



T-Bone Steak
USDA Choice Beef Loin Trimmed of Excess Fat and Waste
\$1.89 lb.



SAFEGWAY BRAND Wieners
or Beef Franks
Skinless Fresh & Tasty
12-oz. Pkg. **59¢**



Beef Roast
BONELESS CROSS-RIB USDA Choice Beef Chuck Pot Roast
\$1.28 lb.



Beef Liver
Sliced and Skinned... Partially Deveined
48¢ lb.

Stew Beef Meat Boneless Lean Cubes \$1.18

Roasting Chicken Henon House Frozen 79¢

Meat Pies Major House Frozen Ass'd Vty's 3 8-oz. pgs. 88¢

Beef Cube Steak Choice Beef \$1.38

Whole Hog Sausage Safeway Pork Sausage Roll 12-oz. Size 98¢

Lunch Meats Safeway Ass'd Water Sliced 2 3-oz. pgs. 89¢

Shrimp Crisps Pro-cooked Heat & Serve 14-oz. Pkg. \$1.74

Beef Short Ribs Beef Plate .68¢

Links & Patties Swift's Brown & Serve 8-oz. Pkg. 89¢

Chunk Bologna Safeway Large Size .79¢

Fishsticks Economical Family Pack-Breaded 4 pgs. 79¢

SAFEGWAY for EARLY BIRD SHOPPERS



CHUNK LIGHT TUNA
6.5-ounce tin
48¢



PARKAY MARGARINE
Pound Package
38¢



HOMESTYLE BREAD
or Honey Cracked Wheat
22 1/2-oz.
49¢



LUCERNE SOUR CREAM
Pint Carton
49¢



NU-MADE SHORTENING
3-Pound Tin
\$1.28



EDWARDS COFFEE
3-Pound Tin
\$5.98



HI HO CRACKERS
16-ounce Box
59¢



ELECTRA-SOL DETERGENT
50-ounce Box
\$1.19 15¢ Off Label



PUMPKIN PIE
or Mince... 24 oz.
79¢



PINK CHABLIS
Magnum
\$2.29



CORONET PAPER TOWELS
125 Sheet Roll
38¢



ICE CREAM & SHERBET
Vanilla Ice Cream/Orange Sherbet
\$1.00 Half Gallon

KNOW YOUR FOOD

YOUR FAMILY NEEDS ALL 4 BASIC FOODS DAILY

MEAT GROUP

Principal nutrients in food are proteins (amino acids), fats, carbohydrates (sugars and starches), vitamins, minerals and water. Protein is made up of amino acids, which are put together as important building blocks of body tissues. The main structural units of the body are the many different protein molecules that the body makes from the amino acids it has obtained from the proteins of foods.

Major sources of protein are the Meat Group and its alternates. Foods included are: beef, veal, lamb, pork, variety meats, such as liver, heart, kidney, poultry, eggs, fish and shellfish; alternates - dry beans, dry peas, lentils, nuts, peanuts and peanut butter. Foods in the Meat Group contribute the protein, which is needed for the repair of body tissues - muscle, organs, blood, skin and hair. These foods also provide iron, thiamine, riboflavin and niacin.

Two or more servings of protein foods should be eaten every day. Count as 1 serving: 2 to 3 ounces (not including bone weight) cooked lean meat, poultry or fish; Count as alternates for 1 serving of meat, poultry or fish: 2 eggs; 1 cup cooked dry beans, dry peas or lentils; or 4 tablespoons of peanut butter.

Animal proteins are considered high quality while proteins from vegetables, grains and nuts are generally considered lesser quality. This lesser quality can be upgraded so that sufficient quantity of all essential amino acids is provided to the body. This can be done by combining a little animal protein with the lesser quality protein. For example: dry beans with cheese or a little meat; peanut butter sandwich with a glass of milk. However, in proper combinations, lesser quality proteins can be used as the only protein source. For example, beans with corn tortillas.

ONE PRICE PER ITEM: To eliminate confusion resulting from having different prices on side-by-side packages of the same item, our policy will be to price units already on the shelf with the same price as newly stocked merchandise. If more than one price is marked on a package we will continue to charge the lowest price.



Med. Cheddar CHEESE
2-lb. Leaf **\$2.89**



FURNACE FILTERS
American Glass II Filters 1" Thick... Available in 8 Popular Sizes
48¢ EA



KODAK COLOR PRINT FILM
C110-20 or C120-20 Colors so Natural they Seem Alive
\$1.36 Ea.



TEXAS INSTRUMENT CALCULATORS
Model TI-1250 with Fraction Memory \$12.88
Model TI-1270 Student Model \$13.88
Texas Instrument AC Adapter AC9180 For Your Calculator Ea. \$4.95



Spic and Span
Big Job Cleaner for Floors, Woodwork.
54-oz. Box **\$1.69**

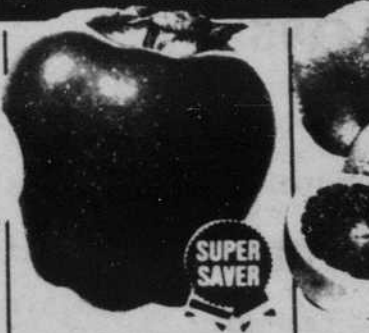


Choc. Covered Cherries
Brach Candies Light or Dark Chocolate
12-oz. Box **\$1.09**

SAFEGWAY BIG BAG SPECIALS



Grapefruit
Imperial Valley Ruby Reds
8-lb. Bag **98¢**



Apples
Fancy Red Delicious
5-lb. Bag **98¢**



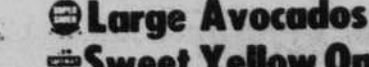
Oranges
Choice Juicy Navels
8-lb. Bag **98¢**



Tropical Juices
"Daily Fresh" Blackberry, Papaya, Pomegranate, Mango, Coco Pineapple. Great for Mixers.
LOW SAFEGWAY PRICE Qt. **88¢**



Bartlett Pears No. 1 4.51



Sunkist Lemons Large & Juicy 3 for 29¢



Large Avocados California Green Skin 3.51



Sweet Yellow Onions No. 1 Grade 7.88¢



Turnips & Rutabagas For Stews 5.51



Seedless Raisins Sun-Glo 1-oz. Size 13.88¢

SAFEGWAY

Prices effective Wednesday, December 8th through Tuesday, December 14th.