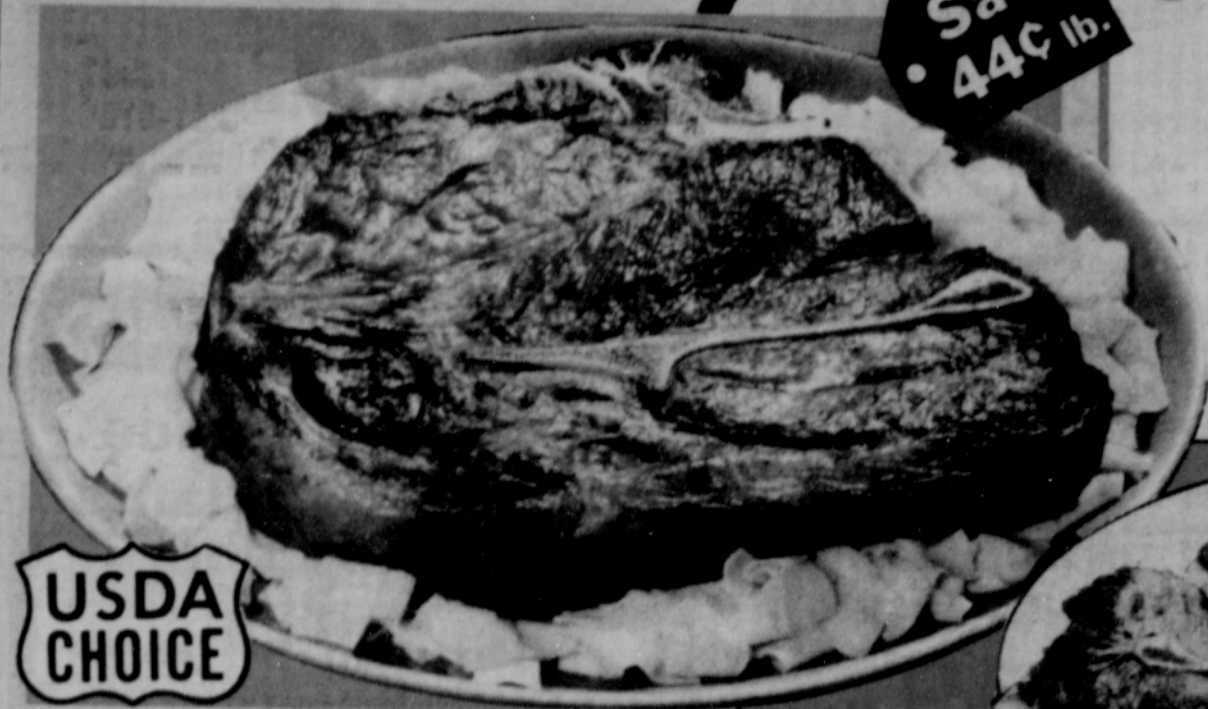


Prices good Wed., April 20 thru Sat., April 23, 1977

Fred Meyer

Fred Meyer U.S.D.A. Choice Beef Chuck
Chuck Steak



Reg. 99¢ lb. **55¢ lb.**

Blade cut. Use your favorite marinade and broil.

Beef Rancher's wives from the Oregon Cowbelles Auxillary will be appearing in the Fred Meyer stores listed below on Friday, April 22 and Saturday, April 23, 11am to 5pm. The Cowbelles will be offering samples of steaks Italiano and handing out FREE recipes. The Cowbelles' visits are being coordinated through the Oregon Beef Council.

- Division
- Southeast
- Glisan
- Rockwood
- Oak Grove
- Gresham
- King Road
- Tigard
- Interstate
- Stadium
- Raleigh Hills
- Hawthorne

USDA CHOICE



Fred Meyer U.S.D.A. Choice Beef Chuck

7-Bone Chuck Steak

Reg. \$1.19 lb. **79¢ lb.**

Table trimmed and properly aged to perfection.

Save 50¢ lb.

Fred Meyer U.S.D.A. Choice Beef Chuck
Arm Swiss Steaks

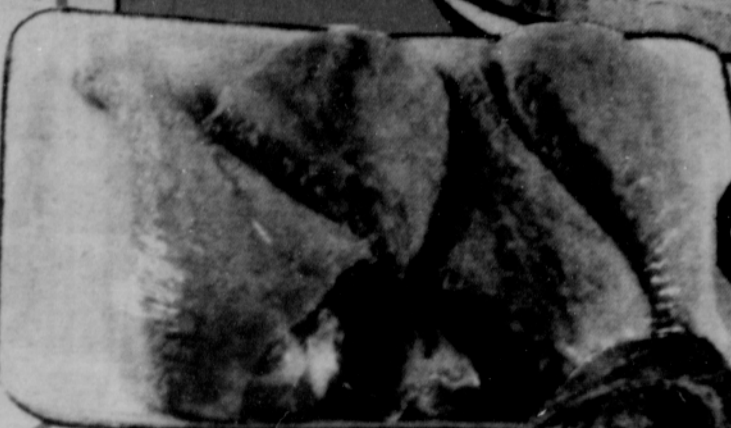
Reg. \$1.39 lb. **89¢ lb.**

Round bone. Cut just the right thickness for swissing.

Fresh Rainbow Trout **\$2.19 lb.**
Reg. \$2.69 lb.
Broil or pan fry.
Flash Frozen Oregon Shrimp **\$3.29 lb.**
Reg. \$3.79 lb.
Excellent for salads.
Monterey-Bleached Squid **69¢ lb.**
Reg. 89¢ lb.
Free Recipes.

Turkey Drumsticks

Reg. 49¢ lb. **29¢ lb.**



Save 20¢ lb.

Boneless Stewing Beef **\$1.28 lb.**

Lean Ground Beef **89¢ lb.**
Not to exceed 25% fat.

Boneless Cross Rib Roast **\$1.28 lb.**

Boneless Cross Rib Steak **\$1.38 lb.**



Save 30¢ lb.

Oregon Chief
Smoked Picnics

Reg. 88¢ lb. **58¢ lb.** Pre-sliced 65¢ lb.

Prepare like ham. Water added.

Save 36¢



Fred Meyer Brand
MY-TE-FINE

Sugar

Granulated
Reg. \$1.15

5 lb. bag 79¢ First One

All Additional, Regular Price

Compare To: C and H Sugar 5 lb. \$1.29 ea.

Save 50¢



Tide Laundry Detergent

3.06 lb. box

Reg. \$1.59 **\$1.09** First One

All Additional, Regular Price



Spoon Ring 99¢

Crafted by Oneida Ltd. Silversmiths
Sparkling...Silverplated

We are proud to offer our shoppers this outstanding value. This beautiful spoon ring will be a welcome addition to your jewelry collection. Each ring is fully adjustable and skillfully silverplated by Oneida Silversmiths...a name you can trust. And what's more, this beautiful spoon ring, with a retail value of \$3.00 can be yours for just 99¢.

- Very popular floral design
- Fully adjustable to fit any finger size

Grocery Sections

Items in this circular available all Fred Meyer Portland Stores, except Morrison, in the sections indicated, unless specifically noted otherwise in this ad. Apparel items not available Morrison or Walnut Park. Food items not available Morrison, Beaverton, (4800 Western Ave.) and S.E. 122 and Stark.

Fred Meyer
Shopping Centers

Fred Meyer Advertising Policy
Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad.