

Join these lucky 'Instant Money' Winners!



Janice L. Mitchell
\$2,000 Winner

Paul Eugene Bax
\$1,000 Winner

Leslie C. Kenny
\$1,000 Winner

Robert A. Coe
\$1,000 Winner

Steven Taylor
\$1,000 Winner

Jerry D. Price
\$1,000 Winner

Tsang-Ming Chu
\$1,000 Winner

Bob M. Staab
\$2,000 Winner

John P. Gutfleisch
\$1,000 Winner

U.S.D.A. Choice Beef Round

Boneless Tip Roast

Excellent for oven or rotisserie
reg. \$2.48 lb.



\$1.68
lb.

Fresh Corn Fed Pork

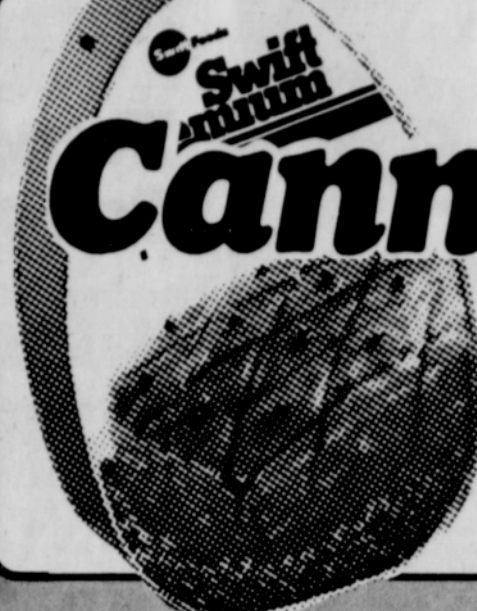
Pork Spareribs

Try them barbequed or sweet 'n sour
reg. \$1.98 lb.



\$1.28
lb.

Swift's Premium Canned Ham



reg. \$7.99
3 lb. tin

\$4.88
ea.

Prices good Wed., Aug. 30 thru Sat., Sept. 2, 1978

Poshke Boneless
Water added
Armour's Breaded
Pre-cooked
Armour's Breaded
Pre-cooked
Oregon Chief
Old Fashioned
Armour Star
Spiced-cut
Once Frozen
Oregon

Ham Slices Beef Patties Pork Patties Dinner Franks Boneless Hams Shrimpmeat

• Chuck Wagon
• Chicken Fried

reg. \$2.99 lb. **\$1.98** lb.
reg. \$1.49 lb. **\$1.49** lb.
reg. \$1.69 lb. **\$1.69** lb.
reg. \$1.19 lb. **\$1.19** lb.
water added 2 to 4
lb. avg. reg. \$2.59 lb. **\$1.98** lb.
reg. \$4.09 lb. **\$3.49** lb.

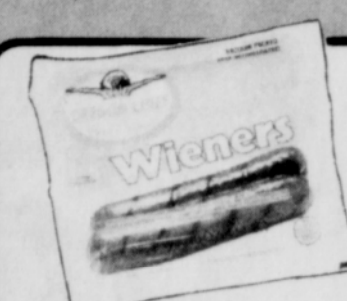
Hygrade All Meat
or All Beef
Ball Park Franks **\$1.29**
reg. \$1.79 1 lb. pkg.

Jimmy Dean Pork
3 varieties
Sausage Rolls **\$1.29**
reg. \$1.79 12 oz. pkg.
Mild - 24 oz. pkg. \$2.55

Armour Star
10 varieties
Sliced Lunchmeat **99¢**
reg. \$1.29 12 oz. pkg.



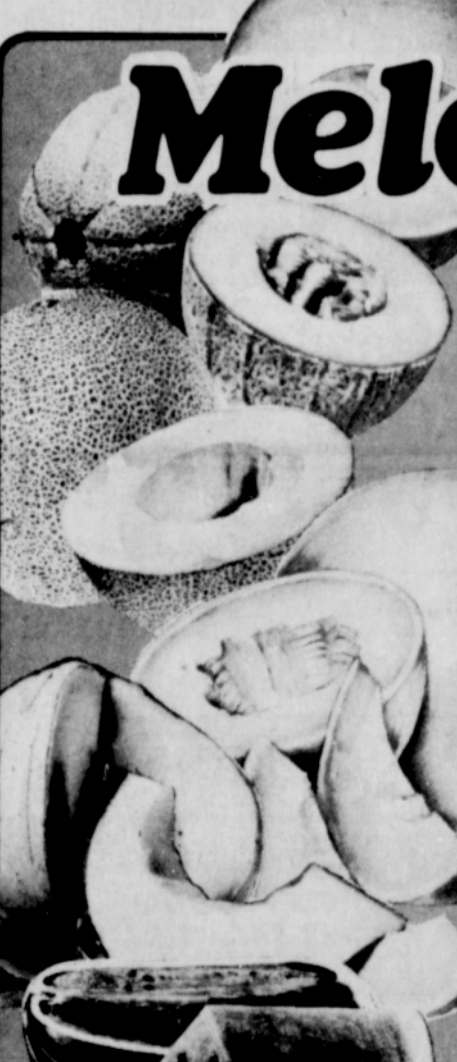
Hygrade Sliced
Bacon
reg. \$1.49 12 oz. pkg. **89¢** ea.



Oregon Chief
Wieners
• Meat
• Beef
reg. \$1.19 12 oz. pkg. **78¢** ea.

Melon Patch

Choose from the largest variety of vine ripened melons at the peak of season. Specially selected by our careful produce buyers for finest flavor and quality.



Honeydew Emerald green flesh. Sweet, but low calories.
Casaba Soft, thick and creamy white flesh.
Cantaloupe Large, thick orange meat.
Persian Very thick orange meat with delicate flavor.
Santa Claus Light green flesh. Sweet and juicy.
Juan Canary White meat melon with a new taste.
Honeydew Orange meat. A very sweet and tasty melon.

Your choice
Half or whole

23¢
lb.

Crenshaw Melons Watermelons

The aristocrat of the melons. Thick meat - exotic flavored. All sweet variety from Eastern Oregon. Whole or cut.

23¢ lb.
8¢ lb.

Locally grown - Garden fresh Assorted Lettuce

• Leaf
• Salad Bowl
• Romaine
• Butter

crisp and tasty
4 for \$1

Fresh, Green Zucchini Squash

100% edible, the vegetable for many uses. Try making zucchini bread.

7 for \$1
lbs.

Potato Salad Macaroni Salad Sliced Bologna Chip Dips Imitation Sour Cream Thuringer Chub Salad Dressing Salad Dressing

MY-TE-FINE reg. \$1.19-32 oz. **95¢** ea.

MY-TE-FINE reg. 65¢ - 14 oz. **49¢** ea.

reg. 59¢ 15 oz. ctn.

Oregon Chief reg. \$1.59 - 1 lb. pkg. **\$1.29** ea.

MY-TE-FINE Refrigerated reg. 55¢ - 8 oz. ctns. **2 for 89¢** ea.

MY-TE-FINE reg. 55¢ - 16 oz. ctn. **2 for 89¢** ea.

Armour Star reg. \$3.49 - 20 oz. pkg. **\$2.99** ea.

reg. \$1.09 - \$1.19

MY-TE-FINE - 16 oz. jar **99¢** ea.

MY-TE-FINE reg. \$1.59 - 16 oz. jar **\$1.39** ea.

Cheese Items of the Week

MY-TE-FINE
Mild Cheddar or Monterey Jack **\$1.79**
reg. \$2.09 lb.
Swiss, Wine Smoked or Sharp
Kaukauna Cheese Cups **79¢**
reg. \$1.29 8 oz. cups

Fred Meyer Coupon
Land-O-Frost 7 varieties
Smoked, Sliced Meats
reg. 53¢ 3 oz. pkg. Limit six with coupon **2 for 79¢** ea.
• Cash value 1/20th of 1¢
• Valid Wed. Aug. 30 thru Tues. Sept. 5, 1978. Delicatessen Section



MY-TE-FINE
FROZEN CONCENTRATE FOR
PINK LEMONADE
- FL. OZ. (355 ML.)

Tangy-sweet and delicious. A perfect hot weather cooler. Stock up now—there are hot days ahead.

• Regular
• Pink
reg. 43¢ 12 oz. can

Lemonade
4 for \$1

Mrs. Paul's Onion Rings Van de Kamp's Entrees Birdseye Awake Fish Sticks

reg. 48¢ 5 oz. pkg. **43¢** ea.
Beef or Cheese Enchilada reg. 69¢ - 7 1/2 oz. pkg. **59¢** ea.
reg. 65¢ 12 oz. can **59¢** ea.
Van de Kamp's reg. \$2.19 - 20 oz. pkg. **\$1.99** ea.



Flax-R-Pac
Hash Browns
reg. 39¢ 12 oz. pkg. **3 for \$1** 34¢ ea.



5 varieties
Totinos Pizza
reg. \$1.29 13 to 13 1/2 oz. pkg. **79¢** ea.



TreeSweet
Orange Juice
reg. \$1.05 12 oz. can **77¢** ea.



Top Frost
Corn on the Cob
reg. 89¢ pkg. of 4 **69¢** ea.

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.
Food Sections except Morrison, Beaverton or SE 122nd & Stark Wine Sections except Morrison or SE 122nd and Stark

Fred Meyer
Shopping Centers



Almaden Wines Sebastiani Mountain Mogen David Christian Brothers Pinot Noir La Pauana Lambrusco

• Cabernet Sauvignon
• Pinot Noir
• Pinot Chardonnay
• Johannisberg Riesling
• Gewurtztraminer
reg. \$3.89 to \$4.05 750 ml **\$2.81** case of 12 \$33.52
• Burgundy
• Vin rose
• Chablis
reg. \$3.99 1.5 litre **\$2.97** case of 6 \$17.62
• Concord grape
• Blackberry
reg. \$2.49 750 ml **\$2.04** case of 12 \$24.28
reg. \$3.89 750 ml **\$3.29** case of 12 \$39.28
reg. \$2.49 750 ml **\$1.99** case of 12 \$23.68