

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

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

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

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

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

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

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

Crackers
OVENJOY
Saltines for your Chili
39¢
1 Pound Package
SUPER SAVER

2ND BIG WEEK **SAFEWAY BRAND STOCK UP!**

Pork Roast
Sirloin or Blade End Roast
89¢
Pork Loin Oven Roast
Pound
SUPER SAVER

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

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

Corned Beef Safeway Choice Boneless Brisket lb. \$1.19
Armour Hot Dogs 1-lb. pkg. 79¢
Beef Shanks Cross Cut Bone-in Beef lb. 68¢
Bar-S Smokies Breakfast Sausage 3-oz. Pkg. 98¢

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

Sausage Safeway Pork 12-oz. Roll 89¢
Sliced Bologna Safeway Regular or Thick 12-oz. 79¢
Lunch Meats Safeway Water Sliced Air-d. 3-oz. pkg. 89¢
Meat Pies Manor House Frozen Pie 8-oz. Size 4 \$1

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

Butter Clams Fresh Little Steamers lb. 98¢
Fish Fillets Van Duzend Better Fried 24-oz. Pkg. \$2.28
Shrimpburgers Booth for Sandwiches 12-oz. Pkg. \$1.44
Shrimpmeat Oregon Shrimp for Salads, Louies lb. \$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 \$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 \$1
Yogurt Lucerne Regular or Pre-sweetened 8-oz. Ctn. 5 \$1
Detergent So-park for Laundry 49-oz. Box 98¢

Save on S-Brand Values

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

Tea Bags Canterbury 100 Bag Box \$1.29
Apple Cider Town House \$1.79
Pinto Beans Town House 2-Pound Bag 58¢
Facial Tissue Truly Fine Pink, Yellow or White Box of 200 39¢

S-Brand Variety Buys

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

Aspirin Safeway Quality Btl. of 200 58¢
Knee Hi's Safeway Nylons 2 Pkgs. 88¢
Brooms Kitchen Craft Angle Tip Ea. \$1.99
Shampoo Truly Fine Family Shampoos 16-oz. Btl. 68¢

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

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

Delicious Apples
Extra Fancy
4-lb. Bag
79¢
SUPER SAVER

Lettuce Red Leaf Variety 2 for \$1
Cucumbers Large Select Firm, Crunchy 5 for \$1
Apples Extra Fancy Golden Delicious 4 lbs. \$1
Eggplant Large & Fresh Slice, Pantry 3 for \$1

Bartlett Pears No. 1 Sweet 8 lbs. \$1
Alfalfa Sprouts 3 4-oz. \$1
Salad Dressing "Marles" Blue Cheese 12 1/2-oz. \$1.18
Orange Juice Safeway Pure Juice 1/2 Gal. \$1.18

Seedless Raisins Sun Giant \$1.98
Prices Effective Jan. 12-18 at Gresham Store Only

SAFEWAY