




WEST GATE PLAZA
SHELBY ROAD
KINGS MOUNTAIN, N.C.

switch

PRICES IN THIS AD ARE GOOD THRU SATURDAY, OCT. 2, 1982...
QUANTITY RIGHTS RESERVED...NONE SOLD TO DEALERS...



Chuck Roast

U.S. CHOICE BONE-IN

\$1.28

LB.

Switch'n Save

- | | |
|--|---|
| U.S. Choice Bone-In Chuck
Steak Lb \$1.48 | 8 Oz. Kraft
Cr. Cheese ... 89¢ |
| 12 Oz. Holly Farms
Franks 79¢ | 1 Lb. Kraft
Cheez Whiz .. \$2.59 |
| 1 Lb. Holly Farms
Bologna 99¢ | 8 Oz. Kraft Mild Or Med.
Cheddar \$1.39 |
| 2-4 Lb. Valleydale Chunk
Bologna ... Lb \$1.18 | 8 Oz. Kraft
Colby \$1.39 |

Golden Bananas

RIPE BUNCHES

33¢

LB.

Switch'n Save

Honeydews

6 SIZE WESTERN

99¢

LB.

Switch'n Save



10 Lb. Vent-Vue White
Potatoes.... **\$1.19**

5 Lb. Bag Yellow
Onions..... **79¢**

Yellow Sweet
Potatoes ... Lb **19¢**

½ Gal. Orange Juice
Minute Maid **\$1.29**



Alka Seltzer
25 CT.
\$1.49

Cannon Blankets
2 **\$11.99**



L'Eggs
2 PAIR PK.
CONTROL TOP
\$3.29

6 Pack Flavorich Bars
Klondike... **\$1.59**

½ Gal. Flavorich
Buttermilk. **99¢**

1 Lb. Maxwell House Bag
Coffee..... **\$2.29**

10 Oz. Maxwell House
Inst. Coffee. **\$3.89**



Saltines
1 LB. BOX PRIDE
49¢



Cake Mix
18½ OZ. PILLSBURY
69¢

Save

14 Oz. Hanover
Pork/Beans . **29¢**

15 Oz. Lucks
Pintos **38¢**



Quart J.F.G. MAYONNAISE

79¢

Switch'n Save!

5 Lb. Flour

RED BAND, WHITE LILY,
SOUTHERN BISCUIT

88¢

Switch'n Save!

FROZEN FOODS




Banquet Chicken
32 OZ. FRIED
\$2.39



Orange Juice
12 OZ. WHOLESUN
79¢



Broccoli w/Sauce
10 OZ. GREEN GIANT
89¢



Morton Dinners

11 OZ.

59¢

CHICKEN
TURKEY
SALIS.
STEAK



Pie Shells
2 PK. PET RITZ
2/ **\$1.19**



Frozen Pizza
11 OZ. CHEF HAMB.,
PEPPERONI, SAUSAGE
89¢



Cool Whip
8 OZ.
77¢

N.C. FROZEN SWEEPSTAKES

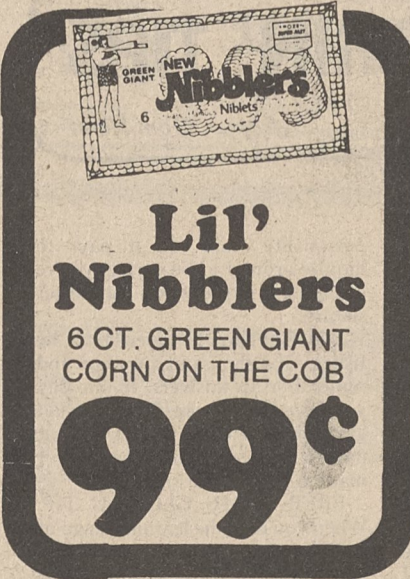
Lowes Foods, Thrift Mart, and the Frozen Food Council invite you to enter the N.C. Frozen Food Festival Contest.

To win this '83 Litton Microwave Oven, mail this coupon with two end flaps, or cut out name (or facsimile) from any two different frozen food packages — except ice cream. Entries must be postmarked by October 31, 1982. Drawing will be held November 3, 1982. Mail coupon to: P. O. Box 700, Wilkesboro, NC 28696.

Name _____
Address _____
City, state _____ Phone _____



Sausage Biscuits
15 OZ. PACK
MOM & POP'S
\$1.99



Lil' Nibblers
6 CT. GREEN GIANT
CORN ON THE COB
99¢



Cozy Kitchen
24 OZ. ASSORTED
FROZEN CAKES
\$1.89