2 Ltr. Btl. **89¢**

Camellia

Tomato Catsup
1 Qt. Btl.

79¢

Creamy Smooth Mrs. Filbert's Mayonnaise

1 Qt. Jar **99¢**

The Eastern Shore's Red-Glo Tomatoes

3 14 1/2 oz. Cans **\$100**

Smack Ramen Noodles 5 3 oz. Pkgs. **\$100**

Dawn Dew Fresh Produce... You

Red or White Seedless Grapes	White Seedless Grapefruit	Firm Rip Golden Bananas
1 lb. 99¢	3 For \$13	3 lbs. \$3

Firm Ripe Slicing Tomatoes 1 lb. **49¢**

Fancy Idaho Baking Potatoes 1 lb. **39¢**

Nabisco's Finest

Ritz Crackers 1 lb. Box **\$179**

Reg. or Chewy Chips Ahoy 18 oz. Bag **\$189**

Premium Saltines 1 lb. Box **99¢**

Serve Chilled-Daily's Apple Juice 1/2 Gal. Jug **99¢**

Flavorful Tetley Tea Bags 100 Ct. Box **\$199**

Golden Wheat Mac & Cheese 4 7 1/2 oz. Boxes **\$100**

Mueller's Elbow Mac. or Spaghetti
8 oz. Box

3 **\$100**

For

Light Auto Dish Detergent Cascade 40 oz. Box **\$179**

Empress Mackerel
15 oz. Can

2 **\$1**

For

Dial Bath Soap

4 **\$179**

Bars

Sprite, Cherry Reg. or Diet Coca-Cola
2 Ltr. Btl.

99¢

Charles or Rose Carlo Rossi Wines 3 Ltr. Btl. **\$499**

San Country Wine Cooler 4 12 oz. Btl. **\$269**

Assorted Flavors **Vet's Dog Food** 4 18 oz. Cans **\$100**

Celebrate The Chinese New Year

La Choy Bi Packs 42 oz. Can **\$249**

La Choy Noodles 5 oz. Can **69¢**

La Choy Soy Sauce

Valuable Coupon

Camellia Grade 'A' **Medium Eggs**

1 Doz. Ctn. **39¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Feb. 28, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon

Valuable Coupon

Camellia Granulated **Sugar**

5 lb. Bag **99¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Feb. 28, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon