

Fred Meyer

play Instant Money at Fred Meyer stores

Prices good Wed, July 5 thru Sat., July 8, 1978

Fred Meyer Features U.S.D.A. Choice

BEEF in the BAG



You be
the Butcher!

Join us this week for a
free demonstration of how
you cut your own beef.
Friday and Saturday,
July 7 and 8 at 11:00 a.m.
and 2:00 p.m. in each Fred
Meyer Meat department.



Cut Your Own and Save 35¢ lb.

U.S.D.A. Choice Beef Chuck

**Boneless
Chuck Rolls**

(eye of the chuck)
15 to 20 lb. avg.

\$1.48
lb.



Fred Meyer Coupon

Dexter Russel Sani-Safe Professional

8" Butcher Knife

No. 5112-8 \$1 off reg. price

reg. \$7.95 with this coupon

* Cash value 1/20 of 1¢

* Valid Wed., July 5 thru Sat., July 8, 1978

* Meat Sections FM-00

Put a Sani-Safe
Professional
Knife in your
kitchen. They
are the
sharpest!

**SPECIAL
COUPON
OFFER**

Ground Beef Sale



• **Regular**

Not to exceed
30% fat
reg. \$1.29 lb.
first five lbs.
additional at
regular price

95¢
lb.

• **Clean**

Not to exceed
25% fat
reg. \$1.49 lb.

\$1.19
lb.

• **x-Lean**

Not to exceed
20% fat
reg. \$1.59 lb.

\$1.29
lb.

Serve with MY-TE-FINE
or Vita Bee Hamburger
Buns featured in our
bakery this week.
reg. 6¢ pkg. 2 for 1

Bonus Buy

MY-TE-FINE

**AA Large
Eggs**

MY-TE-FINE Eggs are code dated
to insure freshness to you.

First two dozen
additional at regular price

47¢
doz.

Serve eggs often for all around eating
Easy to fix versatile food.

Save 71¢

Regular, Light or Diet

**8 Pack
Pepsi Cola**

Choose your favorite Pepsi be-
verage. Diet for the weight
watcher, Regular or Pepsi Light
with lemon and 1/2 the calories.

Reg. \$1.99 plus deposit
16 oz. bottles

\$1.28
ea. plus
deposit

Beverage
Cocktail Ice 7 lb. bag **48¢** ea.

Save 20¢

Layer

**MY-TE-FINE
Cake Mixes**

Choose from six easy to fix var-
ieties. Serve this moist, delicious
cake to your family and guests.

reg. 69¢-19 oz. box

49¢
ea.

MY-TE-FINE White or Fudge
Frosting Mix reg. 75¢
14 oz. box **69¢** ea.

Save 64¢ on 4

Kraft

**Macaroni
Dinner**

Kraft's famous Macaroni &
Cheese dinners. Your family
will love the taste. You'll love
the convenience.

reg. 41¢-7 1/4 oz. boxes

4\$1
for

MY-TE-FINE 1 lb. Solid
Butter Print Pkg. **\$1.37** ea.

Save 41¢

Zee

**Nice 'n Soft
Bath Tissue**

Choose the tissue to comple-
ment your bathroom colors.
Available in white and assort-
ed.

reg. \$1.09 4 roll pkg.

68¢
ea.

Zee Giant Roll
Paper Towels reg. 75¢ **53¢** ea.

Save 36¢

MY-TE-FINE

**Vegetable
Oil**

Our finest quality, pure, light
oil for all your cooking and sal-
ad recipes.

reg. \$2.05-48 oz. bottle

\$1.69
ea.

Compare
Wesson Oil 48 oz. bottle **\$2.59** ea.

Save 56¢

Dish Detergent

**Palmolive
Liquid**

Clear, green liquid detergent
for sparkling dishes.

reg. \$1.55-32 oz. bottle

99¢
ea.

Compare Fred Meyer
Green Liquid Detergent reg. \$1.39
32 oz. bottle **89¢** ea.

Save 36¢

Our Finest Quality-Homestyle

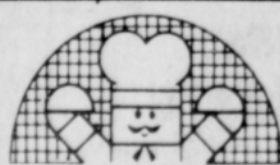
**Eve's
Ice Cream**

Made in our own dairy with
rich, sweet cream and natural
flavorings. Top with fruit for a
special family treat.

reg. \$1.55-half gallon
choose from six popular flavors.

\$1.19
ea.

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



Our best to you... **FRESH**,
from the Fred Meyer Bakery

**TRY IT YOU'LL
LOVE IT!**

Fred Meyer
Exclusive Recipe

**Vita Bee
Bread**

2\$1
for

There is no finer bread for sandwiches or toast. Vita Bee
combines the goodness of 100% Northwest whole
wheat flour, pure golden honey and real vegetable
juices in this high fiber specialty loaf.

reg. 65¢
22 1/2 oz.
loaves



MY-TE-FINE

**Vienna
Bread**

reg. 55¢
22 1/2 oz.
loaves

3\$1
For

Our delicious, even textured white bread.
Made with unbleached flour, whole milk
powder, corn oil and no added preservatives.

French Rolls

French rolls with that old
fashioned San Francisco
style flavor. Great for mini
sandwiches. No preserva-
tives added.

pkg.
of 20 **\$1**
ea.

MY-TE-FINE 5" Restaurant Size Butterhorns

Tender pastry made from
Northwest hard wheat flour
and all vegetable shorten-
ing. Topped with tasty
streusel.

reg.
\$1.09
pkg
of 4 **99¢**
ea.

MY-TE-FINE Large or Vita Bee Hamburger Buns

Now you can buy hamp-
burger buns made from the
same great recipe as Vita
Bee Bread—or regular
white buns.

reg. 64¢
2 pkgs.
for **\$1**

Vita Bee pkg. of 12 plain or Sesame seed pkg. of 6