

# Fred Meyer

Prices good Wed., May 31 thru Sat., June 3, 1978

At last! The supermarket event where everybody wins!

# CASH REBATE

Now through August 19, 1978

## 'BEEF' in the BAG



You be the butcher!

Cut Your Own-Save 25 lb.

U.S.D.A. Choice 'Beef in the Bag'  
**Boneless Chuck Rolls**

(Eye of Chuck)  
whole beef cut  
15 to 21 lb. avg.

**\$1.38**  
lb.

This week we will be demonstrating how to cut Beef in Bag cuts in each Fred Meyer Meat Department at 11 am and 2 pm, Friday, June 2 and Saturday, June 3. Come in and let us show you how easy it is to cut your own and save!

**Fred Meyer Coupon**  
Dexter Russel Professional  
• Serrated Slicer No. S140-12-Reg. \$11.95  
• Dick Steel - Family Model Reg. \$8.75  
**your choice \$1.00 OFF REG. PRICE**  
with coupon  
\* Cash value 1/20th of 1  
\* Valid Wed., May 31 thru Sat., June 3, 1978  
\* Meat Section - 146-00

Special Coupon Offer



This week's features

## Fred Meyer Ground Beef Sale!

Mix your favorite meatloaf or casserole dish-Economical!

# Ground Beef



- **Regular** 98¢ lb.  
not to exceed 30% fat  
reg. \$1.29 lb.  
Limit 5 lbs.  
Additional at regular price
- **Lean** \$1.19 lb.  
not to exceed 25% fat  
reg. \$1.49 lb.
- **X-Lean** \$1.29 lb.  
not to exceed 20% fat  
reg. \$1.59 lb.

**Hamburger Buns** MY-TE-FINE reg. 49¢ to 53¢ **39¢** pkg. of 8

**Hamburger Helper** Betty Crocker 5 1/2 to 8 oz. box **85¢** ea.

Save 36¢

Sweet Creamy  
**Sonny Boy Butter**

Enjoy the extra goodness of dairy sweet butter on toast, pancakes, melted over hot vegetables - in all your cooking and baking.

**99¢** ea.

reg. \$1.35-1 lb. solid print pkg. First 2-Additional at Regular Price

Save 34¢

MY-TE-FINE  
**Granulated Sugar**

Pure Northwest best sugar. Excellent for baking your favorite recipe or for everyday sweetening needs.

**95¢**

reg. \$1.29 - 5 lb. bag First one-Additional at regular price.

Compare **C and H Sugar** 5 lb. bag **\$1.35** ea.

Save \$1.00

**All Laundry Detergent**

Makes washday easy. Stock up at this low price.

**\$3.49** ea.

reg. \$4.49 - 9.81 lb. box

Compare **Liquid Bleach** gallon **71¢** ea.

Save 20¢

Frozen  
**Banquet Dinners**

Choose from ten different varieties. Super quick and easy.

**49¢** ea.

reg. 69¢ - 11 to 12 oz. pkg.

• Beef Enchilada • Cheese Enchilada • Western • Chicken • Chopped Beef • Turkey • Salisbury Steak • Mexican • Meat Loaf • Chix Chow Mein

Save 38¢ on 6

Campbell's  
**Tomato Soup**

Great with sandwiches or Food Club Saltine Crackers.

**6\$1** 17¢ ea.

reg. 23¢ - 10 1/2 oz. cans

Compare **Saltine Crackers** 62 16 oz. box **55¢** ea.

Save 24¢

MY-TE-FINE  
**Vegetable Oil**

Finest quality pure sparkling oil with a light texture. Makes everything you cook taste better.

**85¢** ea.

reg. \$1.09 24 oz. bottle.

Compare **Wesson Oil** 24 oz. bottle **\$1.33** ea.

Save 59¢ on 3

MY-TE-FINE Regular or Sourdough  
**English Muffins**

Delicious MTF English Muffins are conveniently pre-split and made with pure vegetable shortening and Northwest hard wheat.

**3\$1** 34¢ ea.

reg. 53¢ - pkgs. of 6

Save 36¢

Homestyle  
**Eve's Ice Cream**

Made in our own dairy with rich sweet cream and no artificial flavoring. For a special treat, top with fruit.

**\$1.19** ea.

reg. \$1.55 - half gallon

• Caramel Cashew • Real Vanilla • Coffee Fudge • French Vanilla • Dutch Chocolate • German Chocolate Crunch

MY-TE-FINE  
**Whipped Topping**

Reg. 89¢ 13 1/2 oz. tub **69¢** ea.

Minute Maid  
**Orange Juice**

reg. \$1.35 16 oz. can **\$1.19** ea.

Frozen  
**Eggo Waffles**

reg. 75¢ 11 oz. pkg. **59¢** ea.



Totino's  
**Party Pizza**

**78¢** ea.

- Sausage
- Hamburger
- Cheese
- Pepperoni
- Canadian Bacon

reg. \$1.29 13 to 13 1/2 oz. pkg.

- Smith's reg. \$2.59 - 32 oz. pkg. **\$2.39** ea.
- Orange breakfast drink reg. 65¢ - 12 oz. can **59¢** ea.
- 2 varieties reg. \$1.59 - 32 oz. pkg. **\$1.49** ea.
- Cookie dough-2 varieties reg. \$1.17-16 oz. pkg. **99¢** ea.
- Van de Kamp's reg. \$2.19 - 20 oz. pkg. **\$1.99** ea.
- Top Frost reg. \$1.05 - 20 oz. pkg. **99¢** ea.
- MY-TE-FINE reg. 26¢ - 6 oz. cans **5 for \$1**
- reg. 27¢ 5 oz. pkgs. **4 for 88¢**

- Beef Stack Pack**
- Birdseye 'Awake'**
- Banquet Buffet**
- Mrs. Good Cookie**
- Fish Sticks**
- Brussel Sprouts**
- Limeade Concentrate**
- Top Frost Waffles**

**Folger's Instant Coffee**

• 10 oz. jar reg. \$4.99 **\$4.79** ea.  
• 6 oz. jar reg. \$3.15 **\$3.09** ea.

**High Yield Coffee**

• 13 oz. can reg. \$2.75 **\$2.69** ea.  
• 26 oz. can reg. \$5.42 **\$5.29** ea.  
• 39 oz. can reg. \$7.89 **\$7.59** ea.

## Mexican Mini Sale

- Dinners**
- Enchiladas**
- Happy Jose Burrada**
- Tacos**
- Corn Tortillas**
- Flour Tortillas**
- Refried Beans**
- Taco Shells**
- Taco Sauce**
- Enchilada Sauce**
- Diced Chiles**
- Beef Tamales**

- Van de Kamp's-4 varieties reg. 89¢-11 to 12 oz. pkg. **77¢** ea. case of 12 \$9.19
- Van de Kamp's-2 varieties reg. 69¢-7 1/2 oz. pkg. **59¢** ea. case of 12 \$6.99
- Beef 'n Bean Burrito or Tamale reg. 99¢-12 oz. pkg. **89¢** ea. case of 24 \$21.19
- Happy Jose reg. 89¢-7 1/2 oz. pkg. **79¢** ea. case of 24 \$18.79
- Happy Jose reg. \$1.25-12 oz. pkg. **\$1.09** ea. case of 24 \$25.99
- La Talleca reg. 45¢-14 oz. pkg. **39¢** ea. case of 12 \$4.59
- La Talleca reg. 62¢-12 1/2 oz. pkg. **55¢** ea. case of 12 \$6.49
- Rosarita reg. 53¢-17 oz. can **44¢** ea. case of 24 \$10.00
- TLC reg. 59¢-bag of 12 **2 for \$1** case of 12 \$5.70
- Rosarita reg. 53¢-7 oz. bottle **44¢** ea. case of 12 \$5.00
- Las Palmas reg. 65¢-19 oz. can **55¢** ea. case of 12 \$6.25
- Ortega reg. 49¢-4 oz. can **44¢** ea. case of 24 \$10.00
- Nalley's reg. 63¢-15 oz. cans **2 for \$1** case of 12 \$5.70