

Cottage Cheese
BLOSSOM TIME
Small Curd ...
38¢
16-Ounce Carton

Chunk Tuna
SEA TRADER
Light Meat Tuna
47¢
6 1/2-ounce Cans

Vegetable Oil
NU-MADE
Salad and Cooking Oil
\$1.28
48-ounce Bottle

Catsup
TOWN HOUSE
Rich, Thick Tomato Catsup
69¢
32-ounce Btl.

Mac. & Cheese
TOWN HOUSE
Easy Fix Entree or Side
\$1.51
7 1/4-ounce Package

Peas & Corn
TOWN HOUSE
Sweet Peas/Kernel or Cream Corn
\$1.41
16 1/2-ounce 17-ounce Sizes

Chili
TOWN HOUSE
Regular or Hot Chili W/Beans
39¢
15-ounce

Crackers
OVENJOY
Saltines for your Chili
39¢
1 Pound Package

2ND BIG WEEK SAFEWAY BRAND STOCK UP!

Pork Roast
Sirloin or Blade End Roast
89¢
Pound

Top Sirloin
USDA Choice Beef Rib
Boneless Well Trimmed
\$1.89
Pound

Whole Fryers
Grade A Gov't. Inspected
Plump & Tender (Cut-up lb. 49¢)
45¢
Pound

Sliced Bacon
Smok-A-Roma Hickory Smoked
Breakfast Bacon
98¢
1-Pound Package

Rib Pork Chops Pork Loin **\$1.18**
Loin Pork Chops Small Porky **\$1.28**
Beef Stew Meat Boneless Cubes **\$1.18**
Swift Sausages Brown & Serve Links or Patties 8-oz. Pkg. **89¢**

Corned Beef Safeway Choice Boneless Brisket **\$1.19**
Armour Hot Dogs 1-lb. pkg. **79¢**
Beef Shanks Cross Cut Bone-In Beef **68¢**
Bar-S Smokies Breakfast Sausage 12-oz. Pkg. **98¢**

Sausage Safeway Pork 12-oz. Roll **89¢**
Sliced Bologna Safeway Regular or Thick 12-oz. Pkg. **79¢**
Lunch Meats Safeway Water Sliced 2-oz. Pkg. **89¢**
Meat Pies Manor House Frozen Pies 8-oz. Size **4 for \$1**

Butter Clams Fresh Little Steamers **98¢**
Fish Fillets Van Baking Butter Fried 36-oz. Pkg. **\$2.28**
Shrimpburgers South for Sandwiches 12-oz. Pkg. **\$1.44**
Shrimpmeat Croquet Shrimp for Salads, Louies 8-oz. Btl. **\$2.98**

KNOW YOUR FOOD

WHAT ABOUT THIAMINE?

Q. I'm reading a lot about the key nutrients such as proteins, carbohydrates, fats, calcium, vitamins A and C. But how about nutrients such as thiamine? What does thiamine do for me and what are its sources?

A. Thiamine helps body cells obtain energy from food and helps keep nerves in healthy condition. It also promotes good appetite and digestion. Some important sources are lean pork, heart, kidney, liver, dry beans and peas, whole grain and enriched cereals and breads, and some nuts.

Q. What can you tell me about the function of riboflavin?

A. Riboflavin helps cells use oxygen to release energy from food and helps keep eyes healthy. It also keeps skin around mouth and nose smooth. Important sources are milk, liver, kidney, heart, lean meat, eggs, and dark leafy greens.

Q. How about the importance of niacin?

A. Niacin helps maintain health of skin, tongue, digestive tract and nervous system. It also helps body cells use oxygen to produce energy. Important sources are liver, yeast, lean meat, poultry, fish, leafy greens, peanuts and peanut butter, beans and peas, and whole grain and enriched breads and cereals.

Q. How important is iron?

A. Iron combines with a specific body protein to make hemoglobin. Hemoglobin is the red substance of blood that carries oxygen from the lungs to muscles, brain and other parts of the body. Iron also helps cells use oxygen. Some important sources of iron are liver, kidney, heart, oysters, lean meat, egg yolk, dry beans, dark-green leafy vegetables, dried fruit, whole grain and enriched breads and cereals, and molasses.

Source: University of California Extension—adapted from Key Nutrients, PA-691, Federal Extension Service USDA

S-Brands Your Best Buy

Orange Juice
Scotch Treat
Frozen Concentrate
3 for \$1
12-ounce

Bread Safeway Premium White & Wheat Sandwich & Regular 22 1/2-ounce **39¢**
Bath Soap Truly Fine Deodorant Gold, Pink or White 5-oz. Bar **5 for \$1**
Yogurt Luscious Regular or Pre-sweetened 8-oz. Ctn. **5 for \$1**
Detergent So-pure for Laundry 49-oz. Box **98¢**

Save on S-Brand Values

Cream Pies
Bel-air Frozen
Premium Quality
49¢
14-ounce Size

Tea Bags Cambridge 100 Bag Box **\$1.29**
Apple Cider Town House Gal. **\$1.79**
Pinto Beans Town House 2-Pound Bag **58¢**
Facial Tissue Truly Fine Pink, Yellow or White Box of 300 **39¢**

S-Brand Variety Buys

Crockery Pot
5 1/2 Qt. Slow Cooker
Low Temp. Cooking.
Unit Removable
\$18.98

Aspirin Safeway Quality Btl. of 200 **58¢**
Knee Hi's Safeway Nylon 2 Pr. Pkg. **88¢**
Brooms Elkman Craft Angled Tip 16-in. **\$1.88**
Shampoo Truly Fine Family Shampoo 16-oz. Btl. **68¢**

Russet Potatoes
No. 2 All-Purpose
20-lb. Bag
88¢

Lettuce Red Leaf Variety **3 for \$1**
Cucumbers Large Select Firm, Crunchy **5 for \$1**
Apples Extra Fancy Golden Delicious **4 for \$1**
Eggplant Large & Fresh Slice, Pantry **3 for \$1**

Ruby Grapefruit
Juice-laden Fruit
8-lb. Bag
98¢

Bartlett Pears No. 1 Sweet **8 for \$1**
Alfalfa Sprouts 4-oz. Pkg. **\$1**
Salad Dressing "Marion" New Cheese 12 1/4-oz. **\$1.18**
Orange Juice Safeway Pure Juice 1/2 Gal. **\$1.18**

Delicious Apples
Extra Fancy
4-lb. Bag
79¢

Seedless Raisins San 1 1/2 lb. Btl. Pkg. **\$1.98**
Prices effective Wednesday, January 12th through Tuesday, January 18th.