

BELO FOODS

Sale thru Mar. 28, 1987
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Be-Lo's Consumer Corner By Marie Cox

Why Buy Beef

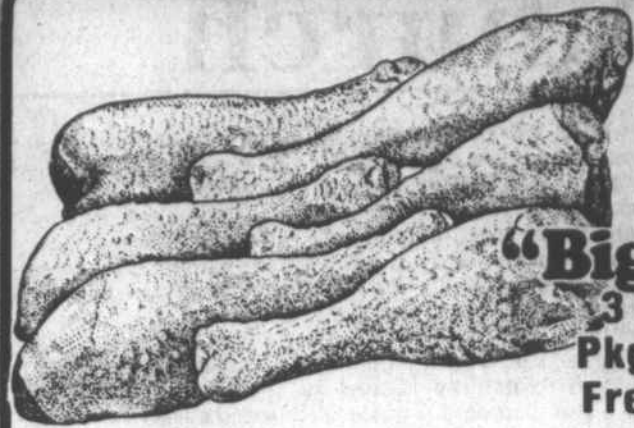


- Excellent Source of Protein
- High In Iron & B Vitamins
- Satisfies The Appetite

Leaner beef contains more Protein, Vitamins and Minerals per pound than beef marbled with fat.

Good Choices of Leaner Beef:

- Round Steak (Cooked In Liquids)
- Lean Sirloin (Pan Fried, Broiled)
- Chuck (Pot Roast Style)
- Porterhouse (Broiled)



Fryer Drumsticks

"Big Savings"
3 lbs. or Larger
Pkg. "Cook Now"
Freeze For Later
1b.

49¢

Camellia Sliced Bacon
12 oz. Pkg. **\$1.19**

triple quarter Center Cut Chuck
1b. **\$1.19**

Beale's Courtland Sausage 1 lb. Roll **79¢**

10 lb. Pail Chitterlings **\$4.89**

"Hot To Go" Service Deli

- Deli Sliced Roast Beef or Corned Beef 1b. **\$2.99**
- Deli Sliced Yodeller Swiss Cheese 1b. **\$2.99**
- Sandwich-Cheese 'N Roast Beef Each **\$1.39**
- Delicious Rice Pudding 1b. **99¢**

...From The Sea

Whiting Fillet Pan Croakers Pan Trout
1b. **\$1.29**

Camellia Sliced Cooked Sausage or Spiced Luncheon
12 oz. Pkg. **89¢**

Southern Fried Chicken Drumsticks
White & Dark Meat
8 Piece Bucket **\$4.49**
Ea. **39¢** 3 For **\$1.00**
All Drumsticks 12 Pieces *3.89

Heat & Serve-Cooked Fish Portions ... 1b. **\$1.29**
Heat & Serve Crunchy Cooked Flounder **\$2.29**

Fresh Roast Neckbone or Pork Chop
1b. **49¢**

It's Spring Cleaning Time

Texize Fantastik 22 oz. Btl. **\$1.49**

- Texize Tough Act 17 oz. Btl. **\$1.79**
- Texize Glass Plus 22 oz. Btl. **\$1.39**
- Gets Out Tough Stains- Texize Spray'n Wash 22 oz. Btl. **\$1.59**
- Texize Spray'n Wash 1 Pl. Btl. **79¢**

Dinty Moore Beef Stew
15 oz. Can **89¢**

Eberwine Greens
Collards, Kale Hanover, Turnip or Mixed
1 lb. Cans 3 **\$1.00**

Kal Kan Dog Foods
Mix or Match Your Dog's Favourites...
14 oz. Cans 3 **\$1.00**

KRAFT Creamy Mayonnaise
1 Qt. Jar **\$1.39**

Smack Ramen Noodles
5 3 oz. Bags **\$1.00**

Washington Inst. Potatoes
4 2 1/2 oz. Pkgs. **\$1.00**

Crave Dry Cat Food
18 oz. Box **Buy 1-Get 1 FREE!**

Ruffles Frito Lay's
Snack & Party Favorites
6 1/2 oz. Bag **99¢**

Pine Power Floor Cleaner
14 oz. Btl. **99¢**

Regular Max Thin
30 Ct. Box **\$3.99**

Banquet Dinners
Chicken, Turkey Salisbury, Meat Loaf
Heat & Serve
11 oz. Pkg. **99¢**

Chicken Pot Pie
4 8 oz. Pkgs.

Coke 2 Ltr. Btl. **99¢**
Diet Rite, R.C. Cola & Associated Products
2 Ltr. Btl. **89¢**

Camellia Cola & Assl. Flavors
2 Ltr. Btl. **59¢**

Quick & Easy Raga Muffins
7 oz. Bag 3 **\$1.00**

Morton's-Mac & Cheese Casserol
20 oz. Pkg. **99¢**

Morton's Cookery
2 5 oz. Pkgs.

Reg. or Light Pabst Beer
12 12 oz. Cans **\$3.99**

Valuable Coupon
Martha White Flour
5 lb. Bag **69¢**

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

Valuable Coupon
Laundry Detergent Surf
42 oz. Box **\$1.49**

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

Black Label 6 1/2 Ltr. **\$1.69**
Gallo Wines
3 Ltr. Btl. **\$5.99**

Valuable Coupon

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