

BELO FOODS

FROZEN FOOD SALE

Morton's
Fried Chicken
2 lb. Box **\$2.99**

Adam's
Orange Juice 12 oz. Can **69¢**



Center Cut
Chuck Steak
"Bone-In"
99¢ lb.

Boneless "English"
Shoulder Roast 1 lb. **\$1.89**

Sale thru May 23, 1987
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Not Responsible for Typographical Errors

Be-Lo's Consumer Corner
By Marie Cox
May Is High Blood Pressure Month

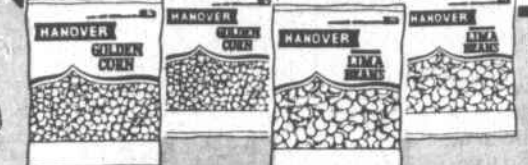
biscuits
for your heart's delight
(18 biscuits at 95 calories each)

- 2 C. flour
- 3 tsp. baking powder
- 1/2 C. oil
- 1/4 tsp. salt
- 2/3 C. nonfat milk

Preheat oven to 475° F.
1. Sift flour, baking powder and salt.
2. Measure oil and milk into cup but don't stir. Add all at once to flour mixture.
3. Stir with fork until mixture leaves side of bowl and forms ball. Knead 10 times.
4. Roll out (1/4" thick) and cut with floured glass or biscuit cutter.
5. Bake 10-12 minutes.

American Heart Association

THE Budget GOURMET
Assorted Budget Gourmet Dinners
10 oz. Pkg. **\$1.39**



Hanover Green Beans, Limas And Cut Corn
1 lb. Pkg. **99¢**

Ore-Ida
Dinner Fries 24 oz. Pkg. **\$1.29**

Dairy Fresh
Rich Creamy **Pet Ice Cream**
1/2 Gal. Ctn. **\$1.99**



Miller's Lite Beer
12 12 oz. Cans **\$5.19**

Sun Country
Wine Coolers 2 Ltr. Btl. **\$2.89**

Save 89¢
Blue Bonnet Margarine
3 1 lb. Qtrs. **\$1.00**

Fresh Florida Tropicana Orange Juice
1/2 Gal. Ctn. **\$1.19**

Chablis, Rhine, Rose
Gallo Wines
3 Ltr. Btl. **\$5.99**

Sprite, Reg. or Diet
Coca Cola
12 12 oz. Cans **2.99**

Reg. or Ridgies
Wise Chips 6 oz. Bag **89¢**

Save 20¢-Assorted
Hershey Candy Bars
3 Reg. 40c Bars **\$1.00**

BeLo Cheese Curls 7 oz. Bag **79¢**

Fresh Pure
Ground Chuck
3 lbs. or Lgr. Pkg. **\$1.39** lb.

Lean Boneless Cube Steak "Family Package"
1 lb. **\$1.99**

3 lbs. or Lrg.-Boneless
Stewing Beef 1 lb. **\$1.69**

Charcoal Broil
Boneless Steaks 1 lb. **\$1.99**

Round Bone Shoulder
"Swiss" Steaks 1 lb. **\$1.29**

Delicious
Sliced **German Bologna (W/ Crabmeat)**
Neptune Salads
Fresh **Carrot & Raisin**
2 Vegetables & 2 Rolls
Salisbury Steak Dinner 1 lb. **89¢**

Southern Fried Chicken
White & Dark Meat **89¢**

Gwaltney TRUCKLOAD SALE!

Signal Brand Lean Sliced Bacon
1 lb. Pkg. **99¢**

Gwaltney OF SMITHFIELD
Still The One
Great **Bologna** 1 lb. Pkg. **99¢**

Gwaltney OF SMITHFIELD
Great **Dogs**
1 lb. Pkg. **69¢**

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

Camellia
10 10 1/2 oz. Bags **\$1.00**

Reg., ADC, Elec. Perk
Maxwell House Coffee
1 lb. Bag **\$1.99**

Instant Coffee 1/2 lb. **\$3.59**

BeLo KRAFT Creamy Mayonnaise
1 Qt. Jar **\$1.29**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru May 23, 1987. This Coupon is Good At All Be-Lo Food Stores.

BeLo Valuable Coupon
Sunshine Krispy Crackers
1 lb. Box **59¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru May 23, 1987. This Coupon is Good At All Be-Lo Food Stores.