

Fred Meyer

At last! The supermarket event where everybody wins!

CASH REBATE

Now through August 19, 1978

Prices good Wed., June 7 thru Sat., June 10, 1978

BEEF in the BAG



This week we will be demonstrating how to cut Beef in the Bag in each Fred Meyer Meat Department at 11 am and 2:00 pm, Friday, June 9, and Saturday June 10. Come in and let us show you how easy it is to cut your own and save.

Cut Your Own and Save 30¢ lb.

U.S.D.A. Choice Beef in the Bag
Boneless Top Sirloin Butt

Whole Beef Cut

\$2⁶⁹ lb.

Special Coupon Offer

This Week's Features

Fred Meyer Coupon

Dexter Russel Professional
7" Fillet Knife

No. 5133-7 reg. \$7.45 with coupon **\$1⁰⁰ off reg. price**

* Cash value 1/20th of 1¢
* Valid Wed., June 7 thru Sat., June 10, 1978 FM-00

Ask our butchers about the edge qualities and extreme sharpness of this cutlery.

USDA CHOICE Beef Chuck

Boneless Chuck Roast

\$1³⁸ lb.

reg. \$1.98 lb.

Excellent for old fashioned pot roasting.

Fillet of Sole
reg. \$2.69 lb. **\$2³⁹** lb.

Save \$1⁶⁸

MJB Coffee

\$7⁶⁵ ea.

Enjoy fresh brewed coffee in the morning and all day long.

reg. \$9.33 - 3 lb. can

Mr. Coffee Coffee Filters reg. 79¢ ctn. of 50 **2 for \$1**

Save 12¢

Golden Yellow

Sonny Boy Margarine

37¢ ea.

Top quality margarine made with vegetable oil - no cholesterol. Tasty as a spread or as a baking ingredient.

reg. 49¢ 1 lb. cube pkg.

Compare Blue Bonnet Margarine 1 lb. cube pkg. **71¢** ea.

Save 34¢

Zee

Paper Towels

49¢ ea.

Keep plenty on hand for easy cleanup of household spills, and more

reg. 83¢ Giant Roll

Save 19¢

MY-TE-FINE

Chunk Light Tuna

54¢ ea.

Large fillet chunks of light tuna in soy-bean oil seasoned with vegetable broth and salt.

reg. 73¢ - 6 1/2 oz. can First three-Additional at regular price

Compare Chicken of the Sea Chunk Light Tuna 6 1/2 oz. can **79¢** ea.

Save 16¢

Sonny Boy

White or Wheat Bread

29¢ ea.

Our finest blend of flours and other ingredients. No preservatives added.

reg. 45¢ - 22 1/2 oz. loaves First 3-Additional at regular price

There's no mistaking the quality of this fine bread at an economy price. Baked with care using the finest ingredients.

Save 32¢ on 4

MY-TE-FINE

Macaroni Dinner

4 \$1 for

Tender macaroni combined with tasty cheese. Easy to fix lunch or dinner entree. Economical, too!

reg. 33¢ - 7 1/4 oz. boxes

MY-TE-FINE Butter 1 lb. solid print pkg. **\$1³⁷** ea.

Save 60¢

Pure Vegetable

Crisco Shortening

\$1⁷⁹ ea.

Fry with non-greasy pure vegetable shortening. No animal fat used.

reg. \$2.39 - 3 lb. can

Compare MY-TE-FINE Shortening reg. \$1.99 3 lb. can **\$1³⁹** ea.

Save 34¢ to 44¢

MY-TE-FINE

Ice Milk or Sherbet

75¢ ea.

An assortment of delicious flavors for a light tasty dessert. Made fresh in our own dairy, especially for you.

reg. \$1.09 to \$1.19 half gallon

Choose Chocolate, Vanilla, Neopolitan or Caramel Ice Milk-Lime, Pineapple, Rainbow, Raspberry or Orange flavored Sherbet.

MY-TE-FINE

Orange Juice

3 \$1 34¢ ea.

Top quality juice of free ripened oranges. A tasty, healthful start for any day.

reg. 45¢ 6 oz. cans

case of 48 \$15.89

Banquet chicken pie

Chicken, Beef or Turkey

Banquet Meat Pies

4 \$1 for

reg. 35¢ 8 oz. pkgs.

case of 24 \$5.95

Lynden Farms

Shoestring Potatoes

5 \$1 for

reg. 69¢ 20 oz. pkgs.

case of 12 \$2.35

Brussels Sprouts	Green Giant in butter sauce reg. 79¢ - 10 oz. pkg.	73¢ ea.	case of 12 \$8.69	Gorton's Scallops		\$1⁴⁹ ea.	case of 12 \$17.79
Strawberries	Top Frost reg. \$1.19 - 20 oz. pkg.	\$1⁰⁹ ea.	case of 12 \$12.99	Saluto Pizza	• Pepperoni • Sausage	\$1⁷⁹ ea.	case of 12 \$21.39
Swanson Chicken	Thighs or Drumsticks reg. \$3.19 - 28 oz. pkg.	\$3⁰⁹ ea.	case of 6 \$18.49	Chicken Breasts		\$3⁰⁹ ea.	case of 6 \$18.49
Birdseye Rice	4 varieties reg. 74¢ - 11 oz. pkg.	65¢ ea.	case of 12 \$7.75	Pumpkin Pie		\$1⁰⁹ ea.	case of 6 \$6.49
Macaroni and Cheese	Morton's reg. 85¢ - 20 oz. pkg.	77¢ ea.	case of 12 \$9.19	Birdseye	• Cauliflower • Broccoli	69¢ ea.	case of 12 \$8.19
Cranberry Juice	Welch's Cocktail reg. 95¢ - 12 oz. can	85¢ ea.	case of 12 \$10.15	Steak Cut Potatoes		79¢ ea.	case of 12 \$9.39

Van de Kamp's Fish Fillets

reg. \$3.29 24 oz. pkg.

\$2⁷⁹ ea.

case of 12 \$33.39

Bridgeford Bread Dough

reg. 99¢ pkg. of 3

79¢ ea.

case of 12 \$9.39

MY-TE-FINE Lemonade

Regular or Pink reg. 43¢ 12 oz. cans

3 \$1 34¢ ea.

case of 12 \$7.95