

Prices good Wed.,  
Jan. 18 thru  
Sat., Jan. 21, 1978

# Fred Meyer . . . For Lowest Prices and Trail Blazer

**Save 50¢ on 3**

Fred Meyer Brand  
Regular or Sour Dough  
**MY-TE-FINE  
English Muffins**

Reg. 50¢  
pkg. of 8 **3 \$1.00**  
for 34¢ ea.

Plus! FREE with coupon on back of circular 6"x9"  
autographed picture of Portland Trail Blazer  
Maurice Lucas.

**Save 17¢ on 3**

**Sonny Boy  
Margarine**

Reg. 39¢  
1 lb. Cube  
Pkg. **3 \$1.00**  
for 34¢ ea.

First 3 Additional at Reg. Price

Compare:  
Blue Bonnet Margarine 1 lb. cube pkg. **64¢**

**Save 17¢ to 31¢**

**Swanson's  
T.V. Dinners**

Reg. 85¢  
to 99¢  
10-16 oz. pkgs. **68¢**  
ea.

8 varieties

## MY-TE-FINE "Fresher By Far" Produce

Fred Meyer Produce Departments Bring You the Pleasure of the  
Tropics with Wonderful Enjoyable Fruits



**Bananas - Golden Ripe  
Hawaiian Pineapple**

**Ripe Watermelons** Red and Sweet **25¢**  
**Mangoes Medium Size** Air shipped from Haiti for salads, short cake **69¢**  
**Tropical Plantains** Tropical bananas for baking, frying, roasting **39¢**

Fancy Dole and Chiquita, mellow and sweet **17¢**  
Plant ripened, sweet and tasty. **79¢**  
**Hawaiian Papayas** Large size, tree ripened, flown from Hilo **59¢**  
**Fresh Coconuts** Full of sweet milk **2 \$1.00**  
**Tropical Juices** Fresh Guava, Papaya, Passion fruit, Mango, Coconut-Pineapple **89¢**

**Peaches**

Fresh yellow meat, air shipped from New Zealand. Enjoy a bit of summer.

**\$1.39**  
lb.

**Foliage Plants**

Premium assortment of top quality plants. Take advantage of this low price to bring refreshing green indoors and chase the winter blues.

**\$1.00**  
ea.

## Frozen Foods



**Minute Maid  
Orange Juice**

Reg. 99¢  
12 oz. can

**77¢**  
ea.

**Emperor's Secret Frozen Yogurt** 5 varieties Reg. 63¢ 16 oz. ctn. **55¢**

**Banquet Entrees** In cooking Bag 5 varieties Reg. 39¢ 5 oz. pkg. **3 for 89¢**

**Seneca Apple Juice** Reg. 95¢ 16 oz. can **79¢**

**Top Frost Bread Dough Loaves** Reg. \$1.25 5 lb. pkg. **\$1.19**

**Birdseye Stew Vegetables** Reg. 79¢ 20 oz. pkg. **69¢**

**Rich's Poly Rich Creamer** Reg. 39¢ 16 oz. can **3 \$1.00**

**Van de Kamp's Shrimp Dinner** Reg. \$1.25 10 oz. pkg. **\$1.19**

**Van de Kamp's Fish Sticks** Reg. 99¢ 10 oz. pkg. **89¢**

**Hawaiian Red Punch** Reg. 79¢ 12 oz. can **69¢**

**Top Frost Lima Beans** Foodmark or Baby Reg. 51¢ 10 oz. pkg. **45¢**

**Top Frost Raspberries** Reg. 75¢ 10 oz. pkg. **69¢**



Made By  
Us For  
You

Strawberry  
Ice Cream

**MY-TE-FINE  
Ice Cream**

Fred  
Meyer  
Brand

Reg. \$1.25  
1/2 gallon

• Neapolitan • Vanilla  
• Strawberry • Chocolate

Delicious ready treat. Made in our own modern dairy from fresh milk, cream and other fine ingredients. These are carefully blended for rich, smooth texture.

**78¢**  
ea.

Other Special Flavors

Reg. \$1.35  
1/2 gallon **88¢**

**Folger's Coffee** Reg. \$10.08 **3 \$9.50**

**Folger's Instant Coffee** Reg. \$5.19 10 oz. jar **\$4.99**

**Taster's Choice Coffee** Reg. \$5.85 8 oz. jar **\$5.50**

**Taster's Choice Decaffeinated Coffee** Reg. \$5.99 8 oz. jar **\$5.59**