

**Large Selection
Low Prices
Friendly Service**



Market

**Monday - Saturday 8 a.m. to 7 p.m.
Sunday 10 a.m. to 5 p.m.**

The Family Grocer

Prices Effective February 25 thru March 3, 1987

Meat Selection

Reser's Burritos Family Pak	32-Oz.	2.28
Beef Chuck Roast	Lb.	1.48
Fresh Oysters Medium	10-Oz.	1.98
Variety Pak	12-Oz.	2.48
Sliced Bologna	8-Oz.	1.28
Sliced Bacon	1-Lb.	2.78
Breast Quarters	Lb.	3.48

Quality & Selection

You just can't beat our fine quality meat.

Pork Spareribs	Lb.	1.38	Beef Cross Rib Roast	Lb.	1.68
Lean Ground Beef	Lb.	1.28	Pacific Red Snapper	Lb.	2.58



Dairy Fresh

Darigold Yogurt Assorted Varieties	1/2 Pint	3/1.89
Sour Cream	Pint	.78
Sunny Delight Citrus Drink	64-Oz.	1.38
Dinner Rolls Pillsbury Crescent	8-Oz.	.98

Produce

Green Peppers	Stuffed Size Ea.	3/1.
Radishes or Green Onions	Bunch Ea.	3/1.

Beverage

Lucky Lager Beer - 24/12 oz. cans suitcase	Plus Deposit	5.99
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We Carry Jim Ackley's Recent Tape

Grocery Plus

Farman's Dill Pickles Assorted	22-Oz.	.88
Worcestershire Sauce	10-Oz.	1.58
French Fried Onions	2.8-Oz.	.78
Black Pepper	4-Oz.	1.78
Paper Towels	67-Sq. Ft.	.88
Handi Wrap	100-Ft.	.88
Vaseline Intensive Care Hand Lotion	10 oz. Reg. \$2.89	2.39
Kotex Pads	26-30 Ct.	2.98
Vick's Nyquil Nighttime Colds Medicine	Reg. \$5.19	3.99

The Produce Bin

Fresher produce with built-in flavor!

Green Cabbage	Lb.	.25	Fresh Mushrooms	Lb.	.98
Granny Smith Apples	Lb.	.58	Yellow Onions	Lb.	3/1.99



Grocery Basics

Bargains to balance your budget!

Cup O' Noodles	2.25-Oz.	2/1.89	Tomato Sauce	15-Oz.	2/1.89
10-Lb. Bag Flour	Ea.	1.28	Parkay Margarine	1-Lb.	.48



Frozen Foods

Birdseye Cool Whip	12-Oz.	.88
Eggo Waffles	11-Oz.	.98
Ore-Ida Potatoes	24-32 Oz.	1.08
Layer Cakes	17-Oz.	1.88

Recipe Idea

Scandinavian Style Pot Roast

"A recipe your whole family will enjoy"

- 1 3 to 4 pound chuck roast
- 1 large onion, sliced
- 1 Tbsp. oil
- 1/2 cup dry red wine
- 3/4 cup water
- 1/4 cup Western Family flour
- 1/2 cup Darigold sour cream
- 1 Tbsp. worcestershire sauce
- 1/2 tsp. caraway seed
- salt and pepper to taste
- water

In a large heavy skillet or dutch oven type pan saute onion in oil until soft and transparent. Remove onion and set aside. Brown roast on all sides in same pan, season with salt. Add onions, wine, water, worcestershire sauce and caraway seed. Cover tightly and simmer, turning roast occasionally, 2 1/2 to 3 hours or until tender. Remove roast to serving platter and keep warm. Skim fat from drippings and add enough water to make 1 1/2 cups liquid. Mix flour with 1/2 cup cold water to make a smooth paste. Remove liquid from heat, stir in flour mixture. Heat, stirring, until gravy comes to a boil and thickens. Reduce heat, stir in sour cream. Add salt and pepper to taste. Serve roast with sour cream gravy.
Serving suggestion: Serve with mashed potatoes or noodles, a cold, crisp waldorf salad and a green leafy vegetable. Nutritious and delicious!

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

