Fred Meyer

CUDAHY BAR S

OKTOBERFEST 20% off Pork Sale

Corn Fed Pork! Locally Processed In the Northwest

Prices good Wed., Oct. 18 thru Sat., Oct. 21, 1978. (except Longview-prices good thru Tues., Oct. 24, 1978.)

Cudahy Bar-S Water Added
Boneless Hams
Sweet Smoked Flavor!
$2.18 lb.
3 to 6 lb. avg. Reg. $2.98 lb.

U.S.D.A. Choice Beef Round
Boneless Tip Roast
Excellent oven roast or for rotisserie.
$1.68 lb.
Reg. $2.68 lb.

20% Off Fresh Corn Fed Pork Sale!

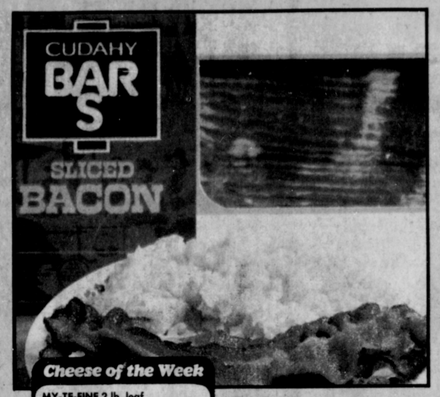
Fresh Pork Cut		Sale	Regular	Save
Loin Chops	Center Cut	$1.99 lb.	$2.48 lb.	50¢ lb.
Loin Chops	Rib Cut	$1.99 lb.	$2.38 lb.	48¢ lb.
Loin Roast	Loin End 3 to 4 lb. avg.	$1.35 lb.	$1.69 lb.	34¢ lb.
Shoulder Steak	Butt Cut	$1.19 lb.	$1.72 lb.	36¢ lb.
Shoulder Roast	Butt Cut	$1.35 lb.	$1.69 lb.	34¢ lb.
Country Style Ribs		$1.49 lb.	$1.79 lb.	36¢ lb.
Spareribs	Fresh Pork	$1.49 lb.	$1.79 lb.	36¢ lb.
Leg of Pork	Whole or Shank Half	$1.35 lb.	$1.69 lb.	34¢ lb.

Save 36¢ lb.
Fresh Corn Fed Pork Assorted
Pork Chops
$1.43 lb.
Reg. $1.79 lb.
Six or more blade or rib end chops per package.

U.S.D.A. Choice Beef Round	Boneless Tip Steaks	reg. $2.78 lb.	$2.38 lb.
U.S.D.A. Choice Beef	Beef Cube Steaks	reg. $2.58 lb.	$2.38 lb.
Fresh Pork	Link Sausage	reg. $1.98 lb.	$1.78 lb.
Center Loin Cut	Smoked Pork Chops	reg. $2.39 lb.	$1.89 lb.
Loin End Cut	Smoked Pork Chops	reg. $1.79 lb.	$1.39 lb.
Hormel 2 to 2½ lb.	Curemaster Hams	reg. $3.99 lb.	$3.39 lb.

Meat or Beef
Bar-S Franks
78¢ ea.
Reg. $1.19 12 oz. pkg.

Refrigerated-Regular or Buttermilk
Ballard Biscuits
8 for $1 13¢ ea.
Reg. 25¢ 7½ oz. tube



Cheese of the Week
MY-TE-FINE 2 lb. loaf
Monterey Jack / Mild Cheddar — Reg. $3.49 — $2.89 ea.
MY-TE-FINE
Muenster or Colby — Reg. $2.49 lb. — $1.99 lb.
Maybud 4 varieties
Gouda or Edam — Reg. $1.39 7 oz. pkg. — 79¢ ea.

Swift's Sizzlean
Thuringer Chubs
Polish Sausage
Corn Tortillas
Refrigerated Pizza
Oregon Chief Dinner Franks

Cudahy Bar-S
Sliced Bacon
Reg. $1.49 12 oz. pkg.
89¢ ea.

Swift's Premium
Canned Ham
Reg. $7.99
3 lb. Tin **$5.49 ea.**

Cudahy Bar-S Sliced
Lunchmeat
6 varieties - Reg. $1.59
1 lb. Pkg. **$1.09 ea.**

Jimmy Dean
Sausage
• 12 oz. Pkg. Hot or Mild Reg. $1.79
• 24 oz. Pkg., Mild, reg. $3.55 **$1.39 ea.** / **$2.75 ea.**

FREE Visit our Meat or Del. Departments to fill out your entry blank. You may win two full of assorted Cudahy Bar-S Pork products: Franks, Chops, Bacon, Canned Ham and more. One prize per store! Enter today!

Breakfast Strips reg. $1.79-12 oz. pkg.	$1.49 ea.
Armour Star reg. $3.49-20 oz. pkg.	$2.99 ea.
Oregon Chief reg. $1.79-12 oz. pkg.	$1.49 ea.
XLNT Family Size reg. 49¢-21 oz. pkg.	2 for 77¢ ea.
MY-TE-FINE 3 varieties reg. $1.09-10 oz.	79¢ ea.
Your Choice reg. $3.19-2 lb. chub	$2.89 ea.
Bar-S Extra Lean Beef reg. $2.89-1-½ lb. pkg.	$2.49 ea.

Fred Meyer Coupon
Land-O-Frost
Sliced Meats
7 Varieties Reg. 53¢ 3 oz. pkgs. **2 for 79¢** 40¢ ea.
Limit Six with coupon
• Cash value 1/20th of 1¢
• Valid thru Sat., Oct. 21, 1978. (except Longview-prices good thru Tues., Oct. 24, 1978.)
• Delicatessen Sections FM-00

Save 15¢
MY-TE-FINE Oil or Water Pack
Chunk Light Tuna
58¢ ea.
Reg. 73¢ 6½ oz. can
Chicken of the Sea Chunk Light Tuna 6½ oz. can 79¢ ea.

Save 20¢
Soft
MY-TE-FINE Margarine
45¢ ea.
Reg. 65¢ 1 lb. tub
Gold-n-Soft Margarine 1 lb. tub 75¢ ea.

Save 60¢
Nestle's
Chocolate Morsels
$1.49 ea.
Reg. $2.09 12 oz. pkg.
Sonny Boy All Purpose Flour reg. $3.69 25 lb. bag $2.99 ea.

Save $1.10
Laundry Detergent
Cold Power
$1.89 ea.
Reg. $2.99 5¼ lb. box
Blue Liquid Dynamo Detergent reg. $6.09 gallon $4.89 ea.

Save 32¢
Coronet
Paper Towels
43¢ ea.
Reg. 75¢ Giant Roll
Scott Towel Holder pkg. of one $1.09 ea.

Bonus Buy
Your Choice
Coke, Sprite Fresca or Tab
$1.33 ea. plus deposit
8 pack 16 oz. bottles plus deposit
Beverage Cocktail Ice 7 lb. bag 59¢ ea.

Save 59¢ on 3
MY-TE-FINE
English Muffins
3 for $1 34¢ ea.
Reg. 53¢ pkgs. of 6
Choose regular or sourdough muffins. Pre split for your toasting convenience.

Save 54¢
Vanilla, Chocolate, Neapolitan or Strawberry
MY-TE-FINE Ice Cream
85¢ ea.
Reg. $1.39 half gallon
Five Other Special Flavors reg. $1.49 half gallon $1.08 ea.

MY-TE-FINE Deluxe
Danish Pastry
Reg. $1.19 pkg. of 4
$1.09 ea.
• Lemon • Raspberry • Raisin • California Butterhorns

Sliced or Unsliced
Vita Bee Bread
reg. 65¢ 22½ oz. loaves **2 for $1**
Our most popular specialty loaf. No preservatives added.

MY-TE-FINE
Vienna Bread
reg. 55¢ 22½ oz. loaves **3 for $1** 34¢ ea.
Soft, delicate flavored white bread. A family favorite.

Instant Maxwell House Coffee
Reg. $4.89 10 oz. Jar **$4.29 ea.**

Brim Freeze Dried Coffee
Reg. $3.03 4 oz. Jar **$2.89 ea.**

Harvest Chocolate Rolls	MY-TE-FINE Reg. $1.79-10 oz. pan	$1.59 ea.
Chocolate or Variety Donuts	MY-TE-FINE Reg. 99¢ pkg. of 6	89¢ ea.
Sourdough French Bread	MY-TE-FINE Unsliced Round or Long Reg. 69¢-13 oz.	2 for $1

Apple Rama!
MY-TE-FINE Old Fashioned
MY-TE-FINE Apple Cider
half gallon **99¢ ea.**
Packed within hours of squeezing and kept under constant refrigeration to retain flavor. Nothing added. Packed in milk type cartons. Sold in our dairy section.

Apple Juice	MY-TE-FINE reg. $1.45 64 oz. bottle	$1.29 ea.
Applesauce	MY-TE-FINE N.W. Blend reg. 39¢-16 oz. cans	3 for $1 34¢ ea.
Applesauce	Seneca Cinnamon reg. 97¢-35 oz. jar	75¢ ea.
Apple Filling	Wilderness Fruit reg. 89¢-21 oz. can	79¢ ea.
Cranapple	Ocean Spray Drink reg. $2.79 gallon	$2.45 ea.
Apple Cider	Sonny Boy reg. $2.69 gallon	$2.99 ea.
Apple Juice	Seneca Frozen reg. 79¢-12 oz. can	69¢ ea.

Swanson
Chicken Dinners
Crisp, Regular or BBQ
Reg. 98¢ to $1.09 10 to 11½ oz. pkgs.
79¢ ea.

Mixed, Peas or Corn in butter sauce
Green Giant Vegetables
Reg. 64¢-10 oz. pkg. **59¢ ea.**

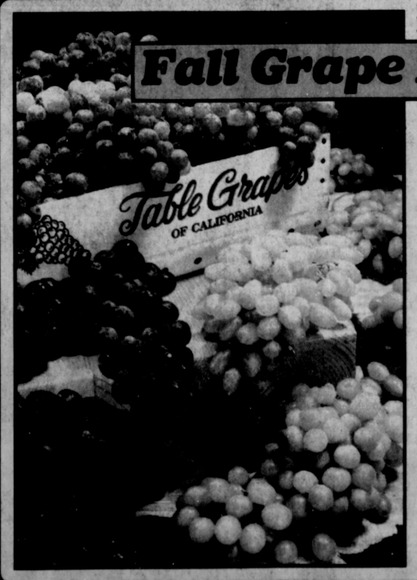
MY-TE-FINE
Orange Juice
reg. $1.12 16 oz. can **99¢ ea.**

Beef, Chicken or Turkey
Banquet Meat Pies
Reg. 35¢ 8 oz. pkg. **29¢ ea.**

Vegetables	Birdseye International-2 varieties reg. 84¢-10 oz. pkg.	77¢ ea.
Orange Drink	Bright and Early reg. 59¢-12 oz. can	53¢ ea.
Sweet & Sour	La Choy Park reg. $1.59-15 oz. pkg.	$1.49 ea.
Pie Shells	Mrs. Smith's reg. 67¢-9 oz. pkg.	59¢ ea.
Orange Juice	Minute Maid reg. $1.05-12 oz. can	89¢ ea.
Round Shrimp	Gorton's reg. $3.89-16 oz. pkg.	$3.59 ea.
Coffee Rich	Rich's reg. 39¢-16 oz. ctn.	3 for $1 34¢ ea.
Pumpkin Pie	Mrs. Smith's Golden Deluxe Reg. $1.99 66 oz. pkg.	$1.89 ea.

Select some of each of our delicious grape varieties for a colorful fruit bowl. Enjoy the exotic different flavors.

Fall Grape Harvest



Your Choice . . .
Green Calmeria
Large, Long green-white color, Mild flavor
Black Ribier
Large, round, juicy. Exotic flavor
Red Emperors
Large festive berries, cherry-like flavor
Italia Muscats
White to amber, refreshing, oval berries
49¢ lb.

Locally Grown
Spinach
FREE Recipes **39¢ bun.**
Crisp and delicious for salads and soufflés.

Caramel Coated
Apples
Just in time for Halloween! **29¢ ea.** 3 for 85¢
Crisp, fall apples coated in gooey, delicious caramel.

Fall Crop
Cabbage
FREE Recipes **17¢ lb.**
Locally grown, firm and mild for salads or cole slaw.

Plant Item of the Week
Assorted 8" Potted
Foliage Plants
Excellent Variety **$6.98 ea.**
Choose Creeping Charlie, Spider or Pothos.

Produce Item of the Week
Large, Hawaiian
Papayas
Tree-ripened. Flown in direct. FREE Recipes **59¢ ea.**

Fred Meyer Shopping Centers