

SAFEGWAY

MEAT BONANZA!



Pork Chops

Assorted End & Center Chops
Finest Quality
Pork Loin
Broil, Pantry **lb. \$1.18**

Smoked Ham Shank Half **lb. 89¢**
Smoked Ham **lb. 98¢**
Whole Sausage Safety 12-oz. Roll **lb. 89¢**



Chickens

Whole Body... Plump Stewers
Chicken & Dumplings
for Cold Weather **lb. 39¢**

Roasters Minor House Chickens **lb. 69¢**
Fryer Parts Grade A Legs/Thighs **lb. 89¢**
Franks Hygrade Salt Pork 1-lb. Pkg. **\$1.08**



Beef Roast

Boneless Beef Chuck Cross Rib
USDA Choice Grade Beef
Pot Roast Fully Aged **lb. \$1.28**

Meat Pies Minor House 3-lb. Pkg. **88¢**
Frankfritters Dogs on 1-lb. 5-lb. Pkg. **\$1.19**
Bar S Bacon Tender 1-lb. Slice Pkg. **\$1.28**



Rib Steaks

USDA Choice Grade Beef Rib
Fully Aged Well Trimmed
for Value Small End Cut **lb. \$1.89**

Salami Safety Check Large Size **lb. 79¢**
Fishburgers Booth 12-oz. Size **lb. 98¢**
Shrimp Crisps Booth 14-oz. Pkg. **\$1.78**



Turbot

Waste-free White Seafood Fillets
Tender and Tasty...
Pan fry or Broil **lb. 98¢**

FRESH CRAB \$1.19
Whole-In Shell For Salads & Louies **lb.**
Cleaned, Ready to crack **lb. \$1.69**

DALEWOOD MARGARINE
Golden Sweet Quarters
1-lb. Package 4\$1

MACARONI & CHEESE DINNER
Kraft... Fast & Easy
7 1/2-ounce Package 4\$1

CORONET FACIAL TISSUE
White & Studio Prints
Box of 200 First 3 3\$1

PORTERS LONG SPAGHETTI
Italian Style
4-pound Package 98¢

RAGU SPAGHETTI SAUCE
Authentic Old-world Style
32-ounce Jar 98¢

COTTAGE CHEESE
Blossom Time-Small Curd
16-ounce Carton 38¢

HUNT'S TOMATO SAUCE
Adds Extra Flavor
15-ounce can 3\$1

MEDIUM CHEDDAR CHEESE
Safetyway
2-pound loaf \$2.89

BLUE BELL POTATO CHIPS
Always Fresh & Crisp
9-ounce Box 79¢

DINTY MOORE BEEF STEW
Hearty Flavor
24-ounce can \$1.09

KNOW YOUR FOOD



MEAT COOKING KNOW HOW

Various kinds of meat, beef, pork, veal, lamb... can be grouped into two broad classifications of cooking methods. One group will be tender when prepared with dry heat, such as uncovered in an oven, on a broiler grill, over a charcoal fire, or in an uncovered frying pan. The other group will require moist cooking in order to be tender. Moist cooking includes braising, stewing, pot roasting and cooking in liquid. It's important to know which method of cooking is required for each cut of meat purchased. If you have any questions on the cooking method, just ask the meat man behind the counter. He'll be glad to tell you.

Generally, meats that require moist cooking are the more thrifty cuts, such as chuck roast, stewing beef, round steak, flank steak, rump roast, short ribs, corned beef and beef shanks. Cooked properly, these meats are very flavorful and delicious. In preparing pork of any kind, always keep in mind that it should be cooked well done for safe eating. A good cookbook will list the method and time required for cooking the various cuts of meat.

Some basic meat cooking methods are explained here:

- ROASTING:** Season meat with salt and pepper; place fat side up on rack in open pan. Insert meat thermometer, if desired. Do not add water and do not cover. Roast in slow to moderate oven (300° to 350°F.)
- BROILING:** Set oven regulator to broil; place meat on grill about 2 to 5 inches from heat. Brown on one side; turn and brown other. Broil to desired doneness. Season after cooking to help retain meat juices.
- PAN-BROILING:** Season meat and cook uncovered in heavy, ungreased or lightly greased frying pan. Brown on both sides, pouring off fat as it accumulates.
- PAN-FRYING:** Season meat and cook in small amount of hot fat in skillet, turning to brown both sides. Do not cover.
- BRAISING:** Brown meat on both sides in small amount of hot fat in skillet. Season with salt and pepper. Add small amount of water or other liquid; cover and simmer on top of stove or in the oven till done.
- BOIL:** Brown meat first, if desired, in heavy pan. Season with salt, pepper, etc., cover with liquid. Bring to boil; reduce heat and simmer, covered, till tender.

Source: University of California Extension

MINUTE MAID ORANGE JUICE

Fresh
32-oz. Carton 49¢

LUCERNE FRESH YOGURT

Assorted Flavors
Quart Carton 68¢

WINE CELLAR

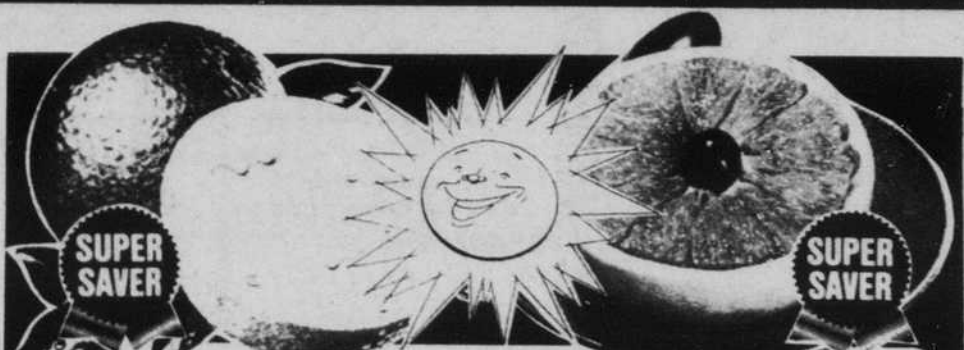
Gallo Spanada Red Wine Fruit Flavors Half Gal. **\$2.09**
Beringer Wines Barenblut & Traubengold 5th **\$2.29**
Gallo Vermouth Sweet or Dry 5th **\$1.39**

Wheaties General Mills 18-oz. Pkg. **89¢**
Crisco Oil Vegetable Oil Salad & Cooking 24-oz. Btl. **\$1.05**
Heinz Ketchup Rich and Thick 14-oz. Btl. **49¢**
Dog Food Cycle 1, 2, 3, or 4... Beef 14-oz. can **3\$1**

CHUN KING SELECTION

Chow Mein Beef, Chicken, Pork, Shrimp 42-oz. Can **\$1.58**
Vegetables Chow Mein Authentic Oriental Style 16-oz. Can **52¢**
Noodles Chow Mein. Sprinkle over Oriental dishes 3-oz. Size **39¢**
Bean Sprouts Add to your Oriental Dishes 16-oz. Can **39¢**
Soy Sauce For Added Spice and Flavor 5-oz. Btl. **35¢**

Prices effective Wednesday, January 26th through Tuesday, February 2nd.



Oranges

Extra Large California Sunkist Navels
Box of 56 \$5.48

Grapefruit

Ruby Red Medium Size and Juicy
Box of 48 \$4.66

Head Lettuce Crisp and Sweet
29¢

Mandarins Sunkist Royal 27-lb. Box **\$4.51**
Oranges Sunkist Royal 28-lb. Box **\$4.64**
Tangelos Sunkist Minnabola 25-lb. Box **\$5.99**
Grapefruit Ruby Red. Conchalla Large Size **8¢**
Sunkist Lemons Extra Large White Box of 22 **\$5.99**
Grapefruit Extra Large White Box of 22 **\$5.99**

Fresh Broccoli Tender Good Eating
39¢

VARIETY DEPT. FOR MOST HOME NEEDS

Pampers Diapers Toddlers Box of 12 **\$1.48**
Tampax Tampons Box of 40 **\$1.38**
Wild Birdseed Millard 20-lb. Size **\$1.98**
Air Freshener Brocade Solid 6-oz. Size **48¢**
Breck Shampoo Oily, Dry **\$1.68**
Glass Cleaner White Magic 22-oz. Btl. **58¢**
Aspirin Safety Brand 200's Guaranteed Quality **66¢**
Hair Spray Final Net-8-oz. Non-aerosol **\$1.58**

SAFEGWAY
Coupon Redeemable Jan. 26-Feb. 1, 1977
FILM DEVELOPING
C-126 or C-110 GAF or KODAK only
Coupon Must Accompany Film LIMIT 1 Per Coupon
20-Exposure Reg. \$4.00 Save 80¢ **\$3.69**
12-Exposure Reg. \$3.39 Save \$1.00 **\$2.39**

THIS WEEK'S FEATURE
SPRINGTIME
FINE IMPORTED PORCELAIN CHINA
CUPS 9-in. Veg. Bowl **69¢**
\$3.99